

Ambleside, Coniston & Windermere now

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ISSUE VN25 - FEB/MAR 17
windermere-now.co.uk

ALSO INSIDE:

Flipping Troutbeck, it's the pancake race... **P05**

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**We will
We will
ROCK YOU!**

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**NOTHING
GOES TO
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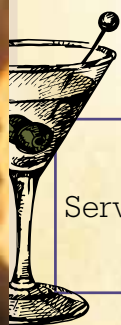
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Letter from the Editor

Welcome to our first issue of 2017. The range of stories coming through for this issue has been fantastic, so get the kettle on, and then sit back and enjoy a good read about the recent happenings and upcoming events in your local area.

The Carriage Drive project (see page 12) is a fantastic development and will allow good access to the summit. Land-owners Windermere Town Council and SLDC, the tenant of the newly crossed meadow and LDNPA have all worked closely with each other on this project. A great team effort.

The 597 bus service needs your help so please check the article on page 10. This important service helps many local people and needs to be preserved.

If you need a bit of new year inspiration then the Benjamin family's fundraising efforts should do the trick - turn to page 11.

Perhaps you would like to be a contributor in our next edition - if so the deadline for getting in touch is 3rd of March.

Thanks to all our advertisers for continuing to support this free community newspaper and to all our contributors for this issue; in particular Phil, Glenn, Clive and Tim.

Chris

Calling Kendal - Do you want a 'Kendal Now'?

Do you work in Kendal, belong to clubs there or perhaps even have a business in the area? Why not complete the survey and let us know what you think.

What is the appetite out there for a Kendal version of this paper?

With 25 issues of this paper having gone out over the last 3 years, now is the time to ask if the residents of Kendal and those who work or visit there, would also be interested in a similar paper... called, predictably - 'Kendal Now'.

This would join the three existing 'Now' papers which currently go out to 30,000 home across the area.

Readers will by now be aware that a hyperlocal newspaper like this one, serving just your area is a great way to support the local community and to publicise local events, school reports, local news, history and articles of interest. Arts and society is always popular and there is usually a good nature section too, and we always try to celebrate local individual or group achievements for people of all ages. So what do you say Kendal? Are you interested? The survey is at :

www.windmerenow.co.uk/kendal-now-survey



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Future deadlines

Issue	Deadline	Release begins
WN26	3rd March	27th March
WN27	1st April	24th April

Auschwitz tree planted in the Lake District



A tree planted in August 2015 at Lakes School, grown from an acorn from Oświęcim in Poland (the site of the notorious Auschwitz concentration camp) was dedicated at a ceremony in January this year.

A plaque was unveiled to commemorate the remarkable story of the Holocaust survivors who restarted their lives in Windermere after WWII.

Three hundred orphans arrived on Calgarth Estate, now the site of Lakes School, to begin to rebuild shattered lives in the summer of 1945. They came directly from the Nazi concentration camps to, in their words, "the Paradise of the Lake District".

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New patrol boat for Windermere

TESTING and commissioning of a new Delta Typhoon New Generation Waterjet patrol boat, which is due to come into service at Easter, for the start of the new season, has been carried out by South Lakeland District Council's lakes wardens' service.

The wardens are responsible for the management and administration of more

than 1,000 swinging moorings and look after and manage the licensing of hire craft. It will replace the former patrol boat which has done more than 10 years of service. The new boat is larger and more manoeuvrable than the one it replaces and can carry more equipment.

The lake wardens act as agents of the Maritime and



Coastguard Agency. The specification for the new boat was drawn up in consultation with the coastguard to ensure it fulfils their standards.

Boxes of Hope, Cumbria, the local shoebox charity had another great year with their Shoebox Appeal.

11,040 beautifully wrapped shoeboxes, filled with gifts, arrived in Romania and were distributed in early December by a team of 7 volunteers.

The team travelled to Transylvania to distribute half of the boxes. This is where the new Vegetable Garden Plot campaign is underway. The other half were given out by the partner charity, People 2 People in and around Oradea.

The volunteers who visited Romania to give out the boxes travelled by horse and cart in some areas, to give out shoeboxes to the most deprived children in freezing temperatures.

The Trustees send their very sincere thanks to everyone who has been concerned with this year's campaign, whatever part you have played. You may have filled one box or more, inspired others,

11,000 Boxes of Hope



knitted, sewn, collected, checked, packed, loaded etc. We know we have an army of volunteers throughout the county (indeed the whole country), who have been beavering away all whole year round. This is a massive project, and the shoeboxes are full of generous and warm-hearted spirit from our communities.

Your boxes, filled with such care and compassion, will bring a little light to children living in abject poverty. And that is by no means the end of the story. As we take them

round with Nicu Gal, our charity partner, we are all assessing and identifying other ways in which we can give practical help to these people who are so disadvantaged. Each team takes funds to respond to any urgent need, usually food parcels which we buy over there. And in the longer term, any surplus funding from the shoebox campaign and the many other fundraising efforts which take place throughout the year, goes directly to help with educational projects.

For more details and to keep updated, please see the website
www.boxesofhopecumbria.co.uk

Flipping Troutbeck, it's the pancake race

Shrove Tuesday can be considered one of the true highlights of the social calendar in the sleepy village of Troutbeck.

Locals, visitors and nearby hotel staff will battle for the titles of victorious pancake racer and best pancake flipper, in a variety of classes that encompass all ages and abilities.

With the valley hosting a selection of hotels and guesthouses, eateries and hostels the competition amongst hard working hospitality staff is traditionally pretty fierce. Spectators and competitors alike are cheered on by a town cryer, whilst robust ad-hoc traffic



management keeps the road free for the big races.

All are welcome to enter the flipping or the running (or both) races and you don't even need to bring a frying pan or pancake, the committee have all your flipping needs covered. Meet at 2.30PM in the village square. Shrove Tuesday is on 28th February this year.

Pine Rigg bites the dust



DOWN SHE COMES – the heavy machinery finishes off the old building

Pine Rigg, the former clubhouse of the long-defunct Ambleside Golf Club, that has stood proudly on the main path to Loughrigg Fell from the village for generations, is no more.

Before Christmas the distinctive (but rather dilapidated) wooden structure – which is featured in an Alfred Wainwright diagram of the ascent of the fell – was flattened. In its place will be a new house



which is expected to retain the name.

Many walkers who pass the site, just before the final intake wall on the fell, will be unaware that beyond the wall was once a nine-hole golf course. It shut in the mid-1950s because of dwindling numbers.

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Child's play in Ambleside

£200K is to be invested to upgrade the play area in Rothay Park in Ambleside.

During last year's floods, Rothay Park was badly damaged by the floodwater. South Lakeland District Council has now decided to invest £200K to upgrade the play area and to move it to higher ground within the park so it is less likely to be affected by flooding in the future. The picnic area will also be improved. The work is set to take place this Spring.

Windermere can stay in Windermere!

Controversial proposals to include part of Windermere in the Ambleside & Grasmere South Lakeland District Council ward have been dropped following an outcry.

The Local Government Boundary Commission for England has decided instead, to recommend that the town be wholly contained within the Windermere ward.

www.consultation.lgbce.org.uk for the updated proposals.

Smooth (ish) operations

Motorists in Ambleside are used to taking the rough with the smooth – summer bottlenecks are a thing of legend – and although there is no end in sight to that particular bugbear things are looking up in another respect.

Two months of roadworks in the town – with traffic lights, closures, cones and bright yellow signs in abundance – have now ended and things should be a lot less bumpy now that a number of the main town thoroughfares have been resurfaced, which is also good news for cyclists.

It wasn't good news for one truck driver and the owner of a parked car which had a 'coming together' in Church Street during the roadworks. The narrow one-way street was



MAIN: A lorry comes to a halt on Church Street **RIGHT:** after a wing mirror gets crunched

BOTTOM: Sign on Lake Road



used as an alternative route when Lake Road was temporarily shut, and the combination of a roadside skip and a row of parked cars made for a narrow opening that led to the inevitable 'crunch' of metal-on-wing mirror.



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Housing fund for first time buyers

Second home ownership in England is at an all-time high and nowhere is this more apparent than in our back yard.

South Lakeland District Council notes that 7.4% of its households are unoccupied and used as second homes, based on the 2011 census. That figure is far higher in some places, for instance Ambleside and Grasmere are thought to have 37.5% of their dwellings as holiday homes. Visitors are always welcome in the Lake District; without their holiday spending many local businesses couldn't survive and there would be fewer jobs and opportunities.

However, the high number of second homes is crowding out first time buyers in our villages and causing a shortage of available properties. Second homes often stand empty for a large proportion of the time which can also affect community cohesion, affect the demographics of an area and distort local housing markets.

South Lakeland residents will be pleased to hear about a new annual fund

of nearly £6 million that has been allocated to the North West region, which hopes to tackle the issue of high levels of second homeownership in our communities. The nationwide Community Housing Fund will aim to put local groups at the forefront of delivering affordable housing aimed at first-time buyers, responding to the problem second homes can cause in reducing housing stock. It will also offer an income stream to community organisations, in turn allowing them to reinvest in more housing or in other activities or services which will benefit their area.

Local Councillor Ben Berry expressed his pleasure upon hearing the news: *"I look forward to working hard with our communities and the National Park Authorities to make sure South Lakeland District Council use this new fund efficiently and expeditiously to benefit local people."*

Winning windows

THE BATH HOUSE is the winning shop in the popular Ambleside Christmas Lights shop window competition. Second was Detail, followed by Stock Ghyll Fine Foods, No 6 The Slack and the Apple Pie bakery and eating house.



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Remembering a hero – 50 years on

At precisely 8.48am on Wednesday 4 January an RAF aircraft was due to fly the length of Coniston Water to mark the exact moment Donald Campbell was killed 50 years earlier while trying to break his own world water speed record.

The plane never arrived... but it did not matter; in fact, the eery quiet on a beautiful, crisp and sunny morning added to the sombre nature of a day that celebrated the life of a true British hero.



Back in 1967 there were still only three TV channels; there was no internet, no personal computers, no mobile phones. In those days an attempt on a world speed record on an English lake was big news.

Big enough to attract significant numbers to the shoreline, among whom was then-12 year old Chris Ellison, a Windermere schoolboy.

"I'm pretty sure I skipped off for a day," said Chris, 62, who now lives in Blackburn and makes a living photographing car rallies.

"We were on the east side of the lake and we were close to where Bluebird K7 flipped over." Chris paused, not for dramatic effect, but to remember that fateful moment. *"It was pretty obvious no-one could have survived that. I just*

wanted to come back today because it was such a big thing back then, and this is a special anniversary."

As he spoke a launch was way out on the lake in the distance, at the spot where the jet-powered boat crashed. Campbell's daughter Gina, who was 17 when her father perished, dropped a wreath onto the calm waters to mark the spot.

Later, at a moving two-part ceremony at Campbell's memorial in the village and then at his graveside, she was the centre of media attention and, on what must have been a terribly moving occasion. From all angles photographers called her name: *"Gina, over here please,"* and she cheerfully posed for pictures clutching her father's teddy bear mascot Mr



Whoppit, which always accompanied him on his record attempts and which was found floating on the lake shortly after the fatal crash.

She told reporters among the big crowd awaiting the start of the memorial ceremony: *"My father didn't do things for public display, as he liked to say, but I think he would have been delighted to see so many members of the public here today."*

One such member was Steve Cartwright, from Windermere, who spent a few quiet moments at Campbell's grave where a headstone is adorned with a bluebird symbol.

"I was a lad down in Birmingham at the time but I remember it from the TV," he said. *"I just wanted to be part of this day and pay my respects."*

Two days later, on another lake not far away, more tributes were paid to Campbell at Glenridding – it was on Ullswater in July 1955 that he first broke the 200mph water speed barrier in Bluebird K7.

A project to restore the remains of Bluebird K7 to full working order is nearing completion under the guidance of a team led by north-east based engineer Bill Smith. The plan is to run Bluebird on Coniston Water at low speeds before the jet hydroplane is put on permanent display in the Bluebird Wing at Coniston's Ruskin Museum.



MAIN: Moving moment on the shore of Coniston Water at the exact time Donald Campbell died 50 years earlier

BOTTOM LEFT: A moment of reflection for Gina Campbell as she clutches Mr Whoppit.

ABOVE: Steve Cartwright has a quiet moment at Campbell's grave

LEFT: Chris Ellison, who watched the crash as a 12 year-old

BELOW: before facing the media and well-wishers



Tim's Column

It has been a busy month. But then, to be honest, most of them are! I had a meeting with the Chief Executive of Yorkshire Building Society and called on him to reverse his plans to close the branch in Windermere.

This is another example of a big financial institution failing to listen to the needs of their customers, particularly the elderly ones. If the Windermere branch does close then the nearest full service branch of the Yorkshire Building Society is in Lancaster. There is an agency in Kendal, which is fine if you simply want to pay in or take out money but even that is a long drive for many.

I was really honoured to be asked to speak at the unveiling of a plaque and the dedication of a tree at the Lakes School on Holocaust Memorial Day. I hope that the tree will act as a reminder that we must all stand up for the values of respect, tolerance and decency. Thanks to all who attended, and to the Lake District Holocaust Project for their amazing work educating us all.

I was pleased to hear that the District Council has agreed to invest £200,000 in upgrading the play area in Rothay Park at Ambleside. As many of you will know this area suffered badly in the flooding after Storm Desmond. Not only are they upgrading the equipment they are moving the it to higher ground so it is less likely to be affected by flooding in the future. They are also planning to upgrade the picnic area so all round it becomes an even more appealing place for visitors to stop on when they visit us.

As ever my campaigning for our health services carries on. We are conducting a survey of people's views of the service that we receive, please do complete it if you get the chance.

If I can help with these or any other issues please email me at tim@timfarron.co.uk or call us on 015397 23 403.

Thanks for your support Tim

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Windermere Town Council

Thanks to the Lake District National Park, our lovely Elleray Woods have been improved with the restoration of the Victorian Carriage Drive, which will enable wheelchair and buggy access up as far as the kissing gate just below the summit.

From here, the views are wonderful. The Town Council manages Elleray woods for the public and, over recent years has cleared undergrowth and thinned trees to bring

the woodland floor back to life.

Work will be starting in late February to sort out the traffic island on Ellerthwaite Square. The concrete containers will be removed, a new local slate wall will be built around the growing area and planted ready for Spring (fingers crossed!).

Work is underway to renovate the Quarry Rigg toilets block – much needed! The toilets entrance will be turned round to face the

road, enabling disabled access. There will be 5 unisex toilets, all with disabled facilities. The new toilets will look a lot more attractive and be modern and clean.

And a reminder that our next meeting is on Wednesday 22nd March, starting at 7pm in Langstone House, Broad Street. Agendas and minutes can be found on our website.

Mrs Julie Wright
Clerk to Windermere Town Council clerk@windermere-tc.gov.uk
Phone: 07951 402372

A soft landing is promised

Windermere Town Council was delighted to hear at a recent meeting, that the children's playground on Langrigge Drive has now been completely refurbished.

Alongside new play equipment, the matting and ground coverings, that promise a soft landing at the end of the slide, have also been renewed.

Have fun kids!



The Friends of the 597 - need your help

The Friends of the 597 will soon be celebrating their second year of success in raising funds to sustain this valuable local circular bus service which was threatened with closure following the withdrawal of Local Authority funding.

The task does not get any easier as we exhaust the possibilities of attracting large donations from grant giving trusts and other organisations. At the same time running

fund raising activities of our own yields relatively small amounts in relation to the £8,000 per annum required and they are difficult to stage and staff by the small committee and the generally elderly and less active members of the community - the very people the service is of most benefit to.

On its way round the streets of Windermere & Bowness, many of which have no other bus service, the bus stops on request at or near many front doors and visits the Goodly Dale Health Centre as well as the shops and services of the villages and,

without it, many residents, unable to afford taxis or transport of their own, would become increasingly isolated, lonely and even more dependent on other individuals and services.

Some supporters of the 'Friends of the 597' - 'The Bus Backers' - are already making regular donations to the fund. If we could persuade at least 50 'backers' to pledge £100 each, the future of the service would be assured and the spectre of its disappearance would go away.

If you feel you could help in this way please get in touch with Steve Rooke, County Councillor 015394 45980

Astonishing outcome of charity event



MAIN: Oliver, James and Alex Benjamin hand over the cheque for £122,165.88 to a representative of the Rosemere Cancer Foundation.

BELOW: David Benjamin

It began as a few friends swimming to support a cancer charity; it ended as one of the most amazing fundraising efforts you could imagine.

When popular Ambleside resident and estate agent, David Benjamin, died in 2015 at the age of 53 after losing his fight against skin cancer, his widow Deborah and their three sons James, Alex and Oliver decided to raise money in his memory for the Rosemere Cancer Foundation based in Preston.

The Great North Swim in 2016 was pencilled in and a target of £5,000 was set. Initially, a handful of friends started training, then more, until, finally, a team of over 70 took to the water to

mark the first anniversary of David's passing.

A fundraising evening at Ambleside Rugby Club followed, and soon the running total of pledged donations had smashed through the £20,000 mark. But that was peanuts; the final total raised was much more than that – over £100,000 more. A figure of which David Benjamin would have been proud.



Poppy Appeal

The British Legion have thanked volunteer Poppy Appeal Organisers throughout South Lakes. This year the fundraising target in Cumbria is £500,000 which will go towards the Legion's national target of £43 million to continue its vital work delivering practical, through-life care and support to the Armed Forces community. Fundraising takes place across the county throughout the year too. Individuals, groups and companies/organisations run events and activities to raise money.

Stop Press We are looking for someone to run the Grasmere Poppy Appeal. Contact Judith Reay, if you can help! 07917581077 jreay@britishlegion.org.uk

New Year resolutions gone by the wayside?

Cold, dark, back-to-work January is hardly best time to begin a new health and fitness regime. No wonder so many of us give up. Starting afresh in Spring makes much more sense. Especially when you have Manuka on your doorstep.

The Windermere health store stocks everything from healthy snacks and specialist foods to

herbs and supplements - including that all important 'sunshine supplement' Vitamin D. Even better, owner Catherine Tupper is a professional medical herbalist, with 30 years as an NHS doctor behind her. So she's well placed to help you achieve your goal safely and sensibly.



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Heading up Carriage Drive

When Cllr Legge announced to Windermere Town Council, in January, that Phase 1 of the lengthy restoration works on the carriage drive in Elleray Woods, from Windermere, up to Orrest head were complete there was excitement in the council chamber.

The route was established originally when the railway brought ever-increasing numbers of visitors to the newly created town of Windermere.

Before the railway, in 1843-44, nearly 12,000 passengers were recorded passing the road toll at Plumgarth. In 1847-48 the new Kendal to Windermere railway link carried more than ten times that number; and began an influx of visitors that continues to this day.

In 1854, Miss Harriet Martineau's guide to Windermere included this



description: "A few minutes will take the traveller to Orrest Head, where he will see a lovely view, - a picturesque cottage roof, surrounded by trees, in the foreground; grey rocks cropping out of the sward on the other side of the hedges; and in front, overlapping hills, range behind range, with the grey waters of the lake lying below."

Orrest Head and Elleray Wood formed part of the Elleray Estate, formerly owned by Arthur Henry Heywood. The wood covers an area of approximately 18 acres to the north-east of the A591 Church Street.

In 1902, his widow and daughter gave Orrest Head in trust to Windermere Council to be held 'for public walks or pleasure grounds'.

In 1943, most of Elleray

Wood was given to the Council under similar terms by other members of the family. A small part at the northern end is owned by South Lakeland District Council but leased to the Town Council and managed as part of the Community Woodland.

More recently several groups wished to re-establish the carriage drive to the summit of Orrest Head, not now for horse-drawn Victorian carriages, but certainly for walkers and particularly for disabled people, who could follow the gentler gradients. Part of the drive was hidden under grass, and when recreated would allow use of motorised wheel chairs to reach the summit – and allow those who are disabled, rare access to a

stunning location. This was described by John Baddeley, the guide- book writer, as *"the finest extensive view-point in the Lake District and, perhaps the finest in Great Britain"*. Hyperbole, perhaps, but the summit of Orrest Head is inspirational.

The Lake District National Park Authority had identified a source of funding for restoration of the carriage drive. Windermere Town Council and Windermere and Bowness Civic Society managed to get support for the route being re-established across the land owned by South Lakes District Council, who have funded part of the work. Land-owners Windermere Town Council, SLDC and LDNPA have all worked closely with each other on this project.

Phase 2 will be restoration of the short stretch from the iron swing-gate to the end of the original carriage drive, where there was a turning loop.

There will be a new opening through the wall. Phase 3 will be a new, gently graded path to the summit, enabling disabled people to enjoy that fabulous view.

For those who are not familiar with the route it starts opposite the ex-NatWest Bank and Mountain Goat Tourist Office and is signposted Footpath to Orrest Head. It is NOT the private road named (confusingly) Carriage Drive further along the A591 opposite the Mountain Ash apartments.

This work is rejuvenating the area and now allows good access to many more people than previously who now may be inspired like Wainwright, who visited the summit soon after stepping off the train in 1930 on his first visit to the Lake District: *"Those few hours on Orrest Head cast a spell that changed my life forever"*.



Litter pick

A number of voluntary groups, organisations, schools and businesses will be taking part in a joint litter pick around Windermere and Bowness, between Monday 27th March to Friday 31st March.

All litter picks and associated equipment will be provided. We are asking groups to choose which area they want to litter pick and choose a convenient time and date during this particular week to be part of the event. Contact Simone Backhouse at phoenixwindermere@gmail.com or 07849 080 709.

Memories of Millerground Pool

Reader, Ros Hoggarth, wrote to us recently in reply to our Millerground article (WN19 page15).

I understand you are looking for people who remember when Millerground was a swimming pool with two diving boards, one low and one high.

I learnt to swim at Millerground when I was 4 years old in 1943. My mother taught me as she was a good swimmer. When I went to school At Windermere Endowed Girls School opposite the Spinnery in Bowness I walked to Millerground with the rest of my class. We were only allowed to swim within the enclosed part and we changed in the Girls' changing hut.

Beyond the pool was a house which sold Sarsaparilla through their kitchen window which we used to buy when we went swimming during the holidays. Unfortunately I jumped off the pier just in front of this house into the water and landed on a broken bottle cutting my foot. A very kind gentleman happened to be passing and he carried me all the way up through the wood to the road to where his car was and I was taken to the doctors. I still have the scar.

On the way to Millerground along the shoreline there used to be globe flowers; I don't know if they are still there. Having moved round the country, I am now living in Cumbria again, in Levens village, and am a volunteer gardener at the LHS gardens at Holeird, not far from Millerground.

Mr H's, the popular family-run tearoom on Lake Road in Ambleside, has been honoured with a food award.

The organisers of the Good Food Award 2017, said: *"Over the last twelve months we have evaluated customer feedback and these premises have demonstrated exceptional levels of food quality, service and value when compared to our industry benchmarks in their category. "In recognition of this achievement they have been duly awarded the Good Food award for 2017."*

Happy days at Mr H's



Andy Beck at one of his talks at Mr H's

The tearoom hosted one of the events during September's Festival of the Fells in the town, when fellwalker and artist Andy Beck gave two 'coffee morning' talks

about his upcoming book *The Wainwrights in Colour*. The book is due to be published in early March. For more details about the awards, go to: www.goodfoodaward.com

Back from the ashes

The Queens Head Hotel in Troutbeck, which burned down in a catastrophic fire in the summer of 2014, is set for an April reopening.

The historic Grade II listed inn, famous for its 'four-poster bar', is taking bookings on its Facebook page for Monday

3 April, two weeks before Easter, which this year is late (Good Friday is 14th April).

Management at the pub have thanked brewers, Robinsons, and South Lakeland District Council for helping them rebuild the hotel.

"It's been a long road but there is



light at the end of the tunnel," they said. "We really couldn't have done it without the support of everyone in the local community and our previous guests from far and wide."

Charcoal Grill, Bowness

Lakeland Charcoal Grill in Bowness hopes to beef up its business by expanding into an empty premises next door.

The owners have lodged plans with the Lake District National Park Authority to expand into the former Café

Latte as they say the St Martin's Hill eatery is 'very small and cramped' for staff and customers. They hope to use that space as a customer waiting area.

The extension, which could also see the size of the kitchen increase,

will reduce the potential for conflict between customers, as well as improving working conditions and safety for staff. Opening hours would remain the same as the existing takeaway business - 3pm to 2am, seven days per week.

Windermere School will rock you!

Over fifty students from Windermere School took to the stage recently, to perform the school's version of the smash hit musical, 'We Will Rock You'.

Based on the songs of Queen, and with a storyline by Ben Elton, the musical is set in a future version of Earth, where musical instruments are forbidden and rock music is long forgotten. Pupils from Years 7 to 13 took to the stage with real enthusiasm, telling the tale of a small group of rebels, known as the 'Bohemians', who dream of restoring free thinking and, most importantly, live music. Teaming up with Galileo, a poor boy from a poor family, and his love interest, Scaramouche, they set about finding the long lost guitar of Queen guitarist.

From the moment the lights went down to the last notes of 'Bohemian Rhapsody', the audience



in Crampton Hall were singing, swaying and clapping along to some of Queen's greatest hits, including One Vision, Under Pressure, A Kind of Magic and Fat Bottomed Girls, all performed by a very talented cast. Janet McCallum, Musical Director and Head of Music at Windermere School, said *"This was a fantastic experience for all involved. Since the start of auditions at the beginning of September, the pupils worked tirelessly and all the hard work and effort*

really paid off. What a performance!" The show climaxed with a stirring performance of 'We Will Rock You', followed by the whole cast launching into 'Bohemian Rhapsody'.

Chloe Murray, who played Scaramouche, was quick to acknowledge everyone involved; *"On behalf of the cast, I'd like to say a thank you to Miss Byrom, Mrs. McCallum and Mr. Pattison for all their help. Performing with this year's cast was an amazing experience."*

Values Tree



Goodly Dale C. P. School has a new Headteacher. Miss Cheryl Johnston has worked as a teacher at the school for many years and is working hard to achieve her vision.

This term we have been very busy learning about how to be more 'tolerant' or celebrating people's differences. We have talked about how people can be different, e.g. race, gender, religion, age, etc. The children have decorated our Values Tree with pictures and ideas about how to be more tolerant to others.

The children regularly work together in house groups in assembly time and on themed days. These groups consist of children from Nursery to Year 6 all helping each other to learn. A real strength of our school is the relationship the older and younger children have together.

The children will be working together in their house groups again before half-term, when we will be Problem Solving in Maths and learning more on Internet Safety.

Bright Stars at Grasmere



Grasmere School has many exciting projects and events planned this term.

Ashley Cooper has spent 13 years exploring and photographing our planet. His collection, 'Images from a Warming Planet' has some sobering images. He has been working with the children who will be focusing on this issue in RE, geography and science this year.

Grasmere is taking part in the Centre for Leadership Performance's, 'Bright Stars' project designed to

introduce primary school pupils to the excitement of running their own mini-companies. They are given £50 one simple instruction - to make it grow through investment and creativity over the course of 8 weeks. Forest Side Hotel is generously training the children in business basics including accounting, manufacturing, marketing, teamwork and, of course, leadership and management. The first event involved food, the children and Michelin starred chefs planned a delicious Valentine's

Afternoon Tea. Money raised will go to South Lakeland Mind.

Kevin Sharkey is an awesome drummer and thoroughly kind man who has been teaching class 2 the basics of djembe drumming. This is the beginning of an African project in Class 2, linked to work in geography, RE, literacy, dance, art, drama and maths. So the Mother's Day service is going to be pretty vibrant!

It's been a joy to welcome four new families since Christmas into this happy school.

Music has been a growing feature of St Cuthbert's.

The children love singing but with the support of Cumbria Music Services, all children leave school having played percussion instruments and progressing onto the flute so that every child can read music notation.

This term, over 20 children have started learning the ukulele and are making excellent progress under the tutorship of local musician, Mr John Wright. Headteacher, Peter Harrison told Windermere Now:

"music is an essential part of a child's education. It is totally inclusive and every child can make progress and achieve irrespective of how academic or not they are. Music is a great outlet for young people in a world of increasing social pressures. Looking ahead, it will be great to put on some more community performances."

A highlight of last term was a visit from 'Yakkers' of

St Cuthbert's



Lakeland Radio fame. It was with great pleasure that he officially opened the new outdoor gym and climbing wall. The school is working hard to develop all of its outdoor space to provide a range of physical and social and learning opportunities for all of the children. The outdoor gym is great as the children get fit using low impact exercises whilst having fun and mixing socially on the equipment.



The climbing wall has been a great addition for our budding climbers of the future. Local climbers, Sir Chris Bonnington and Leo Houlding, may have some new climbing buddies soon!

Children's Book festival is back!



Wray Castle will once again throw its doors open, for the second successive running of the National Trust's Children's book festival.

On Saturday and Sunday 4 - 5th March a hit parade of best selling children's authors, illustrators and beloved characters from children's literature will descend upon Wray. As well as special literary guests there'll be arts and crafts, games and puzzles, things to discover, make and take home. Go along dressed up as your favourite wizard and explore the castle with wands at the ready for the Harry Potter event, or for the younger children there might be a story or two with Peter Rabbit. You can enjoy a jam-packed day of storytelling, dressing up and colourful craft.

The festival author events and play areas are suitable for families with children aged 3 + with free admittance for Under 3s sitting on knees. Booking is online, where you'll also find a list of all the author events.

www.nationaltrust.org.uk



Langdale science award

The friends of Langdale school group were busy over the past term supporting the children with their fundraising efforts.

The children served up sweet treats at the Christmas Pudding 10K Run in the Langdale Valley and sold Raffle Tickets during December to friends and family.

This spring term the children have been involved in staging a Beat the Winter Blues Afternoon Tea, they wrote letters to local businesses requesting donations of cakes, designed invitations which were hand delivered and made posters to advertise the event. On the afternoon, the children and their visitors were entertained by Bob – The Vegetable Man; the children then served



the tea and cakes and drew the Christmas Raffle. It was a great success with lots of local support and the children really enjoyed doing something for the community whilst raising funds for new toys, trips and activities.

The mile a day morning run started after February half term at Langdale School and everybody's loving it! It has been shown to

improve pupil's academic achievement, fitness and well-being. Parents and the wider community are welcomed to join the run, from school grounds and then down the Langdale Valley.

Science at Langdale School goes from strength to strength. Langdale has passed the primary science quality mark. It has taken a lot of work from staff, pupils, and governors, to achieve the award, and they are all very proud. The science and engineering club has begun, working on gravity projects, and building teamwork in groups. The marble runs and marble games that were designed and built were a testament to the hard work and perseverance that all the children put in.

Fairdos for Fairtrade



Windermere and Bowness has successfully renewed its Fairtrade status for two years, following ongoing commitment to promoting Fairtrade principles.

Windermere and Bowness Fairtrade Group celebrated the achievement at a talk entitled "How Do You Take Your Coffee?". The certificate, issued by the Fairtrade Foundation, was presented by Windermere Town Council Mayor, Councillor Leith Hallatsch to the group's coordinator, Theresa Wooll.

Windermere and Bowness was first awarded the Fairtrade status in 2004 in recognition of the strong support for Fairtrade within the town, and the achievement of five qualifying goals, such as a wide availability of Fairtrade products in local shops and catering outlets, high levels of support from local people, businesses, the council, faith groups and schools.

The FAIRTRADE Mark independently certifies that products meet economic, social and environmental standards. As such, it is the most widely recognised ethical mark worldwide.

Mel loves the Lakes

Mel Mullen wants you to as well, so has started a business from her (apocryphal) kitchen table to encourage other Lake lovers to take home something to remind them of their own personal "treasured memory" of this wonderful area.

With her husband Tim and family they have been staying in the Lakes for over 20 years before making the commitment to live here in Windermere in 2014.

Mel had wanted a personal memento of the Lakes using one of her own pictures of Guinness, the Labrador. But she found that

getting a one-off item was either impossible or far too expensive.

Mel sought out a method and means of providing just that service. She can produce images from your own pictures that are applied to mugs, coasters and place-mats, shopping bags, clothing, aprons and various other items.

Already local businesses have seen the potential and she has supplied restaurants, including the Mason's Arms and also local producers of tasty Lake District treats.

"I can see that it would be great for local



www.withlovefromthelakes.com

hospitality providers to have customised place settings, or for proud boat or classic car owners to have a set of mugs featuring their pride and joy."

All you have to do is provide your image or logo (although she does have some local generic ones) and you can join Guinness in having your own special items.

Nothing goes to waste

As work progresses on the upgrade to the Low Wood hotel, a local charity has benefitted from the generous donation of the surplus furniture which is due to be replaced.

"We were bowled over to hear that Low Wood Bay had chosen our charity for the donation of over 170 pieces of furniture, which will be put to great use in the coming months," explained Sue Dust, of CERT (UK).

"We rely heavily on donations like this. We cover many different crisis situations, providing people with furnishings and appliances when they need them most. All that we ask



is a small donation charge to cover our expenses.

"We're very grateful to English Lakes Hotels for this generosity. The furniture will be allocated from our storage building which Cumbria County Council has let us lease for free. We also have a wonderful arrangement with Northgate in Kendal for van hire, so we can pick up furniture from anywhere in Cumbria."

The inventory includes a wide range of items, from

bedside units and dressing tables to wardrobes and shelf units, all of which will be used to furnish the homes and buildings of the charity's beneficiaries.

Nevil Jeffery, the general manager at Low Wood Bay Resort & Spa, said: *"We had been planning for some time to make the best possible beneficial use of any furniture and equipment which would be surplus to requirements once the hotel's refurbishment and development got underway."*

Signing Up For The Future

THE Grasmere Gingerbread Shop's iconic sign has been renewed by one of the UK's most controversial artists.

Michael J Browne - who infamously depicted football legend Eric Cantona as Christ in his painting The Art of the Game - has now added culinary legend Sarah Nelson to his portfolio of work.

"I went from old sepia photographs of Sarah Nelson to get her look exactly right," said the Manchester painter. "Her eyes are strong and determined, even as an old lady, and I really wanted her powerful aura to come across in the overall shop sign."

Sarah Nelson invented Grasmere Gingerbread in 1854. Joanne Hunter, co-owner of The Grasmere Gingerbread Shop is thrilled with the new sign. "I think Michael has really captured Sarah Nelson's steadfast character. She defied terrible personal tragedies to reach the age of 88 before she died



in 1904," she said. "Unlike most modern shop signs which are digitally produced, our new sign is hand-painted on wood and it is an authentic piece of art in its own right," she said.

Michael has even signed it on the back.

It will replace the existing sign which was damaged in a recent storm. This is the 10th sign since the shop first opened in 1854.

Michael used ordinary outdoor paint for the sign and finished it off with yacht varnish. It took him about a month to complete.

Financial protection for you and your family

Life and health insurance protection is the underpin of most good financial planning. These types of insurance can ensure that, if the worst should happen, the right amount of money will reach the right hands at the right time.

Life insurance puts money in the hands of those who need it when a person dies. There are many reasons why this money might be needed, including paying off a mortgage (or other loan) if a borrower dies, protecting a family against the early death of a spouse, partner or parent (particularly important for people with financial responsibility for children), paying inheritance tax (IHT) or protecting a business against the financial

consequences of the loss of its owner or a key employee.

Virtually everyone who is working needs some kind of health insurance to provide financial protection if their earnings are affected by serious illness or disability. Even if you have no financial dependants, there's a very strong chance that you will need health insurance.

Critical illness insurance pays a lump sum if you are diagnosed as suffering from a specified illness. The advantage of critical illness insurance is the benefit is paid shortly after diagnosis of the illness, without any significant delay.

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A Bit of A Do - Hidden Treasures

The Ambleside Archive celebrates 40 years of recording memories, through over 500 interviews, of the lives of local people, with first hand memories stretching as far back as the 1880s.

Ambleside Oral History Group is holding a new presentation of fascinating memories in words and pictures on Friday April 7th at 7.30pm at the Kelsick Centre, Ambleside. Tickets £5 including refreshments from Fred Holdsworth's Bookshop, Ambleside 015394 33388, early booking advisable.

Search the online archive at www.aohg.org.uk.



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Twin towns flying visit to France

Coniston and District Twinning Association still have a few places left on their next trip!

If you live within 20 miles of Coniston why not join them to experience something a bit different on a weekend with their French twinning partners in Coniston's twin town, Illiers-Combray. Flying from Manchester to Beauvais on Friday 5 May

2017 you will be home on Monday 8 May. There is a mini-bus from Coniston to Manchester, and another mini-bus from Beauvais to Illiers-Combray at the other end. Other than travel, all expenses will be met by the hosts, who are also organising a day trip to Paris on one of the days. It doesn't matter if you can't speak French because they are pretty

good at English, and keen to practise it.

There are two **COMPLETELY FREE** places (including flights and mini-buses) for two people between 18 and 35 (though you must live within 5 miles of Coniston to qualify for one of these). More information, contact Jackie Coe jackie@coessential.co.uk

Windermere Cadets Get Flighty



Air Cadets from 1264 Windermere Squadron took to the air when seven of them flew in Tutor aircraft with No 11 Air Experience Flight at Royal Air Force Leeming. Four of the cadets flew for the first time and all raved about their unique experience. Cadets were from The Lakes and Windermere Schools.

Cadet out in front

Air Training Cadet Sgt Declan Turner won the 15-17 age group Cross Country event

held at Sedbergh School in January by a whopping 2 minutes. It's basically a county event for the Cumbria and Lancashire Wing of the ATC. He will go on to represent the Wing in a few weeks time at the Regional competition in Blackburn. Congratulations Declan and best of luck.



March of the Daffodils

You won't see '10,000 at a glance', but there will be many daffodils on display to brighten up Ambleside just before the spring equinox.

The Ambleside Daffodil and Spring Flower Show is being held at the town's Kelsick Centre on Saturday and Sunday, March 18 and 19. It is open to the public 11am-5pm on Saturday and 10am-4pm on Sunday; admission is £2 adults, £1.50 senior citizens, with children under 16 free if accompanied by an adult.



Blooming lovely at last year's show

All entry forms must be received by show secretary David Capstick by 9am on Wednesday 15 March. For more details call him on 015394 -32252.

The 75th annual Ambleside Summer Flower, Produce and Craft Show is being held at the Kelsick Centre on Saturday and Sunday, August 12 and 13.

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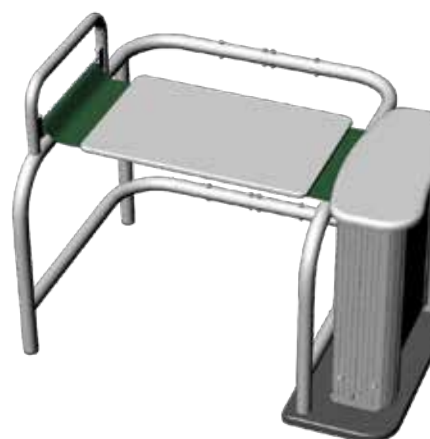
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Living sculptures at Grizedale

Grizedale Forest Visitor Centre is showing the work of artist Méadhbh O'Connor this spring.

As an artist nurturing a fascination with natural sciences it is absolutely fitting that Grizedale hosts a solo exhibition of her work. The exhibition Biosystem is made up of "living" orbs of varying sizes suspended from the ceiling with live mosses and plants making up the spheres.

These are evolving, growing works whose appearance can't necessarily be predicted or controlled. Moss being an ever-present in the Lake District, Biosystem will certainly blend in with its surrounds; a theme often to be found in this artist's work.

Some of O'Connor's previous large scale pieces have used organic element such as growing salt crystals, peat ash, growing mushrooms and coal. Biosystem will be on display at Grizedale until June, and entrance is free during the visitor centre's regular opening hours.

Amazing changing world chronicled by Ambleside's Ashley

Mountaineers from near and far were among the guests at a book launch with a difference in Grasmere, as Ambleside man Ashley Cooper unveiled a stunning exhibition to showcase the amazing photographs in Images From a Warming Planet.

Among the guests at the Heaton Cooper Studio and Gallery were: Sir Chris Bonington, the legendary octogenarian climber who seems to get younger with age; Alan Hinkes CBE, the only Briton to have scaled all 14 of the world's 8,000-metre peaks; Simon Yates, the climber who famously had to cut the rope of Joe Simpson which was chronicled in the book and film Touching The Void; and talented film-maker Terry Abraham, whose two 'Year in the Life' films of Scafell Pike and Blencathra proves he knows a thing or two about stunning imagery.

There's an ongoing debate



Ashley Cooper talks about his book at the launch event at the Heaton Cooper Studio and Gallery



about global warming and climate change and the degree of effect mankind is having on the planet, but the 'conservative' view cuts no ice with Ashley, 54, who has spent more than a decade travelling to every corner of the globe with a camera. "I have witnessed man's work at close hand, so it's fair to say that the book and the exhibition come from the head as well as the heart," he said.

As well as focussing – literally – on climate, some of the strongest images in the book draw attention to the way man is using the dwindling natural resources of oil and gas and how communities in the most unlikely places are turning to renewable sources of energy.

Mere words cannot do justice to this aspect of the book and others, which is why Ashley has created a website where it is possible to view many of its pages. www.imagesfromawarmingplanet.net

Celebration through the Centuries The Allegri Singers

Spanning five centuries of celebratory sacred music, the first half of the concert will start with two anthems by local composer Tom Fryers, followed by the six sublime Tenebrae Responses that 16th-century Spanish composer Tomas Luis de Victoria wrote for Good Friday, followed by Antonio Lotti's glorious setting of Crucifixus from 18th century Italy.

The second half of the programme begins with a setting of the Benedictus and Nunc Dimittis by Henry Purcell, grouped with contemporary Estonian composer Arvo Part's setting of the Magnificat and the concert ends with three glorious anthems for eight-part choir by Mendelssohn, Rheinberger (Evening Song) and William Harris (Faire is the Heav'n).

Holy Trinity Church,
Bog Lane, Brathay,
LA22 9NE - 7.30pm
Saturday 1 April

St James' Church,
Church Hill, Arnside,
LA5 0DW - 4.30pm
Sunday 2 April

At both concerts there will be retiring collections for the church and choir.

For more information contact: Owen Davies, owen@odavies.plus.com, 01539 621261

Staveley Choral Society

SPRING CONCERT 25th March. 7.30pm: Staveley Village Hall

Primavera Venture. A rich choral programme from Staveley Choral Society's Archive. Including the well-known:- Zadok the Priest by Herr Handel; Ubi Caritas by Monsieur Durufle; and an arrangement of the traditional Spiritual Down to the River to Pray heard in the Cohen Brothers' film "Oh Brother, where art thou?".

Also some perhaps less well-known pieces by Lee Dengler; Sir C. Hubert H. Parry; Williametta Spencer; and the gorgeous short Mass No. 2 in G by Franz Schubert. The exciting voice of Rebecca Chandler will lead our soloists, and Staveley Choral will produce its usual occasion. Tickets: at the door, at Staveley Pharmacy. £8 adult, £4 child, including suitably Springy refreshments.

Embroidery Workshops

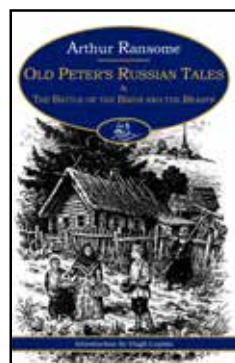


Quaker Tapestry Museum, Kendal Saturday 1 April – Spring Flowers, 10am-1pm. Fee £42

Often compared with the Bayeux Tapestry, the modern day Quaker Tapestry is a masterpiece of storytelling and a celebration of life, people and events across the centuries. This award-winning museum runs a series of half day and full day embroidery workshops aimed at the complete beginner to those with more experience.

In a relaxed and friendly environment museum manager Bridget Guest, and

two other tutors, will guide you through Stem, Split, Chain and Quaker stitches and Bayeux Point and Peking Knot – to create an embroidery to take home. Price includes a workshop kit with all the materials needed to create and finish a stitched picture; stitch guide, finishing tips sheet, calico cloth, crewel needle, crewel embroidery wool. Other equipment can be loaned or bought. Tea/coffee and biscuits are provided throughout the session. Lunch and other refreshments are available from the onsite Courtyard Café.



Old Peter's Russian Tales & The Battle of the Birds and the Beasts

ISBN: 978-0-9955681-0-5

The year 1916 was when Arthur Ransome came of age and published his first really successful book, before *Swallows and Amazons* was even a twinkle in his eye.

He had gone to Russia to collect folk tales and to escape from a failing marriage and the aftermath of a libel trial brought against him unsuccessfully by Lord Alfred Douglas.

When he returned to Britain in 1924, he did so with a wealth of journalistic and practical experience that shaped much of his future writing. He had witnessed the Russian Revolutions, owned his own boats, married Trotsky's secretary, been a war correspondent, political journalist and MI6 agent, played chess with Lenin and developed a highly effective style of writing. His apprenticeship as a writer was over. Ransome says in a note at the beginning of 'Old

Peter' that "the stories in this book are those that Russian peasants tell their children and each other. It was written for English children who play in deep lanes with wild roses above them in the high hedges, or by the small singing becks that dance down the grey fells at home".

In a hut deep in the Russian forests, old Peter's grand children listen as he tells of fire-birds and foxes, of flying ships and frost, of Sadko and salt, of tzars and peasants and witches and soldiers, and of the Little Daughter of the Snow.

Ransome learned Russian by reading children's books and although he did not expect to sell more than 2,000 copies of 'Old Peter', by 1956 more than 24,000 copies had been sold plus another 25,000 in cheaper versions and several American editions.

A centenary edition of 'Old Peter's Russian Tales' was published by the Arthur Ransome Trust in December 2016. This new edition brings 'Old Peter' together with 'The Battle of the Birds and the Beasts', thereby creating the first combined version of Ransome's Russian folklore. This includes a new introduction by Hugh Lupton, Arthur Ransome's great-nephew, whose own career as a professional story-teller owes much to Arthur Ransome. Highly recommended.

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Cumbrian literary awards now open for entries

The annual Lakeland Book of the Year Awards is now in its 33rd year.

As long as the books are about anything to do with Cumbria and were published during 2016, they are eligible to enter.

The lead judge is Hunter Davies, Chairman of the Judges Panel and the inspiration behind the event.

The panel also includes ITV and BBC newscaster, author and journalist, Fiona Armstrong, and Gardeners' Question Time

Chairman, broadcaster and Chair of Cumbria Tourism and The Wainwright Society, Eric Robson.

There will be five topical categories, with a prize of £100. The real prize is the Hunter Davies Lakeland Book of the Year Award, given to the overall winner.

Previous winners at the Lakeland Book of the Year have included Alfred Wainwright, Harry Griffin, Kate Haste and Booker Prize nominee Sarah Hall. Lord Melvyn Bragg was also highly

commended in 1988 for his book, the Maid of Buttermere.

The winner of last year's Lakeland Book of the Year was "Lakeland Waterways" by Robert Beale and Richard Kirkman, published by Lily Publications. Robert is the lead author and a Cumbrian lad. He started working for Windermere Lake Cruises in 2008 and is one of the youngest employees to regularly skipper a historic 'steamer' on England's largest natural lake.

The deadline for submissions to this year's competition is March 24th 2017. Entry forms are available by going to www.lakelandbookoftheyear.co.uk or by contacting Cumbria Tourism on 01539 822222.

Studio extension

Work is well underway to enlarge the Heaton Cooper Studio in the centre of Grasmere, with a refurbished gallery and a new café expected to open in time for Easter.

The studio was established by the landscape painter Alfred Heaton Cooper in 1905. His artist son William Heaton Cooper built the present gallery in the village in 1938.

As part of the café extension, a huge window will look out onto the fells above Grasmere. There will also be new exhibition space and a room for artists' workshops.



Spring 2017

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New Rydal Hall manager

Rydal Hall, the Diocese of Carlisle's conference and retreat centre on the edge of the village, has announced that James Richards will be joining as general manager in March.

Mr Richards, 50, and his wife Ruth will live on-site. He will manage Rydal Hall's operations, which include the 30-bedroom hall, tea room, campsite and woodland grounds.

Carver Uniting Church (URC and Methodist)

We meet for Worship every Sunday at 10.45am and welcome everyone to our Service and afterwards for refreshments and fellowship in the Church Hall.

Sunday (third of the month) 6.30pm. Evening Service.

Sunday (fourth of the month) 9.00am, informal early service: 'Church with Croissants.'

Wednesday 10-11.30am, Coffee@Carver: Our coffee morning every week.

Carver Tots meet every Thursday in term-time, 9.00-11.00am.

Our Christmas Fair on 26 November was a very happy occasion and raised over £1000. This money was divided between two local charities, Hospice Angels and The Riversiders Trust, Kendal.

On Sunday 29 January a large congregation met at Carver to celebrate the inauguration of the Ecumenical Partnership between the Methodist and United Reformed Churches. After the service refreshments and fellowship were enjoyed in the Church Hall.

Dates for March

Wednesday 1st : 11.30am Service for Ash Wednesday.

Friday 3rd: 2.00pm United service for The Women's World Day of Prayer.

Sunday 5th: 10.45am : Morning Service.

Sunday 12th: 10.45am : Morning Service.

Sunday 19th: 10.45am : Morning Service. 6.30pm: Evening Communion.

Sunday 26th 9.00am: 'Church with Croissants'. 10.45am: Morning Service.

Donations from our February charity collection were sent to The Yemen Emergency Appeal. Our charity for March is 'If We Can' Methodist Relief and Development.

Turning over a new leaf

A new year, a new diary... a new way to look at things; that's how the Rev Beverley Lock views that moment when she opens the pages on her diary, and now the Team Rector of Ambleside & Brathay is inviting you to do the same.

Writing in the December/January parish newsletter she urges people to consider the following:

"Our diaries can tell us quite a bit about ourselves and our lifestyle. It is true that some things in life we can't avoid but a new diary does give a chance to ask ourselves about our priorities. What matters to us? For what, or



The Rev Beverley Lock

for whom, do I need to make space? How can we make our lives a little more fulfilling in the new year?"

And she has a suggestion that might just change the way your life is heading.

"I invite you to stop before you start to fill the pages in. Look at the empty pages and reflect on what you could do in them to make a difference."

Now that's something to look forward to!

An inspiring evening at the filling station

This month we are privileged to welcome the Rev John Ryeland, Director of The Christian Healing Mission in the Diocese of London and healing advisor to the Bishop of Kensington.

In 1948 the ecumenical London Healing Mission was established, which, over the decades,

produced the nationwide, vibrant healing, training and evangelising ministry, now known as The Christian Healing Mission.

Come along to the MARCHESI CENTRE, Holly Rd Windermere LA23 2AF at 7:30 Thursday 16 March to find out about this ministry, and possibly to experience healing yourself. You may



even find yourself practising the gift of healing while you are with us. Enquiries at 07584 079 607

Tributes paid to rushbearing stalwart

Tributes have been paid to father-of-three man Gerrard Meneaud, 65, who died just before Christmas and whose funeral service at St Mary's Church was packed with well-wishers.

Mr Meneaud, a fellrunner and former captain of Ambleside Rugby Club, was well known in the town for his commitment to the annual rushbearing ceremony where he would carry the World.

Christmas trees go for a swim



If you see a flotilla of bobbing branches in a river near you, don't worry, the fairies at the top of the Christmas trees were all rescued before they got their feet wet!

South Cumbria Rivers Trust found a novel way to recycle our old Christmas trees this year, tying in with their ongoing restoration projects on rivers in and around the catchment of Windermere.

Depositing old Christmas trees on river bends and in fast channels helps to protect river banks otherwise likely to erode. These so called green engineering methods will help create valuable habitats for fish, insects, birds and aquatic plants, which all require a range of conditions in and around the river to hide, feed and breed.

Substantial trunks of fallen and felled trees help stabilise the river bank while the Christmassy conifers will act to reduce erosion and trap silt. Hopefully the fairy dust will wash off and "slow the flow" next time the rivers think about flooding too.

Holehird Gardens

In early spring the gardens at Holehird on Patterdale Road burst into colour.

It is always difficult to predict exactly what will be in flower as this is always dependent on the temperature whether it is cold or mild. Apart from a few frosty days 2017 has been mild so far. As usual, the *Daphne bholua* 'Jacqueline Postil' by one gate leading to the walled garden has been in flower since the beginning of the year as has the *Sarcococca* or *Winter box* by the other gate. Both shrubs filling the gardens with their distinctive scents. It is likely that the numerous varieties



of snowdrops which started flowering in January will have started to fade, their place taken first by *narcissi*, and small *Iris reticulata* cultivars and then by tulips. The sloping meadow filled with the Lent Daffodil, *Narcissus pseudonarcissus* is a wonderful sight in March. The gardens, always open throughout

the year, will host an NGS Daffodil Day on Sunday March 29th. There are changes within the walled garden as a new display house will have been erected in place of the propagating greenhouse. It will take time to fill this new area with plants and for them to mature, but this will happen over the coming years.

Royal Geographic Society - Cumbria flooding

Our County has, thankfully, mostly picked itself up and wrung itself out from the terrible floods of last winter.

Many voices are now chipping in as to the factors that contributed to the havoc wreaked, as well as how we should go about mitigating damage from future flood events.

Agencies, policy-makers and communities are currently working on their responses and understanding their responsibilities having taken note of the Government's recently

published National Flood Resilience Review. On a local scale it's hard to ignore the fact that we've had a great deal of flooding in the last 10 years with the frequency of these devastating events unquestionably set to increase. The Cumbrian Floods Partnership has brought together many of those involved in, and affected by, flooding, helping to identify the additional flood protection that Cumbria needs. A year after the formation of the partnership it is interesting to reflect on

the work being done and consider whether there are insights for the rest of the UK. Taking Cumbria as a focal point, the Royal Geographical Society will explore these issues and their national implications during a public panel discussion held at Rheged on the afternoon of March 11th. With a varied expert panel there will be plenty of questions and hopefully a few answers! Tickets are available from the Rheged centre box office on 01768 868000.

Energy Conference

U3A are following up their 2015 energy conference with a second one, on March 31st, at Rheged near Penrith.

At the 2015 conference, there were talks on the future of nuclear and renewable energy generation as well as community energy projects. There were also presentations on the pattern of energy use and photographic evidence of the effects

of climate change around the World.

For the 2017 conference, talks will be given on how the UK will meet its low carbon future in the light of the 2015 Paris agreement (COP21), glacier melting and the effects of rising sea levels, planning the electricity grid to meet the changing pattern of energy generation, the position and impacts of fracking, the achievement of community energy projects and behavioural change and energy use. There

will again be question and answer sessions where delegates will be able to put their questions to the expert speakers. In addition there will be ample breaks to allow further off-line discussions. A star studded line of expert speakers has been assembled and we look forward to a stimulating and thought provoking experience to match that from the 2015 conference.

Please visit your local U3A website for information about attending the Conference.

Lake District National Park's new 'Power' Rangers

A new team of park rangers are set to help residents and visitors enjoy even more of the Lake District in 2017.

Kick-starting the National Park's Routes to Resilience flood recovery project, following Storm Desmond, ten new rangers have been appointed to repair footpaths and bridges and put in resilience measures against future flooding.

The £3m project was announced in November 2016, thanks to funding from the Rural Payments Agency. The Routes to Resilience project will last for 18-month and aims to:-

- reinstate 64 bridges
- complete surface and drainage work on 102 paths
- replace 56 items of access furniture, such as stiles and gates

Following the floods of Storm Desmond in 2015, thirty three key repairs were undertaken, during 2016, funded by The Lake District National Park and organisations such as Friends of the Lake District

The first wave of work will include restoring and repairing footpaths, bridges and bridleways over specific regions of the Lake District including the Windermere area.

Blue-ming gorgeous



Jeffy Knots Wood, near Skelwith Fold

Hooray! Winter is almost over and we can at last look forward to lighter nights. As nature awakens from it's sleep, soon it will be time to step out onto sapphire speckled carpets and revel in a Spring floral display.

Bluebells bloom between mid April and the end of May, at a time of year when light and

colour return to the Cumbrian landscape, these gorgeous spring flowers have many magical and romantic associations. Sometimes known as 'fairy bells', the Jacobians used bluebell syrup to stiffen ruffs and the poet Tennyson wrote about bluebells being a cure for snake bites. Bluebell plants are poisonous, they

were used in alchemy and are currently being researched by modern day scientists for medical use. Apart from being an early food flower for bees, hoverflies and butterflies they are also a protected species and are now under threat from the Spanish bluebell.

We are lucky enough to have some great bluebell woods in our area, these include:-

- Skelghyll Woods, Ambleside
- White Moss Woods, Grasmere
- Jeffy Knots Wood, near Skelwith Fold
- Dorothy Farrer's Spring Wood, Staveley
- Mill Wood, Tarn Green Road, Cartmel Fell

Although it's very tempting, please resist the urge to pick them so that everyone can appreciate them for many years to come. Enjoy!

Car-pull raises £5,300

The Kirkstone Car Pull at last year's Festival of the Fells in Ambleside raised more than £5,300, which will go towards reclining chairs for patients at the Grizedale Chemotherapy Unit at Westmorland General Hospital in Kendal.

The event, in which a group of women pulled a car from the centre of Ambleside all the way to Kirkstone Pass – tackling the fearsome zigzags of The Struggle near the top – attracted big crowds.



A former Lakes School student has overcome a serious illness to tackle her first-ever race.

Natalie Vella took part in the Langdale 10k Christmas pudding race. Only eight years ago she was unable to walk without pain and without the use of crutches.

Natalie, now 23, started to suffer at the age of 14 with lupus, the disease in which the immune system mistakenly attacks healthy tissue in many parts of the body. It began with swollen joints and rashes, then painful mobility.

"By 15, she was unable to walk without pain," said her mother Caroline. "She had years of tests and medication. But for the last two years she has been exercising and with professional advice from a dietician at a recent check-up the doctors said she was now completely clear of the disease."

One step at a time



Natalie with Jonathan and Caroline, and younger sister Elizabeth, after the race

Natalie has been working as a professional make-up artist, hair stylist and model in London and is about to emigrate to Malta to pursue her career.

Caroline, who has run the London Marathon to raise money for a Lupus charity, and her husband Jonathan, who co-own Windermere's Cedar Manor Hotel also

ran the race to support Natalie.

"She did the run to say goodbye to Lupus and to show her strength to other Lupus sufferers, to encourage them not to give up hope," said Caroline.

Natalie has appeared on TV as a lookalike for the celebrity X-Factor judge, Cheryl Fernandez-Versini.

The names Bond, Andy Bond

For the last fourteen years, Windermere School has been going out to Vryburg in South Africa joining forces with another school, Tiger Kloof, and working on various projects.

From chopping vegetables for soup for township children, to working in clinics with children born with HIV, the projects have been diverse, but one project in which the school has always been involved is the Thussanang Disabled Centre. And now Windermere School's very



own Bond, Andy Bond, has raised almost £2500 for the centre by leaping out of a plane flying at 12,500 feet. The Reception and Pre-School Teacher decided to take up the challenge following a visit to South Africa last August, where he met the children who

attend the Thussanang Disabled Centre. This wonderful facility is a place where disabled children in the area are able to feel safe and cherished. In the eight months leading up to August, a team comprising staff and students from Windermere School explored ways to make a real difference to the children who attend the centre, as well as to the dedicated team of volunteers who work there. The team took on the huge task of planning, preparing, resourcing, delivering and evaluating a scheme of work which would allow the children to develop a set of skills, allowing them to play a meaningful role

in their own communities. This planning became a reality in the Summer as Bond told us: "We shared our plans with the staff and volunteers at the Centre and hope that we can find the money to train the volunteer teachers at Thussanang. This would give them skills which would allow them to be paid for their hard work, something which will not only benefit the children who attend the Centre, but also the teachers' families. We are aiming to raise £25,000 over the next two years, so I decided to jump out of a perfectly good plane! What better way to raise money for such a fantastic cause?"

Yacht club is golden star

Ullswater Yacht Club has won Yachts and Yachting magazine's Club of the Year 2017.

The Lake District club beat four other shortlisted clubs to win the prestigious award. This marks the end of an amazing year for UYC which started deep in flood water damage but ended after a whole series of highs, especially long-standing member and current treasurer Rob Watson receiving an RYA Lifetime Achievement Award from the Princess Royal. The magazine nomination said: "We felt duty bound to nominate UYC in this category after they featured twice in our



Everyone got behind UYC's online bid to win Club of the Year - even the club's very youngest member, baby Florence Shelley, pictured in the arms of her cousin Kate and with sister Marcia and cousin Jamie

monthly Gold Star awards this year. They were featured early in the year for the way in which members rallied round to get the club open and ready for the new season following

significant flooding in December. Following this, they were once again featured for their success of the I am Team GB event, the nation's biggest sports day, on 27 August."

Challenge yourself

A local charity is hoping to get more people involved in sport by offering running, rowing and cycling challenges in and around Windermere.

Brathay Trust has launched a Brathay Challenges website with full details and sign-up facilities. The charity is drawing on over 10 years' experience to offer a comprehensive suite of events for individuals and teams - of varying abilities - starting and ending at Brathay Hall near Ambleside.

According to Operations Manager Aly Knowles. "Our two running events are the Windermere Marathon, on Sunday 21 May, and the '10 in 10', which is 10 marathons in as many days. We also have two cycling events, a sportive with three routes taking place on Sunday 25 June and, the day before that, the '262', 10 laps of the marathon route to be completed in 24 hours. On the rowing front we offer 'Row Runner' a Windermere three peaks challenge and a 'Three Lakes Challenge' where

teams tackle three lakes - Ullswater, Coniston and Windermere." She said: "Could 2017 see you run a marathon, or prepare to run 10, around Windermere, England's largest lake. Or could you be saddling up for one of four cycling events. Or maybe a water-based team challenge is just the thing for you. Your efforts will not only benefit you but they will help turn around the lives of the young people we work with. So, no excuses - sign up for a challenge and be a hero to the young people we work with."



A question I am sometimes asked is this: 'What is the best place to stay for a walking holiday in the Lake District?'

The answer, of course, depends on one's definition of 'best' - and even when that is established any answer would be largely subjective - but, using the following criteria, here goes...

- **Beauty:** I really cannot think of a bad place to start any walk in the National Park, but these places are legendary (in no particular order): Borrowdale, Great Langdale, Grasmere, Wasdale Head, Patterdale/Glenridding, Buttermere, Eskdale, Ambleside and Coniston.
- **Variety:** Somewhere with long/high fell walks, short/lower fell walks and attractive low-level walks.
- **Bad-weather flexibility:** A location where it is possible with a reasonable (say 20-30 minute car drive) to get to another part of the Lakes where it is not raining.
- **The Wow Factor:** A memorable feature of the location, such as: the arresting outline of the Langdale Pikes; autumn colours in Borrowdale; juxtaposition of lake and mountains in Buttermere; contrast between man's influence and the wild grandeur of the nearby fells (Coniston).

So the answer is... Grasmere. It fulfils all the above, but its location close to the north-south divide at Dunmail Raise gives it a clear edge over its rivals in the flexibility stakes.

And finally, the table of fell-walking starting points below (taken from The Wainwright Companion) adds weight to Grasmere's status.

I'm sure many of you will disagree!

STARTING POINTS FOR WAINWRIGHT ASCENTS: TOP TEN

1	Dunghill	(13, 12)	25
2	Grasmere	(8, 15)	23
3	Patterdale	(15, 6)	21
4=	Seatoller	(7, 2)	15
	Wasdale Head	(9, 6)	15
6	Buttermere	(6, 8)	14
7=	Boat	(8, 1)	9
	Hartsop	(9)	9
	Stonethwaite	(6, 3)	9
10=	Kentmere	(8)	8
	Troutbeck	(8)	8

KEY TO COLOURS
 BOOK ONE: EASTERN
 BOOK TWO: FAR EASTERN
 BOOK THREE: CENTRAL
 BOOK FOUR: SOUTHERN
 BOOK FIVE: NORTHERN
 BOOK SIX: NORTH WESTERN
 BOOK SEVEN: WESTERN
 THE OUTLYING FELS

Clive Hutchby, who contributes to Windermere Now, is revising Alfred Wainwright's seven-volume Pictorial Guide to the Lakeland Fells. Books One, Two and Three (the Eastern, Far Eastern and Central fells) have already been published. He has completed work on Book Four: The Southern Fells which will be published before Easter.

To find out more visit www.brathaychallenges.com

UP COMING EVENTS

AMBLESIDE NATURAL HISTORY SOCIETY Thursday, 9 March 7.30pm Percival Lecture Theatre, Ambleside University Campus, Rydal Road, Ambleside Wildlife and Woodland at Rusland A talk by Dougie Watson of the Rusland Horizons Project.

U3A Talk Monday, 13 March: 2.15pm: Marchesi Centre, Windermere. By the RAF Presentation Team. A blend of personal narrative and dramatic video footage of the RAF's contribution to the defence of the UK.

S.L. Decorative & Fine Arts Society (SLDFAS) Tuesday 14 March 1.30pm Brewery Arts Centre, Kendal: Entry Fee £10.00 Dumfries House - Saved for the Nation Caroline Knight BA (Hons), MA (Courtauld) Contact: Mrs Lalik Nasmyth, Tel: 01229 468525

Spring Flower Show and Plant Fair 11am, 18 March Kirkbie Kendal School, Lound Road, Kendal, Alpine Garden Society in conjunction with the Scottish Rock Garden Club Visitors can purchase rare and unusual plants from the 9 specialist nurseries. A stall offering plants grown by members of the local group which are suited to local conditions. Prices are usually very reasonable. There will be a display of botanical art, the work of local AGS group member Darren Sleep. Admission £3 in aid of the Alpine Garden Society. Free on-site parking. Hot and cold snacks and drinks with proceeds in aid of the school's PTA. Contact alan.oatway@agsgroups.org 015395 30702

Piano Recital: Sunday 26 March, 2-30, Ings Parish Church. "The Rustle of Spring". Philip Burton will play music by Handel, Sinding, Philip Glass, Scarlatti, Debussy, Samuel Barber and a Japanese composer, Somei Satoh. Philip, who lives locally, teaches the piano, studied piano at the Royal Northern College of Music and more recently was the conductor of Staveley Choral Society. Tickets £5, include post-concert refreshments, available at the door. Money raised goes to St Anne's Church Project Fund and to The Trussell Trust that supports Windermere Food Bank



Cyclathon: Raising money for Blood Bikes

At the Ambleside Market Cross, Saturday 25 March 9am - 5pm.

The Rotary Club of Ambleside and Kirkstone invite you to take part in a fun charity Cyclathon with teams of 4, each cycling for 50 minutes on an exercise bike. All funds raised are in aid of Blood Bikes - a voluntary organisation who transport essential blood and organs between hospitals.

Team categories: Schools, under 18 Adults 18 ~ 60 Oldies 60s plus. Entry fee £50 per team. Entry and sponsorship forms from The Hub, Ambleside or Tel: 07896 020 610

www.nwbb-lancs.org

An Evening of Flowers. Friday 31 March. Cafe Ambio. Lakeland Motor Museum. £7.50 Motor museum visit 6.30pm followed by flower demonstration - 7.30pm - by Roz Harrison of Dodds Flowers, Ulverston. Tickets from Dot 015395 30132 or Marion 015395 31779

ON-GOING EVENTS

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 9.30-11.30 at Ghyllside Neighbourhood Centre, Gillinggate, Kendal Friday mornings 9.30-11.30 at Windermere Manor Hotel, Rayrigg Road, 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 Lonton 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

AMBLESIDE PARISH CENTRE

Cedar Counselling Cumbria: Mon-Fri: Free and confidential counselling available .07502 106 582 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 computer skills. 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 betty.potts@btopenworld.com

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 10:00 - 12:00. Get-together for Knitting, Chat, Coffee (or Tea) & Cake. A friendly social group to share ideas & knowledge, beginners welcome.

ESOL Classes, Tuesdays 13:00 - 15:00 & Wednesdays 18:30 - 20:30. For anyone who would like to improve their English skills.

Games Group 1st & 3rd Tuesdays each month 16:30 - 18:00. Informal games playing Cards, Scrabble, Chess etc. Everyone welcome.

Wednesday drop-ins with SLDC advisor, 10:00 - 13:00.

Gadget Man every Wednesday, 11:00 - 13:00, Help with iPhones, tablets etc, plus free 1 to 1 IT sessions offering further help using your Laptop, iPad, etc. Please book with library staff.

Public PCs available for internet, scanning and printing. Wifi is free, visitors welcome to join

Lakes Parish Council Meeting, Wednesday 1st & 22nd March, 19:00. Latest planning applications to view from 18:30

Ambleside Child & Baby Clinic, Thursday 2nd & 16th March, 10:00 till 11:00am.

Ambleside Songsters, for all who love to sing including those with dementia, followed by coffee, Fridays 11:00 - 12:00.

Contact the library on 015394 32507 or email ambleside.library.staff@cumbria.gov.uk for further information.

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WINDERMERE LIBRARY

Manjushri Meditation: 6 - 7pm Tea and coffee provided £5 per session:

Reading Group meet on the 3rd Monday of each month at 3:00pm in the library tea and coffee provided

South Lakeland District Council drop in session every Tuesday and Thursday from 9.15 am – 12.15 noon

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

Citizens Advice First Floor Windermere Library 015394 46464

From Auschwitz to Ambleside Exhibition. Daily 9.30am - 5pm (closed Monday afternoon, Wednesday and Sunday)

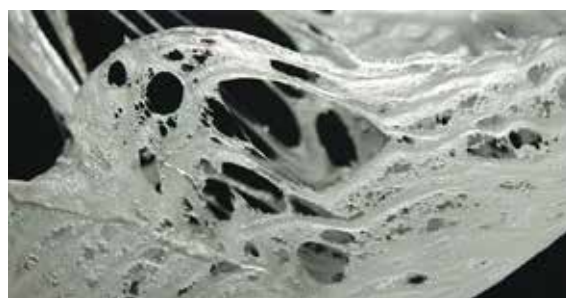
Blackwell, The Light Within

Fri 10 February - Sun 18 June 2017

A new exhibition by up and coming artists Griet Beyaert and Paul Miller.

Collaboratively known as The Glass Cyphers, Beyaert and Miller's exhibition at Blackwell, The Arts & Crafts House, consists of a site-responsive glass, sound and video installation.

The Light Within is a



fusion of glass-making and digital technology, using video and sound recordings made in and around Blackwell. The installation, inspired by the use of light in Baillie

Scott's architecture, brings together the architectural features of Blackwell with its unique setting overlooking Windermere.

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:

Enjoy Your Leisure 10am

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

Exercise Class for the Over 50's –
1.30pm

Trefoil Guild 2pm (2nd Tues)

Chess 7.30pm

Wednesday:

Windermere Scottish Dance Group.
10am.

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 Thurs 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)

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