



# The Parish News



of Saint Peter's Church, Heversham  
Saint John's Church, Levens and  
Saint Thomas' Church, Milnthorpe

**June 2008**

Free



on paper...on tape...online

2,000 are printed, The Talking Parish News is recorded and delivered  
ALSO, online at [www.heversham.org](http://www.heversham.org)

**St Peter's Church, Heversham**  
**and St Thomas' Church, Milnthorpe**

**Priest-in-charge**

The Reverend Susan Wilson  
The Vicarage, Woodhouse Lane,  
Heversham, Milnthorpe,  
Cumbria LA7 7EW  
Telephone: 015395 63125

**St John's Church, Levens**

**Priest-in-charge**

The Reverend Ruth Crossley  
The Vicarage, Vicarage Road,  
Levens, Kendal,  
Cumbria, LA8 8PY  
Telephone: 015395 60223

Assistant Curate (NSM) The Revd Ron Rutter

Assistant Clergy The Revd Bob Wilkinson,

Licensed Readers Mrs Elizabeth Bennett  
Mr Chris Bennett  
Mr Roger Bingham  
Prof Anne Garden  
Mrs Dorothy Maudsley

Reader in Training Mrs Linda Cooper

The Revd Canon Tom Thompson

Miss Frances Makin  
Mrs Mary Orr

**St Peter's Church**  
**Heversham**

**St Thomas' Church**  
**Milnthorpe**

**St John's Church**  
**Levens**

Churchwardens Mr George Handley  
Miss Sylvia Read  
Mrs Sue Tallis

Mr John Ricketts  
Dr John Thorley

Mr Barrie King  
Dr John Wilkinson

PCC Secretaries Mr Peter Clarke  
PCC Treasurers Mr Mike Robinson

Mrs Linda Baverstock  
Mr Jim Robson

Mrs Liz Addison  
Mr Chris Band

Bookings Old School  
Mrs Louise Budd  
Tel. 60099

Church Centre  
Prof Geoffrey Gregory  
Tel. 64082

Levens Institute  
Mrs Dorothy Routledge  
Tel. 60640

**Parish pastoral visiting**

If you know of anyone ill at home or in hospital who would appreciate a visit please do phone any of the following people:

Milnthorpe: Revd Sue Wilson 63125 or Eryl Ricketts 01524 761076

Levens: Revd Ruth Crossley 60223, Audrey Larkins 60769, Frances Makin 61417

Heversham: Revd Sue Wilson 63125 or Audrey Wynne 63244

**The Parish News is run by the Parish Churches**  
**of St Peter's Heversham, St John's Levens and St Thomas' Milnthorpe**  
**by The Editorial Team:** Linda Baverstock, Jill Butterworth, Revd Ruth Crossley,  
Jane Cushnie, John Cushnie, Jane Fell, Gill Rodd, & Revd Susan Wilson

**email: [parishnews@heversham.org](mailto:parishnews@heversham.org) 015395 64582**  
**c/o Mrs Jane Cushnie, Dallam Barn, High Haverflatts, Milnthorpe, LA7 7DG**

**For Levens News: Please submit articles and notices in writing or email to**  
**Mrs Jill Butterworth, 3 Greengate Crescent, Levens, LA8 8QB Tel: 015395 61676**  
**[jill.butterworth@btopenworld.com](mailto:jill.butterworth@btopenworld.com)**

**For the Jul/ Aug ISSUE please send articles/ notices by 10th JUNE**

## You are very welcome to any of these services and prayer gatherings

### Regular Prayer Gatherings at St Peter's, and St John's Churches

Mon-Thurs:	Morning Prayer	8.15 am at Levens
Tuesdays:	Communion at ten	10.00 am at Heversham
	Christian Prayer Ministry	10.40 -11.40 am at Heversham
Saturdays:	Informal Prayer Meeting	8.00 am at Heversham

### Sunday Services in June 2008

#### St Peter's Church, Heversham

<b>Sunday 1st</b>	9.30 am	Family Service
	6.30 pm	Sung Evensong
<b>Sunday 8th</b>	8.00 am	Holy Communion
	9.30 am	Parish Communion
	6.30 pm	Prayer and Praise
<b>Sunday 15th</b>	9.30 am	New Third Sunday Service
<b>Sunday 22nd</b>	8.00 am	Holy Communion
	9.30 am	Parish Communion
<b>Sunday 29th</b>	8.00 am	Holy Communion,
	<b>10.30 am</b>	United Service at Heversham
	6.30 pm	Songs of Praise on the Green, Milnthorpe

#### St Thomas' Church, Milnthorpe

<b>Sunday 1st</b>	8.00 am	Holy Communion
	11.00 am	Parish Communion
<b>Sunday 8th</b>	11.00 am	Parish Communion
<b>Sunday 15th</b>	8.00 am	Holy Communion
	11.00 am	Family Service
<b>Sunday 22nd</b>	11.00 am	Parish Communion
<b>Sunday 29th</b>	<b>10.30 am</b>	United Service at Heversham
	6.30 pm	Songs of Praise on the Green, Milnthorpe

#### Mission Room, Hincaster

**Sunday 22nd** Please see notice in Hincaster

#### St John's Church, Levens

<b>Sunday 1st</b>	10.00 am	Parish Communion;
<b>Sunday 8th</b>	10.00 am	Family Service
<b>Sunday 15th</b>	10.00 am	Parish Communion
<b>Sunday 22nd</b>	10.00 am	Parish Communion
<b>Sunday 29th</b>	<b>10.30 am</b>	United Service at Heversham
	6.30 pm	Songs of Praise on the Green, Milnthorpe
<b>Sunday 6th July</b>	<b>11.30 am</b>	<b>Levens Playing Fields (see page 8)</b>

### Advance Notice...

#### QUIET DAY

at Graythwaite Manor Hotel,  
Grange over Sands -  
first week in July.

Further details will be  
available in June on Church  
notice boards and in the  
weekly notice sheet.

### **Coffee Time in the garden !**

We're going out on location for the summer!  
on Tuesday 10th June  
10.30—11.45 am

at Beechwood, Hincaster  
by kind invitation of Kim & David Beuzeval  
You are very welcome!



Serving filter coffee  
and homemade cakes/scones

### STePS

#### St Thomas' & Peter's Strollers & friends

Next STEPS, Saturday 28th June  
meet at St Peter's Church at 2 pm  
bring a picnic tea.

We invite you to  
a free afternoon  
**Sunday 15<sup>th</sup> June, 2-4 pm**  
at the **Salesian Sisters,**  
**Brettargh Holt**  
(Time Out Project),

with cream teas  
and fun and games  
for the children.  
if wet, the event will take place  
indoors  
**Everyone welcome.**

### **Christ the King RC Church, Milnthorpe** **Canon Alf Hayes Tel: 015395 62387**

#### Mass Times

Saturday Vigil Mass 5.30 pm  
Sunday Mass 9.00 am **with children's  
liturgy during term time**  
Friday 9.30 am

#### Confessions

Saturdays 11 to 11.30 am  
with Exposition and Adoration before the  
Blessed Sacrament (or any time on request)

**ONCE A CATHOLIC?** Feel like you want to  
come home? Heard of the Landings  
Programme?

Contact Canon Alf Hayes 62387 or Landings  
Coordinator, Mr. W. Gill 01524 762124.



**Come and see  
what we do for  
young people  
all year round.**

### Milnthorpe Methodist Church 10.30 am Sunday Services in June

1st Mr W Barron  
8th Rev D Cross  
15th Rev Bill Seville (Holy Communion)  
22nd Mrs S Hilton  
29th Mr E Holwell

Next Lunch Club 25th June -  
Please contact Eileen Bolton 63318

### Levens Methodist Church 10.30 am Sunday Services in June

1st Rev. W. Riley  
8th Dr. T. Fryers  
15th Rev. Michael Fielding  
22nd Rev. Bill Seville (Holy Communion)  
29th Local Arrangement  
AND 6.30 pm Songs of Praise  
on the Green, Milnthorpe

## **KENT ESTUARY PARISHES**

Arnside Beetham Heversham Levens Milnthorpe

### SONGS of PRAISE

for a summer evening

with Flookburgh Brass Band

**SUNDAY 29th JUNE at 6.30 pm**

on Milnthorpe Green

(If wet - in St Thomas' Church)  
Kent Estuary congregations of  
all denominations most welcome!

Limited seating –  
bring your own if you can

## **A Midsummer Evening Reception**

in the gardens of Levens Hall

by kind invitation of

**Mr and Mrs Hal Bagot**

**on Thursday 26th June**

**from 6.30 – 8.30 pm**

in aid of the Church Urban Fund

**Chris Crowder,**

**Head Gardener at Levens Hall**

**will be signing his book**

**“The Gardens at Levens ”**

**to include wine and canapés**

**Tickets are £12**

**From: Jane Clarke 64585**

**Doreen Hughes-Gain 60368**

**Gill Mumby 64083**

**If wet, a presentation on the  
gardens will be held in the Hall**

### **Christian Aid**

Thank you to  
all those who  
collected and  
all those who  
donated.

From Christian Aid envelopes to fresh  
water in a Bangladeshi village -  
your generosity will help to change  
lives for the better.

Milnthorpe £1,351.40

Levens £1,576.08

Heversham £ still counting!



### **Celebration Evening & AGM 30th April**

A number of people interested in the work of NISCU (Northern Inter-schools Christian Union) attended the annual meeting at Parr Street Church to hear about the work of NISCU in Primary & Secondary schools in our area.

It was a very informative and encouraging evening with news of breakthroughs into new areas, especially on the Cartmel peninsula. The worship was really uplifting and there were video clips of assemblies and camp activities as well as “interviews” with many of the young people who had taken part in the many activities throughout the year.

There are now 2 full-time workers – Becky and Katy who have been welcomed into schools to do assemblies and who have found innovative ways of sharing the gospel with young people in ways which really engage them, encouraging them to ask questions and to grow in their faith.

NISCU is one of the organisations that St. Peter's and St John's support in prayer and financially. Over the last 2 years the funding from churches and supporters has been stable, allowing the work to grow.

Camp 2008 is approaching at Pentrenant Hall in Wales 3<sup>d</sup> – 9<sup>th</sup> August. there is a Camp Share scheme in place – it is possible to “buy a share” (or more) for £10 to subsidise a young person who may not have the means otherwise to go to camp. Please see Chris Bennett or Rhona Rutter.

# Saint Thomas' Church: Milnthorpe



At the May meeting of Milnthorpe-with-Heversham Mothers Union, opening prayers were led by Joan Ellam and a Bible passage was read by Margaret Barrow. We welcomed Karen Wilson of "Relate" as guest speaker. She told us of the work done by Relate- originally known as "Marriage Guidance Counsel Service" which started in the 1930s.

Relate helps couples who are having problems in their marriage and they can also help those with post natal depression and also offer bereavement counselling and help with many other problems in today's hectic life.

Training for Relate counsellors is of a high standard, which is done at their college in Doncaster.

Mary Orr, a one-time marriage counsellor herself, thanked Mrs Wilson.

During the business session, Joan Ellam thanked all who had donated and assisted at the recent cake stall. Treasurer Audrey Wynne reported that proceeds of £112.55 had been made, also £105 had been sent to the Mothers Union overseas fund, from members collection boxes.

A deanery coffee morning is to be held in Kendal on July 5<sup>th</sup> and our branch has been invited to assist along with Arnside in supplying cakes etc. *Mary Davidson*

## Milnthorpe House Group

continues to meet this summer. Remaining evenings are 7.30 pm at Margaret Barrow's house, Five Trees, Beetham Rd. June 5th, 19th, July 10th, July 17th.

## Bank Holiday Monday

The special Event/ Mini fete which was held at St Thomas' was excellent!



Good weather, good fun helped to make this an event that was enjoyed by many people, children and adults.

Many thanks to all who came and helped and supported in any way. It was especially good to have children and young people helping on various side shows, - Splat the Rat, Tin can Knock down, Catch the train and many more, as well as Cakes, Face Painting and the inevitable Teas and coffees, ice creams and balloons to name but a few.

We were hoping to raise a little money for the Manna House charity in Kendal, which



helps homeless and disadvantaged people. We were thrilled with the final result and are able to send them a cheque for £364.07.

Elizabeth Bennett

**St Thomas's Flowers –**  
1st Mrs V Robson  
8th Mrs Gott  
15th Mrs M Wilson  
22nd

 **Friday Coffee Mornings**  
**at St Thomas' Church**  
10 - 11.30 am  
**at Milnthorpe Methodist Church**  
9.30 am – 12 noon various stalls

**Dates to look forward to:**  
The Annual Art Show is the last weekend in July.  
The Milnthorpe and District Allotment Association Annual Horticultural and Craft Show is the first Saturday in September.  
Both events are held at St Thomas Church.



29<sup>th</sup> June 'Saint Peter - This is Your Life'

## A Celebration for Pentecost

As you may know, most Anglican churches are named after saints. Saint Peter in Heversham, Saint Thomas in Milnthorpe and Saint John in Levens. But what do we know about Saint Peter?

Peter is remembered by Christians as a saint; the fisherman who became the right-hand man of Jesus himself, the leader of the early church and a father of the faith. How much do we know about the real Peter?

Of all the disciples that Jesus chose, we know most about Peter. The Bible tells us that Peter was a fisherman by trade and that he lived in the village of Capernaum on the shores of Lake Galilee

Whatever Peter's life was like before, it was turned upside down by a man called Jesus. Jesus called Peter to follow him and Peter did not hesitate; he left everything and embarked on an incredible journey of discovery. In fact one could say that Jesus altered his very identity, for it was Jesus that changed his name from Simon to Peter. This was a hugely significant nickname, for in every language other than English, Peter means 'The Rock'. Jesus appointed Peter as the rock on which he would build his church.

Peter is the spokesperson for the disciples but frequently says the wrong thing at important moments. He is constantly asking questions and is not afraid to argue with Jesus. He is rash, impetuous and even foolish at times but he is never slow to pledge his absolute loyalty to his master. However, he was not to know how much this would be tested, particularly on the night before Jesus died.



Whatever the precise nature of his encounter with the resurrected Jesus, the result was that Peter was transformed from a scared and dejected failure, into the leader Jesus had predicted at the outset.

The opening chapters of the Acts of the Apostles show Peter working miracles, preaching boldly in the streets and in the temple and standing up fearlessly to those who had condemned Jesus just days before. The number of believers grows enormously and it is Peter who leads them with authority and wisdom as chief of the apostles.

From such unpromising beginnings it now seemed that Peter had indeed become the rock of the church

**It is Peter's life that we will celebrate with a special united service –  
'Saint Peter – This is Your Life' at 10.30 am on June 29<sup>th</sup>  
at St. Peter's Church in Heversham.**

## **SUMMER CHURCH PICNIC**

**Why not bring your picnic lunch and blanket to church on the 29<sup>th</sup> June and stay on afterwards to enjoy a family picnic on the field behind St. Peter's.  
Everyone's welcome !**



## Saint John's Church: Levens

We invite you to join us in praying for our village; for those who live in it, those who work in it, and those who visit. In June we think especially of Hutton Lane, Old Chapel Lane, Beathwaite Gardens and Cotes.

### St John's Levens PCC meeting 6<sup>th</sup> May 2008

We started the new PCC year with our annual PCC Holy Communion service, Iona Community style. Then we appointed officers – secretary, Liz Addison; treasurer, Chris Band, both as before. Why change good things if the people doing them are willing to continue? After that we went into a varied and interesting agenda touching on, for example, another deanery sponsored bike ride in September; ways of making more use of the church building for other suitable activities; our Parish Share commitments and how to meet these through Generosity in Giving (there will be more on this soon); our Child Protection policy; the purchase of a CD duplicator so that more copies of the CD now made each week of our Sunday service could be easily produced so that people wanting to hear the service don't have to wait, sometimes quite a while, while the one CD circulates. There was also a report on the latest Deanery Synod meeting where the diocesan secretary had detailed the work done at Church House in Carlisle and how he is trying to streamline this; and our favourable reaction to the responses to the Parish Plan as illustrated at the recent exhibition in the Institute. *D Hughes Gain*

**A warm thank you for the response to St John's Lent appeal, raising £500 for the hospital in Tansen.**

### St John's Flower Rota - June

1st Mrs S. MacFarlane  
8th Mrs A. Perrett  
15th Mrs G. Rodd  
22nd Mrs M. Knipe



### CHRISTIANS TOGETHER IN LEVENS

The Monday Group meets in Levens Methodist Church 10.15 a.m. except Bank Holidays and July and August.

### CHRISTIANS TOGETHER IN LEVENS - FRIDAY FORUMS

**Our first Forum**, on 18th April was quite a success. An "audience" of about 30 attended and heard our "experts" deal with a variety of difficult topics, including "When does a fertilised egg cell become a human being?" and "Is Euthanasia the answer to long term suffering?" **Our second Forum, on the Environment** will have taken place by the time this magazine is in your hands, so just to tell you about the **third Forum**, which will be on **Friday 20th June** in Levens Institute. We meet at 7.30 pm for light refreshments and the "Any Questions" starts at 8pm. We shall be dealing with "**Kick the Habit**" to include such topics as Alcohol and Drug Addiction (including tobacco), Gambling, Family and Society and Anti-Social behaviour etc.

We really do need your questions for the panel so please ring them to (015395) 61434 or e-mail [brigray@lineone.net](mailto:brigray@lineone.net)

**Thank you** - Mrs Mary Steele would like to thank all her friends and relatives for their good wishes and cards which she received on her 100th Birthday on May 9th 2008, she was quite overwhelmed by everyone's kind thoughts and messages.



## Levens School News

The children and staff are in the throes of what promises to be a very busy time at Levens School.

Activities abound this term, and we are always very keen to maximise use of our fabulous outdoor space during the warmer months, undertaking many sporting opportunities and Outdoor Educational experiences.

Many thanks to local resident, Peter Smith, who will be offering Cricket coaching to our juniors during the next few weeks – we are always keen to tap into local expertise! Five-a-Side Football is high on the agenda too, as the Levens team prepare for the defence of their Five-a-Side Kendal Police Championship title in June.

To celebrate our centenary next month, the whole School will be undertaking a rag rug making session so that we have a lasting memento of the occasion. We would be very grateful to receive donations of jersey/woollen type fabrics which we can use to create the rug over the next few weeks. Please pop in and see us if you have anything that you think we could use.

## The Levens Village Plan - Update

Levens Village Plan Committee would like to thank everyone who attended the Village Plan Exhibition at the Institute on Saturday 19th April. Over 200 people attended, this was an interim opportunity for people to see how the village felt about the issues raised on the questionnaire.

**The Photographic 'Life in Levens' Competition** has now been extended to 30th July 2008: any additional entries to be handed in at Levens Post Office. If we have enough a Photographic Display may be held.

A big thank you to all those involved in helping and supporting the Levens Village Plan so far.

## Royal British Legion

### (Women's Section Levens)

Provisional notice of the Members' Barbecue on 25th June at Grove Cottage

## Levens W.I.

In April we were treated to a DVD of 60 years of BBC Outside Broadcasting. This contained many, very nostalgic for some of us, clips of happenings over that period – the Queen's coronation, the young John McEnroe in full flow at Wimbledon, the sinking of the Oxford boat in "that" boat race, openings of Parliament, the climbing of the Old Man of Hoy and many more – interspersed with views of O.B. vans outside and inside, cats' cradles of wires and leads which all had to be correctly connected, showing how much technology has advanced. I wouldn't be surprised if one or two tears weren't shed at memories brought back. It was most enjoyable. Mr D. Mackie will speak on Castles, Cathedrals and other desirable residences on 17th June, 7pm, Levens Institute.

*Doreen Hughes Gain*

## Levens Over 60s Club

In April, Mr Maurice Steele's audio-visual presentation, "Lakeland Allsorts", was a work of art.

A former sheep farmer from Bootle, he was a keen photographer from his youth.

It began with the awesome Wasdale screes. There were stunning close-ups of wildflowers, birds, animals, and insects, and views of many fells from the ridge, an old packhorse route north to the coast via Miterdale, which has a spooky history and evidence it could be Arthur Ransome's "Swallowdale". "Picasso's Lakeland" was a kaleidoscope of nature's colours, followed by a beautifully photographed history of Grasmere's rushbearing. We saw the lakes and fells in snow and ice, and finally the sad tale of drowned Mardale, with a pithy dialect requiem.

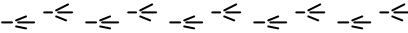
Sadly, two of our members died in April: Mrs Lizzie Fletcher and Ted Rothwell, a founder member and until his recent illness a cheerful and tireless helper in all our activities. *PCE*

Next meeting::  
the June meeting is the outing

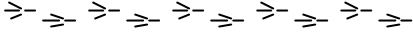




# PiNboard



**arc** - Arthritis Research Campaign  
 Annual Cross Bay Walk  
 Saturday 12th July  
 leaving Arnside at 12.45 pm  
 Details from :  
 Maureen Coleclough  
 64415



\*\*\*\*\*  
 Chris & Shirley Band  
 are opening their garden  
 at Orchard Cottage,  
 Hutton Lane, Levens  
 on Sunday 29th June, 1 to 5 pm  
 in aid of CancerCare.  
 Plant stall & raffle.  
 Refreshments & toilets at  
 The Institute.  
 \*\*\*\*\*

**Cream Tea at Plumtree Hall**  
 Sunday 3rd August in aid of the

**NSPCC** NSPCC - more  
 details next issue  
Cruelty to children must stop. FULL STOP.

Arnside Choral Society presents  
**Brahms Requiem  
 and Five Mystical Songs  
 by Vaughan Williams.**  
 Conductor : Ian Allan  
 Soprano: Tracie Penwarden  
 Baritone: William Berger  
**Saturday 14th June at 7.30pm**  
 St James' Church , Church Hill Arnside  
 Tickets £7.00 From The Little Shop  
 Arnside or Tel: 015395 62221



## CUMBRIA CHILDREN'S CENTRES LAUNCH EVENT

Milnthorpe Children's Centre is  
 to host an event to celebrate  
 the launch of Children's Centres  
 across Cumbria on  
**Wednesday 11<sup>th</sup> June**  
 Find out about the work of  
 Children's Centres  
 across Cumbria.  
 FREE family activities  
 from 2-3 pm.  
 For more information about the  
 Children's Centre  
 please call  
 Mary or Karen  
 015395 64896



## Heversham House Annual Garden Party



Sunday 29th June 2 - 5 pm  
**AGE Concern** All are welcome!  
 In aid of Age Concern



Where Playing is Fun!  
 Why not come along to  
 YoYo Club?  
 A different activity  
 every night!

Sports Night; Art/Messy Night; Games  
 Night; Food/Cooking Night; Movie Night  
 Open from 3pm to 5:45pm school days  
 Short session until 4pm: £2.50  
 Full session: £7.00  
 See Lynsey, Claire or  
 ask at the school office for more details.

**Levens Out Of School YoYo Club**  
 Levens School  
 T/F: 015395 60694 M: 0790 328 5966

Milnthorpe PTA Car Boot Sale  
Milnthorpe Primary School, Firs Rd  
Saturday 7th June 2008  
10 am - 2 pm

Bacon Sandwiches too!  
(sellers can set up from 8.30 am.  
If raining there is indoor facility)

£5 per car  
To pre-book  
please call  
Karen 63197  
or Dawn 63260



HPSA  
(Heversham Primary)  
Summer Fair  
Friday 27th June  
For details please see  
posters in the village



## Heversham Village Children's Sports Day

on Saturday 21st June  
on Dallam School sports field,  
Heversham. at 1.30 pm

children's fancy dress competition  
followed by the traditional sports.  
for all children up to the age of 15  
years who live within the Parish  
boundary, children who attend or  
have attended the village school  
and their brothers and sisters

Contributions of cakes, biscuits or  
for the refreshment stall or offers  
to help with the sports would be  
much appreciated.

More info : Christine Gibson 62231

Barbecue at the Athenaeum,  
Leasgill on Saturday 19th July-  
More details next issue.

## OUR NEW COLUMN The natural world

### A Burning Issue.....

In 1992, Britain used 52,000 tonnes of barbecue charcoal, 98% of this was imported and most came from tropical or mangrove forests.

**So...**have you seen British Barbecue Charcoal on sale locally. In buying it you are helping to avoid such destructive use of tropical timber and encouraging positive management of our native woodlands.

### The wood used

to make British charcoal comes from sustainably managed broadleaf woodlands, these woods are either being coppiced or thinned. Coppicing means that the trees are cut down then allowed to grow again for a number of years. This method of woodland management has been practised in Britain for at least 6,000 years.

### Back to the barbecue!

This charcoal will light without the use of lighting blocks or any additional fuel. It just needs a little bit of newspaper to get the fire going. The charcoal becomes hot very quickly and will be ready to cook on in only **10-15** minutes.

### Charcoal Making

COPPICE ASSOCIATION North West has an active band of charcoal makers. About 10 to 15 separate businesses produce mainly domestic barbecue charcoal from broadleaved woods, mostly coppices, as locally as Silverdale. The charcoal is made in metal ring kilns and is sold through local outlets - garages, garden centres, various shops, It's worth looking out for.

Time to go and buy some  
sausages and ribs  
and light the fire.....



farm shop • tea room • craft gallery • farm trail

LOW  
**Sizergh**   
BARN

**THE REAL TASTE OF THE COUNTRY**



[www.lowsizerghbarn.co.uk](http://www.lowsizerghbarn.co.uk) 015395 60426  
Low Sizergh Farm, Sizergh, Kendal, Cumbria LA8 8AE

**Sarah Bowers RGN**  
**Diploma in Holistic Therapy**  
offers reflexology, massage  
& aromatherapy treatments  
relax ? de-tox ? energise  
07967 588056 fully insured

**BOOK KEEPER / SECRETARY**  
Experienced in accounts, VAT, wages,  
typing CVs, letters & all office routines  
**Veronica Cato**  
015395 61667 / 07778 937412  
veronica@cato.bbfree.co.uk  
Victoria Cottage, Levens

**FOUR PAWS** 

loving care for your pets  
only a Paw Wave away  
Karan - 015395 64826

### **GEO-SCAPE**

#### **Landscaping & Building**

Traditional stone work,  
Hard/soft landscaping  
Rural property renovator

George Newton - 015395 60910  
07818 802659

### **Stay Clean Services**

Carpet, Upholstery, Rug, Leather  
see the full range of cleaning at:

[www.localclean.co.uk](http://www.localclean.co.uk)  
Ken & Anne Riddell  
01524 720120

## **o'neil&petrie**

01539 738899  
[www.oneilandpetrie.co.uk](http://www.oneilandpetrie.co.uk)

architecture  
& design

chartered architect

[www.photoideas.co.uk](http://www.photoideas.co.uk)

35mm slides scanned onto  
CD / DVD

[mail@photoideas.co.uk](mailto:mail@photoideas.co.uk)

## **JPG Joinery**

Joinery and Property Maintenance  
Contact Paul Gott

01524 781710  
015395 63932

## **Neil Dowker**

### **Milkman**

Milk, Eggs, Potatoes etc  
Tel: Miln. 63739

### **JOINER - John Halhead**

laminated floors, doors,  
skirtings, etc.

Tel: Holme 01524 782030  
or 07973 751621

Available for all  
your special occasions  
**Tracie Penwarden**  
Soprano & Singing Teacher  
Tel: 015395 62363

### **Dave Harrison**

**Landscaping**  
Landscape construction,  
Tree and shrub care,  
Hedge cutting  
Tel. 015395 64495

KEVIN BATEMAN  
**MONUMENTAL MASON**  
new memorials, additional inscriptions  
renovations, re-turfing  
01539 723903 or 07817 060619  
Please phone for a Brochure

**A2A**

[www.a2ainternet.co.uk](http://www.a2ainternet.co.uk)

domains from £25  
hosting from £65  
sites from £250

2 Beetham Rd, Milnthorpe  
Tel. 015395 64486  
134 Greaves Rd, Lancaster  
Tel. 01524 380967

for your New or Used Car come to  
**P.V. DOBSON & SONS**  
(Motors) Limited  
Bridge End Garage, Levens  
Tel: 015395 52441  
Mechanical & Body Repairs, MOT Testing

**L M Baverstock**  
**Ophthalmic Opticians**  
The Square, Milnthorpe  
Tel 62633

<p>Firewood, Kindling Coal, Wood Pellets Kiln Dry Logs Woodcoal</p> <p>Tel. 01524 841214 Tel. 01524 782623</p> 	<p><b>Drive Time</b> for patient &amp; professional driving tuition Beginners?Pass Plus?Refresher Courses</p> <p>David Morgan ADI Tel. 01539 731296 www.drivetimekendal.com</p>	<p><b>LEVENS HALL</b> The Potting Shed Gift Shop open until 9<sup>th</sup> October 2008 Sundays to Thursdays. A treasure trove of attractive gift items, books and cards. No admission charge to shop / tearoom. <b>SCULPTURE EXHIBITION</b> <b>ALL SEASON IN THE</b> <b>HOUSE &amp; GARDEN</b> www.levenshall.co.uk</p>
<p><b>Terry Allen(Elect)Ltd</b> <i>Local Electrician For 30 years</i> <i>Commercial, Domestic, Industrial</i></p> <p>Tel: 015395 63832 Fax: 015395 64039 18 Summerville Road</p>	<p><b>Milnthorpe Kennels &amp; Cattery</b> <b>015395 62665</b></p> <p>Come &amp; see our brand new facilities</p>	
<p><b>Busy Bee</b> garden &amp; property maintenance David Abel tel: 015395 62807</p>	<p><b>COLIN HARPER</b> <b>Building Services</b> 39 Trinity Dr, Holme, Lancs, LA6 1QL T: 01524 781194 M: 0788 0925170 Alterations ~ Extensions ~ Plastering Roofing ~ Patios ~ Stonework ~ Tiling Quality Work at Competitive Prices</p>	<p><b>Sue Howsley</b> <b>Interiors</b> <b>Tel: Miln 62626</b></p>
<p><b>Milnthorpe Art &amp; Copy and Printers</b> <b>Archway Gift Gallery</b> <b>Tel: 63292</b></p>	<p><i>Woodlands Nurseries</i></p>  <p>Flowers for all occasions Crooklands, Milnthorpe Tel: 015395 67273</p>	<p><b>Cutz</b> hair salon  Milnthorpe 64484</p>
<p><b>THERMOSHIELD</b> Window &amp; Door Replacement Conservatories <b>Tel 63308</b></p>	<p>BARRIE ATKINSON TV VIDEO HI-FI Sales and Service Prompt and Reliable Tel: 015395 60565</p>	<p>Simon Wroe <b>Piano Tuner &amp; Technician</b> Tuning, repairs, restoration. 20 years experience <b>63711</b></p>
<p><b>DELTA Δ FUELS</b> Heating the Lakes Call Today <b>01539 733700</b></p> <p>Home Heating Oil - Gas Oil - Lubricants</p>	<p><b>Station Garage Arnside</b> car servicing &amp; repairs Tel Arnside 01524 761398</p>	<p>Irene Taylor Hearing Centres Salt Pie Lane, Kirkby Lonsdale <b>015242 73589</b> Specialist in hearing aids and hearing protection www.prestonhearingcentre.co.uk est.1980</p>
<p>State Registered <b>Chiropodist/Podiatrist</b> Ian R. Robertson BSc. M.Ch.S, S.R.Ch Home Visiting Service Tel: 015395 34499 Mobile: 07710 287957</p>	<p><b>Cumbria Accounting Services Ltd</b> <b>Bookkeeping for Small Businesses</b> • Tax and VAT • Sales Invoicing • Management Accounts • Payroll 01539 734703 billwood60@aol.com</p>	<p><b>LES CHAPLOW</b> Corgi Registered <i>Boiler Servicing &amp; Maintenance</i> <b>Tel. 63017</b></p>
<p><b>“THE ORCHARD”</b> Holiday Cottage to Let in Levens Owners: Chris and Shirley Band Enquiries and Bookings to: Cumbrian Cottages Tel: 01228 59960 email: enquiries@cumbrian-cottages.co.uk www.cumbrian-cottages.co.uk</p>	<p><b>MARTIN TYSON</b> <b>General Builder</b> <b>Tel. 62125</b></p>	<p><b>FISHWICKS</b> <b>FUNERAL SERVICE</b> Milnthorpe 63108</p>

<p><b>COOPER ELECTRICAL</b>  All types of electrical work undertaken   Elecsa part P approved  015395 60890 or 077177 62274  www.cooper-electrical.com  Email: cooper.electrical@yahoo.co.uk</p>	<p><b>Sandham's Tearoom</b>  at Milnthorpe Memorial Hall  <b>Open Mon - Fri 10 - 4</b>  Homemade cakes &amp; light snacks  <b>Tel: 07854 724391</b></p>	
<p><b>The Strickland Arms</b>  Home cooked local food  selection of local real ale  open Mon to Fri:  11.30 - 3 and 5.30- 11pm  Sat &amp; Sun:  11.30am -11pm  Quiz Night Wednesday  Fresh Fish Night Thursday  Sunday lunches &amp; roasts  <b>Tel: 015395 61010</b></p>	<p><b>Bookkeeping</b>  Rachel Fereday  preparation of accounts for  sole traders &amp; small businesses  07794 013386  rachelfereday@btinternet.com</p>	<p><b>W.G. BROWNLIE</b>  <b>JOINERY CONTRACTOR</b>  t. 015395 60673  m. 07810 602999</p>
<p><b>IVAN COATES</b>  Your local Builder  and Contractor  <b>Tel. 015395 62338</b></p>	<p>  <b>Ladies fitness studio</b>  Dowker Lane Car Park (by Boyes)  Kendal <b>015397 22119</b></p> <p><b>Bed &amp; Breakfast in Beetham</b>  No room for family and friends when they visit?  Stay at Barn Close, Beetham.  <i>Featured in Alastair Sawdays</i>  <i>"Special Places to Stay"</i>  <b>Telephone - Anne Robinson</b>  <b>015395 63191</b></p>	<p><b>ACE ELECTRICAL &amp; ALARMS</b>  Electrical Contracting Specialists  Domestic. Commercial. Industrial  24 hour call out  David Wright T/F: 01539 740992  M: 07979 914871  www.aceelectricalandalarmsltd.com</p> <p><b>Lunesdale House</b>  Residential Care Home  Phone Mr. C D Green  <b>Tel. 63293</b></p>
<p>new to the area ? don't have your milk delivered ?  <b>RING US FOR YOUR</b>  <b>REGULAR MILK DELIVERY</b>  Home-produced show-winning eggs fresh daily.  Pet foods &amp; peanut/wild bird seeds.  <b>David &amp; Christine Knipe</b>  Gateside Cottage, Levens - Open 24 hrs  <b>Tel: 015395 60287</b></p>	<p><b>CHRIS EASTON WELDING</b>  <b>Gates, Railings,</b>  <b>Garden Ornaments</b>  <b>and General Fabrication</b>  <b>Tel 07917 402394</b></p>	<p><b>TRADING POST</b>  <b>Animal Feed Store</b>  Pet supplies  pigeon, poultry, wild bird  Horse feed and supplies  <b>NEW Fishing Bait</b>  <b>and Tackle Shop</b>  open: Mon - Fri 9am -5pm  Saturday 9am - 1pm  Railway Yard, Moss Lane  Holme 01524 781268</p>
<p>  Established Nursery  with beautiful garden,  wide range of interesting plants,  perennials, bedding, tubs,  hanging baskets.  <b>Tel: 015395 52536</b>  <b>www.halecat.co.uk</b>  Follow Halecat tourist signs  @ Witherslack off A590</p>	<p><b>AAC PLUMBING &amp; HEATING</b>  Breakdown Specialist  Central heating systems  Gas appliances service &amp; repair  Bathrooms - Showers - WCs fitted  10yrs local experience Corgi no:226998  <b>Lancaster 07789 495277</b>  www.aacmaintenance.co.uk</p>	<p><b>PLANS DRAWN</b>   <b>STUART MCMINN BSc HND ABEng</b>  • New Property Designs  • Extensions, Alterations  <b>T: 01524 781081 or 07729 845147</b></p>
<p><b>EDWARD DUCKETT &amp; SON</b>  Joinery specialists &amp;  Funeral directors  <b>01524 784211</b>  <b>&amp; 781232</b></p>	<p><b>Milnthorpe Chippy</b>  Wed-Sat Lunch 11.30-1.15  Tues-Thurs Tea 5.00-8.00  Fri Tea 5.00-9.00  Sat Tea 5.00-8.30 <b>Tel: 63619</b></p>	<p>  Bringing Yoga to the kids!  MONDAYS - CARNFORTH  WEDNESDAYS - STAVELEY  THURSDAYS - LANCASTER  Starts WK commencing  21<sup>ST</sup> JULY FOR 5 WEEKS  £3 PER CHILD £4 PER ADULT  call Sarah - 07922144384  www.yogakidz.co.uk</p>

<p><b>DIGITAL TV AERIAL AND SATELLITE</b>  FROM <b>NBC-SKYNET</b>  <b>015395 62561 OR 07710 400 499</b>  <b>LOCAL - PROFESSIONAL- RELIABLE</b></p>		<p><b><u>D &amp; C Atkinson</u></b>  <b><u>Landscape Contractors</u></b>  Commercial &amp; Domestic.  Hard &amp; Soft Landscaping  Low Maintenance Garden Design  Regular Contract Work  <b>015395 62184 or 07919 892703</b></p>
<p><b>SPS DOOR MAINTENANCE</b>  repairs to all types  of doors &amp; shutters  contact Paul Schofield  015395 64512  07799332141  pcringer@hotmail.com</p>	<p><b>PLUMTREE HOUSE, BRIGSTEER</b>  <b>Bed and Breakfast – En-suite</b>  <b>Private Lounge – Parking</b>  info or reservations please telephone:  Michael and Maureen Whelan  015395 68774</p>	<p><b>STEPHEN MALKIN</b>  <b>Slating &amp; Roofing Specialist</b>  Re-Roof/Repairs  Call for a competitive quote  015395 62137</p>
<p><b>BRIAN BALDWIN</b>  <b>Qualified</b>  <b>Painter &amp; Decorator</b>  Miln 63583 or 07976 578855</p>	<p><b>Carr Humphreys</b>  <b>architecture</b>  <b>Park Road, Milnthorpe</b>  <b>015395 64455</b>  <b>Chartered Architect</b></p>	<p><b>DECORATOR</b>  - int/external  covering all aspects of decorating  for a free competitive quote:  <b>JOHN SPENCER</b>  <b>015395 64655</b></p>
<p><b>CHOICE CATERERS</b>  <b>Outside Catering</b>  <b>for any occasion</b>  <b>Phone Bev Carling</b>  <b>015395 62753</b></p>	<p><b>Plumtree Hall</b>  <b>Heversham</b>  <i>Accommodation</i>  <i>for the active elderly</i>  Reasonable rates  En-suite rooms  Good home-cooking  Respite room also available  <b>Details: 015395 62661</b></p>	<p><b>JOINERS &amp; CONTRACTORS</b>  <b>A. HUTCHINSON &amp; SONS</b>  at ‘Aldyth’, Lowgate, Levens  <b>Tel: 015395 60481 &amp; 60491</b>  <b>FUNERAL DIRECTOR</b>  <b>PRIVATE CHAPEL OF REST</b></p>
<p><b>Lakeland &amp; Lunesdale</b>  <b>PHYSIOTHERAPY</b>  <b>&amp; Sports Injury Clinic</b>  For an appointment with  a Chartered Physiotherapist  <b>Tel: Milnthorpe 64727</b></p>	<p><b>HALE</b>  <b>GARAGE</b>  Main A6 Rd. Hale   <b>New and Used Car Sales</b>  <b>Service &amp; Repairs</b>  <b>Bosch KTS Computerised</b>  <b>Diagnostic Equipment</b>  <b>Petrol and Diesel MOT</b>  <b>&amp; all your motoring needs</b>  <b>Tel. 62173 &amp; 62839</b></p>	
<p><b>REES TILES</b>  <b>&amp; FLOORING LTD</b>  UNIT 4, PRINCES WAY,  LEASGILL, MILNTHORPE  TEL. 015395 63422</p>	<p><b>Ralph Sutton D.O.</b>  <b>Registered Osteopath</b>  <b>Milnthorpe &amp; District</b>  <b>Osteopath Clinic</b>  <b>Tel: 015395 65777</b></p>	
<p><b>SPECIAL PRODUCTS</b>  <b>FOR SPECIAL NEEDS</b></p> <ul style="list-style-type: none"> <li>• Adjustable Beds &amp; Chairs</li> <li>• Walk-in Baths</li> <li>• Wheelchairs &amp; Walkers</li> <li>• Mobility Scooters</li> </ul> <p><b>AND MUCH MORE</b>  <b>RDK Mobility</b>  <b>Memorial Hall, Milnthorpe</b>  <b>Tel: 015395 63776</b></p>	<p><b>T.T. Car pet s</b>  <b>The Red Barn,</b>  <b>Harmony Hill,</b>  <b>Milnthorpe</b>  <b>Tel. Miln. 62898</b></p>	<p><b>MILNTHORPE</b>  <b>DENTURE CENTRE</b>  <b>FRIENDLY SERVICE</b>  <b>&amp; 1ST CLASS QUALITY</b>  <b>DENTURE REPAIRS</b>  <b>WHILE U WAIT TEL 64770</b></p>
<p><b>Connect 2 Plumbing Ltd</b>  <b>Tiling Service</b>  <b>Hamish Mulliner</b>  - no job too small -  <b>Phone 01524 730018 or 07971 847319</b></p>		

MILNTHORPE CHILDREN'S CENTRE

The Children's Centre provides a wide range of services and activities for families with young children in Milnthorpe and the surrounding areas.

**JOEYS FULL DAY CHILDCARE**  
(with pre-school sessions)  
And **OUT OF SCHOOL CLUB**

**Bookings are now being taken for the Summer Holiday Clubs & September.**

For details speak to  
Helen or Rowan 64090

**COMMUNITY ROOM**

Open **MONDAY** 12 - 4 pm  
and **WEDNESDAY** 9 am - 4 pm  
Join us for a chat and a cup of tea  
Free access to computers.  
Email and internet available.  
**Come and find out what else we have to offer.**



**LAUNCH EVENT  
SEE PAGE 10**



**HERON THEATRE**  
the theatre in the country

[www.herontheatre.fsnet.co.uk](http://www.herontheatre.fsnet.co.uk)

**Friday 13th June 7.00 for 7.30 pm  
Annual General Meeting**

**FILM AT THE HERON**

Saturday 21<sup>st</sup> June **The Incredibles [U]**  
Accompanied children 5 - 12, £3.00

Comfortable 80 seat raked auditorium  
Digital projection & stereo sound  
3000mm x 1700mm Screen  
Car parking  
Coffee & dr: inks on sale prior to the performance  
Doors open 6.45 pm  
Films commence at 7.30 pm  
Hire the theatre for meetings & events  
please telephone 01524 761140

**FARMERS MARKET  
MILNTHORPE**

Friday 13th June & Friday 11th July  
Traditional market every Friday

**Chris Tuckey Surveying**  
CAD plans drawn for Planning & Building Control applications and EPC surveys

**07976 602533**  
Regulated by RICS



**PILATES  
SALSA FITNESS  
DANCE FITNESS**



**Exercise & Feel Great, in 2008!**

Improve Posture - Core Strength  
Flexibility - Fitness Level - Relaxation

Morning & Evening classes  
throughout the year

Contact Sam for info:  
01524 781020 07886457563  
sam@fitnessdynamics.co.uk  
www.fitnessdynamics.co.uk  
qualified & ex per ienced female instructor

**HAMISH FOULERTON  
TREE & GARDEN SPECIALIST**

**FREE QUOTES  
and ADVI CE**  
01539 730501, 07747 788370



**ukskinclinics**  
the perfect skin professionals

permanent laser hair removal  
broken veins & age spots  
mark & blemish correction  
facial skin tightening  
rosacea treatments  
\*FREE consultations\*  
15 Allhallows Lane Kendal  
**01539 732040**

**SAMARITANS**

**01524 61666**  
(National tel no. 08457 90 90 90)  
jo@samaritans.org  
www.samaritans.org/lancaster