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WATER**

15-18

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P4

**TUFTY
IS BACK**

P14

**AMAZING
GRAZING'S
TIM BROWN**





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Letter from the Editor

Deadline Changes Over the Summer

Please note we are going to be bimonthly over the summer so the next deadline is 1st July and then 1st September. This allows the hardworking staff at your local community paper to take a break with family and friends. So please remember -

NEXT DEADLINE 1st JULY.

Election Fever

As you read this we will be just days away from a general election. As a local paper we won't be including any editorial or making any comment on this, but good luck with your decision making.

Congratulations to newly elected County Councillors Ben Berry (Windermere), Matt Brereton (Coniston & Hawkshead) and Will Clark (Lakes) in their new role.

Scam alert

A note of caution - there are scams galore in circulation both by phone and letter. If you receive a phone call or letter that appears unusual, threatening or perhaps too good to be true, please get a second opinion from a friend or neighbour.

Summer Activities

Don't miss a great feature in the centre section of this issue on outdoor sports and activities. Talking of which 7-14 year olds have a fabulous opportunity to be involved in the swim safe program on 25 July to 5th August - more details page 17. Other ideas for Summer activities for local youngsters in this issue are the YMCA (p.22) and Heathwaite football club (p.21)

Adults in search of something new might try volunteering for the local ATC or perhaps bowling, tennis or even join Windermere's Warrior Women for a game of rugby.

A new feature this month is a round up of live music events on page 18 including the not to be missed Esk Fest - probably the best value music festival in the country with tickets from just £15; a whole lot cheaper than Glastonbury and a whole lot closer to home.

If you want to promote your live music, theatre or indeed any other event then why not get in touch for the **next deadline on 1st July.**

Thanks to all the contributors, advertisers and our team who have put this issue together for you.

Chris Plumb.

info@windmerenow.co.uk

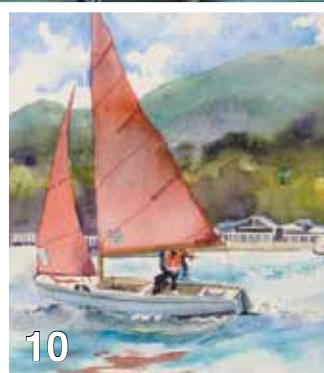
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Future deadlines

Issue	Deadline	Release begins
WN29	1ST JULY	24TH JULY
WN30	1ST SEPTEMBER	25TH SEPTEMBER

Historic low for Windermere Lake use



Councillors heard in a report from Windermere's Lake Wardens and Rangers that boat registration on Windermere is at a historic low after years of steady decline.

Registrations have decreased by 20% in 6 years to 3524 in 2016 with occupation of swinging moorings also seeing a decrease. Registrations include any boat with an outboard or electric motor, including sailing boats and dinghies, as well as the obvious motor boats, which rely on power.

However hidden in these figures is the fact that whilst overall registrations (which includes, mainly, renewals) are down there has been a rise in new-to-the-lake registrations, up nearly 7% from 687 in 2015 to 733 in 2016.

There has also been a 26% rise in the number of boats paying to launch at the SLDC slipway at Ferry Nab, the total for 2016 being 869. These are very much day-launches with the boat being recovered by evening. The new jetty berths

available at Ferry Nab have been over-subscribed with a waiting list of 21 craft still to be accommodated. (These berths cost between £5,608 PA to £5,912 PA, depending on the boat's length.)

Chairman of Windermere Lake User Forum, Carole Shaw, addressed the meeting saying: "Windermere has seen generations of boat lovers of all types enjoying the lake. Sadly this number appears to be in decline."

So what is the reason behind this decline in usage? It cannot be denied that the lake is nothing like as busy as it once was. A sunny weekend will see possibly 50 boats out in the North basin of the lake and probably less in the South basin (the lake being effectively cut in half by Belle Isle.) 15 years ago a sunny weekend would see the lake packed with boating enthusiasts.

It's true that the weather has seen a change. Often wet and windy during the summer with little chance of a decent weather forecast to help plan a day out on the lake, those boat owners

who live away from the Lake District are possibly less keen to commit to sporadic use of a boat on the lake.

It's also true that the marina and jetty charges are quite high, but that doesn't explain the huge number of boats at those locations. It's just that they seem to stay there, in the marinas or on the jetties.

The swinging moorings at which, mainly yachts, bob up and down, are less well populated than they were, but the cost is not high for those moorings at £127.50 per metre PA. Boat owners on swinging moorings need to use a small tender to access their boat and that effectively means renting a space on a piece of lake shore close to the mooring. But the availability of tender landings is becoming more of a problem. Nearly always on private land, two popular sites in Bowness have been lost to the redevelopment of the Steam Boat Museum and the sale of Old Fallbarrow Hall recently. Is it the weather, the cost and the difficult access to blame?

Or is it, as certain parties claim, the introduction of the speed limit of 10 knots (nautical miles per hour) in 2005/2006 which has made the lake less attractive to lake users.

A move has been put forward by members of the Windermere Lake User Forum (WLUF) who have suggested that the current 10 knot speed limit on the lake be increased to between 18 and 20 knots.

They believe that this would attract more people back to the lake.

Carole Shaw, again, said "What we have seen over the last 15 years or so is a generation of young people not staying with the

lake. People who do water skiing can cover three generations. Even when the grandparents no longer ski, they drive the boats. The speed limit has meant that families go elsewhere to water ski, and if the kids aren't coming neither are the grandparents."

She pointed out that by having a slightly higher limit the skiers would be able to operate and those valuable visitors would be attracted back to the lake.

Jason Dearden, managing director of Shepherds Marine, said: "Water skiing is a family activity. It brings people to Windermere and they stay the night. The lake is missing this now. Businesses want repeat customers. Water skiing provides this. As well as benefitting the businesses that are directly related it also benefits the economy for the whole area. The restaurants and guest houses in Bowness and Ambleside benefit from people coming and spending."

The forum proposed that tighter regulation would be needed than the pre-speed limit days,

"Anybody wanting to be exempt from the ten mile an hour speed limit would have to be a member of a club, and boats would need to be registered and drivers trained."

Only certain areas of the lake would be available to be used and times for this use would be decided to cause minimum disruption to other lake users."

Is this the answer to the sometimes empty lake that we see at the moment? Why not share your view on our letters page.

Tufty's back!

Young holidaymakers at Cumbria's Skelwith Fold caravan park this spring have been excited by many sightings of red squirrels.

The wildlife-friendly Ambleside park says the red revival is evidence of the success of its 12-year conservation programme to encourage the animals' return.

Now guests at Skelwith Fold are reporting regular appearances of the red squirrel colonies which are beginning to thrive in the 130 acre grounds of the park. *"For children especially, it's a magical chance to see – possibly for the first time ever – Britain's best-loved and most iconic woodland creature."* said site operator, Henry Wild.

Tempting the elusive reds back has required a concerted effort by the park and its staff over more than a decade.

It did mean that the grey squirrel had to be reduced in numbers by humane culling. They carry the deadly-to-Reds parapox virus which, it was suspected, was being passed via the feeders often used to bolster the diet of red squirrels. The park moved on to ground-feeding and alternative methods of delivering the food to the animals - and as a result, the site has remained completely virus-free. This woodland management



scheme has ensured that the natural environment remains red-friendly.

Six years ago, after the first reds were spotted, The Prince of Wales wrote to Skelwith Fold congratulating the park on its *"efforts to preserve this wonderful creature"*.

Prince Charles also gave details of the park's achievements to the Red Squirrel Survival Trust, of which he is the patron, and it has now published Skelwith's success strategy nationwide.

Henry said *"It's involved a lot of hard work on the part of our own conservation team at Skelwith Fold, but this year's many sightings have made everything worthwhile. Our guests have also felt the buzz, and many have reported capturing their sighting on camera. We're now compiling, where possible, a library of their films and photos. It's fantastic to know that our reds are helping to create some amazing lifetime memories for youngsters who have only ever heard about these lovely animals."*

Goughing up the cash

Friends of the Lake District, the conservation charity which awarded its first grant in 1943, has reached its £1 million milestone in giving.

Its most recent high-profile renovation was that of the Gough Memorial on

Helvellyn, the monument at the top of Striding Edge for Charles Gough (1784-1805), whose death in a mountain fall from Striding Edge made news at the time because his dog Foxie survived beside his body for three months.



Models are a great help visualise the new building before they are built. This model of a new dwelling starts on site this month.

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County Council elections: No change

Ahead of the Big One (that's next month's general election!) voters went to the polls across Cumbria on May 4 to elect a new county council line-up, resulting in new faces and a change in the make-up of the council.

The final tally has still resulted in a council with no political party holding a majority.

In South Lakeland seats the Conservatives made two gains, winning in High Furness with Matt Brereton, and in Windermere, where Ben

Berry beat the Lib-Dem's Steve Rooke by just 89 votes, the smallest majority in the district.

In the Lakes ward, which covers Ambleside and Grasmere, 32 year-old Grasmere man Will Clark was elected for the Lib-Dems. Will is well-known for his courage and determination in overcoming a freak cycling accident in 2012 when a branch caught in the wheels of his bike as he was riding alongside Thirlmere which left him paralysed from the neck down.

Before the county council elections he was quoted as saying that the injury had made him realise "the value the strength of local community support" and said it had inspired him to enter local politics



County Councillor Will Clark

Cumbria County Council 2017

(previous seats in brackets)

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26 (35) -9

LIBERAL DEMOCRAT

16 (16) 0

INDEPENDENT

5 (7) -2

Electorate: 380,797

Turnout: 141,500

(37.2%) – South

Lakeland had the

highest turnout at 47%

Charity begins at home

A year-long 'Charity begins at Home' partnership whereby local estate agency Matthews Benjamin and Fine & Country Lakes and North Lancashire donated money to Rosemere Cancer Foundation for every house sale it completed has come to an end after raising a magnificent £16,478.39.

Its support of Rosemere Cancer Foundation came about as a tribute to former company managing director David Benjamin.

Sadly, Mr Benjamin, a former patient at Rosemere Cancer Centre, died of skin cancer aged just 53 in summer 2015.

Rosemere Cancer Foundation's corporate fundraising manager Cathy Skidmore said: *"The support we have received from Matthews Benjamin and Fine & Country Lakes and North Lancashire has been fantastic. We are truly grateful for the commitment it has shown to us".*

www.rosemere.org.uk

Windermere Town Council

At our Annual Parish Meeting, held on 26th April, local residents came along and raised a number of important issues.

Firstly, the continuing and increasing problem of dog poo on our streets. We should not have to put up with this and, as a community, we need to take action. The Town Council is supporting a number of small initiatives which we hope will make a difference. We have worked with the local police on public information posters, which you will see around and about. They are based on a design by our local Beavers and deliver a powerful message, as only the young can! Also, we are supporting an initiative from our local veterinary practices to purchase a number of free dog poo bag dispensers (which are biodegradable). The local

police will keep them full and the town council will fund the bags.

There were complaints about the increase of A Boards, large plants and unauthorised chairs and tables on our streets. Although there are many very positive aspects of the growth of the cafe culture in our area, businesses must also give consideration to pedestrians, the less able bodied and the users of mobility scooters. The Town Council have written to the Lake District National Park, who have agreed to work with us on a voluntary local code, similar to the one that is in force in Keswick.

Finally, car parking. Many residents in central Windermere & Bowness are seriously concerned about the pressure on roadside parking, which can create a number of driving risks, whilst the car

parks are under-utilised.

Town Councillors share these concerns and are, like all of us, perplexed at the complexity of who is responsible for what between District and County Councils and the National Park. They have authorised a new parking advisory group, which will take a bird's eye view of the problems, consult with those that are involved and try to put together some potential solutions. We may need your help, so do feel free to contact us with any observations – email the Clerk or use the website contact form. Or come along to the next Council meeting and speak in person – it is on Wednesday 14th June at Langstone House, Broad Street.

Mrs Julie Hartley Clerk to Windermere Town Council
Email: clerk@windermere-tc.gov.uk, 07951 402372
windermere-tc.gov.uk

Dear Editor,

I am honoured to have been elected as the County Councillor for Windermere, the first time a Conservative has been elected to the post since 1988.

The mood for change has been humbling and I thank everybody who took part in the democratic process especially those who saw me fit to serve. I wasn't the only new Councillor elected and as a matter of priority I will be working with Councillor Matt Brereton on the other side of the Lake to remove those silly Ferry Ticket machines as soon as possible.

Council Officers are already working on my plans to bring new local housing to our area making use of underutilised County Council sites. I am also looking forward to bringing forward bids for money to use to increase car parking capacity in our town for residents, workers and visitors.

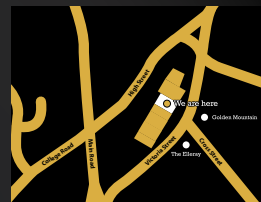
I am very excited about making Windermere the best place in the world and I look forward to working with everyone to make that a reality.

Ben Berry Windermere County Councillor

The perfect barbershop is an oasis of gentlemanly calm amid the white noise of contemporary life.

Beeping iPhones, endless meetings, droning colleagues, other demands on your time, space and sanity... Sometimes a man needs an escape. A restorative sanctuary. Behold The Barbers of Windermere: half-gentleman's club, half-psychiatrist's couch, all self-indulgence. A place to sit, think and just be. Even better, you emerge afterwards as a slightly improved you, with a dapper haircut or cut-throat shave, smelling good, feeling tingly, ready to face that beeping iPhone again. Pampered by hot towels and aglow from a reviving massage, the world seems a more tolerable place.

Keith Dewhurst and James Scott are the duo behind the Victoria Street shop. Offering a variety of services from a hot towel Cut-throat shave to a pampering charcoal peel off mask. Drop in or call or text to reserve an appointment



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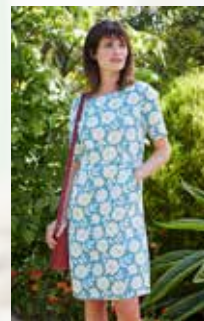
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Blood, sweat and cheers for Fred

The Fred Whitton Challenge is spoken of in hushed tones in the world of cycling. Nowhere in this country are the climbs as steep and unrelenting; no other cycling event requires the degree of training and commitment that the 'Fred' demands.

For the non two-wheeled fraternity it is either: a) an event to watch with admiration, or b) an all-day traffic hazard. Either way, it has made an impact every May for the past 19 years – apart from 2001 when it was cancelled because of the Lake District foot & mouth crisis.

It is named after the hard-working and hugely popular secretary of the Lakes Road Cycle Club in Barrow who died in 1998

aged just 50, and dozens of members of the thriving club compete in or help organise the huge event.

The challenge draws riders from all over the UK and from many corners of the world, and its spectacular 112-mile course, starting and finishing at Grasmere and taking in all the Lake District's high passes (Kirkstone, Honister, Newlands, Whinlatter, Hardknott and Wrynose in that order on an anti-clockwise route) showcases the wonderful scenery of the Lake District. But it also highlights the incredible teamwork that makes the event such a success: with teams of volunteer marshals directing traffic/booking in competitors/dealing with late mechanical problems and



much more at the start, and stationed at feed stations and key road junctions on the route. Plus all the usual mountain rescue and ambulance support and

so many other groups too numerous to mention.

For motorists who might get hot under the collar at being delayed for a few minutes, here's something they might like to consider – the challenge has raised over £1,000,000 for Macmillan Cancer Support as well as benefiting a host of other charities down the years.

Rum ruminant on board

AN UNUSUAL passenger got a lake cruise as part of a family day out to the Lake District.

Windermere Lake Cruises offers canine companions free travel, but passenger Jack Barrett from Burnley in Lancashire managed to get his pet goat, Eric, a free trip. Mr Barrett said "I take him out a lot. He gets a lot of attention. Eric the goat has been a part of the family for four weeks. He's really friendly. My sons Max, and Oskar, love him! Eric is our pet and lives in the house with us, so it was natural that he should join us when we drove up to Windermere for the day. I usually go on a cruise when I'm up here, as it's a great way to relax and the views are stunning."



James Ventham from Windermere Lake Cruises said: "It was quite a surprise to have a passenger requesting to bring their pet goat on board, it's the first time we've ever had a goat on board, but we always welcome dogs. We were happy to accommodate this more unusual request!"

Galloping to aid the Reds

More than 500 runners have been registered for this year's Grasmere Gallop on Saturday 3 June – and there's still just time to enter. Closing date is 31 May.

This year's National Trust-organised event will feature a choice of 5.7km, 10km or 17km runs and a 10km Nordic walk, with the routes

taking in the beautiful scenery around Grasmere and Rydal Water.

The event, started 32 years ago by local man Robin Lees, has been organised by various charities down the years and was taken over by the National Trust in 2011. All money raised this year will go towards red squirrel conservation.

Kidneys for life

Former Lakes School pupil and Amblesider, Becca Hayes, now a dietician, has worked at one of only 2 kidney

transplant centres in the UK and is a dedicated fund-raiser for "Kidneys for Life".

She has already cycled from London to Paris and is now setting off on 12 June to cycle 380 miles from Venice to Rome to raise further funds.

From Cumbria to Cornwall



Is an exhibition of paintings by South Lakeland Artist Amanda Watson to be displayed at The Old School Room Tea Shop in the grounds of Rydal Hall, Ambleside, daily 10am - 5pm until the end of June.

It features paintings inspired by the Cumbrian mountains and also seascapes from a six week trip to the Penwith peninsula.

Find her on Facebook for further info **AmandaWatsonArtist**

Praise of poet

Grasmere was featured in a BBC 'Songs of Praise' programme focusing on poet Norman Nicholson which was aired on May 14. The late Mr Nicholson (1914-1987), born and brought up in Millom, is one of the most respected Cumbrian writers of the 20th century.

A Lakeland literary landmark

The popularisation of the Lake District over the last 200 years is littered with literary milestones.

From the Lake Poets at the turn of the 19th century (William Wordsworth, Samuel Taylor Coleridge and Robert Southey), to John Ruskin and Sir Hugh Walpole, Norman Nicholson, A.H. 'Harry' Griffin, Alfred Wainwright, Melvyn Bragg, Hunter Davies... now you can add Andy Beck to that list.

That's the only conclusion any right-thinking lover of Lakeland could come to after spending some time looking through his epic book *The Wainwrights In Colour*, which was launched earlier this month. Fellwalker and artist Andy, has spent 10 years tracking down the exact location from which Alfred Wainwright drew every illustration in his seven-volume *Pictorial Guide to the Lakeland Fells*. From each spot he took a photograph, returned to his Teesdale studio and painted a watercolour



version of how the view looked now, over 50 years after Wainwright did the same thing (except AW drew in pen and ink).

That's over 700 paintings, all of which have been lovingly created and put together in a limited-edition book (just 5,000 copies will be sold) that includes a free DVD explaining how exactly Andy did it.

Over the course of three days, hundreds of Lake



District lovers made the trip to Kendal to collect their pre-ordered copies and meet the author.

The *Wainwrights In Colour* is not available in bookshops. If you would like a copy, go to Andy's website.

andybeckartist.co.uk

Wilson & Fay sail the Wayfarer

Fay Lakin's family has a history in Coniston stretching back over six generations. She has a natural affinity with the area and enjoys spending her time embracing the outdoors with her family.

Having always wanted to write stories for children based in and around Coniston, she has now published her first book; *Wilson & Fay Sail The Wayfarer*. Fay's books are about the adventures she embarks upon with Wilson, her faithful, floppy eared and ever obliging springer spaniel. The book is beautifully illustrated

in watercolour by Catherine Beale whose ability to capture and portray the moment is just exquisite.

This new children's story is aimed at early years and makes the perfect read, be it a quiet moment, a bedtime story or a holiday memory. For those wishing to purchase a copy you can visit Fay's webpage and look under 'Wilson Story'. Alternatively if you are in Coniston, why not take a cruise on Coniston Launch where you can buy a



copy onboard and voyage merrily along past Pier Cottage from where each story begins.

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Oscar is Wilde in Grasmere

His greatest play, The Importance Of Being Earnest, is to appear on Grasmere's stage at the Village Hall.

The Grasmere Players are preparing a stunning production of this witty piece to be performed in June and July by a superb Cast - Jack and Algernon to be played by Jolyon Stephenson and Ben Abdelnoor. Gwendolen and Cecily by Lynda Newell and Poppy Garrett, Lady Bracknell by Moira Roulinson, Miss Prism by Christine Wright, Canon Chasuble by Mike

Derry and the two butlers by Hugh Wright most of these are old staggers at Grasmere but some are excellent new talent. It's going to be a cracker.

Performance dates

June Wed 7th, Thurs 8th, Wed 21st, Thurs 22nd, Wed 28th, Thurs 29th, Fri 30th.

July Wed 5th, Thurs 6th, Fri 7th, Wed 12th, Thurs 13th.

Curtain up at 8.00 pm.

Tickets available from Barney's Newsbox (working hours only) Tel 015394 35627.

Treetastic exhibition



Husband and wife team, Rob and Harriet Fraser, have taken on the roles of photographer and writer for an intriguing local arts project.

For eighteen months they have been visiting and documenting seven individual trees, in seven prominent spots across Cumbria. The work is now featured in a book and an exhibition, both entitled The Long View.

Seven different species of tree were chosen: oak, pine, birch, hawthorn, alder, rowan and

sycamore. Each of them stands alone surviving and thriving in a unique location. The Frasers walked miles in all weathers and at all times of the day and night to capture the characters of these remarkably ordinary trees.

The Grizedale Forest exhibition will include literature, photographs, parts of the art installations and even the odd tree. The Long View exhibition opens at the galleries in Grizedale Forest on Wednesday 21 June with free entry for all. The book is launched on the same date.

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Gingerbread family men



Or women in the case of Joanne Hunter, co-owner with her husband Andrew, of Grasmere Gingerbread.

The fourth-generation Lake District business – which was founded in 1854 by Victorian cook Sarah Nelson – is one of four UK regional finalists in this category for this year's Federation of Small Businesses & Worldpay UK Business Awards.

"We are absolutely thrilled to be a finalist and excited to be in with a chance of picking up the ultimate accolade," she said. The couple have really put the business on the map, expanding it to create 14 permanent jobs, developing a range of complementary product ranges and a thriving mail order and export service.

Joanne was delighted to welcome her 21-year-old daughter Yasmine into the business recently. She looks after online and digital marketing and events. Her two younger teenage children, Eden Rose and Eamont, also work in the business during the school holidays.

"Safeguarding the original culinary legacy of Sarah Nelson and her family values of a high-quality products and excellent customer care are our top priorities," said Joanne.

Brathay new high-ropes course

A new high-ropes course at the Ambleside-based Brathay Trust is set to provide youngsters with a life-changing outdoor experience. The two-tiered ropes course, supported on poles and spanning 700 square feet, links to a climbing wall.

Brathay Trust secured £15,000 from the Sir John Fisher Foundation, £2,500 from the Bernard Sunley Charitable Foundation and a loan of £27,000 from social investor First Ark to replace its 10 year old course with a brand new one.

Kieran Whitby from Kings Leadership Academy in



Liverpool was the first to use it when his year nine school group came to Brathay in March for a three day course. Back on the ground the verdict from Kieran was, "that it was pretty cool".

Brathay tutor Graham Jones said "Ropes courses provide an amazing learning experience because

they take you right out of your comfort zone even though they are actually very safe. Youngsters discover that they can do things they feel very uncomfortable about. For some young people we work with, who have had a very difficult start in life, the high ropes course can give them a new perspective, including what they are capable of"

The 70 year-old charity's mission is to improve the life chances of children, young people and families by inspiring them to engage positively in their communities. They work with 7,000 young people a year in the north of England.

It's a family affair

The inaugural Cumbria Family Business Awards was a fantastic success and set the benchmark high for future events!

The Kendal venue was packed with an outstanding group of Cumbrian families, proudly representing their varied businesses.

With 85% of Cumbrian businesses being family

run, these awards really hit home with many firms across the county. This year's awards were hosted by Dave Myers, a proud Cumbrian and advocate for the county, and perhaps more famously known for his 'Hairy Biker' status!

The winners of The Outstanding Cumbria Business of the Year was Bells of Lazonby.

They were described as a business that is 'breaking new ground' with their inspired cakes and pastries. Zeffirellis and Fellinis won the Food and Drink Establishments award, waving the flag for our own area.

All the winners were treated to a cruise on Windermere hosted by Windermere Lake Cruises.

Good news and tips

Sophia Newton The Good News Girl and Co-Owner of Flock PR and Events agency. 5 things I've learnt since setting up my business in South Lakes

It pays to be nice. Talk kindly about other businesses (and people for that matter!) and give back to your local area. Time and again I notice the most successful people and businesses are first to say something good about others and share the love!

South Lakes is brilliant for new business, people here are quick to spot and support original ventures. New businesses are welcomed, and have a higher survival rate than in many other areas of the country. Go for it!

Always have your business card! Creating a new

business in a more rural location means a stronger business network. Local networking groups like LA23NET, Kendal Curry Club and Lakes Business Women's Network are full of great people, but equally you might find your next client or business associate whilst you're buying a birthday card in town. I did.

You don't have to go far for inspiration. Seriously, just look outside. Whatever your business, you cannot fail to be uplifted by where we are.

Being different is a good thing. South Lakes is increasingly entrepreneurial and our economy is led by SMEs who provide interest, colour and wealth for the area. Hurrah for standing out from the crowd!


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Celebrating 20 years of fragrant success

The Bath House has been making fragrance, perfume and natural beauty since 1997.

This Cumbrian based company continues to grow and flourish.

"We welcome those who share a love of all things fragrant to visit one of our five shops and to share with us our special twentieth anniversary year" says Nigel Brooks a founder of the company.

Since the Bath House first opened its doors in the Cumbrian market town of Kirkby Lonsdale, there has been a strong and consistent support from both locals and visitors who see Bath House as a destination store. More of their

unique boutique-style shops have followed in Ambleside, Bowness and Knutsford.

The Bath House founders Abigail and Nigel Brooks, Pauline, Gareth and Glyn Marshall met at art college. They shared a love of fragrance, skincare and beautiful packaging which has been at the heart of the Bath House success story. They continue to lead the company with a hands-on approach, encouraging the team of fifty-plus employees to ensure the brand is constantly developing and creating new and exciting perfumes and products, to delight and inspire the senses.

"People really seem to appreciate our ethos and our passion for making perfume and natural products. Bath House customers like the fact that we offer a genuine niche, locally made alternative to bigger, more well known brands found on the high street" says Nigel Brooks.

The team are looking forward to opening more shops in the future and are relaunching their website later this year.

To find out more about the Bath House and shop online, visit www.thebathhouseshop.co.uk.



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Bath House

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FORAGED FOOD

Elderflower Champagne

By Neil Mulhall

June is the month for the elder tree coming into flower. Huge creamy white fabulously fragrant fluffy blossoms adorn the elder tree. Folklore says that if you burned the wood from the elder tree you would see the devil. Conversely if you planted an elder tree near your house it would keep the devil away! Whether either is true I cannot say for sure but the gorgeous flowers do make the most delicious sparkling drink. Commonly known as Elderflower champagne or lemonade. It is also very easy to make. When collecting the flowers don't take all of them from the tree because the birds love elderberries and we can also use them in autumn to make a port style wine.

INGREDIENTS

- 750 g white sugar
- 20 elderflower heads
- Zest & juice of 2 lemons
- 3 tbsp white wine vinegar
- Pinch of yeast, bread yeast is fine
- Plastic bucket
- Plastic bottles, the kind sparkling water comes in

METHOD

1. Add 3 litres of hot water and the sugar to a very clean bucket, and stir until the sugar has dissolved then add a further 3 litres of cold water.
2. Give each flower head a gentle shake to remove any bugs, then using scissors cut the flowers from the head and add to the bucket along with the lemon juice, zest and vinegar. Cover the bucket with a clean muslin or tea towel and leave in a cool, airy place for 2 days.
3. After 2 days check the mixture and if it is not starting to foam add a pinch of yeast and mix again. Cover with the muslin again and leave for another 5 days, allowing the mixture to ferment.
4. Strain the liquid carefully through a sieve lined with muslin or tea towel and pour into clean plastic bottles, leaving a good 6 cm from the top of the bottle.
5. Seal and leave for at least a week before drinking. The bottles will keep for a month or so if stored in a cool dry place.

Elderflower champagne can produce a lot of gas which may cause the bottles to pop or explode, to prevent this gently unscrew each bottle and release the gas every 4 or 5 days. It is best served chilled with ice, a slice of lemon and a sprig of mint or lemon balm. Enjoy!

Amazing Grazing's Tim Brown



**CHEF
OF THE
MONTH**

Local culinary mastermind, Tim Brown, who made an appearance on Countryfile recently.

Used the platform to highlight the importance of Herdwick meat in the lives of so many people in Cumbria. Herdwicks, and the people who farm them, have earned a prestigious award that gives the meat a protected status. If you don't know Tim personally then you may well have seen him out and about at many of the lakeland shows

and events throughout the year. Tim and his catering company, Amazing Grazing, are always a welcome local foodie feature at any event, serving up incredible, quality local food, often fused with a quirky internationally flavoured twist! You can also hire Amazing grazing for weddings and outside catering event, where Tim will cater and style a menu to your liking fitting in with the event in hand.

www.amazinggrazing.co.uk

Boot Beer Festival

Great event in the valley of the Esk

Boot Beer Festival, 8 - 11 June, is now one of the biggest in Cumbria with over 140 beers from nearly as many breweries.

Each pub chooses its own beers then duplicates are weeded out. To keep down the food miles, Northern beers feature heavily, but some interesting brews from further afield always appear on the list. At least 10 ciders will be available and all 3 pubs have the usual range of soft drinks for drivers and children.

The beers will be listed shortly before the festival start but the list is seldom definitive as the ephemeral nature of some breweries concoctions makes

it difficult to pinpoint exactly which brews will be available in June!

Boot Beer Festival is a great event for all the family, ride up on the la'al Ratty railway, visit Brook House Inn and sample a beer or two then wander up to The Boot Inn, where non drinkers could visit the working watermill and the Kids can enjoy themselves at the Boot Inn play area. Next take the path up to the Woolpack and sample the delightful beers available at one of the most remote pubs in the Lake District. A short walk down the road brings you back to the station.

JUST ADD WATER

In this Visitors guide we take a dip with My Tri Events, based in Mill Yard, Staveley, where they work, live and play! My Tri Events run Windermere One Way, an open water swim of 10 miles distance.

We all also look at open water swimming with Swim The Lakes, who say a visitor to the Lakes can walk through their door with nothing but a curiosity for wild swimming, and they can leave with a unique experience, and a greater understanding and appreciation of the Lakes.

For many people, their first experience of wild swimming is through the Great North Swim which this year takes place on Friday 9th - Sunday 11th June when thousands of entrants will grab their goggles and join their event with distances ranging from half a mile up to 10k. For younger swimmers there is also a 250m event on the Saturday.

Dive in!



VISITOR'S GUIDE

Stuart's Sports

Celebrating 40 years at the top



You will find many outdoor shops in Bowness-on-Windermere, but you will not find any other like Stuart's Sports.

For 40 years it has stood both the test of time and the test of Bowness high street to become one of the most iconic outdoor shops of the Lake District.

The key to its foundation and long-standing existence, when so many other outdoor shops have come and gone within its life time, is its friendly, knowledgeable staff and great customer service. Founded in 1977, this family run business grew a local and international following through the family's unfaltering love and passion for the great outdoors, which is still as evident today as it was 40 years ago. Specializing in outdoor clothing and gear, Stuarts Sports offer something for everyone, from the budget Lakes weekender to the experienced alpinist. With so many great ties to the local community and outdoor centres, this little shop in Bowness has remained a trusted source

of knowledge, advice, supplies and outdoors history, and shows no signs of stopping!

The shop itself is somewhat a treasure trove, with the walls stocked high with boots, jackets, helmets, rope, gloves and maps and a mysterious ladder leading up to an attic presumably full of more gear! There are hundreds of photographs, dating back from the 1970's to present day, covering any spare patches of wall, showing people on top of Everest, at the Half Dome in Yosemite, kayaking down heavy white water rapids, on top of Scafell, climbing in the Dolomites, and all sporting the humble Stuarts Sports bag.

This family run business embodies the best things about both the local and international outdoors communities, maintaining the same ethos as it has done for 40 years; The outdoors is for everyone and a great place to start is at Stuart's Sports!

My Tri events



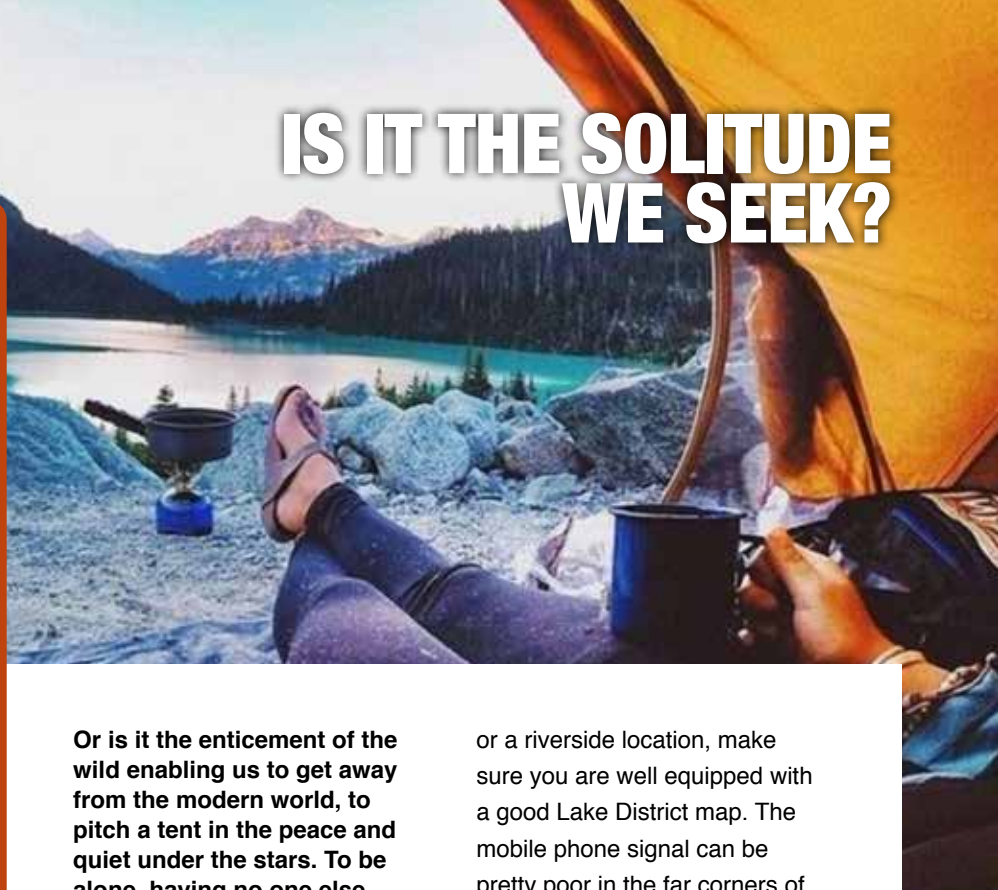
So MyTriEvents is based in Mill Yard, Staveley, where we work, live and play!

Based in the Lake District, MyTriEvents organise a range of swim, bike and running events across the North West of England. Specialising in triathlons, open water swims, cycle sportives, as well as offering a number of other events including aquathons, duathlons and a ladies only event. We also offer a range of training products ranging from bespoke 1:1 coaching to full day training sessions for larger groups. Windermere One Way open water swim (10 miles) was first trialled in 2013 and since then we have established strong links with The National Trust starting and finishing at their sites. Fell Foot and Low Wray. Using the beautiful Storrs Hall as a feed base / check point - its grown in confidence and now attracts a strong 120 / 130 field each September.

IS IT THE SOLITUDE WE SEEK?

In the past, camping has often been tolerated as long as people:

- Camp above the highest fell wall, well away from towns and villages
- Leave no litter - this includes not burying any litter and removing other people's
- Don't light any fires, even if there is evidence that fires might have been lit
- Stay for only one night
- Keep groups very small - only one or two tents
- Camp as unobtrusively as possible with inconspicuous tents
- Leave the campsite as you would want to find it
- Carry out everything you carried in
- Carry out tampons and sanitary towels. Burying them doesn't work as animals dig them up again
- Choose a dry pitch rather than digging drainage ditches around a tent or moving boulders
- Perform toilet duties at least 30 metres - 100 feet - from water and bury the results with a trowel
- At all times, protect the environment



Or is it the enticement of the wild enabling us to get away from the modern world, to pitch a tent in the peace and quiet under the stars. To be alone, having no one else present; a rare pleasure in everyday life.

Being at one with nature can bring a few challenges but it can also be the perfect way to mix Lake District adventure, the great outdoors and an unforgettable stay in the National Park.

The starting point for the ultimate Lake District wild camping experience is to choose your pitch. If you are looking for a secret spot amongst the valleys

or a riverside location, make sure you are well equipped with a good Lake District map. The mobile phone signal can be pretty poor in the far corners of the park! Don't let this put you off though, as wild camping is an unforgettable experience and the Lake District is certainly a stunningly beautiful part of the country to pitch your tent.

Legally wherever you camp you must have the permission of a landowner to camp on their land, though there is a tradition of wild camping in the Lake District.

SWIM THE LAKES

Our swim guides and staff have a unique set of skills, experience and qualifications that combine to offer swimmers of any ability a great introduction to open water swimming.

We are all experienced outdoor swimmers ourselves with years of coaching experience between us and with the relevance qualifications and sense of fun needed to run courses and guided swims safely for those new to the sport.

"After a lifetime of swimming, kayaking, walking and climbing outdoors, we just love introducing people to Lake

District swimming. We've swam the rivers, lakes and tarns of this region since we were kids and reckon it's too good not to share - whether it's providing our clients with the perfect swimming wetsuit, or a sublime swimming experience in one of the best outdoor swimming venues in the world.

A visitor to the Lakes can walk through our door with nothing but a curiosity for wild swimming and they can leave with a unique experience and a greater understanding and appreciation of the Lakes.
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Eskfest - the best value music festival in the U.K.

The line up has been announced for this summer's EskFest - returning to the Lake District for its second appearance.

The independent festival, based in the Eskdale Valley, was hailed a resounding success in its debut year, and looks set to get even better this time around.

An impressive number of visiting artists and top local acts have now been confirmed to appear this July. With nationally renowned band, MARSICANS, set to headline, Cumbrian indie rock favourites 'The Chadelics' will also be one of the key names to look out for, having impressed on the Kendal Calling Main Stage and made an impression on the Manchester circuit in 2016. Pop punk outfit Fight For Friday and leading acoustic duo Paper Cranes are also joined on the line-up by highly-regarded brass pop group - Atomic Brass, the west coast's newly-renamed The Black Guards, and Lancashire-based Lakes regular Molly Warburton. Lancaster band LOWES., who have had widespread radio play across the region in recent months, will also be one of the stand-out

acts to catch as they launch into a busy festival season. Riotous ska band Irie Yoyo arrive direct from the Edinburgh live circuit, and Liverpool pop act Panda Cult add to the list of names penned in so far.

In addition to live music, this year's festival will feature a Cumbrian film event, comedy, an open air ceilidh, spoken word and poetry, a busking stage, cocktail bar, games and entertainment, photo booth, henna, face painting, kids entertainment, great local food stalls, 3 music stages, art installations, a fully stocked bar, tipi village, merch stall and loads more!

Book your tickets priced from only £15 - £35 at www.eskfest.com



Tickets are limited to just 450, so early booking is advised.



the top 5 music events

Metcalfe, Moffat & Peat @ Lily Bar

FREE: 9.00pm: June 3rd. A trio who have been playing gigs longer than they care to remember, they are all excellent musicians and perform well known songs with a rootsy and bluegrass twist to them – high speed banjo, ragtime guitar and vocals, with great bass playing to anchor the sound. Tom Waits, Ry Cooder, Richard Thompson and The Beatles are all in there.

Lake District Folk & Acoustic Club @ Hawkshead Brewery, Staveley

£5: 7.30pm: 9th June. Guest Performers: Hicks & Goulbourn. Steve Hicks, outstanding fingerstyle guitar virtuoso and singer songwriter Lynn Goulbourn have played together for 10 years now and taken their music to the USA and Germany as well as throughout the British Isles. With traditional, contemporary and self penned songs in their repertoire, the guitar accompaniment is first class from these two wonderful, unassuming musicians.

Knusprige Wimpern @ Zefferellis

FREE: 8.30pm: June 16th. Knusprige Wimpern is a five-piece band from Passau, Germany that bases their unique original compositions on blues, pop, jazz, the swirly sounds of the late 60's and the progressive rock of the early 70's. Psychedelic guitar, groovy percussion, playful bass, piano with a classical touch and angle-like vocals make up their weird and wonderful music.

Pete Lashley @ Tweedies Bar

FREE: 9.00pm: 23rd June. Pete's prolific output as a songwriter coupled with his willingness to explore and put a new take on a vast array of cover material has meant that his live performances remain vibrant, accomplished and refreshingly varied. As well as the live performances at specific venues there is the busking which has seen Pete become a regular favourite of Lake District streets. Pete and his music continue to impress wherever they go, whether they be on the street, down the local, in the concert hall, or on the stereo.

Jivehoot @ The Boathouse

FREE: 9.00pm: 30th June. Jazz, blues and 1950's Rock 'n' Roll

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SERENE - ZIG ZAGG - COULTON BROTHERS - THE NEXT STOP
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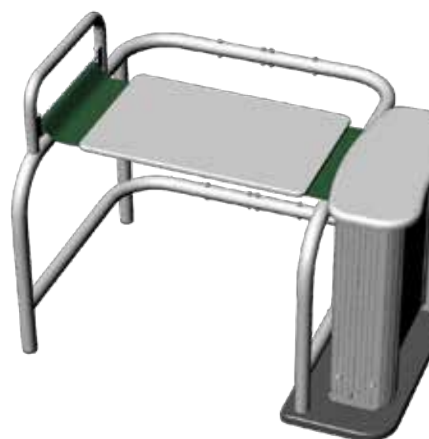
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Batty about bats

What comes to mind when you think of bats? Batman? Dracula even? . These furry winged little creatures are often misunderstood and feared but they are a protected species and have more in common with humans than mice.

The most common bat in the UK is the Pippistrelle which weighs only 5 grams, the same weight as a 20p piece. Female bats give birth to a single pup in June which are suckled with their mother's milk until August. Many old properties including houses, churches and barns become roosting sites for bat colonies where bats usually return to each year. Bats hibernate between November and March and live between 20-40 years. If you have a bat roost in your attic, they sometimes find their way into bedrooms and living spaces in the summer months when babies are venturing from the roost and learning to fly. All bats and roosts are protected by law and if contained should only be released at dusk. You should never attempt to catch a flying bat but instead open windows, close doors and dim the lights giving them an opportunity to find their way out. Pups should not be intentionally separated from their mothers. For advice or help concerning bats call the Bat Conservation Trust on 0345 1300 228

Big cats... are you still out there?

Has anyone recently spotted a big cat? I don't mean a chunky moggy who's eaten too much Kitekat, I mean a black panther or something of the like. No, not in a zoo..... one of the elusive large cats thought to be roaming free around the British countryside.

The most recent local sighting to hit the press was in January this year when tourists claimed to have seen "The Beast of Cumbria" stalking a herd of sheep in Little Langdale. They described it as "very feline and very very big", jet black and walking slowly with a big black long tail. Another tourist apparently spotted something of a similar description a "large black cat with a long thick tail" near Ambleside last August. Although there are those who still believe the



beasts are merely myths or legends it does seem plausible that big cats could be living in the British countryside. Big cats were available for sale as pets in stores such as Harrods until the mid 1970's. During the Second World War American aircrews brought puma and bob cat cubs over as mascots, by the time the war was over the cubs were fully grown and many of them were released into the wild and are thought to have bred. It is also believed that some may have escaped from zoos.

Research shows that more than one big cat sighting is reported to British police every week with Cumbria being a "hotspot" following Norfolk, Devon, Cornwall and Somerset. Not all sightings are of black cats with some being a brown or sandy colour which could be pumas or lynx. In 2016 a Freedom of Information request revealed that since 2003 there had been a staggering 40 recorded sightings of big cats reported to Cumbria police.

Holehird Gardens

June is one of the nicest months of the year in which to visit Holehird Gardens.

The trees on either side of the drive leading up to the main car park are in full leaf. The grass verges beneath them may have been freshly cut or left a little longer so that the flowers naturalised there will have had time to spread their seed. On Wednesdays when many of the volunteer gardeners come to tend the beds, the overflow car-park in the field on the left may be open allowing cars in when the ground is dry enough.

The garden beds are full of colour. Round headed purple alliums are present in the Davidia border above the leaves of the hostas which grow profusely here. This colour is also provided by Verbena bonariensis and Verbena 'Homestead Purple' which are planted close to the drive leading up to the rose beds. Various candelabra primulas



with red, pink or white flowers can be found in areas where the ground is moist. Paeonies in the walled garden have flowers with the same colours, while the most intense red is provided by Asiatic poppies. The Himalayan poppies in the paddock have flowers of clear blue or blue tinged with purple.

The colours and scents of the flowers are not only attractive to us but also to insects, many of which can be seen resting on the plants or collecting pollen. There are plenty of benches around the garden where visitors also can sit and enjoy the plants.

Riverbank revamp

A number of local organisations led by South Cumbria Rivers Trust have come together to form the Becks to Bay catchment partnership which is open to anyone with an interest and love for the area of South Cumbria, including communities, local businesses, landowners and tourist organisations!

This spectacular landscape is a mosaic of different habitats, home to some of our rarest and most loved species, including Atlantic Salmon, otters and the native white clawed crayfish. However, pressures all combine to influence the state of our rivers.

Therefore, action is needed to support the landscape, nature, economy and cultural identity of the local area.

Jayne Wilkinson from South Cumbria Rivers Trust commented that *"This work is fundamental for protecting our area for future generations, ensuring it can continue to provide the benefits we all rely on, including clean drinking water, water for industry and agriculture, an area for recreation and a home for native wildlife."*

The Becks to Bay partnership has published a range of information and actions about the area. Visit the website to find out more about the area of South Cumbria, how to get involved, share your thoughts and sign up to local events.

www.btoB.scrt.co.uk

Heathwaite junior football club is Windermere's local "Charter Standard" junior football club serving the local children with teams from U7's to U16's having fully qualified coaches.

In April we had our annual sponsored walk and nearly 100 parents, children and coaches undertook the walk around Windermere and over Orrest Head to Ings, stopping off at the Watermill at Ings for refreshments, then back to the village. We'd like to say a big thank you to Brian and his team for the refreshments of free chips and drinks for the kids at

Heathwaite football club



the Watermill. We thank everyone for participating and particularly Colin Barnes and David Chapman for organising the event.

If you'd like to help our club or have a child who may be interested in playing, then feel free to contact Mike Graham on mag@hackney-leigh.co.uk

Windermere WI

Two dates for your diary, 6th July, 2017 is our Open Evening (please wear something Blue) and 3rd August, 2017. "It's never too late to follow your dreams" - Jane Abbott. All our WI meetings take place at the Marchesi Centre on the first Thursday of each month start time 7:30pm. Visitors are always welcome

Rydal WI - Annual Games Night & Supper

To be held at Ambleside Cricket Club on Tuesday 9th June at 7pm. New members are very welcome.


Viking Treasure

A Talk entitled "The True Story behind Viking Voices" will be given by Vincent Atherton at the General Meeting of the Ambleside & District U3A. The meeting will take place in the Marchesi Centre, Windermere at 2.15pm on Monday 12 June. Vincent Atherton is an historical novelist and his talk is about the largest treasure of Viking silver ever found in Britain. The treasure, known as the Cuerdale Hoard, was found on a bank of the river Ribble. (Non-members £2.00)



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High-flying adult volunteers needed

The Air Training Corps (ATC) needs high calibre adult volunteers to run its activities. Flying, climbing, shooting, rugby, football and netball are just a taste of the activities offered by the Air Cadets to young people aged 12-20.

But to deliver this exciting programme - and our respected academic syllabus - we need adult volunteers from all walks of life. We welcome all responsible adults - male or female. You do not need to have any prior military experience. Minimum age to volunteer is 20 years old. Any training you may require, or feel you need

will be provided. You'll take part in activities you couldn't do anywhere else and gain nationally recognised qualifications at the same time. Our volunteers tell us they gain a huge sense of achievement from helping young people realise their potential.

You choose your level of involvement! Civilian Instructors give as much or as little time as they can manage. Uniformed staff are expected to give a minimum of 12 hours per month.

If you have professional skills even better! The Squadron holds a lot of Training information/

resources to help support you learn new skills and gain nationally recognized qualifications such as NVQ certificates, Mountain Leaders, First Aid and glider instructor qualifications.

If this sounds the thing for you or you would like more information come and visit us on one of our parade nights (Tuesdays & Thursdays) at our building on Park Road Windermere from 7.30pm. Here you can have an informal chat with the Officer Commanding Warrant Officer Gaynor Collins or give her a call on 07515 667650 email: oc.1264@aircadets.org

Open Day Love game

Windermere Tennis Club held a well attended Open Day at their courts on Queens Park recently, welcoming

junior, adult and family visitors. Tennis is available to members on their 2 hard courts, with junior sessions, club tennis twice

weekly, veterans and ladies afternoon social tennis. New members are always welcome. Online booking is available for individual games.

'Changing Young Lives' Appeal

The launch of a public fundraising appeal to create a new state of the art school facility at YMCA Lakeside, at a cost of £6.8M, took place early in May at YMCA Lakeside, Newby Bridge.

Guests including The High Sheriff of Cumbria, Mr Alistair Wannop and representatives of local companies and the civic community were welcomed by Brian Barden, Chairman of YMCA Lakeside Sub Committee, to the event where they heard more about the Lakeside redevelopment plans and about the impact the day and residential programmes have on the lives of the 7000 children and young

people who currently visit YMCA Lakeside each year.

Guests were then invited to tour the site of one of the largest professional outdoor activity centres in the country where they saw schoolchildren from Dowdales School, Dalton in Furness, undertaking an obstacle course, zip wire and crate stack activity. Guests then gathered in front of the jetty where schoolchildren from Greengate Junior School, Barrow in Furness handed a flag to the President of YMCA Fylde Coast Ian Paterson and Chief Executive John Cronin who then declared the fundraising appeal formally launched by the raising of the flag and



cutting of a ribbon. Thanks to those attending were expressed by Sam Rayner, Chairman Lakeland and a member of YMCA Lakeside Sub Committee who urged those present to consider ways in which they could support the fundraising appeal for the outstanding £500,000 and in doing so 'to join us in the future in seeing the new YMCA Lakeside School facility built and being enjoyed by thousands

more young people'. For information on how you can help support the YMCA Lakeside School Facility 'Changing Young Lives' Appeal. **supportlakeside.org.uk** email: info@supportlakeside.org.uk or telephone 01253 893928

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* excluding transport

New team, same Rushbearing traditions

Ambleside's rushbearing procession and service takes place on Saturday 1 July with a new team at the head – but still with the same traditions in place.

Rushbearing is held every year to mark the time when townsfolk replaced the rushes in places of worship that that made the old earthen floors rather more sweeter than they could have been.

It is an enduring local event that goes back centuries – poet William Wordsworth even took part in it in the early part of the



19th century when he was postmaster and distributor of stamps for Westmorland based in a building at the top of Church Street (now known as the Old Stamp House); the rushbearing

procession now goes past the poet's former workplace on its way back to the starting point of St Mary's Church (via Vicarage Road, Compston Road, Rydal Road, Smithy Brow, North Road and Market Place).

Last year's event was hit by a rain storm but, as usual, that didn't deter big crowds from lining the route and singing the traditional hymn midway round the route.

The procession starts at 2.30pm followed by a church service and a fell race for parade participants up Loughrigg Fell.

A spiritual adventure

"There is something about Nate Frederick, the Christian Science Church's guest speaker this month, that is really refreshing," says Reading Room librarian, Pam Twiss. Nate's talk is inspired by the Bible-based teachings of Mary Baker Eddy who, after making a full recovery from a life-threatening accident, found she could teach others how to heal through prayer alone. She called this discovery Christian Science, and set out the principles in her best-selling

book: 'Science and Health with Key to the Scriptures'. Nate describes himself as a 'spiritual adventurer', and he is now in the full-time ministry of Christian Science healing. The talk will be of interest to anyone wanting to explore the connection between effective prayer and well-being. Prayer and Healing - a Spiritual Adventure.' by Nate Frederick, 7pm, Friday 9 June, free admission, parking, and refreshments from 6.30pm Christian Science Church, Birthwaite Road.

Lakeside walk and campfire

Here at Lakes Christian Centre we enjoy various summer social events and we enjoy opening them up to everyone in the local community.

On Saturday 24th June at 6pm, we will be getting together for a lake-side evening walk (wheelchair friendly) followed by campfire songs on the beach.

If you would like to come along, then please contact our church office for more details on where to meet. If you can't make this event, but would like to join us some other time, then please see our F3 ministry webpage lakeschristiancentre.co.uk.

Carver Uniting Church (URC and Methodist) The Centrepont Hadrian's Wall Challenge.

In 2012, Doris Hancock who lived in Ambleside and was a member of Carver Church, decided at the age of 95, to walk the length of Hadrian's Wall Path, a distance of 84 miles. Doris chose the youth homelessness charity, Centrepont, as the charity to benefit from her adventure.

The charity runs hostels in London, Bradford and Sunderland, and has partnerships all over the UK.

Doris named her walk 'Spider Trek' as it was organised into eight legs and she did the walk with a close web of friends. Her remarkable fund-raising efforts became something of a legend and raised over £7000 for Centrepont. The Duke of Cambridge, Centrepont's patron, sent her a personal message of encouragement.

Doris died last year, just a few months short of her 100th birthday.

This year Centrepont, inspired by Doris's achievement in 2012, organised The Hadrian's Wall Challenge, an 18 mile walk which began at Walltown Crag and finished at Chollerford. 40 walkers, including Barbara Crompton from Carver Church, who had walked most of this section of the path with Doris five years ago, did the walk to raise more funds for Centrepont.

The Noah Initiative

Elliot Berry, the Founder of the Noah Initiative in Kenya is coming home to the Lake District for a month on the 4th June and will be doing a wide variety of engagements to publicise the work of his charity.

He is giving a lecture at Windermere School on June 8th at 7pm which is open to the public.

His main Friends and Fundraising dinner is at the Low wood at 6.30pm on the 23rd June where there is a four course dinner, Kenyan market, raffle and money can't buy Auction with some very interesting prizes.

The Lakes Gospel Choir are performing in aid of the charity on Saturday July 1st at the Carver Church in Windermere. 07967 054 990 for more information or email elliott@noahinitiative.org

Flowers for Towers

Two field trips in the Lake District will help to raise funds for Hawkshead church tower restoration.

Tom Macan will be leading a Hawkshead History field trip from Hawkshead Market Hall on 8th June and Gary Primrose will be studying the flowering plants at Tarn Hows on 4th July, commencing and finishing at The Baptist chapel, Hawkshead Hill. The sessions are from 10.00am-4.00pm and will involve walking between 1 and 2 miles. All money raised will be donated to the church tower restoration project.

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Coniston Primary



Had a very busy spring term. Thanks to a grant from The Big Lottery Fund and generous donations from the Home School Association, Rawdon-Smith Trust and Coniston 14, the old outdoor playground equipment was replaced and the early years outside space received new fencing to keep pupils safe.

Ten pupils represented the school at the South Lakes Primary School Cross Country Trials at Casterton. They all did brilliantly and Jessica Edmondson and Alex Graham qualified for the County Trials. At the County Trials Jessica qualified to run for Cumbria Schools. Coniston were very proud of her achievement and in her first run for Cumbria she came 68th out of a total of 223 runners! In March the school was inspected by Ofsted. Pleasingly the Inspector deemed that Coniston Primary School continues to be good! A heartfelt thank you to all parents for their ongoing support, and a particular thank you to the pupils who spoke to the Inspector on the day for representing the school with such pride. Once SATs are finished in this summer term there are lots of lovely things planned for the pupils including a whole school and village Coniston Coppermines Project.



Langdale Goes Global

Being part of a small rural primary school does not mean that Langdale pupils do not learn about life in other parts of the world.

Last term the school set up the Jigsaw Project, with lots of help from Marilyn Tinkler, where children share different aspects of school life with Virgen de Barbaño School in Spain. It is all part of the e-twinning initiative – a free online community for schools in Europe which allows you to find partners and collaborate on projects within a secure network and platform.

The older children have

already been talking to the children from Virgen de Barbaño and hopefully the younger ones will soon get involved too. The project has enriched the learning and motivation of both the pupils and staff. Teacher Mrs Newman hopes that the project will help to *“promote cultural diversity and better understanding of the world, equipping our pupils to become global citizens”*.

This term Langdale juniors will take part in a global learning conference at The Lakes School entitled “Go Global 2017 – Leading for the Future”. The

conference is run in partnership with The Lakes School and Cumbria Development Education centre. A preceding workshop aims to teach the children about global sustainable development goals and how they can make a difference locally. They will also get the chance to present their own project to the other children and teachers.

Young Global Leaders from year 8 at The Lakes School will help to design and run the event and the children will have a chance to learn more about what global leadership means from them.

Manchester Giants visit Windermere School

Windermere School U19 Boys' Basketball Team has enjoyed its most successful year to date, winning both the Barrow U19 Boys' Basketball League and the Cup Competition.

Students at Windermere School have been playing basketball for a number of years, but this year everything came together. Earlier this year, Windermere School welcomed some of the Manchester Giants Basketball team to the Lake District for an afternoon of coaching sessions. Students from all age groups enjoyed the sessions, and the opportunity to develop aspects of their game. But it was the U19s who really benefitted from the additional coaching. The team have been travelling to the Hoops Centre in Barrow every Wednesday evening, playing some highly competitive matches



against teams from Barrow Sixth Form College, Furness College and Ulverston, amongst others. Losing only one of their matches, the boys dominated the league, which guaranteed them a semi-final berth in the Cup Competition, where they enjoyed a comfortable victory against the Criminals. The final against Ulverston proved to be a tougher challenge, especially as a number of players were missing through illness or due to exams, but despite

a close first half, the team ran out winners by 44 points to 25. Claire Davies, who teaches PE at Windermere School, said; “This has been a fantastic season of basketball for Windermere School. The boys have really put their all into training and it's paid off in the competitive matches they've played. The boys thoroughly enjoyed learning some new techniques from the Giants, and clearly they've put them to good use. Well done boys.”

St Cuthberts

Excitement couldn't be contained amongst the children as Olympic rowing champion, Alex Gregory, all 6' 6" of him, crossed into the playground to meet children and staff holding his 2 Olympic Gold medals from London and Rio.

The double Olympian and 5 five times world champion was clearly overwhelmed by the positive welcome and response he received. The week had been spent preparing for his visit looking at inspirational people, goals and targets and every child wore their own gold medal they had made with their dream or aspirational person on it. The whole school was set a challenge: to row the distance of the English Channel throughout the



day, without stopping, on a rowing machine. The final leg was completed by the Headteacher, Peter Harrison and Alex and no surprise that the Olympic Champion achieved significantly more strokes than the humbly defeated Headteacher.

Inspired and enthused, the children of St Cuthbert's quite literally know they were in the presence of a giant Olympian and his words and support will remain

with them throughout their lives: how often does a child get to hold two gold medals after all. Alex Gregory's message to the school was a pleasure to receive. *"Superb afternoon with everyone from St Cuthberts. What a great school. Hundreds of brilliant questions and very impressive rowing!"* The school wishes to thank Alex for taking time out from his holiday to come and meet everybody.

Grasmere School

Election time! Grasmere children are preparing their manifestos.

What would they like to do to improve the world, starting in our communities? If you want to vote in the Grasmere election on June 13th, have a look at Grasmere School Facebook page. Child labour has been abolished in our country, to ensure that our children have opportunities. But this doesn't mean that children don't want to work hard and contribute meaningfully. There have been some great examples of this at school recently. Two pupils, Noa and Seren, are climbing the 10 highest peaks in England to raise money for school. A group of children spent 7½ hours the other day, shifting woodchip to make new paths on the field. They wouldn't go home until they'd finished – 4:30pm on a Friday. And the children baked and sold hundreds (literally) of cakes at the Fred Whitton cycling event. They've raised enough money to pay for lots of educational visits. "Only" children! If everyone worked as hard as these children do for their communities, the world would be a pretty good place.

John Ruskin School

Darwen Lancashire was the delightful destination for the Youth Speaks Regional Finals this spring.

Although the team of Matthew Waring, Tom Stergiakis and Chloe Lafferty didn't make it through to the National Finals, they definitely left with a glow of positivity (despite being trapped in a school hall for hours on the the hottest day of the year so far!). The competition was of a very high standard and when the judges said there were only single marks between scores, it was easy to believe them. The judges gave feedback at the end of the event and, unlike some teams, all the comments made were very positive:

Matthew's clarity and purpose; Tom's clever use of humour and not forgetting Chloe's beautiful quality of tone in her voice, *"something you can't teach-you just have!"* A special mention must go to Lauryn Kirkbride who was part of the original team to go through. She reluctantly swapped roles with Chloe but this was only because she was 'double booked' and had a climbing competition to attend; a multi-talented young lady! This is the furthest John Ruskin have progressed in the competition so far but with the quality of public speaking teachers Mr Blackburn, Mr Walker, Mrs Stergiakis and Mr Wright all witnessed, a win is within the school's speech...or rather reach.



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The Windermere RUFC Warriors ended their 1st season on a high with an emphatic 47 - 10 win over Hartlepool Rovers Ladies with Marihi Callingham being Player of the Match.

Following the game the Windermere Rugby Club season's awards & recognitions were announced with the Womens' team awards going to (Captain) Dominique Brown for the Players' Player. Jessica Hebson showed Outstanding Commitment. Spectators voted Amy Jones their

Windermere's Warrior Women



Player of the Year and the Captain's Most Improved award went to Jessica Tanselli. From only 6 ladies in

October The Warriors have grown to a squad of almost 40, all enjoying the Fitness, Fun & Friendship.

Asthma Awareness

An asthma awareness campaign aimed at young people has been launched by a group of apprentices from GSK Ulverston.

The campaign is in memory of Josh West from Ulverston, who tragically died from an asthma attack in 2016, aged 11. The GSK apprentices will deliver a presentation to local sports club coaches

about how to recognise the symptoms of asthma and what to do if someone is having an asthma attack. A qualified nurse will accompany the apprentices to answer any medical questions.

The apprentices will make the presentation to schools, colleges and other youth organisations in Cumbria.

The campaign is backed by Josh's parents, Lee and Nicola West, and Dr Mohamed Olabi, a Consultant Paediatrician from University Hospi-

tals of Morecambe Bay NHS Foundation Trust.

The idea for the campaign came from manufacturing apprentice Sam Coulson, "Lots of people at GSK knew Josh and know his family. Josh was really popular and made friends with everyone. I originally had the idea for the campaign as a project we could do as part of the Brathay Apprentice Challenge, but now it has grown into something much bigger".



The big fells in the south of the Lake District – Bowfell, Crinkle Crag, Great End and the Scafell – attract thousands of fellwalkers each year, and rightly so, but since I have been revising the Wainwright guides I have developed a real appreciation for some of the Lake District's 'lesser' likes.

One such is Lingmoor Fell, which sits in a marvellous location separating Great and Little Langdale and offers wonderful views of one of the finest dale heads in the district (Great Langdale).

It is easily ascended from Elterwater or Chapel Stile, but probably the best round trip is from the Old Dungeon Ghyll Hotel because from here you can include the lovely subsidiary Side Pike in the walk without adding significant extra mileage. An added bonus is the excitement of tackling 'The Squeeze', appropriately named because it's rucksacks off to get through a gap between a rock face and a boulder on a path that hugs a ledge (a little care needed, but it's really no problem for sensible walkers).

Alfred Wainwright didn't include this route in his original guidebooks, but for many years walkers have known about it, and one's Lakeland experiences are not complete without walking this route. Be warned, however, this is definitely a 'fat man's agony', a term that AW rather liked (perhaps because he was tall and slim!).

Side Pike, if it wasn't among the Southern Fells, would most probably have earned its own chapter in the Pictorial Guides. Without doubt, it offers the most stunning close-up view of the Langdale Pikes across the valley. It's a summit on which to linger.

Lingmoor Fell 6



From Book Four: The Southern Fells (Walkers Edition), the route from Lingmoor Fell to Side Pike. The spot indicated by the letter X is best avoided.

Clive Hutchby, who contributes to Windermere Now, is revising Alfred Wainwright's seven-volume Pictorial Guide to the Lakeland Fells. Books One, Two, Three and Four (the Eastern, Far Eastern, Central and Southern fells) have already been published.

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Prayer and Healing

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with international speaker
Nate Frederick



Nate's story of
spiritual discovery...
how prayer can change
and heal lives.

7pm Friday, 9 June
at the Christian Science Church

Birthwaite Road, Windermere LA23 1DF
Free admission and parking, refreshments,
doors open at 6:30pm. Everyone is welcome!
Facebook: Christian Science in Windermere

Troutbeck Sports Day

Sitting pretty next to Jesus Church in the vertiginous valley of Troutbeck sits the village sports field.

Here, on Saturday 17th June at 2.30, will be held Troutbeck sports; a children's favourite welcoming to those from both near and afar. Split into age groups from the sack race to egg and spoon, via the three legged race, 100 yard sprint and fell race there are prizes and fun for all. Even the adults can get stuck into a bit of competition with a good game of quoits.

With the social committee on hand in their marquee to provide tea, cakes and sandwiches a hearty afternoon is promised to all.

Come and bowl some woods

It's the start of the season for Windermere Bowling Club, the local crown green bowling club situated on Queen's Park. Alongside all the upcoming fixtures, the green is open daily for all ages.

Under-18s enjoy free membership and weekly junior bowling sessions for ages 10 and above: junior bowling happens on a Saturday morning, between 10am and 12pm. Everyone is welcome to take part in social bowling, or competitive bowling if it is more to your fancy. There are several teams catering for all abilities and a busy fixture list, thanks to their affiliation with Cumbria Country Crown Green Bowling Association (CCCGBA).

A dedicated team of volunteers have repainted the clubhouse with a fresh new look. A classic sports pavilion, the clubhouse was built on Queen's Park in 1907 and documents Windermere's proud crown green bowling history since the start of the 20th century. Nonetheless, the building continues to be fit for purpose and used daily by the 40+ members – certainly not just golden oldies!

To kickstart the season, Windermere hosted the Super 32 competition: a 32-player knockout tournament which attracted skilled bowlers from across south Cumbria. On a gloriously sunny day, nearly 100 spectators and players were welcomed to the



bowling green. Martin Gilpin ultimately saw off a strong challenge from the young runner-up, Martin Wilson, to take this year's trophy.

Annual membership or pay-as-you-play, you'll receive a warm welcome on the bowling green every day from 1pm onwards, subject to match fixtures. Bowls are available! If you'd like to try out one of the junior bowling sessions, please contact Ian Edgar on 015394 45461.



National
Trust

Get your culture fix this spring

Uncover layers of history and art with a visit to atmospheric Townend and the Beatrix Potter Gallery or sail aboard Steam Yacht Gondola as the Victorians once did.

nationaltrust.org.uk/thelakes

When you visit, donate, volunteer or join the National Trust, your support helps us to look after special places in the Lake District, such as Townend, the Beatrix Potter Gallery and Steam Yacht Gondola for ever, for everyone.

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#nationaltrust



UP COMING EVENTS

Friday 2nd June to Sunday

4th June - Adventure Cycle Festival at Brathay

Saturday 3rd June -

Grasmere Gallop Trail Races

Saturday 3rd to 4th June -

Country Fest in Crooklands

Thursday 8th to 11th June -

Keswick Mountain Festival

Rydal WI - Annual Games

Night & Supper. Tuesday 9 June at 7pm Ambleside Cricket Club. Our meeting on Tuesday 11 July: 7pm, is as usual in The Kelsick Centre and is a Members' Night. New members are very welcome at any event.

Ends 11th June Exchanging

Views: Art from China – Fu Zi Brantwood In the first exhibition outside of his native China, artist Fu Zi presents a cycle of images which, drawing on the traditions of Chinese landscape painting, depict shared spaces and the fleeting moments of passing strangers in a fusion of photography and paint.

Friday 16th to 18th June -

The Staveley Carnival

Sunday 18th June - Lakes

Charity Classic Vehicle Show

Saturday 1st July - Ambleside

Rushbearing

Sunday 23rd July - Coniston

Country Fair

Thursday 27th July -

Ambleside Sports Day

ON-GOING EVENTS

13th June – 10th September

On Home Ground: Ruskin in England and Scotland,

Brantwood- This exhibition includes examples of Ruskin's work from early tours to Scotland and the Lake District in 1837 and 1838; from his student days at Oxford and later occasional travels; and those made in and around Brantwood after he settled here in 1872.

Chair based exercises:

Every Tuesday 10 am at Nine Oaks Trust, Phoenix Way. The exercises are safe, gentle and benefit circulation, flexibility, muscle strength and mobility - with an emphasis on enjoyment. For men and women. Further details from 015394 44436.

Breastfeeding Support

Groups: Thursday mornings 9.30-11.30am at Ghyllside Neighbourhood Centre, Gillinggate, Kendal Friday mornings 9.30-11.30am at The Phoenix Centre, Phoenix Way, Windermere No need to book, just drop in. You can find the groups on Facebook: Kendal and Windermere Breastfeeding Support Groups. contact ann@cumbriabreastfeeding.org.uk

Hola. U3A advanced Spanish sessions. 1st and

3rd Monday of the month 10 am. This small friendly group meets at one another's houses, and examine Spanish material taken from the recent Spanish press or from Spanish literature. New members are welcome. Contact Tony Linton on 015394-31345.

Modern Jive Dance Night

& Class: Mondays: 7.30pm

- 10.30pm Weekly modern jive classes for beginners & improvers with dancing to variety of music genres. Fun, easy to learn & suitable for adults all ages & fitness levels, singles/couples. Great night out in relaxed & informal atmosphere. Bar & on-site parking. Kendal Golf Club, The Heights, Kendal. Special loyalty discounts available - £6: Pam Furness, 07770 954 359 dance@furnessjive.com

Guided Garden Walks Every

Wednesday, Friday and

Sunday 2:15pm. Explore

Brantwood's fascinating and extensive estate with one of our very knowledgeable guides. Included with house or garden ticket.

AMBLESIDE PARISH CENTRE

Getting the most from your camera, tablet or smart phone. Friday 9 June 1pm - 3.30pm Ambleside Parish Centre. Find out how to take a better photo and share them safely online with your family and friends. Age UK South Lakeland is working with the Brewery Arts Centre to offer a free IT training session for the over 50s:

For booking and information phone the Adult Learning Team, Brewery Arts Centre 01539 722833 ext 273 .

Cedar Counselling Cumbria: Mon-Fri: Free and confidential counselling available. Call 075021-06582 or email help@cedarcounsellingcumbria.co.uk

Gentle chair-based exercise: Friday, : 11-12 pm. Age UK. 01539 728118

All Together Now: Tuesdays: 3.15 - 5pm. Call the parish centre on 015394-34172.

Computer 'Games for Men' group: Thursdays 10am - 12.30pm, offers the opportunity to develop

MARCHESI CENTRE

Holly Rd, Windermere LA23 2AF
015394 43411 email address
mcwindermere@gmail.com

MONDAY

Social Club 55: 10am

Short Tennis 10am

U3A: 2pm

(2nd Monday of the month)

U3A Local History: 2pm

(3rd Monday of the month)

Slimming World: 5.30pm & 7.30pm

Windermere Bridge School: 7pm

Rummikub Club - 7.30pm

(3rd Monday of the month)

TUESDAY:

Alzheimer's Society Dementia Café
1.30pm (2nd Tues)

Exercise Class for the

Over 50's – 1.30pm

Trefoil Guild 2pm (2nd Tues)

WEDNESDAY:

Windermere Scottish Dance Group.
10am. (1st Wed)

U3A Reading Group 2pm (1st Wed)

Windermere Bridge Club 6.50pm

THURSDAY

Art Class 10am

Bowness W.I. 12 – 4pm (2nd Thursday)

Windermere W.I. 7pm (1st Thursday)

In the Moment Windermere-Lakeland Arts (every Thursday, except the Last)

Filling Station 7.30pm (3rd Thursday)

FRIDAY

Social Club 55: 10am

U3A Bridge 2pm

Windermere Bridge Club 6.50pm

SATURDAY

Coffee Morning

(10 am 1st Saturday of each month)

Did you know you can now donate to the Marchesi Centre by Text Message Just text MCEN10 followed by either £5, £10, £15 £20 to 70070

computer skills as there are PCs available. new members are welcome. Games include dominoes, cards, pool, table football table tennis and backgammon.

Bereavement Support Group:
First Thursday of each month:
2.30-4pm. Call Judith Shingler on 015394-34640.

The Evergreen Club:
Wednesdays: 2pm to 4pm

A weekly opportunity for the older members of our community to meet together for activities/talks/ trips etc. New members welcome. Call Betty Potts on 015394 31851

Foodbank: Thursdays: Food boxes distributed 11am-1pm. Collect vouchers during office opening hours.

BRATHAY CHURCH HALL

Coffee mornings: Thursdays: 10am to 12 noon Brathay Church Hall. Follow the smell of fresh scones!

SKELWITH BRIDGE COMMUNITY CENTRE

U3A Bridge group; Fridays: 2pm. Small friendly group call 015394 35200 or just come along.

Ambleside Library

Knitting & Craft Group, meeting Tuesdays 10am - 12pm. Get-together for Knitting, Chat, Coffee (or Tea) & Cake. A friendly social group to share ideas & knowledge, beginners welcome.

ESOL Classes, Tuesdays 1pm - 3pm & Wednesdays 6pm - 8pm. For anyone who would like to improve their English skills.

Games Group 1st & 3rd Tuesdays each month 4:30pm - 6pm. Informal games playing Cards, Scrabble, Chess etc. Everyone welcome.

Wednesday drop-ins with SLDC advisor, 10am – 1pm.

Lakes Parish Council Meeting, Wednesday 7th & 21st June, 18:30. Latest planning applications to view from 6pm.

Ambleside Songsters, for all who love to sing including those with dementia, followed by coffee, Fridays 11am - 12pm.

Reading Group, 14th June from 7.15pm.

Ambleside Child & Baby Clinic, 1st & 3rd Thursday of the month, 10am till 11am.

Public PCs available for internet, scanning and printing. Wifi is free, visitors welcome to join. Contact the library on 015394 32507 or email ambleside.library.staff@cumbria.gov.uk for further information

Windermere Library

8th June - General Election 7am – 10pm

9th June -Tim Farron surgery 3 – 5pm

12th and 16th June Baby Clinic/Crèche 10-12noon

19th June Windermere Library Reading: 15th May 3 – 4:30pm Windermere Library

We will be discussing Snobs by Julian Fellows/Night waking by Sarah Moss

Refreshments provided We meet on the 3rd Monday of each month at 3:00pm

outh Lakeland District Council Information and advice

Tuesdays and Thursdays in Windermere library from 9.15 am – 12.15 noon

Story Time Tuesday 2pm - 2.30pm 0-school age

Citizens Advice New Enquiries 03444 111 444 On-going Enquiries 015394 46464

From Auschwitz to Ambleside Exhibition June 1 - July 2 In Harmony by Arza Helfgott Sculpture exhibition of beautiful natural forms by London based artist.

Opening Times: Daily 9.30am - 5pm (closed Monday afternoon, Wednesday and Sunday)

Events at Dove Cottage and the Wordsworth Museum



Next time you are looking for something to do, perhaps with family or friends, why not consider coming along to an event at Dove Cottage? In the next few weeks, as well as the talks and poetry readings you might expect in a literary museum, you could try meditation and tai chi in the garden, take a watercolour painting class, discover the tastes and smells of the 1800s at a cookery demonstration or even enjoy some live music in Dove Cottage. Do any of those opportunities interest you? If yes, we hope that we will see you at an event soon.

Looking ahead, we are putting together our programme for the autumn and winter and, as we really want it to be enjoyed by as many local people as possible, we want to know what you would like to see and do. We have a large collection of literature and manuscripts - would you like

to look at 200 year old books? We have thousands of letters revealing the lives of people 200 years ago - could we explore those? We also have lots of early guide books to the Lakes and over 5000 watercolours, prints, postcards and photographs of the area from 1750 onwards - would you like to spend time with them and learn more of your local history? Or perhaps you have a suggestion for something else we could do that is different to anything we have done before? We'd love to hear from you, please surprise us!

If you are the organiser of a programme for a club or society, we'd be delighted to welcome you too! We can bring you close up to the treasures, either in the day or evening, and the sessions can be talks or hands-on. There are some real treasures at Grasmere and there are many ways for people to enjoy them.

For more information and any suggestions, please contact Jeff Cowton, Curator, or Alice Carthy, Events Officer, on 015394 35544 or enquiries@wordsworth.org.uk or visit www.wordsworth.org.uk

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