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Langwathby Stores & Post Office. The VIC, Culgaith. Tithe Cottage Furnishings. Parish Councils: Culgaith, Langwathby PCC of Langwathby Langwathby Methodist Chapel What nourishes us? Clearly the immediate answer to this question is food and drink. These things are basic requirements for us to live a healthy and active life. Ironically, during the Christmas and New Year period we may have overindulged in both of these areas. Hence why many New Year's resolutions are focused on adjusting how much food we consume and even maybe taking on the challenge of a dry January.

But if we look a little bit deeper into this question of what nourishes us, we can start to realise that other things are essential to our deeper concepts of happiness. What has real meaning in your life? Do you feel fulfilled by the life that you live? Do you feel energised and even a sense of peace.....?

In the Gospels, Christ is constantly challenging those around him. He asks them what is it that really matters in their lives. He makes it clear that our own salvation is rooted in discovering God in our own lives and that often means discovering God in others. Jesus wants us to be nourished with things of meaning, things that give us life, not in the frivolous offerings of the world around us. The beginning of the New Year is a great time to stop and to reflect on this. What do you truly want to change in your life? Okay, January the 1st has passed us by.... but the saying "today is the first day of the rest of your life" is actually true so start afresh today!

Now for a little advert. If you have been wondering about how you can give a little of your time for others then how about taking a look at the Restore website <u>https://restorecumbria.co.uk</u>. This is a local charity that has at its very heart the need to give back..... clothes, house items, books, etc, and even maybe a little of your time..... The Penrith store is looking for volunteers 'even for an hour or so' on Saturdays If you feel the urge to call in and help out give Lorraine a call on 07746 876 092!

Revd Andrew

DATES FOR YOUR DIARY

JANUARY 2023

27th Film "The Phantom of the Open", Gamblesby VH: Food 7pm Film 8pm

FEBRUARY 2023

	JART 2023	
1st	Rag Rugs Talk, Langwathby & Edenhall WI, Langwathby VH	7.30pm
2nd	Meeting Point, Langwathby Methodist Church	10.15am
6th	MEMO AGM, Langwathby VH (Back Room)	7.30pm
11th	Coffee Morning/ Eden Rivers Trust, Kirkland & Blencarn VH	10.30am
11th	Preloved to Reloved Clothing Sale 1.00p	m-3.00pm
12th	Film Evening: 'Belfast', Skirwith VH	5.00pm
14th	Soup Lunch, Skirwith VH noc	on-1.30pm
15th	Whist Drive, Kirkland & Blencarn VH	7.00pm
16th	Oasis, Langwathby Methodist Church	10.30am
16th		m-4.00pm
18th	Highlights Event: Folk Song Evening	7.30pm
22nd	Morning Coffee, Kirkland & Blencarn VH	10.30am
22nd		on-2.00pm
28th	Lent Lunch, home of Bryan & Lydia Gray noo	on-2.00pm
	<u>H 2023</u>	
1st	Cheese & Chutney Talk, Lang'by & Edenhall WI, Lang'by VH	
2nd	Meeting Point, Langwathby Methodist Church	10.15am
6th	Hartside First Responders AGM,	
6th	Culgaith Parish Council Meeting, Blencarn VH	7.30pm
16th	Oasis, Langwathby Methodist Church	10.30am
17th	Acoustic Guitar Concert, Culgaith Village Hall	7.30pm



MEMO AGM

Langwathby Village Hall (back room) Monday 6th February 2023 at 7.30pm

Open to All - Have your say, provide suggestions or feedback on your community magazine.

CLERGY CONTACT NUMBERS

The following EEMC ministers can be contacted by email or telephone:

Canon Katharine Butterfield Tel 01768 898176 Email kmbutterfield@btinternet.com

Rev Keith Speck Tel 01768 898257. Email: keithspck1@gmail.com

Rev Dave Milner Tel 01768 863209 Email: dave@revmilner.plus.com

<u>About The MEMO</u> A team of over 40 volunteers collate, type, proof & distribute your MEMO each month to produce a community based publication. We are grateful to the support given by businesses & sponsors. You can contact us as follows:

For editorial, general or non-business enquiries contact:

Chris 01768 881015; e: chris.midedenmemo@gmail.com

For business advert enquiries contact our business coordinator:

Jeff 01768 881163; e: jeff.midedenmemo@gmail.com For payment related enguiries contact our treasurer:

Sheila 01768 881348: e: treasurer.midedenmemo@gmail.com

All copy for the MARCH issue by NOON FRIDAY 10th February 2023

Items ready to be typed can be sent directly to -

midedenmemo@gmail.com

Payment should accompany the advert request .

Cheques payable to 'The MEMO'; Payment can also be made by BACS/electronically please contact Jeff or Chris as above for details or confirmation of charges for your advert.

The Committee maintain the right to edit and/or withhold material as deemed necessary.

MEMO distributors will be able to collect from Langwathby Church on Wednesday 22nd February

MEMO CHARGES FROM 1ST JANUARY 2023

Non-Business Adverts (Individual/Groups/Clubs/Education): £7 per third of page entry or £70 subscription (eleven thirds for the year). Sponsorship (name on front cover) £65 minimum - this donation does not include advertising within the Memo.

Business Adverts:

Standard Business Directory Advert £8 per issue or £80 subscription (11 issues) Max. 40 words excluding title & contact details plain text. Premium Business Directory Advert £12 per issue or £120 subscription (11 issues) Max 1/6 of a page with border, image and formatting.

MEMO COPY DATES FOR 2023

14th April 14th July 13th October 10th February 12th May 11th August 10th November 17th March 16th June 15th September

MEMONOTICES

Update on MEMO Charges for 2023

Unfortunately the costs for business and non-business adverts have been increased in 2023 from Feb's issue. We've managed to keep our fees static for a number of years but with all prices rising our printing costs have increased during 2022. During 2021 at the height of the Covid pandemic, we waived all fees and used up the small surplus that had accumulated over the years. Not to increase our fees now would put the continued existence of MEMO at risk. The new fees are detailed on page 2 and we will still offer our subscription discount with the same incentive of 11 for the price of 10.

Donations and Sponsorship

While our new fees for 2023 will help counter our increased costs of production, the MEMO will still face a challenge to secure its future. The surplus we had allowed us to maintain production of the MEMO during the pandemic and the support it has provided to the community and local businesses since its foundation in 1973. Fees have never covered all overheads even though it is produced entirely by volunteers and we rely on the generosity of our sponsors and donors to make up the shortfall.

Donations of any size would be greatly appreciated (see page 2 for details of the MEMO's payment options).

Alternatively if you would like to join as a sponsor of the MEMO please contact Chris or Jeff (see page 2 for more details).

	NOVEMBER		DECEMBER	
1st	J Dixon	£20	Allinson Family	£20
2nd	S Gallon	£10	Kidd Family	£10
3rd	D Montieth	£5	E Greenop	£5
4th	Walpert Family	£5	C McAnneny	£5
5th	A Young	£5	D Bell	£5



East of Eden Mission Community - Lent Lunches

Simple food - soup, roll and tea/coffee - your donations for lunch to support Christian Aid

• Wednesday 22nd February 2023 - 12 noon until 2pm in Great Salkeld Village Hall

• Tuesday 28th February 2023 - 12 noon until 2pm at the home of Bryan & Lydia Gray, Hunsonby.

Please phone to book your place: 01768 889078.

Dates for March Lent Lunches to be published in March edition



Coffee followed by an informal reflective service and light lunch

(For more information ring 01768 881407)

With Highways

With Highwavs

Culgaith Parish Council Monday 9th January 2023 at 7.30pm at Skirwith Village Hall

Present – 7 Councillors

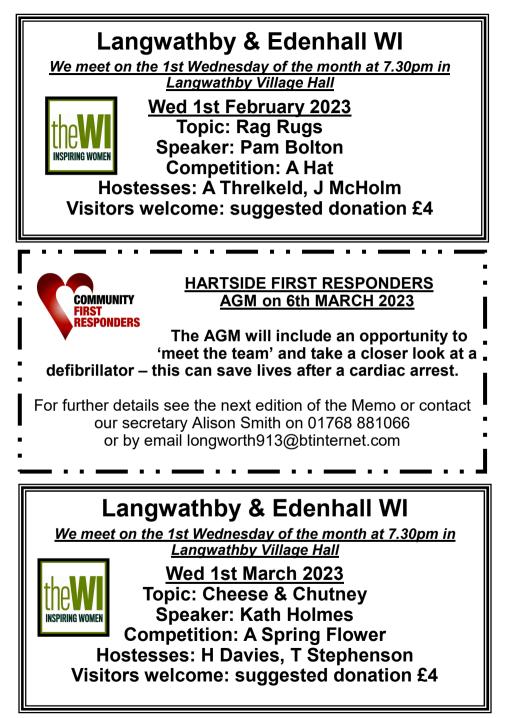
The following key issues were discussed: -

- Foot Path Signs Kirkland/Broats, Bramblelands/Barn Croft, Culgaith Chapel to Back Road, Work scheduled January 2023
- Drainage Issue by the Beck Mill entrance.
- The Pea to A6412 Junction Drainage issue.
- Potholes Bank Hall Farm Adopted Access Road. With Highways
- Skirwith Footway Lights The light opposite Skirwith Village Hall and the one in front of Pear Tree house. Taken up with EDC Cllr Portfolio holder and EDC CE.
- Skirwith Village Green Roadside Boundary Fence. Due to budgetary restraints referred to 2023/24 financial year.
- Electricity NW Tree Maintenance in Church Street, Skirwith. With ENW
- Eden Speed Limit Review/New Signage Culgaith. With Highways
- Skirwith Bus Shelter Agreed for a Mural to be painted on interior walls
- Green Space 2 Grow Support Package
- Buses and Coaches Using the Station Rd The Pea route
- Westmorland and Furness Shadow Authority: May Parish Council Election Costs – None
- Sustainable Warm Grants Scheme
- Police Commissioner Survey on budget proposals for the next financial year.
- Connecting People with Nature Event.
- The Skirwith Defibrillator Grant position clarified.
- Hedgehog Highway Project
- Foot Path Sign by Kirkland Hall. Reported was down
- Coronation Bench Culgaith. In conjunction with Culgaith Village Hall
- County Councillor Claire Driver Resignation
 Reported
- Planning

22/0826 – West View, Blencarn, Penrith - Proposed sun room.Re-submission of 22/0530.Supported and Granted22/0920 - Aglionby Barn, Kirkland. Tree WorkSupported22/0925 – 3a Pennine View, Blencarn - Replacement side porch.Supported22/0902 – Skelling Farm, Kirkland Road, Skirwith. - Erection of a sidesupported

Date and Venue of Next Meeting – Blencarn Village Hall, 6th March 2023

Full minutes are available on www.culgaith.org.uk John Fleming – Parish Clerk. culgaithpc@yahoo.co.uk



EAST OF EDEN MISSION COMMUNITY - A NEW INITIATIVE

JAM - Jesus, Acorns & Me

Sat 4 Feb, 10-30am, in Hunsonby Hall

Little Acorns are on the move. Come and learn about Jesus through drama, dance, role play, music and games. Families & children aged 0-12 all welcome - free refreshments



KIRKLAND AND BLENCARN: AT THE VILLAGE HALL

Saturday 11th February at 10.30am

Coffee Morning— Come and learn about the Eden Rivers Trust





Wednesday 15th February 7.00pm-10.00pm

Whist Drive!! All levels welcome £3 entry includes a half-time brew and prizes. Contact Bob on 01768 879191

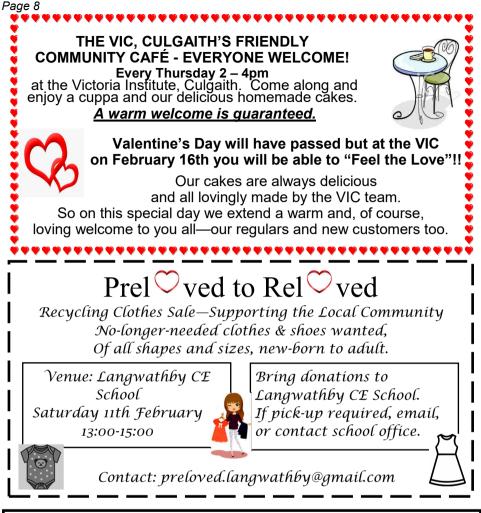
Wednesday 22nd February at 10.30am

Morning coffee, cakes and craic





Kirkland & Blencarn 50/50 Club January Winners Matthew Sharp 1st **Dave Hartland** 2nd 3rd Eddie Connor Andrew Feather 4th **Becky Wales** 5th



CULGAITH VILLAGE HALL UPDATE

On 22nd February a **<u>Beginners Bridge Course</u>** starts on <u>**Wednesday evenings**</u>. It's not essential to be there for the first one, so please get in touch if you'd like to come along. Contact Jon 07717 845625

In March, after a long break, the <u>Culgaith Village Hall 100 Club</u> <u>Draw</u> is being relaunched. The purpose is to raise funds towards the maintenance and upkeep of The Hall. For Culgaith village residents, more information is enclosed with this Memo. Anyone interested beyond the village please contact Jacqui 0777 22 05776.

EVENTS IN SKIRWITH VILLAGE HALL

Sunday 12 February 5.00 pm

Film evening"BELFAST"Tickets £5Prebookable Irish Stew or Casserole Supper (after film) £8.50.If supper is required, please book by Sunday 5 FebruaryPhone Helen: 01768 879024; email helen_stoupa@yahoo.co.ukTuesday, 14 FebruaryJoin us for our home-made soup lunch Noon-1.30pm ...Bring your Valentine!Saturday 18th February 7.30 pm

HIGHLIGHTS RURAL TOURING SCHEME Tickets £10 Long Lost Home. Daria Kulesh is a rising star on the UK folk scene, with her striking voice and captivating storytelling songs. Phone Helen: 01768 879024: email helen stoupa@vahoo.co.uk

Glassonby Parish Council Meeting – Wednesday 30th November 7.30pm Gamblesby Village Hall – Key Points

Clerk Report – The £200 loan from the B4rn project group had been paid back. The slide at the Cricket Pitch had been installed and paid for. The various pot holes and grit bin at Glassonby had been reported.

Planning - 22/0715 Church Farm, Gamblesby – Approved by EDC 22/0690 Little Roods, Gamblesby – Approved by EDC 22/0797 Town End Farm, Gamblesby – Approved by EDC 22/0767 – Old Mill Barn, Gamblesby – Approved by EDC

Highways : The Clerk to report the water problem again at the Unthank / High Street junction.

Set Parish Precept – All parish councillors agreed to keep the precept the same

 $\mbox{Defibrillators}$ – A new battery is required for Gamblesby defib. Both defibs had received software updates. .

Comments from members of the public. - A polite notice to all dog owners in the Parish. Dog owners must keep their dogs on a lead, pick up after them and respect private property / fields.

Next meeting Wednesday 25th January 2023

There's lots on during the week at LANGWATHBY Village Hall			
Monday:	Yoga 9.30am – 11am Blast & Burn 7pm – 8pm This is a new class suitable for all abilities 16+: burn your legs, blast your core and grow your glutes		
Tuesday:	North Lakes Field Archers 7pm – 9pm		
Wednesday	 r: Playgroup 9.30am – 11.30am Budokon Yoga 6pm – 7pm Langwathby & Edenhall WI meet 1st Wednesday of month 7.30pm 		
Thursday:	Yoga 9.30am – 11.00am & 11.30am – 1.00pm Centergy/Yoga 6.15pm – 7.15pm (previously held on Monday evenings) Badminton 8.00pm – 9.30pm		
Friday:	Fit 4 Life 10.15am – 11.15am		
Friday evening, Saturday and Sunday: Perfect time and place to host your events, party celebrations or performances on our lovely big stage.			
or make a b bookings. 07871 9949	like to join in with any of these activities ooking for the hall, please contact us on: vhlangwathby@gmail.com or ring 988. We will put you in touch with the up, or deal with your booking enquiries.		

PUBS, SHOPS & RESTAURANTS



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T

THE SHEPHERDS INN. MELMERBY Opening times January - April Mon & Tues—CLOSED Wed—Takeaway Only 5pm-7pm Thurs 6pm-10pm Fri & Sat 5.30pm -11pm; Sun Noon-9pm

We will still be doing our Shepherds at Home **takeaway menu** during our opening hours as well as Wednesdays 5pm-7pm *NEW FOR 2022* Fish on Fridays! Weekly changing 'Fishy' specials from mussels & kippers to fish curry Tel: 01768 889064 Village Green, Melmerby CA10 1HF Facebook: The Shepherds Inn Website: shepherdsinn.pub

PUBS, SHOPS & RESTAURANTS (continued)



The Shepherds Inn The Village Green, Langwathby CA10 1LW E: stephen@shepherds-inn.co.uk T: 01768 881463



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Scan for the menu



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COMMUNITY ACTIVITIES

VILLAGE HALLS

Langwathby Village Hall bookings - please contact Brenda Shannon on 07871 994988 (please leave a message, and we'll get back to you) or by email <u>bookings.vhlangwathby@gmail.com</u>.

LOCAL PLAYGROUPS

A friendly, welcoming playgroup, open to everyone from local and surrounding areas during term time, offers a variety of toys, craft sessions, outings, snacks and story/song time suitable for 0-4 years.

Langwathby - Wednesdays 9.30 -11.30am - Langwathby Village Hall. Contact Lili Kersey 07876 086871

Culgaith - 'Come and Play' at Culgaith School, 2pm-3pm

Thurs 9th Feb, Fri 17th Feb, Mon 6th March, Fri 24th March, Mon 17th April, Fri 5th May, Mon 15th May.

Contact Kerrisa 07725 046181 or admin@culgaith.cumbria.sch.uk

BUSINESS AND LOCAL SERVICES

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BUSINESS AND LOCAL SERVICES (continued)



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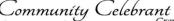
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BUSINESS AND LOCAL SERVICES (continued)



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This may be religious, spiritual,



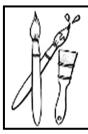


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New builds, extensions and garden/ boundary walls

Fully qualified with 25 years experience

<u>Cover Artist</u> We'd like to thank **Sue McNicol**, for kindly producing this month's cover drawing for us.



SOUND HEALING GONG BATH WEDNESDAY 8 FEBRUARY at 7-8 PM WEDNESDAY 1 MARCH at 7-8PM WEDNESDAY 15 MARCH AT 7-8PM WEDNESDAY 29 MARCH at 7-8 PM

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Spaces limited. £10 a person on the door. Tea and cake served afterwards.

From the Herald—January & February 1923

Average weather but stormy in mid-February.

By Government order, the Midland Railway has now become part of the LNWR (London Northwestern Railway).

A letter from the Ministry of Transport has reported that there should be "No studs on traction engine wheels henceforth!" It was reported that several roads have fallen into disrepair, with loose stones, potholes and a broken bridge all causing problems and Glassonby Beck Mill's millrace having undercut the road. Hunsonby & Winskill Parish Council have declared, "We need a rubbish tip—but not at our expense!"

Whist drives have been organised to raise funds for the Church Choir and the Cumberland Infirmary, and Langwathby Nursing Association raised £8.10.0 (£680 now) to help pay for a nurse. Horses have been straying onto the road, two of which belonged to an Appleby dealer, Jacob Bell, who has been fined 10/= (£40 now) after being seen by PC Wills of Melmerby.

Other news: Mr TB Nelson of Langwathby has been appointed as a JP. Miss Ada Sowerby's Concert and the Sacred Concert for the Victoria Institute, Culgaith, made £21 (£1680 now).

Ousby Reading Room members' Annual Dance & Supper had the Dufton String Band.

With thanks to Jeremy Godwin for his research

CHURCH SERVICES IN OUR CHURCHES AND CHAPELS FOR FEBRUARY

Sunday 5th Febru	arv	Third Sunday before Le	nt
Culgaith	11am	Morning Worship	Rev Keith Speck
Langwathby St Per		F	
	11am	Holy Communion	Rev Fiona Jenkins
Langwathby Meth		•	
	5pm	Taizé-style Evening Prayer	Julie Barrett
Melmerby	9.30am	Holy Communion Can	
Sunday 12th Febr		Second Sunday before	
Gamblesby	10am	Little Acorns	Claire Slee
	2pm	Afternoon Worship	Rev David Milner
Kirkland	9.30am	Communion by Extension	Julie Barrett
Langwathby Metho	odist Chap	oel	
	11am	Morning Worship	David Kendrew
Addingham Culgaith Langwathby St Per		Holy Communion Can	on Katharine Butterfiel on Katharine Butterfiel
	11am	Communion by Extension	
Ousby	10am	Holy Communion	Rev Andrew Burrell
Wednesday 22 nd	February	Ash Wednesday	
Lazonby	7pm	Ash Wednesday Service	
Sunday 26 th Febr			
<u>Sunday 26th Febr</u> Culgaith Village Hall			Local leaders
Culgaith Village	10.30	am Café Church	Local leaders Rev Andrew Burrell
Culgaith Village Hall		am Café Church Afternoon Worship	

0	11am	Morning Worship	Peter Bowes
Skirwith	9.30am	Holy Communion	Canon Katharine Butterfield