

AKL

Around Kirkby Lonsdale

March 2020



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

Photo ©Robin Ree 2020

Thy Kingdom come, Thy will be done, on earth as it is in heaven



pointing to the boy as if to say 'can't you do something to help?'

Each year, just before the start of Lent, the story of the transfiguration is read in church. Then the journey through the 40 days of Lent begins. Lent invites us to take an honest look at ourselves, and the world of which we are part. It coincides with spring and so it is an opportunity to pay attention to its beauty and the signs of new life but also to recognise that there are things that disfigure it; things that need to be transfigured.

There is a tendency to think that Lent is all about giving things up for 40 days. A better way is to commit ourselves to actions that will transfigure the part of the world where God has placed us, and perhaps find ourselves transfigured in the process.

I think Raphael's painting is very clever. By putting the

Lent is an opportunity to pay attention to the beauty of the world and the signs of new life but also to recognise that there are things that disfigure it; things that need to be transfigured.

Around 1516, the artist Raphael was commissioned to produce a painting of the incident known as the Transfiguration. This is the occasion when Jesus took three disciples with him to the top of a mountain. Transfiguration means something being made more beautiful or glorious.

It is the name given to this incident because afterwards those disciples said that they had seen the glory of God visible in Jesus.

Instead of just painting the incident on top of the mountain, Raphael also chose to paint what was happening with the other disciples at the same time. So, the painting is in two halves. The upper half is the mountain top with the figure of Christ, his arms raised in blessing, dressed in white and bathed in light. The lower half shows a much darker scene; the background is almost black. The disciples are on the left of the painting and on the right there is a boy in the throes of convulsions with his parents holding him.

In the middle of the lower scene is a woman with her back to the viewer. She is looking at the disciples but

two scenes together it suggests that the mountain top and what is happening below are related. We know that life can never be one endless 'mountain top' experience but the painting is full of hope. The light from the mountain top is radiating into the darkness and changing the world below. There is hope that a disfigured world can be transfigured. Perhaps it is a picture of the part of the Lord's prayer that says 'thy kingdom come, thy will be done on earth as it is in heaven'.

Raphael died prematurely in 1520 and this was his last painting. At the time of his death it wasn't quite finished but when his body was laid out, this painting was placed at his head.

Rev. Richard Snow



THE CHURCH OF ENGLAND

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Barbon: DCC Secretary: Mrs Mary Goldie, 11 The Maltings, Whittington, LA6 2NJ, 015242 73839, marygoldie@icloud.com; DCC Treasurer: Mr Roger Groves, Kemp's Hill, Moorhwaite 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.

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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: Mr Tom Herd, Casterton Cottage, Casterton, LA6 2SF, 015242 71203, tom.howgill1@btinternet.com. 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.

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Kirkby 'Shooters'

Following on from a successful training day on "Improving your Photography" at the Institute in September, Junction 36 Photo Club now host a coffee and camera session at the Royal Hotel each first Sunday of the month at 10.00. We just talk over coffee about how to operate your camera, whether it is a smartphone or traditional camera, and then go for a walkabout around the town to take some photographs which we hope to compile into a record of Kirkby in 2020. The next meeting is Sunday March 1st. No fee, no booking, just come along at 10.00.

Tim Hancock

Mansergh: DCC Secretary: Mrs Sue Harrison, Belle Vue Farmhouse, Mansergh, LA6 2EJ, 015242 72448, harrison.bellevue@btinternet.com. 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, masonsmp@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 April AKL: Midday Sun 15 March

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.

Lune Valley Pool

Saturday morning sessions starting on Sat 29 Feb: lane swimming 9-10am and public swimming from 10-11am. Saturday afternoon available for private family bookings. New 30-minute 'Splashing Tots' swim session aimed at parents with pre-school children. Warm UV-treated pool with various toys, floats and small inflatables to play with along to children's music and nursery rhymes. Life-guard on duty. Tuesdays 11.30-12 £2.50 per child, adults FREE. It's already very popular!

www.lunevalleypool.com. Direct line pool telephone: (01524) 805666.

The gift of individuality

St. Patrick's Youth Group adult leaders have been encouraging their charges to have a go at leading. The Youth Group, which meets at Endmoor Village Hall every Tuesday during term-time, has five sections. We begin with a welcome, followed by games, a workshop, reflection time and finally food. Currently, we have a core group of seven young people aged 9-13 years old who attend five different schools, all bringing different gifts and qualities to the group. Despite their differences they are joined in their desire to encourage and support one another. I learn a lot from watching the dynamics between this diverse group.

I enjoy popping in every month, to see the changes, as the group becomes tighter and friendships are cemented. On my visit in February I could see a change in confidence as the leaders had encouraged ownership of different sections of group. One young person ably led our welcome and encouraged their peers to honestly say how their week had been. Some brought worries or concerns that they aired in what felt like a safe space for them. They were listened to and when appropriate advice was offered by fellow peers and the leaders; time was given to this act of listening and sharing. It felt essential, some might call sacred.

The night I joined them, I had arrived ready to lead a game but instead asked if anyone else would like to lead. An individual who is normally more hesitant offered. I asked if they wanted me to play the game too or help in leading. It was with pride I heard the response: 'You play, I can lead it...' They were confident and clear with their instructions. The young people were eager to help.

I think all of us can learn from a group like this. Everyone can be themselves. Individuality is totally encouraged but respect for everyone is required. Patience has grown in this group as they have learnt the importance of listening and truly hearing what each member is trying to say. Too often in the world we have become keener to correct or rebut, rather than listen to try and hear what a person means. It means wires can be crossed easily if we focus too much on how something is said rather than on the meaning.

This group of young people, with their different backgrounds, is used to having to listen closely to one another. They are keen to give each other time and are at ease with one another to ask questions either to clarify a point or gently question a thought or perspective. I hope all of us can adopt this more gentle and easy forgiving tone when listening to each other.

Lol

Defenders Concert at QES

A reminder for your diary, Saturday March 28th, when the Rotary Club will host a concert by The Defenders at Queen Elizabeth School, Kirkby Lonsdale 7.30pm.

Tickets £12.50 are on sale at the CIC Kirkby Lonsdale or by contacting Nigel Pullen on 01524 732873. Come along and enjoy a great evening of music from the 50s and 60s featuring The Kinks, Cliff and The Shadows, Elvis, the Beatles, Gene Vincent and many more! It is the kind of music that will make you 'wanna dance'. All profits from the ticket sales will be donated to The NW Air Ambulance. A special thank you to Kirkby Lonsdale Brewery for generous sponsorship support.

President Dave and all the club members look forward to welcoming you. *Lilian*

The Big Vision update

In the past month we have had further discussions with Town Councillors about future collaboration on the Brow and have had a meeting with a team of senior officers from the Carlisle Diocese. They are extremely supportive about our wish to creatively and sustainably widen the use of the Church buildings and their surroundings for greater community benefit. We are currently working on a number of different options which we will publicise as soon as we are able.

For more information about The Big Vision please visit www.thebigvision.org.uk or speak to one of the members of the Project Team: Rev Richard Snow, Rev Wendy Thornton, Rev Anne Pettifor, Anne Fullerton, Merlin Hibbs, David Dalgoutte, Mike Cunningham and Peter Gregson (Chair)

The sound of (live) music!

The first weekend of June will see the return of the Kirkby Lonsdale Festival of Music. Throughout the weekend, the town will come alive to the sound of live music, ranging from blues and gospel to rock and roll, ukulele to classical, jazz to choral and all points in between.

The weekend will kick-off on Friday 5 June when Kirkby favourites The Defenders will be bringing their fab 'Rock & Roll Years' show to the Lunesdale Hall. Saturday will see the arrival of the PopUp Blues Festival featuring five hot live blues bands, while on Sunday we will welcome, by popular demand, the return of the KL music trail – a day of non-stop live music in town venues, starting early and finishing late(ish).

For further details, check out the KL website or contact davesapsford@hotmail.com. Kirkby Lonsdale Festival of Music 2020, raising funds for St. John's Hospice.

Casterton WI

Casterton WI celebrated its centenary in 2019. This year it is the turn of Cumbria-Westmorland Federation of Women's Institutes to achieve this milestone—a reminder of the continuing importance of the WI to village life. In 1965, on the fiftieth anniversary of the founding of the WI, the poet C. Day Lewis wrote these lines:

'We said, in the Institute there must be no
Party politics nor high and low:
We'd all be like sisters, giving what each could
To do this little old village proud.
Now look at all these branches grown
From one small seed! We've come into our own -
Acting, handcrafts, lectures - yes,
And best of all, togetherness.
You'll join today?'

Enjoying that WI 'togetherness' at the first meeting of 2020 held on 5 Feb, Casterton WI welcomed well-known Lake District expert, Andy Lowe, whose last visit to Casterton was in 2009. A keen photographer, he took members on a trip around some Lake District villages, pointing out distinctive features such as chimneys, crow steps and datestones over doorways which make the local architecture so fascinating. As it had been a couple of months since the last meeting there was plenty to catch up on and a very enjoyable evening was rounded off with a cup of tea and biscuits. The next meeting will be held on 4 March at 7.30pm when the speaker will be Pat Newsham talking about Guiding at Dalemain Mansion. Meetings of Casterton WI are held on the first Wednesday of the month in Casterton Village Hall. Visitors are always welcome and more information about forthcoming events can be found on the website www.castertonwi.co.uk.

Pop-up shop

It's our hope to provide a small pop-up shop at 18 Main St. its main use is for anyone who has a craft or a passion to be able to sample the market. It will be let on a simple basis, with no long-term commitments and probably only for a month; heat will be provided when needed and light/electricity will be included.

We really would like it to be used by people who will demonstrate a skill/talent—an artist could display his/her pictures but also maybe paint on the premises. It's an experiment to see if there is a need and to let someone express themselves. It would be possible for someone to make things elsewhere and then display and sell them there but it's not generally for sale of bought-in items. Anyone interested contact John short 015242 72468 or email short1950@yahoo.co.uk.

Visitors to St Mary's Church

People enjoy spending time in St. Mary's as part of their visit to town. Some come look at the church's beautiful architecture and interior, others for a time of quiet reflection, while for others it is a moment to remember someone special. We know from the comments in our Visitors' Book, that, whatever the reason for their visit, everyone has appreciated their time in the church.

Many visitors also make a very generous donation to the church before they leave. Traditionally, this has been a cash donation from which the church benefits greatly for which we are very grateful. However, in this modern age, we realise that people carry cash less frequently and so we have looked at additional ways for visitors to make a donation.

The first of these is setting up a "Just Giving" page for the church - you can find it by searching for St. Mary's Church Kirkby Lonsdale on the Just Giving website home page. From there, you simply follow the instructions to make a donation. We also ask visitors to remember that the value of their donation can be increased by 25% through Gift Aid, meaning the church collects an extra 25p for every £1 visitors donate, and at no additional cost to the giver.

We are also looking into other cashless ways for visitors to make donations, and we look forward to letting you know about these in the next few months.

Chris Norris, (Chair of St. Mary's District Church Council)

Levens Choir Concert

Holy Trinity Church, Casterton, March 31st

'Beyond the Planets'

The English composer Gustav Holst is best known for his great orchestral suite 'The Planets'. This programme by Levens Choir presents a concert of music by Gustav Holst and his daughter Imogen which reveals many other aspects of their musical styles. Psalms for chorus and string orchestra will appear alongside five charming madrigal-like partsongs by Gustav and a deeply felt setting by Imogen of John Donne's 'A Hymn to Christ'.

The string orchestra, led by Pam Redman and joined by flautist Sarah Barkway and Oboeist Nigel Atkinson will play Gustav's beautifully melodic Fugal Concerto for Flute, Oboe and Strings. Finally, all forces combine for Imogen's orchestrated version of Benjamin Britten's 'Rejoice in the Lamb'.

Tickets £15 (children and students free) available from Kirkby Lonsdale CIC, Main Street, Kirkby Lonsdale and on the door. More information from 01539 730590 and www.levenschoir.net

View From The Bridge

Your Town Council now has a full complement of councillors after Cllr Edward Waller was co-opted at its meeting on the 12 February. His contact details along with all of our Councillors will be on the notice boards around the town. I am also pleased to be able to report that our maintenance contractor Craig Bradshaw will be looking after the town for the coming year.

As I was walking up Fairbank a few nights ago it is surprising how many unlit parts of the pavement there are; it is good to have energy saving lights and the darker skies but it is now more than ever important that dog walkers clean up after their dogs. I am sure there are many other areas around the town where you have to tread carefully. We do seem to have had a fair number of lights out over the past few months—are these new lights susceptible to wet conditions?—but SLDC have responded reasonably quickly. I prefer to phone (0300 303 2992). Even the ginnel light off Harling Bank was fixed in a very short time and those who can remember it getting into the national press this number also works for reporting pot holes.

Chair of the LHMC Cllr Mike Burchnall's update on work done and in progress at the Lunesdale Hall was submitted prior to the news that the KL Civic Society had made a generous contribution to the new sound system. I understand it is an easy to use and compatible with lap tops and I pads. You have the option of handheld or lapel mics. So a grateful thank you to the Civic Society.

You may have noticed the lack of publication of the 100 club winning numbers so in future I will include them at the end of my column. The numbers are drawn prior to the Council meeting by the Clerk. This month's numbers: 1st 109; 2nd 45; 3rd 140. Well done, the cheques are on their way. Please contact me if you would like to join. My thanks again go to my fellow Councillors and Diane for their help.

Best wishes, *Cllr. Geoffrey Buswell*

Stamp of approval

A big thank you to everyone who collected and donated used postage stamps to the Air Ambulance appeal before Christmas. The stamps are of considerable value and we sell them to dealers for the best offer. I'll try to get a value for the recent collection. Please continue to save throughout the year.

Thanks to all our supporters, including Shirley at KL library. *Alan Day*

The Lunesdale Hall

A bright future. As many readers will be aware, the Lunesdale Hall Management Committee has been looking at how the Hall, a major community asset, can better meet the needs of the Town and its residents. The Hall is well used but is somewhat dated, though many people appreciate its character and charm. We want the Hall to be an accessible and welcoming community hub, open for all to enjoy, and not depending solely on bookings.

A Feasibility Study explored its future and identified considerable potential for further use. One key proposal was to transfer the library from its current location to the Hall. However, whilst the costs and risks associated with this were considered too great and this option will not now be pursued, many of the improvements identified by the Study are to be taken forward by the Committee—the begging bowl will be out!

The Hall is becoming popular as a wedding reception venue and the Committee are keen to attract more weddings, concerts, exhibitions etc to the Hall. To bring the Hall up to modern standards a new sound and projection system is now in place; the main Hall, the Bective Room and Kitchen have been decorated; new stage curtains have been installed; and a new lighting system will be in place over the next few months. In addition, much needed external works are soon to be carried out.

Running a successful facility such as the Lunesdale Hall is no mean task and the Committee will be working with users and local residents to ensure that the Hall 'offer' meets local needs. In particular, the first floor requires improvement to provide better accommodation for health care and other uses; and marketing and management of the Hall will be priorities.

We hope that the Town will continue to support the use and development of the Lunesdale Hall and we will keep you updated as our improvement plan proceeds. Contact us at: Lunesdalehallbookings@gmail.com

Mike Burchnall on behalf of the Managing Committee

Reflections

Saturday 4 April at 7.30pm in Tunstall Church. Avelina Wright (soprano) and Naomi Lidiard (mezzo soprano) are singing Purcell, Pergolesi, Bach, Couperin and more in a Lent concert in Tunstall Church (supporting Tower repairs).

Tickets are £15 to include a glass of wine and refreshments and can be purchased through www.trybooking.co.uk/QAY or by phoning Nick Gillibrand 015242 71231. Beautiful voices in a beautiful church – don't miss it!

Support your Community Cafe

Help is required at the Meet to Eat All-Age Community Café which meets each Wednesday at midday during the school term in Kirkby Lonsdale Methodist Church Hall. Each week around 30 people are warmly welcomed and enjoy home cooked food in comfortable surroundings with the opportunity to socialise with others and, perhaps, make new friendships.

There is a friendly and dedicated team involved on a rota system in the running of the café and a further equally dedicated team organising, providing and cooking the food served.

The present leadership team is stepping back from their roles of responsibility in July when the cafe closes for the summer break. Currently, no replacement leaders have been found. This will mean the café will close after almost 20 years of existence and will be a great loss to everyone.

We are looking for a person/team to continue the existing work of the café. You would not be required to cook. If you feel you could contribute to the ongoing running of the café, please call the following phone numbers 015242 71890 or 73412 for further information. Your help would be valued very much.

KL Cricket Club

Kirkby Lonsdale Cricket Club is looking for new players for the 2020 season. We have two teams that play in The Westmorland Cricket League (Divisions 2 & 4), mainly on Saturday afternoons and occasional Sundays. We are an inclusive club and juniors age 12 (Year 8) are eligible to play.

Modern society is such that most cricket clubs are struggling to find players that can play on a regular weekly basis due to work, holidays, social and other commitments. We would welcome anyone that can play even on an occasional basis for the club.

Indoor nets start on: Sun 15 March to 5 April 4 to 6pm at QES Sports Hall on Biggins Road. Outdoor nets will start after this on Tuesday evenings from 6.30pm and the season starts 25th April.

If you are interested, please pm me or call for more details. Further information can also be found on our website. <https://www.pitchero.com/clubs/kirkbylonsdale>

Phil Sinclair 073586 358870 KLCC Secretary

KL Crown Green Bowling Club

The Bowling Club green opens for the season on Sat 14 March at 2pm so if you'd like to give the game a try please come along. Contact Katrina on 015242 73220 or Janet on 015242 71055 for further information www.kirkbylonsdalebowls.co.uk.

The Great Cabaret Safari

Casterton Village Hall, 18 March 7.30pm

Enjoy an utterly entertaining musical expedition with close harmony singing, parody lyrics and witty repartee all delivered with glamour and sparkle by be-sequined ladies with outrageous hairdos. ShooShoo's cabaret features water-tight harmonising across a wonderful array of original cabaret songs alongside music by Queen, Louis Prima, Tears for Fears, Verdi, Ennio Morricone, the Proclaimers and Ed Sheeran.

The musical saw, the zither, the harmonium and the kazoo (played by the entire audience), are just a few of the instruments that feature in this eclectic show presented by double act Tanya Holt and Anna Braithwaite – both trained opera singers – and accompanied by a multi-talented pianist.

Adults £10, Children £8 from Kirkby Lonsdale CIC or from matthew@lowhaycotebarn.com 07531 143762.

Folk Concert

On Sat 4 April, Daria Kulesh performs 'Long Lost Home' at Fraser Hall, Cowan Bridge, beginning at 7pm

Through her music Daria will tell of her quest to explore her family roots which took her from her local folk clubs to the Caucasus Mountains to Cadogan Hall in London and Gradsy Hall in Moscow. Long Lost Home is inspired by Ingushetia (Ghalghai Mokh) – the lost home of Daria's Grandmother Fatima Akhrieva. This mountainous republic in the south of Russia, bordering Georgia, is a land of immense beauty and harrowing tragedy, of fascinating culture and age-old traditions.

Tickets: Adult £ 9.00 / U23 £6.00 / family £24.00. From Kirkby Lonsdale CIC, Cowan Bridge Village Stores, or from Keith on 07738291734, & www.spotonlancashire.co.uk.

Sing Joyfully!

The Sing Joyfully! vocal ensemble is a friendly choir, designed for people who just love to sing! We welcome new members throughout the year and rehearse every Tuesday in Holy Trinity Church, Casterton. You don't need to read music and we welcome everyone! To find out more, telephone Anastasia on 07952 601568 or email amicklethwaite@hotmail.com. This term we are enjoying a range of African and American music, as we follow the musical journey from folk song to spirituals, gospel music and jazz. Come and hear us in our Spring concert and join us as we journey through time and across continents.

Sing Joyfully! vocal ensemble will perform music from African folk to Spirituals and Gospel. 7:30pm Tuesday March 24th, Holy Trinity Church. All welcome. Free admission. Retiring collection.

One-woman farm

Kirkby Lonsdale WI invites you to our next event on Wednesday 4 March at 7.30pm in The Bective Room, Lunesdale Hall at which Alison O'Neill, shepherdess, author and designer will 'share her world'.

Alison's love for her sheep combined with her enterprising spirit has evolved into her multi-faceted business which includes fashioning wool into beautiful products, writing books, leading guided walks, giving talks and appearing on television. Please come along and join us. This month's competition, which is optional, and is for members only: Create a knitted or crocheted coaster.

We would like to express our gratitude to Gareth Marshall, Director of The Bath House, who gave a fascinating insight into his career, the products he creates and our sense of smell. Who would have thought it can take up to three years to get the fragrance of a new perfume just right! Gareth waived his speaker's fee and instead, requested we make a donation to a local charity, the North West Ambulance. You can view images of Gareth's talk on the news page of our website.

Non-members and members from other WI branches are welcome to attend at the cost of £5 (maximum of three events per calendar year). Gentlemen, you too can attend, also at the cost of £5.

Easter holiday courses

Casterton, Sedbergh Prep School courses from 6-9 April, for children aged 6-11 with a residential option available for children aged 8-11:

Pony Camp - Eat sleep and breathe all things pony. Work towards official Pony Club Centre badge achievements and efficiency tests.

Junior Sport Development – a sports programme with coaching delivered by Rupert Bunday (Director of Sport at Casterton, Sedbergh Prep School).

Musical Theatre - four days of dance, drama and singing with course director Helena Lockwood, based on shows such as Matilda, Frozen and Grease.

STEM - Science, Technology, Engineering and Maths course to foster ingenuity and encourage teamwork and experimentation.

<https://summercourses.sedberghschool.org/> or call David on 01539 244025.

STEM Saturdays - sessions that focus on design problem solving, open to children from age 8 to 11 on 14 and 21 March from 10am-12.30pm.

Email emma.goligher@sedberghprep.org to book or call on 015242 79200. Numbers are limited and places are very popular, so don't delay in signing up!

KL and District Civic Society

The next talk of the Winter Series is on Monday 9 March in the Lunesdale Hall at 7.30pm. This talk is preceded by the AGM and followed by wine and nibbles.

Gleaston Water Mill – the restoration Story by Vicky and Mike Bereton, 'a historical jigsaw'. A water corn mill has existed on the present site of Gleaston Water Mill for at least 600 years. Originally called Hart Mill it belonged to the Lords of the Manor of Muchland whose seat was the now ruined Gleaston Castle. In 1987 the mill was purchased by Mike and Vicky Brereton and their talk will focus on how over the past 30 years they have pieced together some of the mill's history through documentation, archaeological digs, comparisons with other mills, visits from experts, photographs and logical deduction.

Even more ancient than Gleaston is Calacum. But where is it? Last month, Bill Shannon gave us a superbly illustrated talk on how the very first map of Roman Britain was created in the 16th century by Abraham Ortelius. An eminent cartographer in Antwerp, Ortelius employed sources including a fourth-century list of important Roman places with their latitudes and longitudes, Roman 'itineraries' and correspondents on the ground to create the map, published in 1590. He and subsequent cartographers always had the fort at Calacum in the northwest, but it gradually moved from the Eden valley to Over Burrow, where it still is. Nothing can be seen above ground, but <http://www.romanroads.org/gazetter/M705.htm> has an excellent 'LIDAR' image.

Non-members welcome. For more information of the society visit www.kirkbylonsdalecivicsociety.com

Spring walks

Guided walks and Easter hops from Kirkby Lonsdale Visitor Information Centre. As spring kicks in we will be offering twice-monthly guided walks of the town, bringing alive some of the stories in The Vault and the history behind our landmark views and buildings.

March walks take place on Thursday 5 March at 11am and Saturday 21 March at 1.30pm.

April walks will take place on Monday 6 April at 2pm and Tuesday 14 April at 11.30am.

The tour is free, but places are limited, and you do need to book in advance. Call in at the Visitor Information and Gift Shop or phone 015242 97177. We will be organising a bunny hop Easter trail in April for families. And following a public meeting on 18th February we will be putting together a review of the Christmas Fair.

Kirkby Lonsdale review 2019

I'm delighted to report that 2019 has been a busy and productive year for the Kirkby Lonsdale and Lune Valley Community Interest Company (we run the Information and Gift Shop next to Boots as well as the market, loos and many local events). As a community resource the Information and Gift Shop has been a valuable and popular destination for many. Open for 355 days in 2019 and welcoming 24,319 people through the door.

We have either run or supported many local events by either selling tickets, marketing and or planning. In June we hosted the Fleadh, All Britain Irish Music Festival, the first time it had been held in a regional UK town. The second biggest event of the year was the Christmas Fair. Both were complex projects and we have received many positive comments. Of course, there is always room for improvement and at a public meeting held on the 18 Feb at the Lunesdale Hall we reviewed last year's Christmas Fair as well as made plans for this year's event.

Other highlights have been: The Vault: A Story Bank. The Vault opened in April 2019 and has been a fantastic asset to the whole town. Jayne and Nigel Davies continue to provide technical support and remain in regular contact.

Town Guides. We will be conducting free town tours throughout 2020 by trained volunteers who can also be booked privately for small groups for a charge. An

KL Gardening Association

Wed 18 March our last meeting of the current winter programme 'Truly Hardy Perennials' in the Bective Room at 7.30pm. Our speaker is Helen Knowles from Tinnisburn, a family run nursery located in beautiful Dumfries & Galloway at 600 feet above sea level. She is a frequent exhibitor and medal winner at all the main flower shows always with an impressive selection of rare and unusual plants which she has propagated and grown in tough conditions at her Scottish hilltop nursery. She will bring plants from the nursery for sale and says 'the plants that grow here have to be tough to cope with the conditions and it is with confidence that I can say that if plants survive here they will cope well in most other gardens'.

Our new programme covering the events and garden visits from April 2020 to March 2021 will be distributed during March when the annual subscription of £3 per person, £5 per couple, will be collected. If you are not already a member and would like to join please contact Maureen Dwyer, Membership Secretary, tel 72594, or for general enquiries regarding events or visits please contact Margaret Clarke, tel 72045.

unusual gift perhaps! The expansion of the volunteer team has been very heartening and we now support them with regular training sessions.

The Town Council remains a supportive partner as does the National Park. Our effectiveness is increased by working with SLDC, CCC, National Heritage Lottery Fund, St Mary's, QES, The Rainbow Parish, Chamber of Trade, Christopher Robins Trust, Lancaster University, Rotary, Lions and local businesses and the Rugby club.

There have been a number of staff changes. Cindy Power moved to pastures new in August. Kirstie Pelling the new CIC assistant, Debs Hawkins opens and closes the market each Thursday and Becca who cleans the building once a week, have all joined me this year. We have also made changes to our Board of Directors. Allan Muirhead has stepped down as Chairman after co-founding the CIC seven years ago. He remains on the Board and Sarah Ross has taken on the role of Chair.

I hope that we are an approachable and visible organization in town. We are often the first point of contact for visitors or locals who have queries or suggestions. Please do call in and see us to find out more and we look forward to an eventful year ahead. Watch this space for news of our forthcoming poetry festival – another first for our brilliant town.

Janet Nuttall, Town and Tourism Manager

Cumbria Wildlife Trust

The local branch of Cumbria Wildlife Trust organises wildlife walks and talks once a month. Everyone is welcome. If you would like to help out with any of the events please do get in touch.

Wednesday 25th March, 7.30pm - 9pm - Magnificent St Kilda. Talk by Cumbria Wildlife Trust's Reserve Officer, Sarah Dalrymple, about her experiences with the fascinating ecology and history of this remote and impressive archipelago. Bective Room, Lunesdale Hall. Free refreshments.

For more information about any of the events call Roger Neale on 015242 41155. We ask for a donation of £2.50 for adults for walks and talks, children are FREE.

Barbon Antiques Fair

The February Barbon Antiques Fair was a great success. Lots of new visitors to the area enjoyed the fair and its facilities. Some came to meet others who had been before, some popped in for refreshments while on a walk to find a nice surprise. Looking forward to a busy year ahead. New dates for up and coming events are: 7 March; 11 April 11; 9 May; 13 June.

March Services

1 Sun LENT 1 Kirkby Lonsdale	8.30am Holy Communion 11.00am Family Communion 6.30pm Evensong	KL Methodist Church	10.30am Morning Service with Cristi Murgu from Carnforth Free Methodist Church
Preston Patrick Lupton Barbon Middleton KL Methodist Church	9.30am Family Service 9.30am Holy Communion 10.30am Matins 6.30pm Holy Communion 10.30am Morning Service with Alan Cox of the Rainbow Parish 7.00pm Sunday@Seven informal service, speaker, music and food	Cowan Bridge Methodist	11am Morning Service with Maureen Timmis
Cowan Bridge Methodist	11am Communion Service with Rev Wendy Thornton	19 Thu Kirkby Lonsdale 20 Fri Kirkby Lonsdale 21 Sat Kirkby Lonsdale	10.30am Holy Communion 7.30pm Compline 4.00pm Treasure Chest
5 Thu Kirkby Lonsdale 6 Fri Kirkby Lonsdale	10.30am Holy Communion 7.30pm Compline	22 Sun MOTHERING SUNDAY Kirkby Lonsdale	8.30am Holy Communion 11.00am Family Service 6.30pm Compline
8 Sun LENT 2 Kirkby Lonsdale	8.30am Holy Communion 11.00am Matins 7pm Focus at Kirkby Lonsdale Methodist Church	Preston Patrick Barbon Casterton Hutton Roof Mansergh	9.30am Mothering Sunday Service 10.30am Mothering Sunday 10.30am Mothering Sunday 11.00am Mothering Sunday 11.00am Mothering Sunday Service in the Community Hall
Preston Patrick Barbon Hutton Roof Mansergh KL Methodist Church	9.30am Holy Communion 10.30am Holy Communion 11.00am Holy Communion 11.00am Holy Communion 10.30am Communion Service led by Rev Wendy Thornton	KL Methodist Church	10.30am Morning Service led by Rev Wendy Thornton
Cowan Bridge Methodist	11am Morning Service with Jenny Skinner	Cowan Bridge Methodist	11am Morning Service with Christine Wightman
12 Thu Kirkby Lonsdale 13 Fri Kirkby Lonsdale	10.30am Holy Communion 7.30pm Compline	26 Thu Kirkby Lonsdale 27 Fri Kirkby Lonsdale	10.30am Holy Communion 7.30pm Compline
15 Sun LENT 3 Kirkby Lonsdale	8.30am Holy Communion 11.00am Holy Communion 6.30pm Evensong	29 Sun PASSION SUNDAY Kirkby Lonsdale	8.30am Holy Communion 11.00am Café Church 6.30pm Evensong
Preston Patrick Lupton Barbon	9.30am Holy Communion 10.30am Morning Service 10.30am Holy Communion	Preston Patrick Barbon Middleton KL Methodist Church	9.30am Holy Communion 10.30am Holy Communion 4pm 'Mothering Sunday' Service 10.30am Morning Service with Maureen Timmis, Kendal Methodist Circuit
		Cowan Bridge Methodist	11am Morning Service with Irene McKay
		(The type of service may change after AKL goes to print - Please check church notice boards for up to date information)	

QES and QESstudio sports

Swimming - Lancashire County Championships: Imogen Sharp 9C reached a county final and had to perform a swim-off to reach the final. Evie Sellers 9M reached a county final. Cumbria County Championships: Tommy Klijn 13E, Lucy Klijn 9C, Jacob Klijn 11K - won the Junior County Championship Medley Relay. Sophie Roberts 8C reached a county final and came 4th in 200 Butterfly. She also won her age group in a range of events including 100 and 200 Fly and came 2nd in 50 Breaststroke, 50 and 100 Freestyle. Elliot Woodburn 10E had various age group wins and open placings but notably Open County Champion in 50, 100 and 200 Breaststroke and 800 Freestyle. Junior Champion in Medley Relay and 100 Backstroke. His 100 Breaststroke time was a new Cumbria Age Group Record.

All swimmers will now go back to training for the Regional Championship taking place end of March and April. Before that Elliot has been chosen to represent the North West Schools at the Inter-Schools Championships in Sheffield on the 29th February.

Hockey - U14 boys attended North West Hockey Finals and finished 7th. U13 Boys have qualified for the IN2 Hockey NW finals in March. Cross Country - QES pupils were selected to represent Cumbria at the Northern Counties Cross Country at Lowther Castle. Football - Y7 5 a-side football team made it through to the Regional Finals and became the 6th best school football team in the North. The U15 boys football team won the District 5 a-side competition.

The Rainbow Parish

Casterton

Anne Pettifor and Lol Wood conducted a lovely Christingle Service on Candlemas for Casterton, Sedbergh Prep School and the village. The Junior Chamber Choir sang two anthems with beautiful solos.

We are looking forward to two concerts in Holy Trinity in March and more details are available elsewhere in AKL: Sing Joyfully! vocal ensemble will perform music from African folk to Spirituals and Gospel at 7.30pm on Tuesday March 24th. All welcome. Free admission. Retiring collection. Levens Choir on Tuesday 31st March entitled 'Beyond the Planets': the music of Gustav and Imogen Holst.



I'm from Austria and I know I need to apply for Settled Status now the UK has left the European Union. But I'm really con-

fused about what documents I need in order to apply for me and my children.

Your rights won't change until 31 December 2020. However, you should apply as soon as you can as after that date you might be asked to prove your right to get a job or use a service like the NHS. You need evidence that you've lived in the UK for 6 months out of every 12 months for 5 years in a row plus a passport or national ID card, a digital photo, your NI number or proof of how long you've lived in the UK, a mobile number and an email address.

If you make your children's application after your own, you can 'link' your child's application to yours, via your application number. If your own application is successful, your child will get the same status as you.

Kirkby Lonsdale Golf Club

Kirkby Lonsdale Golf Club is offering a new membership option for those who may only be able to play a limited number of rounds per year but would like to enjoy the benefits of membership. The KLGC Lifestyle Membership offers 15 rounds for £300, with further rounds available in blocks of 5 (24-month limit on this membership option).

The club is also holding a six-week 'Get into Golf' beginners' course in March and April with experienced professional, John Twissell. Equipment can be provided. Each lesson can be taken on the Wednesday or the Saturday from 7/11 March. Cost £30. For more details, contact KL Golf Club on 015242 76365/6 or go to the website www.kirkbylonsdalegolfclub.com.

Middleton

A service was held in the Holy Ghost Church to celebrate the life of Mary Chapman who sadly died the day after celebrating her 99th Birthday. The Rev. Anne Pettifor gave a lovely eulogy of Mary's life.

In 1957 Mary and her husband John moved into Millbeck, where they farmed until their retirement in 1977. Having lived in Middleton for over 60 years Mary loved to reminisce and share stories of the people and life in the village. She is buried in the grounds of the church, alongside members of her family.

Readers' Letters

You may remember a few months ago I wrote about people leaving their engine running. I hoped maybe it would have an effect, probably hoped you would think of others and do something about it, but sadly little has changed and at times our streets swirl with fumes as people sit inside on their mobiles or just waiting. It's not that generally we don't care, it's more we just don't think, and some of the nicest people in Kirkby are the worst offenders. So, the lady doing her recycling, which she thought was good, then having a chat with a friend whilst her diesel engine pumped out fumes would have been far better environmentally putting everything in the bin and staying at home. Some of the worst offenders are people unloading at charity shops.

The STICK is that it's an offence, if caught it carries a fine. The CARROT is that for the next five people buying pure electric cars (in our town), The Christopher Robins Trust will add a further £1000 to the government grant. Please take up the offer. John Short 015242 72468

Green hearts

This is a 'Green Heart' made by St Patrick's Youth Group. Members suggested that during February we could wear a Green Heart on our sleeve, to show our love for the environment. This heart represents care for birds.



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The Bath House (Fragrance, skincare)
015242 73189
Bumblebee Gallery (Furnishings, gifts)
015242 98220
The Book Lounge (Books & coffee shop)
015242 72319
The Card Gallery (Cards & gifts)
015242 71237
Carr & Bleasdale (Furnishings & fabrics)
015242 71261
Chocolat (Speciality chocolates, home of the Enchanted Chocolate Mine)
015242 72830
Dales Butchers
015242 71278
Edge Of The World (Outdoor clothing, footwear & lifestyle fashion)
015242 71390
Encanto (Lifestyle boutique & interiors)
015242 72288
H.T. News (Newsagents)
015242 71357
Just n So (Quality interiors and gifts)
015242 71464
Kirkby Lonsdale Visitor Information & Gift Shop
015242 97177
La Maison (Lifestyle emporium)
015242 71223
Little Owls Emporium (traditional toy shop and children's playroom)
015242 71588
Little Walkers (Children's shoes)
015242 72726
Lunesdale Bakery
015242 71296
Lunesdale Home, Garden & Hardware
015242 72751
Parma Violet (Gift & homewares)
015242 72585
Post Office
015242 71233
Sienna Jewellery
015242 72121
Sweet Shop
015242 71570

Food, Drink & Accommodation

Avanti (Restaurant & bar)
015242 73500
The Barbon Inn
015242 76233
The Copper Kettle (Restaurant & guest house)
015242 71714
The Crossing Point Café
015242 98050
Devil's Bridge Snacks
Tel not available
Fifteen Market Square (B&B)
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Hipping Hall (Hotel & Restaurant)
015242 71187
The Highwayman (Restaurant)
015242 73338
Mill Brow House (B & B & self catering accommodation)
015242 71615
Number FortyFour (Café)
015242 72160
The Orange Tree (Hotel, restaurant & pub)
015242 71716
Plato's (Restaurant & bar)
015242 74180
The Royal Barn (Bar & venue)
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The Royal Hotel (Hotel and Restaurant)
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The website receives thousands of visitors every month, ranks highly in Google and is the premier source for local visitor information as well as news and events.

Book 12 months up front and you'll receive an extra 3 months of advertising for free!

Dates for your Diary

(KLLH KL Lunesdale Hall; AVH Arkholme Village Hall; KLMH Kirkby Lonsdale Methodist Hall; BVH Barbon Village Hall; CVH Casterton Village Hall; CSP Casterton School Pavilion; WVH Whittington Village Hall; HRVH Hutton Roof Village Hall; MCH Mansergh Community Hall)

MONDAY

1:30-3:30 pm Over 50s Monday Club (1st/3rd WOM) KLLH

6:00-7:30pm Brownies – KLMH

6:15-7:15pm Beavers - St Mary's Primary School

6:00pm Fascial Fitness, BVH

6:00-7:30pm Cubs - CVH

6:00-8:00pm Scouts - HRVH (fortnightly)

7:30-9:00pm Bible study group - KLMH

8-10pm Barbon Bowling Club (Mon & Thur) - BVH

TUESDAY

9.30-10.45 Mindful Yoga AVH

9:30am Ecumenical Prayer Group – KL St Marys Church

9:30-11:30am Baby/Toddler Group (Tue & Fri) – CSP

9:30am Slimming World, KLMH

10am Baby Clinic & Edward Bear (4th WOM) St Mary's Church

10:30-12:00 Sight Advice Support Group (2nd WOM) – KLMH

11:00-12:00 Age UK gentle exercise KLLH

11.15-12.30 Mindful Meditation (& Chi Gong warm up) AVH

12:30pm Over 50s Lunch Club (3rd WOM) The Orange Tree

1:30-4pm Lunesdale Quilters (term time only) - MCH

2:15-3pm Contemp. Julian Prayer (3rd WOM) – KL St Joseph's

2-5:00pm Barbon Bridge Club – BVH

5:30-7pm Police drop-in (1st WOM) – KL Library

6:15-7pm Adult Balletfit/Pilates Fusion KLLH

7-8:30pm Youth Group (9-13), Endmoor Village Hall (term time only)

7:20-8pm Adult Tap KLLH

7:30pm Scottish Dance Class – CVH

7-9pm Guides – St Mary's primary school

WEDNESDAY

10:30-12pm Hearing Aid clinic (3rd WOM) – KL surgery

10:00-4:00pm Barbondale Quilters (2nd WOM) MCH

12-2pm Meet to Eat – KLMH

2pm Carers Association (2nd WOM) – KLLH

6-8pm Mindfulness Based Living Course— Fraser Hall

7:00pm KL Town Council Meeting (2nd WOM) - KLLH

7:00pm-9:00pm Aluna Explorers (term time only) - different venues

7:00pm-10:00pm Barbon Bridge Club—BVH

7:30pm Casterton WI (1st WOM) - CVH

7:30-9:30pm Handbell Ringers Masonic Lodge (7 Fairbank)

THURSDAY

9:15-11:30am See + Know meet 0-5yrs old - KLMH

10-12am Farmer's Market (KL Square) / Country Market (KLLH)

10-12am MacMillan / Age UK drop-in (1st & 3rd WOM) Library

10-3pm KL Embroiderers' Group (3rd WOM) - BVH

2-3pm SLDC Planning Surgery - KLLH

3:30pm-7pm Children's Dance classes 3-16yrs – Fraser Hall

6:30-7:45 Mindful Yoga Sunset—BVH

7pm Boxercise – CSP

7:30-9:30pm KL Art Society Evening sessions - KLMH

8-10pm Barbon Bowling Club (Mon & Thu) - BVH

FRIDAY

9.15-10.30 Mindful Yoga Sunrise— BVH

9:30-11:30am Baby/Toddler Group (Tue & Fri) – CSP

9:30-11:30am Baby/Toddler Group Cowan Bridge Village Hall

10-11am Zumba Fitness – Whittington VH

11am-2pm Craft Group (last WOM) - Cowan Bridge Methodist Church

10:30-2pm Friendly Friday Coffee & Chat (2nd WOM) – KLMH

7:30-9:30pm Church Ringing Group – KL St Marys Church

SATURDAY

10:30-12am Fairtrade Coffee Morning (2nd WOM) – KLLH

SUNDAY

10:30am Preston Patrick Quakers, Sunday Worship

10:30am Briggflats Quakers, Children's Worship

Barbon Quiz (1st WOM)

Please let AKL know of any changes or cancellations to diary entries

Mar

Sun 1 Haffner Orchestra at Hornby Institute, 3pm

Kirkby 'Shooters', Royal Hotel, 10am

Tue 3 Coffee Morning, Middleton Church, 10-11.30am

Wed 4 KL WI meeting, Bective Room, KLLH, 7.30pm

Thu 5 Tech Thursday, Churchmouse at Barbon, 10.30-12

Spring Walk, Tourist Information Centre, 11am

Sat 7 Antique Fair, BVH, 10am-4pm

Mon 9 KL & District Civic Society, KLLH, 7.30pm

Sat 14 Bowling Club open afternoon, 2pm

16-20 Grimm's Fairy Tales, QES, 6pm and 8pm

Wed 18 Great Safari Cabaret, CVH, 7.30pm

KL Gardening Association, Bective Room, 7.30pm

Sat 21 Spring Walk, Tourist Information Centre, 1.30pm

Mon 23 KLCTRF AGM, Ruskin Room, KLLH, 7pm

Tue 24 Strings & Piano Festival, QES, 6pm

Sing Joyfully! and KL Singers, Holy Trinity, 7.30pm

Wed 25 Cumbria Wildlife Trust, Bective Room, KLLH, 7.30pm

Sat 28 The Defenders, QES Theatre, 7.30pm

Sun 29 Mothering Sunday Service, Middleton Church, 4pm

Tue 31 Levens Choir 'Beyond the Planets', Holy Trinity, 7.30

Apr

Thu 2 Tech Thursday, Churchmouse at Barbon, 10.30-12

Sat 4 Folk Concert, Fraser Hall, Leck, 7pm

Reflections Concert, Tunstall Church, 7.30pm

Mon 6 Spring Walk, Tourist Information Centre, 2pm

Tue 7 Coffee Morning, Middleton Church, 10-11.30am

Sat 11 Antique Fair, BVH, 10am-4pm

Tue 14 Spring Walk, Tourist Information Centre, 11.30am

Notes

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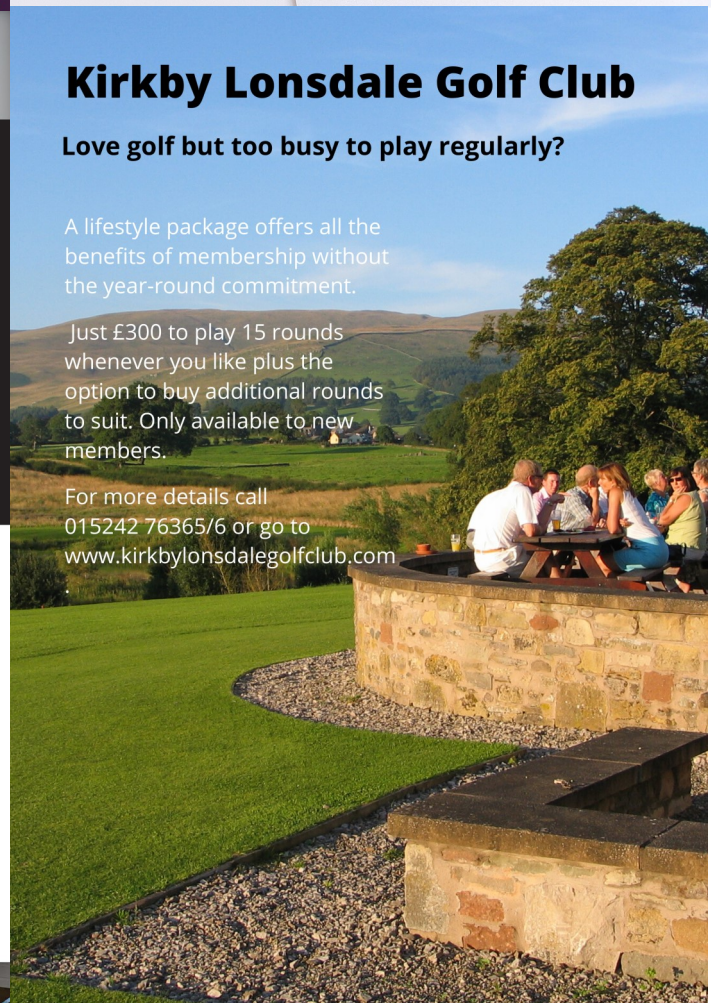
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