

AKL

Around Kirkby Lonsdale

August 2020



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

Photo ©Jenny Kell 2020

Summertime

In the last few weeks, I have been trying to arrange a meeting with friends in my garden. Every date we have fixed has been scotched by the rain. We continue to strive. But such is the season of summer in our part of the world. I'm not complaining... well perhaps I am just a little; or there again maybe a lot. Especially the other morning, when I ventured out and soaked my foot in a puddle in the car park.

Photo by Robin Ree 2020

Being grumpy about the rain has caused me to reflect a little as I gaze out of the window wishing it would stop. That puddle, the one that claimed my shoe and sock, had disappeared in the afternoon after the sun made an appearance through the clouds. That's the thing about summer rains: evaporation. Being a car-park puddle it was dark and dirty with that sheen of oil on its surface. There was nothing appealing about it, nor indeed useful. That water was no good for drinking and no good for washing. So I was glad to see the back of it. Evaporation is worth pondering. The water slowly turns from liquid into vapour and rises into the sky. It leaves, of course, all the dirt and grime behind as it goes. As water vapour rises higher in the atmosphere, it begins to cool back down. When it is cool enough, the water vapour condenses and returns to liquid water. These water droplets eventually gather to form clouds and precipitation; in other words, rain. And down comes the water again; but this time clean and fresh. So the water that collects from the rain in the bird bath in my garden is clear and attractive. Good to drink and good for a bath, if you are a bird.

My life needs more evaporation, but I'm not referring to my car park. I'm thinking about saying sorry, letting go of resentment, making up in broken relationships, leaving behind destructive behaviour. I seem to gather into myself metaphorical 'dirt and grime'. It has the same effect as mud in a puddle in that it makes me dark and unattractive. Forgiveness, given and/or received, is 'evaporation' for the human spirit. It may seem that I

am diminishing myself in some way, retreating or becoming less, when I allow myself to accept that I'm wrong, or put aside my pride and accept an apology with grace. Without my pride and self-importance will I not shrink a little, show myself weak, be reduced like an evaporating puddle? No; deep down we know that is not true. On the contrary allowing some gentle understanding into my life, patience and a willingness to reunite, can work like evaporation.

It may well be a slow process but the real you changes a little, rises up a little and leaves behind the residue of broken relationships. Like the water from the puddle that does not disappear but becomes vapour that returns later as fresh and wholesome rain. You and I, refreshed by forgiveness, return to relationships like life-giving water.

Sometimes things cannot be fixed and the brokenness within us or in some of our relationships cannot be healed in this life. Perhaps death is a kind of evaporation too: a rising up and not a disappearing; a passing into a new phase with the opportunity to leave old hurts behind. But that is for another time. In the here and now it is good to strive to be more 'bird bath' than 'car-park puddle'. We can all identify some aspects of life and relationships where the words: 'I'm sorry' and 'I forgive you' can be truly refreshing and life-giving. Who knows what we might achieve? This could be the summer of love.

Fr Luiz Ruscillo

A Note from the Editor

Welcome to an extremely rare edition of AKL!

Usually, we produce a summer issue that covers July and August, but as Covid-related changes are happening apace in our town, we thought it worth publishing a separate August issue to help keep everyone up to speed with the latest developments.

As lockdown eases slightly, we hope that people will be able to once again enjoy the simple pleasures of everyday life in Kirkby Lonsdale – although we do urge everyone to exercise caution, maintain appropriate social distancing and follow the latest advice regarding the use of masks.

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, Elm Cottage, Elmsfield Lane, Holme, LA6 1RN, 015395 84028, 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, pcc@casses.plus.com.

Barbon: DCC Secretary: Mrs Mary Goldie, 11 The Maltings, Whittington, LA6 2NJ, 015242 73839, marygoldie@icloud.com; DCC Treasurer: Mr Roger Groves, Kemps Hill, Moorthwaite Lane, Barbon, LA6 2LP, 015242 76322, roger@kempshill.co.uk. Churchwarden: Mr Charles Howarth, 3 School Lane, Barbon, LA6 2LP, 015242 76283, c-howarth2@sky.com.

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

Hutton Roof: DCC Treasurer: Mrs Paula Hall, Kilnerfoot, Hutton Roof LA6 2PQ, 015242 71268, phall355@btinternet.com

Kirkby Lonsdale: DCC Secretary: Ms Diane Nowell, 57 Fairgarth Drive, Kirkby Lonsdale LA6 2FB, 015242 73636, diane@copywritten.co.uk. DCC Treasurer: vacancy—contact PCC treasurer, above. 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_mvenys@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, 015395 66945, lindseyoakden@hotmail.co.uk. Churchwardens: Mrs Margaret Lambert, Brow Head, Cow Brow, Lupton, LA6 1PJ, 015395 67478; Mrs Grace Lewis, Middle Fell House, Lupton, LA6 2QB, 015395 67406.

Mansergh: DCC Secretary: Mrs Sue Harrison, Belle Vue Farmhouse, Mansergh, LA6 2EJ, 015242 72448, harrison.bellevue@btinternet.com.

Rainbow Parish churches are cautiously re-opening for worship during August; you can find more details on Page 6. The ministry team will be monitoring progress to ensure all relevant guidance is followed. More updates next month.

We also extend a warm welcome to the season's visitors. If you're here on holiday, we thank you in advance for observing the protocols designed to prevent the spread of the coronavirus and helping us to ensure the town stays safe for everyone in the coming months.

Thanks to Jenny for a fabulous cover shot this month—please send your shots for the September edition!

Diane Nowell

DCC Treasurer: Mrs Ann Humphries, The Gate House, Old Stable Yard, Rigmaden, Mansergh, LA6 2ET, 015242 76526, ahumphries500@gmail.com. Churchwardens: Mrs Wendy Hadwin, Mansergh Hall Farm, Mansergh, LA6 2EN, 015242 71397.

Middleton: DCC Secretary and Treasurer: Mrs Anne Dehany, Smailthorn, Middleton, LA6 2LY, 015242 76075, anne.dehany@gmail.com.

Preston Patrick: DCC Secretary: Mrs Valerie Kos; DCC Treasurer: Mrs Tina Allen, 3 Gatebeck Cottages, Gatebeck, LA8 0HR, 015395 67687, tina.allen812@gmail.com. Churchwardens: Mr Anthony Mason, Mount Pleasant, Gatebeck, LA8 0HS, 03301135289, masonsmpt@btinternet.com; Mrs Sue Sanderson, The Old School, Knott Edge, Crooklands, LA7 7NR, 015395 66967, susansanderson@live.co.uk.

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 Canon Luiz Ruscillo, 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.

VOLUNTEER DRIVER SCHEME: 07788 52 25 11

CUMBRIA POLICE: Emergency 999, non-emergency 101

Deadline for Sep AKL: Midday Sat 15 Aug

Please email submissions to akl@kirkbylonsdale.co.uk.
Editorial matters: Contact the editorial team at akl@kirkbylonsdale.co.uk

Advertising: For classified accounts, email akladverts@gmail.com.

For **colour ads and all other advertising matters:** email akladvertising@kirkbylonsdale.co.uk.



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Picture Poser



Do you know where a Sparrow can stand safely on an Owl's head?

Answer in next month's AKL!

Thanks to Robin Ree for his intriguing 'Picture Posers'!

Photo by Jeanette Lawrence 2020



A stroll around Kirkby Lonsdale – from Market Square to Devil's Bridge and Mill Brow



The Market Square has been a film set for several movies, including Daphne Du Maurier's *Jamaica Inn* and more recently *Dolittle*, filmed in May 2018.

Leave the Market Square by Jingling Lane (looking back to picture this scene), and turn right onto a footpath that leads down to the river and ...

... Devil's Bridge – said to have been built by Satan one stormy night. Go through the kissing gate to the left just before the bridge for a fine riverside walk. Watch out for the resident heron and the pebbles painted by locals during lockdown.



Walk back up into town via Mill Brow and the Elizabethan Manor House.



Tess Pike, Blue Badge Tourist Guide

The Church in and around Kirkby Lonsdale

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

Reopening for worship

It is encouraging that Government guidance now allows certain activities to take place in church buildings. It is vital, however, that the necessary hygiene and social distancing precautions are in place in order to ensure that we, the church, do everything we can to 'protect the NHS and save lives'. We must also be prepared for guidance to change in the light of the ongoing scientific research, and for restrictions to be re-imposed rather than lifted.

Here are some of the factors that have to be considered in the light of the size and layout of each unique church building:

Social Distancing

An advisory 'cap' of 30 has been set for weddings and other 'stand-alone' services. We are initially using this as the maximum number in our planning for public worship and we will see how it works and how we can develop it whilst meeting social distancing and Public Health requirements. The two-metre 'rule' applies for public worship. The advice is to try and keep numbers below the maximum possible to minimise risk.

Personal Protection

Wearing of face-coverings is voluntary at present, this may change in the light of the introduction of face-coverings in shops. Those who are 'clinically extremely vulnerable' need to be advised of the risks of attending public worship, and a decision to do so is theirs alone. The names of attendees are to be recorded and kept for 21 days to assist 'track and trace' if required.

The form of worship

The act of worship should be kept short. Singing, chanting (and playing of brass or woodwind instruments) are not recommended. Services of Holy Communion and Mass can be held but there is very specific guidance to be followed.

Next steps for the Rainbow Churches

We continue to test out the practical arrangements with St Mary's during July through opening for private prayer (10:00am – 12:00 noon on weekdays), and at the weddings and funerals that are due to take place. St Peter's, Mansergh is also now open for private prayer at any time and we are working with the other Rainbow churches. We continue to put stewarding in place at St Mary's because of the potential for large groups of visitors but we do not believe this is necessary in the other churches.

During August, a single service in St Patrick's (at 9.30am) and St Mary's (at 11am) on each Sunday.

Starting in September, wherever possible and practical, implementing the new pattern/form of services across the churches.

Next steps for the Methodist churches

We aim to open for worship at Kirkby Lonsdale and Cowan Bridge at the beginning of September and will provide any updates via the newsletter and on our website <https://klmethodist.church> and facebook page, information will also be published on kl.church web page.

We are working on the risk assessments and planning for the opening of KLMC for community groups. User groups will have the opportunity to discuss their situations and will be contacted individually as part of the planning process.

Once the buildings have been made COVID safe we may also be able to meet in smaller groups for Prayer and fellowship during August.

The Minister, Stewards and those who facilitate worship have met to discuss the worship services and how we can shape them creatively under the restrictions.

We are confident that our gathering together will be special and spiritually rich.

Next steps for St Joseph's

St Joseph's is celebrating Mass on Sundays at 9:00am and also on Wednesday evening at 6:30pm.

St Joseph's church is open for private prayer at other times.

kl.church - Online Worship

We aim to continue to provide the recorded services for those of our community who are unable to attend services on our website <http://kl.church>. We are also pleased to continue to connect with those who have joined us for worship from different places.



From Messy to Muddy

As I write it is the week before Messy Church in July. This week is filled with preparing, editing and compiling all the Messy Videos. Huge thanks to everyone who sent in videos for Messy Church. It feels much more like a gathering of friends or community when there is more than one person appearing on our screens during Messy Time. As I edit it, it feels like interacting briefly with friends, something that is bringing me joy. I hope it makes Messy Church easier to engage with online for those who will come to Messy Church this Sunday.

I know many of us are experiencing online fatigue. Lockdown has meant we have become more reliant on the internet than ever. As a result, there seems to be an increase in outdoor activities now the government has relaxed the rules slightly. As a wild swimmer I have returned to old haunts to find new folk trying outdoor swimming for the first time. This is great to see! We are lucky to live in such a beautiful place where finding spots to swim in clean water or walk amongst greenery is not hard to do.

The desire to be outside more has meant the Family Project has been considering offering a gathering outdoors in the future. Hopefully, in September we will be able to offer you the opportunity to gather for a short walk, time to be/play and eat food together all outside. We will call this event Muddy Church. Muddy Church has no real aim or purpose other than to allow people to explore, play and be in Creation and in turn maybe wonder about the Creator. It is for those who don't 'do' Church. It is for the 70 year old gardener as much as the 2 year old mud maker. If this is something you would be interested in coming along to or if you fancy being part of the Muddy Team, to help set up the area we will use, then drop me an email on lol@cilfamilyproject.org Keep an eye out for more information in the next AKL too. Lol



Picnic in the Field

The Churches in Kirkby Lonsdale and the Community Interest Company are working together to plan a 'Picnic in the Field' event in August on the Glebe Field, with access off The Brow near Ruskin's View.

Under the regulations in force at the time of writing this, this event would not be allowed to go ahead but we are hoping that the regulations will have been relaxed to allow larger, but strictly socially distanced, events to take place.

The idea is that we ask anyone coming to bring their own table, chairs, food and drink and set themselves up on the Glebe Field in one of the marked 'socially distanced pitches'. Live music will be provided on the field by local musicians and the event is designed to bring people together to enjoy each other's company and the unrivalled setting.

There will be no charge for entry, although we do ask for donations (via a contactless card reader) which will be used to help the Churches with the extra costs being incurred to open up their buildings again. We will be issuing a strictly limited number of free tickets via the Tourist Information Centre on Main Street. This is so that we can manage the numbers and ensure that there are not more people arriving than there is space for.

Clearly this sort of event is very weather dependent. Beautiful though the Glebe Field is, we do not anticipate that too many people will want to sit out on a damp evening!

We have identified 3 possible Saturdays in August - 8th, 15th and 22nd with the event likely to start around 4pm.

We will make a decision which, if any, of these dates to go for early the week before the chosen Saturday once we can be as sure as we can be that the weather is likely to be kind. We will then quickly publicise details of what is happening, and when, through the Tourist Information Centre, the Churches, the www.kl.church and www.klmethodist.church websites, as well as through social media. Please look out for further details.

The Big Vision

Work is continuing, mainly over Zoom, on the different strands of The Big Vision, looking at how we open up the Church buildings and their surroundings for greater community use and benefit. We will publish our proposals as soon as we are able. For more information about The Big Vision, please visit our website www.thebigvision.org.uk.

Peter Gregson, Chair, Project Team, The Big Vision

View from the Bridge

Positive news to start this month's View! The Town Council held its first meeting since March, thanks to Peter Gregson who hosted a Zoom session which thankfully didn't have to be split into two.

The long-awaited crossing on Dodgson Croft should be started in October and the road will need to be closed for two or three days. To minimise disruption to the school buses, work is planned for half term. You can catch up on all the proceedings in the minutes which are posted online and outside the Lunesdale Hall

I will take a leaf out the politician's book and hide the bad news and moans in the middle! Shortly after reopening the children's park, someone damaged the picnic table by using it as a platform for a disposable tabletop BBQ. Yes, it can be repaired but at a cost of £200+, money which could be better spent on new play equipment. Any information would be appreciated. I will take this opportunity to remind dog owners that dogs should not be taken in or through the park for obvious health reasons, assist dogs excepted.

Councillor Batty is leading the fundraising to get some essential work in the park carried out and to the refurbishment of the kiddies' area. A big thank you to the Civic Society for a sizeable contribution for the new bins (£1500).

Let's get the moans out of the way in one go. Irresponsible dog owners that allow their dogs to foul the riverside path and paved areas in the town are forcing us to buy additional signs. Visitors always seem to get the blame but, sad to say, you do find mess where the visitor rarely goes.

Grumble over! Summer's here and several people I know are venturing into KL on short holiday breaks. Most shops and hostelrys are now open, and it seems to be working OK. My planned visit to Leicester is certainly on hold for the next couple of months. Finally, this month's 100 club winning numbers: 52, 9, 89. If you would like to be in the draw please contact me.

My usual thanks to my two lady minders and Diane.

Enjoy the rest of the summer please take care and stay safe

Best wishes

Cllr Geoffrey Buswell

Beaver Scouts

Could this be the challenge you have been looking for?

Our Beaver Scout Colony, 6-8 year old boys and girls, are looking for team members to help deliver an exciting programme - learning skills for life, through games, challenges, activities indoor and out, camping, community engagement and most importantly doing it in a fun way.

We know many of you have busy lives so we are looking for a number of people to share the role and support will always be there when you need it. No previous experience is required just a flexible approach to life and a smile!

Basic training in safeguarding and first aid will be provided initially following a successful DBS check and interview. The interview is informal and ensures you are aware of the role you are hoping to carry out and the timeline for undertaking future training. Training is flexible and can be undertaken online in many cases. You will need to be over 18 years of age.

Scouting can help you develop leadership skills and many other CV enhancing talents or provide the perfect environment for you to share and develop skills you have obtained through the school of life, there really is something for everyone in Scouting. In Kirkby Lonsdale we have Scouting available for 6 to 18 year olds and we are inviting you to come and join us in the adventure.

Covid-19 has thrown Scouting a lot of curved balls this past three months and, in true Scouting fashion, the Group has responded to the challenge by continuing to provide a regular virtual meeting for all the sections. Virtual meetings aren't for everyone and it has been a struggle missing all the outdoor time that frankly we enjoy most. Come September we will be losing some key players in our Beaver Scout Colony who are off to University and new jobs, so we would like to find some new faces to join the Group. If you are tempted, but feel your skill set is more in tune with older sections our Cubs 8-10, Scouts 10 - 14 and Explorer Scouts 14-18 years would also welcome extra adult support to join them.

Please contact Group Scout Leader Nigel Bradshaw for more details Kirby_lonsdale_scouts@live.co.uk
015242 73722

Period Poverty

There is now a 'Personal Care' box in St Mary's Church porch, which will be stocked with sanitary products and basic toiletries available to anyone who needs them.

KL Community Hub

The Community Hub helpline is still very much open for business so please do get in touch with us if you need help with shopping, picking up prescriptions or anything else practical. Please be aware that The Hub is no longer open on Saturdays, but we are here 10am to 1pm Monday to Friday on 015242 36404. We would encourage you to call earlier in the shift to allow volunteers longer to respond, but of course if needed we'll pick up anytime within opening hours. We can also put you in touch with one of our listeners if a confidential chat with someone would help.

We'd also like to take this opportunity to thank our absolutely incredible volunteers, both on the phones and on the streets. And to our volunteers who have had to step back as circumstances change, we couldn't have weathered those first fraught months without you so a massive thanks and hope the new normal is going well!

The Community Cupboard

Thank you to everyone for continuing to support, both financially and in food donations. The Community Cupboard website is www.klcommunity.co.uk, please visit and share with anyone you feel may benefit from some support. You can also find The Cupboard on Facebook by searching for @klcommunity.

We are continually looking at ways to better support the community, and to further its aims of reducing food poverty, period poverty and food waste. So, what's new with The Cupboard this month?

Food Waste & Food Poverty

Food clubs aim to stop as much good food as they can from ultimately going to landfill - and also helps to feed hungry mouths, reduce food costs AND help to save the planet. Schemes like this have helped bolster local economies by freeing up income to spend locally. There are already local food clubs operating from Grange, Flookburgh and Cartmel – we think it would be great to start one in Kirkby Lonsdale too. The club needs to have between 10 and 40 members, working as a cooperative with each person giving time (where they can) to help manage the local food distribution process. If this sounds like something you'd like to be part of, please visit The Cupboard website or Facebook page, or email enquiry@klcommunity.co.uk for more details.

Green fingers and too much produce? If you have excess food from your garden which you'd be happy to share/ swap through our Food Club, please email enquiry@klcommunity.co.uk – The Cupboard would love to hear from you.

News from The CIC

Kirkby Lonsdale Does Spoken Word

We are cooking up exciting plans for a spoken word festival on Saturday 26th September. We have teamed up with the Christopher Robin Trust and BBC Radio to bring you what we hope will be an annual event.

Plans include poems by four specially commissioned poets, with their own creative take on Ruskin's View. They will be broadcast at The Brow on innovative 'mythophones' and accompanied by painters also interpreting the view.

Meanwhile 'Circles in the Square' will see actors perform classic and new spoken word pieces with an imaginative backdrop. Expect to see a pop-up Ancient Mariner and Wendy from Peter Pan amongst others. We also have young climate change poets sharing their spin on the world.

Our programme of live events has had to be cancelled due to COVID 19 (expect to see them on the programme next year,) but we will be inviting a small audience to watch poet Kate Fox perform her new work in progress. Her show, and a selection of our poets will be broadcast by BBC Radio in their Contains Strong Language Festival, coming live from Barrow and Carlisle the same weekend.

We will also be running workshops and small events at The Book Lounge, Little Owls Emporium and Lunesdale Hall. Look out for advance publicity in the shop window or on our Facebook page @kirkbylonsdale.

Our shop is open again

Kirkby Lonsdale Visitor Information and Gift Shop has reopened. Please follow our social distancing and hygiene sanitizing

Opening hours for August are 11am-3pm Friday- Monday and 9am-3pm on Thursday.

We currently have four new volunteers being trained. If you can spare some time to volunteer in the shop please get in touch; we'd love to have you on the team.

We hope to get our town guided walks up and running in the next few weeks. Details on our website www.kirkbylonsdale.info or on our Facebook page

New products

We have two kinds of handmade, washable facemasks for sale in the shop, with proceeds going to worthwhile projects.

Kirstie Pelling

From the registers

Herbert Leslie Wilde, aged 87 years, Beetham Crematorium, 2nd January 2020

Mavis Hogg, aged 86 years, Beetham Crematorium, 23rd January, 2020

William Raper, aged 88 years, Beetham Crematorium, 6th March, 2020

Tom Herd, aged 75 years, passed away 22nd March 2020. A service of thanksgiving TBC

David Frankland, aged 74 years, graveside service in St. John's churchyard, Hutton Roof, 2nd April, 2020

Richard Challenor, Beetham Crematorium, 9th April, 2020

Roy Fry, aged 86 years, graveside service in St. Patrick's churchyard, Preston Patrick, 17th April, 2020

Gresham Moore Clacy, aged 92 years, graveside service St. Mary's churchyard, Kirkby Lonsdale, 22nd April, 2020

Paul Fabian, aged 64 years, Beetham Crematorium, 4th May, 2020

Frances May Richardson, aged 96 years, graveside service in St. Mary's churchyard, 11th May 2020

Margaret Stephenson, aged 86 years, Beetham Crematorium, 12th June 2020

John Plowright, aged 76 years, Beetham Crematorium, 6th July 2020

KL Gardening Association

The warm sunshine of April and May and the rain in June and July, together with lots of free time to get on with all those jobs which Monty Don has recommended, have meant our gardens are looking immaculate. However, what we have missed are the social get-togethers on our summer coach trip and garden visits which have all had to be cancelled.

We have also reluctantly decided, as with other gardening groups, that the Annual Show in August will not go ahead this year.

Normally our evening talks resume in September but this is a different year for all of us and we will have to see how events unfold as time progresses.

I am sure that we have all missed the companionship of other like-minded gardeners but hopefully our group meetings will resume before too long.

In the meantime - enjoy your gardens!

Margaret Clarke, Events Secretary

Tel 015242 72045.

A Tribute To The Lune Valley

An AKL reader, and former Kirkby Lonsdalian, Richard Dickinson sent in a copy of this poem for inclusion in our summer issue. It was apparently written for Jonty Wilson, a Victorian born in 1893 who was a well-known blacksmith in the town (the old forge is on Fairbank). Richard was born at Fountain House (Beck Head) when it was in use as a nursing home. Thanks to Richard for sharing this charming poem with us..

Oh what a glorious summer's day,
The sun is bright and high,
It makes me feel so happy
That it's good to be alive.

I sit upon a river bank
Beneath a shady tree,
The soft caressing breezes blow
Sweet music through the leaves.

The birds are singing merrily,
I hear the cuckoo cry,
Amongst the boughs above me
A squirrel scampers by.

Then suddenly, I hear a sound
Of tiny feet upon the ground,
I look around and then I see
A cheeky field mouse watching me.

The trout jumps high, to catch his fly,
A water-hen goes swimming by,
Then down the river, on his beat,
I spy a kingfisher, fast and fleet.

I hear the sound of distant bells,
The bleat of grazing sheep,
And the cows up in the meadow
Look restful in their sleep.

Can there be more peace of mind,
More wondrous joy than this,
Away from all the noisy crowds
That shatter all our dreams of bliss?

To sit and rest amidst this place
Is wonderful indeed.
It's free to all that pass this way
And wish to find such perfect peace.



Zero Pantry – Now Open

Hopefully by the time you read this the Zero Pantry's doors will have opened. Thanks for all the support, especially during such difficult times.

We are based at 18 Main Street (the old Art Store). Simply bring your own containers to purchase items, including 40 different herbs and spices, an array of nuts and seeds, 10 different vinegars and oils on refill, as well as all the pulses, pasta, flour and rice (and if we haven't got it just tell us and we will try and find it). We will be selling refillable cleaning and bathroom products plus soaps, bamboo toothbrushes, reusable makeup wipes. Why not pop in and have a look for yourself?

Opening

hours are on the advert within this edition of the AKL.

Stay safe and see you all soon – Kim.

Slowly but surely ...

Kirkby Lonsdale WI is stirring from its enforced slumber. Although the Government has issued guidelines for the safe use of multi-purpose community facilities and Lunesdale Hall will be reopening in September, we intend to be guided by what our members feel is best to do. Therefore, we will be getting in touch to help gauge interest and plan ahead. This will include undertaking a risk assessment to ensure once we are up and running again we are confident we're in a safe environment

So, although it has been a strange few months we can comfort ourselves with the knowledge there is light at the end of the tunnel and we still have some wonderful WI meetings to look forward to.

Rosalind and all on the Committee



Photo credit: Robin Drayton, Geograph

Kirkby Lonsdale and World War I

August guided walks Thank you to everyone who joined my World War I themed walks last month, and listened to stories of some of the people of Kirkby Lonsdale, including that of Brigadier General Wyatt – the man who selected the body of the Unknown Warrior one hundred years ago this November. I'm delighted that all places were filled and you helped me to raise £132 for Armed Forces charity SSAFA. August's walks will take place on Tuesday 4th and Tuesday 11th at 3:00 pm and I will again be asking for a minimum donation of £7 to support the work of SSAFA. Please book a place by emailing me at Tess.Pike@btinternet.com (or calling 015242 72530), and if you would like to book a walk for an organised group on a different day, please do let me know.

Tess Pike, Blue Badge Tourist Guide

KLRUFC: A brief history (Part Two)



Kirkby Lonsdale 1971 — Westmorland Cup Winners

*Back row: G. Corkhill (ref.), S. Temple, W. Collinson, M. Atkinson, D. Dinsdale, J. Robinson, M. Birkbeck, W. Fishwick, J. Thompson, E. W. Fletcher
Front row: I. Fishwick, J. Wilman, T. Fuller, T. Willan (capt.), R. Livingstone, R. Breay, J. Kettlewell.*

In the early and mid 50s, National Service and Universities took most of Kirkby's promising young players, many of whom never returned. The future of the game was in the hands of a few regulars, with many birds of passage and pressed men. In April 1954 Kirkby had a convincing win over Sedgely Park who now play in National 2 North. Mike Hastewell, Jim Thompson, Graham Garnett and Bill Fletcher, who sadly died very recently, played in this match. Graham, Jim and Bill all scored tries.

Raising a team became so critical that a merger with Holme Wanderers was considered but it didn't meet with full approval and it was decided that we would build our own clubhouse on a small plot of land purchased from the Underley Estates. Built entirely by members, it was opened by Mrs P.I. Pease at the beginning of the 1958 season with a match between a Fylde XV and a North West Counties side. The clubhouse immediately proved its worth and with more players attracted by the new facilities a regular second team was established.

In the early 60s, Holme Wanderers were struggling to survive and joined us. Their spirit lives on in our third team. We were runners up in the Westmorland and Furness Cup Comp twice in the late sixties, losing once on penalties 6-3. This may have been the occasion when they stopped for necessary refreshments on the way home and enjoyed another hour of chips, beer and bonhomie. They were asked by an elderly, local regular who soon realised that they were a rugby crowd, if they always celebrated a win so enthusiastically.

'Oh no actually we lost!' was the reply. The old man was heard to mutter to his wife, 'Thank God, thank God'. In 1971 the Cup was won at last. (Team pictured above.)

By 1986, the old clubhouse had reached the end of the road and a small group undertook the task of creating new facilities in the Park. With the agreement and support of our landlords, the Underley Estate, the new clubhouse was built with all the necessary facilities, funded partly by the sale of the old clubhouse site and with support from the Northern Sports Council and local Authorities.

The club continued to grow, with a strong senior section, ladies, minis and colts teams, so that by 1996 the original clubhouse had become inadequate. Our ladies played their inaugural match against Leigh ladies on 3rd March 1996 and have made great progress in recent seasons. Expansion was vital and a small group drew up plans and also submitted a National Lottery Application to secure funding of £85,600 towards the cost of expanded clubhouse space, three more changing rooms, boys and girls changing and a bigger kitchen. These two major steps would not have been possible without the support and work of many club members. This has always been a strong factor in our growth.

During the last 25 years the club has moved on in ways that would never have been imagined in the seventies. More of that in our third and final chapter next month.

Jim Thompson and Mike Martindale



"I do a lot to help my elderly mum, like picking up shopping, sorting out her finances, making important calls and organising her post. But with

lockdown in place I haven't been able to help her as much. I'm particularly worried about what I've heard about scammers at the moment, and I wondered whether there's anything I can do to help protect my mum?"

There are a few steps you can take to keep your mother safe and lessen your need to worry.

With your mother's permission you can register her landline with the Telephone Preference Service. It's free to register and doing so will reduce the number of unwanted sales and marketing calls you receive. This won't block all unwanted calls (it won't work on calls from abroad or companies she's given her number to already, for example), so your mother will need to continue to remain vigilant, but it'll certainly lessen the number of them.

You can encourage your mother to talk to her phone provider to see what privacy services and call-blocking services are available. These services aren't always free but are useful in ensuring any call coming through is from a trusted or known source.

In terms of unwanted post, with your mother's permission you can contact the Mailing Preference Service to have her name taken off of any marketing lists. You can also contact Royal Mail and opt out of receiving any leaflets or unaddressed promotional material. Attaching a 'no junk mail' sign to her front door may also help with this.

Reopening Lunesdale Hall

We are working towards a staged reopening of Lunesdale Hall after lockdown, with the main hall hopefully opening again in September.

All village halls must comply with complex safety rules in order to reopen after COVID-19 and the Hall Committee is busy putting measures in place to protect everyone who comes through our doors in the autumn and winter.

We will be requiring all hirers to read and follow our COVID-19 Special Conditions of Hire to protect their groups and clients. There are some activities not yet permitted indoors under government guidelines and we will follow national advice on their reintroduction.

We look forward to the return of all the groups and individuals who used the hall before lockdown. We also have capacity for new groups and activities so please get in touch if you would like to talk to us about hiring the

It's also vital that you chat to your mother to help her spot the marks of a scam herself. At Citizens Advice we always advise the following:

- Be suspicious if you're contacted out of the blue, even if it's from a name you recognise
- If it sounds too good to be true it probably is
- Never give out your bank details unless you are certain you can trust the person contacting you
- Don't be rushed – you never need to make a decision straight away and if you feel pressured say "no", hang up the phone, or close the door

If you find yourself needing to take over your mother's finances in the future, it's worth looking into a long term solution like a Power of Attorney.

Lastly, if your mother is receiving care from her local authority and you think she might be being scammed, it's worth reporting your concerns to their Adult Safeguarding team.

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

South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice

How to access:

Call 015394 46464 - this is being staffed from 9:30 – 2pm

Adviceline: 03444 111 444

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

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

hall for your own group or event. Contact: lunesdalehallbookings@gmail.com or send us a message on Facebook @lunesdalehall.

Talking of Facebook, we have a new page that we'd love you to like and follow. We will be sharing news on this page about all user activities, announcements and special promotions in the coming months.

Prior to lockdown we made significant improvements to the interior of the hall including installation of a new sound system, brand new curtains and repainted walls. You may have seen the ladders for our most recent building works which involve repairing the roof, repointing the outside of the building and restructuring work on the main door.

We are confident you will find our village hall a smart, safe space and look forward to welcoming you back!

The Lunesdale Hall Committee

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STAY SAFE STAY ALERT

Kirkby Lonsdale Golf Club

Fairways Bar and Restaurant at Kirkby Lonsdale Golf Club has recently been granted a public licence so is now open to the public as well as members. Open 7 days a week throughout the summer months from 11am, although hours of opening may vary.

Freshly cooked meals, including daily specials. Choice of beers, wine and soft drinks. Dine inside or outside on a summer's day with fabulous views of the Howgills – a lovely peaceful place to sit. Under current guidelines, it is necessary to book all tables in advance. Tel 015242 76367 or office number 015242 76365.

Check out the new website for membership deals and offers for visitor golf rates at www.kirkbylonsdalegolfclub.com. Lessons can be booked with John Twissell on 015242 76366. The Golf driving range is also open daily.

Junior summer coaching sessions are available on Tuesdays and Thursdays throughout the summer holidays. Contact Ellie Broome on 07796 105993 for further details or email elliebroomepga@gmail.com.

Kearstwick/Keastwick



Dear Editor,

Re the article in the July edition of AKL featuring Bentinck House by Tess Pike (photos Robin Ree), I have compiled a few snippets which may be of interest to AKL readers.

The Keastwick Institute, as it was known, was formerly the reading room and housed copies of the very first and subsequent copies of The Westmorland Gazette.

In the late 1940s and 1950s, the Institute held regular whist drives. The annual Christmas children's party was held there for the children of Underley Estate workers.

Lune Valley Pool to Re-Open

LVCS is delighted to announce that the Lune Valley community swimming pool in Hornby is scheduled to officially re-open with a new timetable on Monday 31st of August.

In the meantime, despite being regularly maintained and monitored during lockdown, work is required to bring the pool up to the high standards necessary to provide a safe environment for all and to apply staff training updates and social distancing protocols. In view of this and subject to current legislation and official advice we are hopeful that the pool can be opened for pre-booked public use during the last full week in August, prior to the official re opening, running with lower numbers and/or private bookings in order to raise revenue and test operational efficiency.

Please help us get our community pool back in the swim, we'd love to see you!

For further details, see www.lunevalleypool.com or email us: poolmanager@lunevalleypool.com. 01524 805666.

My father, Wilf Dickinson, often appeared as Santa and Harry William (The Great Williame) performed as a magician.

In 1963, a group of us formed a youth club at the Institute, prior to Centre 5 being opened in Kirkby (Horsemarket).

In 2010, I wrote to the Westmorland Gazette asking if anyone knew how the 'r' came to be inserted into Keastwick – adopted on road signs and house names over the years, though not on the bridge which fords the stream in the hamlet whose inscription dates back to 1925.

The name 'Keastwick appears on the Westmorland map of 1844 and in The Annals of Kirkby Lonsdale (1947). One response referred to a book from 1967 by Prof. A.H. Smith: The Place Names of Westmorland. This shows that the original name was Kestw(h)ayte (whayte being a local spelling of thwaite, Norse for clearing in a valley), becoming Keistwicke by the mid 17th century, with the 'r' added later to reflect local pronunciation.

Richard Dickinson

Tess Pike Erratum

The Women's Institute was formed in 1915 and not 2015 as I erroneously wrote in last month's AKL.

Advertising feature



New Solicitor for Kirkby Lonsdale

Thomson Hayton Winkley are pleased to announce the arrival of a new solicitor in their Main Street office in Kirkby Lonsdale.

Melanie Weeks, an experienced private client solicitor, joined the firm in July. She specialises in administration of estates, drafting wills, lasting Powers of Attorney and Court of Protection matters.

Melanie lives in the Lune Valley and came to the law later in life, after a career in the health service. She has joined THW after training and practising for several years at other firms in Morecambe and Kendal. She says “I am really looking forward to joining such a strong local firm, and working in my own local area”.

Simon Theobald, Director at Thomson Hayton Winkley says “We are delighted that someone with Melanie’s expertise is joining us at Kirkby Lonsdale. Following a difficult few months for everyone due to CV19, we are so pleased to be re-opening our offices and Melanie will be a great asset to the Kirkby team.

We are back to full strength offering the best in legal advice to our clients old and new. Kate Seymour and Charles Robinson will continue to be available at the Kirkby office for your commercial, residential and agricultural needs.”

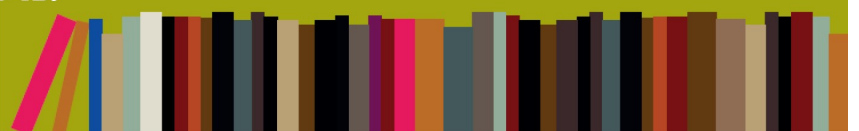
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Photo by Robin Ree 2020