



Allithwaite School are feeling inspired - see page 21

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Since Rachel Reeves announced her Inheritance Tax (IHT) changes last October there has rightly been much publicity around the plight of farmers. Thankfully, however, the Budget did not remove other perhaps lesser-known tax reliefs which our clients are often unaware of.

Taxpayers have always been able to give up to £3,000 annually without IHT consequences and while the benefit of that relief diminishes in real terms, there is another invaluable tax relief that is often overlooked.

This is the provision that gifts out of surplus income are entirely free from IHT consequences provided certain conditions are satisfied. The gift must be part of typical or normal expenditure and must be made without negative impact upon the donor's standard of living.

As we approach the end of this tax year it will be easy to establish if you have a surplus of sufficient income over that needed to maintain your usual standard of living and to what extent that surplus can then be given away.

The rules are complex and detailed records need to be retained but this is a highly effective way of passing funds down within a family. It also has the social and cohesive advantages of donors being able to see the benefit of their gifts working within their own families.

Here at Gedye & Sons we have significant expertise in all aspects of estate planning, and how to comply with the complex HMRC rules.

If you think your surplus income can be used to help your family in advance of inheritances on your death, or you wish to discuss other aspects of estate planning, get in touch with one of the team today.

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Editor's Letter

A few statistics from 400 issues of Grange Now. At an average of 30 pages an issue we have published 12,000 pages of local news and business adverts since the paper began back in 1991, and probably around 10 million words. For at least the last 10 years all that paper is FSC-certified (paper made from wood fiber that comes from responsibly sourced forests.)

We are very proud to continue producing and delivering Grange Now each month - as this is issue 401, we aim to reach issue 500 in just over 8 years. Onward!

Chris

p.s. don't forget Valentine's day.

Grange Hotel hosts monthly respite for Unpaid Carers



Liz Berners Lee presenting Sharon Shepherd with the Certificate at the December meeting.

For over two years, Grange Hotel has been hosting the Grange Carer Support Group's monthly meet up and in December Grange Hotel was delighted to be presented with a certificate thanking them for the use of their facilities and generosity.

Volunteer Practitioner, Liz Berners Lee who organises and runs the event, told Grange Now,

"Grange Carer Support Group has been holding their support meetings for unpaid Carers at Grange Hotel for over two years. It has provided the carers with a sanctuary, a place to go for a short time and relax, in beautiful and peaceful surroundings. The group has grown from a handful of unpaid carers to sometimes as many as 18 but it would be fantastic if even more people knew about the group. The December meeting is always a special event for us; a pianist comes along, and we sing carols and generally have a really good, festive time."

The coffee mornings are held on the first Tuesday of every month from 10.30am until 12 noon. Often other professionals are invited along to give interesting talks such as Mindfulness or information/advice sessions from Police, Fire Service etc and most weeks the Alzheimer's Society Advisor in attendance who offers one to one advice.

If anyone would like more information about the group or is interested in attending the coffee mornings they should contact Carer Support South Lakes on 01539 815970 or visit the website on: www.carersupportsouthlakes.org.uk

The Grange Shed



The festive times have passed so do we now say everything is back to routine? Of course not! We are back to working hard and looking to help where we can.

How to improve the environment and wildlife in the area? PEAT know and are asking for our assistance. They are organising a meeting to educate people on what they can do in their own gardens and have asked us to produce hedgehog trail templates and to build some hedgehog, bird and particularly swallow boxes. Oh, and can we do it by next week?

By the time you read this the talk will have taken place but we will still have boxes that can be used in local gardens. If you want to make your reading easier why not try our new line in book page holders? Put one on your thumb and sit it in the middle of the book to hold your pages open.

If you have any similar ideas please come and talk to us, Monday, Wednesday or Friday mornings 10.00 – 13.00. It is good to find different ways to help people and we love to talk, watch out for the big trucks taking rubble away from the demolition site at the end of the road!

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Future Deadlines

ISSUE	DEADLINE	RELEASE
GN402	14th Feb	26th Feb
GN403	14th Mar	26th Mar



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South Lakes Housing

South Lakes Housing are writing to provide the community of Grange with an update on the progress of the Yewbarrow Lodge redevelopment project.

Our contractor, L&W Wilson, has made significant progress with the demolition, and the majority of the building has now been removed. In our previous update, we anticipated that demolition would be completed by Christmas. However, this timeline has been extended, and we now expect work to continue until late February 2025.

During this period, there will be some noisy works required to break up the concrete and rocks recovered from the demolition. While the site team is working hard to minimise noise disruption, we understand that this may cause some inconvenience to nearby residents, and we apologise for any disturbances caused.

We will continue to keep the residents of Grange informed as the project progresses via Grange Now, including details about the demolition and the next phases of redevelopment.

Thank you for your continued patience and cooperation as we work to deliver this important project.

South Lakes Housing Development Team

Development@southlakeshousing.co.uk

Investment Matters

By Will Wilson APFS

Inheritance Tax

Inheritance Tax (IHT) is a complex area made even more so by the Autumn budget, however, it is useful to understand the basic allowances available.

The Nil Rate Band (NRB) is the amount you can gift on death before IHT is payable and remains at £325,000 per individual. In 2017 the Residence Nil Rate Band (RNRB) was introduced providing up to £175,000 per individual, however to benefit, the home must pass to direct descendants. This will be reduced if the value of the property is less than the RNRB, or if the value of an individual's estate exceeds £2M. These allowances mean that an individual has up to £500,000 of Nil Rate Bands available to them and on second death a couple could benefit from a combined nil rate band of up to £1M (2 x £325,000 plus 2 x £175,000).

The Autumn budget has frozen these allowances until April 2030 and announced that from April 2027 pension death benefits will be included in the assessment for IHT. Many individuals that previously did not have an IHT liability will now exceed their allowances once their pensions are included in their estate so it is more important than ever that financial plans are reviewed to make sure all is being done to help mitigate the potential liability.

Inheritance Tax is a complex area and we would strongly recommend that you seek advice from a professional adviser to explore your options for reducing your IHT liability.

The comments in this Editorial are only general and should not be taken as specific advice. It is important that you seek independent advice before taking any action on the above, or any other, subjects. It should be noted that the value of some investments can fall as well as rise therefore you may get back less than originally invested. Past performance is not necessarily a guide to the future. Independent Investment Associates Limited is authorised and regulated by the Financial Conduct Authority.



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Friends at Christmas



As promised in the January Grange Now edition, Friends at Christmas want to tell you what a good time was had by all on Christmas Day.

Firstly a few late thankyou's for support must go to Grange Forum and Dr Anders Podiatry.

Christmas Eve saw committee members and volunteers come together at the United Reformed Church hall to set up the room for Christmas Day morning. Efficient as ever tables were set up, the room decorated and food preparation completed ready for the big day.

Our guests began arriving for the 11.30am start. A table quiz helped break the ice for those who were coming for the first time and perhaps didn't know anyone. We also had table hosts who made sure everyone was made to feel welcome and included. Live music played by Rob and Matty Cooper ensured

there was a real Christmassy feel and we were able to enjoy the Christmas carols being played. Pass the parcel was played as we got ready to serve lunch. The chatter quietened only for a little while as guests enjoyed their lunch. Once everyone had finished the mini hand bells were brought out and one given to each guest. What fun was had trying to ring our way through Christmas carols and singing along too!

No Christmas day party would be complete without Father Christmas, he arrived with his elf after he heard us singing Jingle Bells. He then gave gifts to all our guests. Finally, while all our guests were chatting and enjoying the companionship of

others, the raffle prizes were distributed. As our guests were leaving many of them commented on how they had enjoyed the event. All left with smiles on their faces, thanking the committee and volunteers as they went.

Thank you to the businesses, groups and residents of Grange over Sands and surrounding areas we could not have done it without your support.

Repair Cafe

At our first repair cafe of 2025 in January, Grange Methodist Hall was a hive of activity as we tackled the usual eclectic mix of items brought to us for some TLC.

Our repairers cover various areas of expertise in wood, electrical, technical, textiles, leather and more. Over many years as either professionals or keen hobbyists, they have collected all manner of bits and bobs to work with but can only bring a small selection to each cafe. However, if you

contact us in advance with details of your repair, we can either let you know what to bring to repair your item, or our menders can search their stashes to find something that will do the job. You can get in touch with us by posting on the Cartmel Peninsula Repair Cafe Facebook page.

Our next two cafes are Friday, Feb 7th and March 7th, both at the new time of 5pm - 7pm. We hope to see you there for some warmth, chat and home made cake so that both you and your item will leave suitably refreshed!

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Grange and Cartmel Cub Scouts



Is it sensible to take a group of cubs on a camp in October you may well ask?

Sensible or not, 28 cubs and several stoic volunteers went to Great Urswick, in amongst the trees and fields. We embarked facing a wet, cold weekend but with a determination to make memories, whilst experiencing new things and building confidence.

With lots of eager cubs, we had a jam-packed programme to entertain and challenge them.

A confetti of shirts, trousers and bedding was, initially, strewn around the cabin before eventually each cub managed to make their bed and wear something appropriate for the activities.

We began by breaking into three groups, each having a go at fire building and lighting, no mean feat in torrential rain, juggling, slack line walking and archery.

The delight and sense of achievement on little faces was palpable. They bonded as a team in building a fire and watching the sparks they created from flint become flames. Each had a go at walking a slack line, the improvement was amazing,

maybe nobody did it perfectly but they tried and they encouraged each other. Archery was undertaken in the hail but this deterred nobody, with several hitting the target.

There was plenty of delicious food including soup, which the cubs had made at their meeting on the previous Thursday. One Cub was offered a McDonalds on the way home but said he was totally full from camp!!

In the evening, we had campfire with rousing singing, along with toasted marshmallows and smores. We took the opportunity to invest several cubs in the glow of the fire, making it all the more special. Bedtime was relatively easy, the cubs were tired, for some of them this was the first time they had ever stayed away from home and they coped admirably.

The next morning most of them were up by 6.30am, some managed to carry on sleeping through the noise but the smell of bacon and sausage roused them. After a cooked breakfast we encouraged tooth brushing but understand that washing in this age group is overrated!!

We had better weather for doing our team



den building, in the woods with natural material and a challenge to make it big enough that the whole team could shelter underneath it. The cubs worked well together pooled ideas and listened.

We managed to fit in some wide games with lots of running around.

With another good meal eaten at lunchtime they returned home; without exception the weekend was enjoyed and requests for another camp were ringing loudly.

Camp epitomizes the ethos of Cubs to learn and support each other but mostly to have fun. In the last few weeks, alongside getting ready for camp and developing the skills the cubs may need, we have hiked in the dark, cracked codes, cooked scrummy dishes, built dens, played games, learned songs and welcomed new members. Oh, and there has been time to play Capture the Flag There is always time for that!!

We have another fun packed term ahead including another camp; If you know of a young person, boy or girl, between 8 and 10 who would like to join please contact John to discuss further - johnholmesatgandccubs@gmail.com

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Three Peaks Challenge for Muscular Dystrophy



We live in Flookburgh. Our son Max was diagnosed with Duchenne Muscular Dystrophy around the age of 2.

So we really want to raise as much as we can for this amazing charity which help so many people.

James Anderson (Max's Dad) and some close friends and family have decided to take on the Three peaks challenge in May this year, which involves climbing the three highest peaks in the UK within 24 hours, to raise as much money as they can for Muscular Dystrophy UK which means so much to us.

Names of people climbing

James Anderson, Trevor Rowlandson, Dean Rowlandson, Andrew Ivison, Graham Guy, Gareth Walsh and Paul Mcvey. Mitchell Neal Rowlandson will be driving them to each peak.

I Mandy Anderson (Max's Mum) and Max's two older brothers Mikey and Charlie can't thank them enough for what they are taking on for this amazing charity that means so much to us and wish them the best of luck.

Thank you for all your support.

https://www.justgiving.com/page/james-anderson-1736697774451?utm_medium=FR&utm_source=CL

St Paul's Christmas Tree Festival 2024

Yet again the festival was a huge success, thanks to the continued support of organisations and individuals. The theme for this year's festival was Light in the Darkness, and the 32 trees in and around the church were all beautifully decorated to reflect this.

The trees looked amazing and received many positive comments from visitors to the festival.

Over 250 people attended the opening reception when Tim Farron MP officially opened the festival. Everyone thoroughly enjoyed listening to the delightful singing of the choir from Grange Primary School and Bay Community Singers, before we ended the evening with seasonal drinks and mince pies. Over the following 3 weeks, approximately 800 people visited the church to view the trees, and through voluntary contributions we raised an amazing £1573.

Thank you to everyone who supported the festival in any way. Without your support it would not be possible.

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Grange Cancer Drop In

As we announced in Grange Now during last year, the Grange Cancer Drop In had been declining to an unsustainable level of membership and had eventually closed after over 30 years.

We have just finished the closing procedures and

divided up 100% of the assets between the following Grange organisations:

St Paul's Church; Charity and Co. and particularly St. Charles Church that hosted the Drop In through its later years.

We sincerely thank all three for their support.

United Utilities: 0 | Save Windermere: 1 – UU Withdraws First-Tier Tribunal Appeals

Grange Now continue to report on the pollution of Windermere as our coverage area is immediately downhill and so the issue directly affects us all.

In a monumental victory for Save Windermere, United Utilities (UU) has withdrawn their appeals to the First-Tier Tribunal, where they argued that the Information Commissioner (ICO) was wrong in their decision telling them to release environmental information to the campaign. They have also subsequently released the environmental data they had been fighting to withhold from the public.

Save Windermere, as a second respondent in this case, worked tirelessly alongside esteemed barristers Nicholas Ostrowski and Samuel Glanville, who provided pro-bono work for the campaign. Together, we presented compelling evidence demonstrating why this information should be made public under existing legislation as well as providing evidence to the ICO for their initial decision on this case. An example of the complaints we have been making is provided below in the hope that it will help others in a similar predicament.

This decision marks a significant milestone, achieved through the relentless efforts

of Save Windermere over the past few years to hold United Utilities accountable for their lack of transparency. Using established legislation, the campaign has dismantled numerous arguments presented by UU to justify the withholding of data. We have been told that our requests were manifestly unreasonable, that the data did not qualify as environmental information, our requests are too broad, the data sets were incomplete and that its release would perturb the course of justice; the list of excuses went on and on. Today's announcement demonstrates that UU has yielded to the ICO's decision to prioritise the overwhelming public interest in this matter over UU's claims of discretion regarding internal communications. This was one of the few excuses they had left.

Since the decision, United Utilities has communicated readily with the campaign. In addition to releasing the appeal information, they have also provided a significant amount of additional data we had previously requested. We commend this new approach by UU and the leadership decisions that led to this increased transparency about how their activities impact England's largest lake.

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Woman takes on 40-mile challenge to support local charity who helped her family after father's death

A local woman is urging others to join her on a tough 40-mile walking challenge to support the local charity who helped her family when her father died.

Jenna Lees is walking the Keswick to Barrow (K2B) with CancerCare for the

second time. In 2024, she completed the challenge and raised £1,700 for the charity.

Jenna's dad was diagnosed with bowel cancer and sadly passed away in September 2023.

"His passing was traumatic in itself but the way it happened added another layer of trauma," Jenna explained. "The family were all away on a cruise when Dad took a turn for the worse and passed away suddenly."

Jenna's family members have since used the services offered by CancerCare.

In December, Jenna was on the hunt for a personal challenge she could take on to both push herself and complete in memory of her late dad.

"I decided to have a stab at the K2B," she said. "It was perfect because it gave me a personal goal, I could raise money for charity in honour of Dad, the walking would help improve my physical health and getting outside in nature would benefit me mentally."

"At the time I made the decision to do the K2B, a dog randomly came to live with me due to unforeseen circumstances which



made walking so much easier and more fun."

Jenna began walking between two and three miles everyday with her Cocker Spaniel, Rory. They would head out after work and they took on longer hikes in the Lake District at the weekends.

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Prep: 10 minutes, plus overnight soaking

Cook: 4-6 minutes per batch - **Serves:** 4

INGREDIENTS

- 100g giant oat flakes (or millet, barley or buckwheat flakes)
- 120g wholegrain spelt flour
- 240ml warm water
- 2 tbsp plain yogurt, kefir or lemon juice
- 1 tsp bicarbonate of soda (baking soda)
- ¼ tsp fine sea salt
- 1 egg, beaten with a fork
- 50g Low Sizergh Barn's frozen organic blueberries
- extra virgin olive oil, for cooking
- lemon and organic sugar or butter

METHOD

1. Mix the oats or flakes, flour, water, and yogurt, kefir or lemon juice in a medium bowl. Leave to soak, covered, overnight at room temperature.
2. The next morning, add the bicarbonate of soda and salt and mix well. Add the egg and mix well. Add the blueberries and/or nuts and/or seeds, if using.
3. Heat a frying pan with a light coating of olive oil over a medium-low heat and drop in 2 tablespoons of batter for each pancake. Cook for 2-3 minutes on each side until lightly browned.
4. Serve in a stack with your favourite toppings – butter and a little sugar, maple syrup or lemon and sugar.

Recipe adapted from *Super Grains, Nuts & Seeds* by Renee Elliott on the bookshelves of the gallery at Low Sizergh Barn



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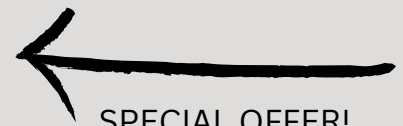
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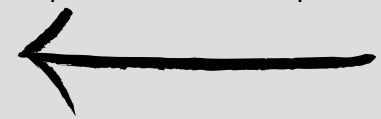
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Grange and District Natural History

Cake cutting

At the Members' Evening in December 2024, Grange and District Natural History Society re-enacted a celebratory cake cutting for the Society's 70th anniversary., with a cake cut by the original 'cake cutters' from 2004. Founded in 1954 the Society celebrated its 50th anniversary in 2004, with a cake cut at a luncheon at the Netherwood Hotel. That cake was cut by Lis Fell and Pam Wilson, Secretary and Vice Chair at the time. The evening also included short talks, on curlews, Windermere surveys, botanical holidays and the canal cruise, ending with photos of the best natural history finds of the year.

2025 winter talks started with David Marshall of Cumbria Bat Group telling us about his research visits to the Calakmul Biosphere Reserve on the Yucatan Peninsula, to survey bats in the seasonal forest. Operation Wallacea operates field trips for students, who experience 'real science', handling equipment (but not bats- you need to be a registered bat handler), and recording the identifying characteristics of bats caught in mist nets. Huge fruit-eating bats are most frequently caught. Nectar-, insect-eating



and vampire bats less so. Even after years of research, the number of bat species is not fully known. On his next visit in 2025, David hopes to focus on the bats living in crevices in Mayan ruins. We plan to hold a local bat walk later in September. Lectures continue to March. Full details are on the web site www.grangenats.uk. Visitors are always welcome.

Sylvia Woodhead



Photos 2004 and 2024 cake cutting

What's On in February 2025

Sunday 2nd February, Grange Natural History Society, High Tide Bird Watch from Grange Prom (Kents Bank end) from 12.30pm. Friday 7th February, Grange Natural History Society Flora of the Arnside-Silverdale area, by Lynne Farrell, 7.30 pm, United Reformed Church Hall, Kent's Bank Road. Non-members welcome £3.00 per head. Friday 21st February, Grange Natural History Society, 7.30 pm, Borrowdale NR, Atlantic Rainforest, John Hooson, National Trust, United Reformed Church Hall, Kent's Bank Road. Non-members welcome £3.00 per head



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Grange: 015395 35208

Fibrus superfast broadband is a family favourite

The arrival of superfast Full Fibre broadband has improved life for every member of the McGlennon family – including four-year-old Indie.

Now, with their new fibrefast connection, dad Spencer, an engineer at Sellafield, and mum Rachel, who runs a bridal outlet in Whitehaven, can work from home without hitches, as well as enjoy their leisure time to the full with their two children.

Spencer, 47, says: “Both my wife and I work from home regularly. We have a Sonos music system, and we have a projector which we use for streaming football, Formula One, boxing and films. We like to have friends round and host them.

“Indie likes watching YouTube, and Disney+. And she loves listening to music on YouTube. All of this has gone from intermittently stalling, buffering or failing, to becoming instantaneous thanks to Fibrus.”

Spencer jumped at the chance to get superfast con-

Rachel, Spencer and baby Bowie McGlennon at home



nectivity when he saw Fibrus Broadband vans in the area.

“I called them up and was really blown away by the level of customer service that they offered,” he said.

“They were fantastic from start to finish. The process of switching to Fibrus was really easy. Once the connection was arranged, they were on time, they were courteous, they worked to a scheduled appointment, and we were up and running in the space of a few hours. The installation process was pretty seamless.”

The McGlennons have

gone from speeds as low as 2Mb, up to 500Mb!

“The change has been dramatic,” says Spencer.

“Rachel has her own business and does a lot

of social media work from home, and I work from home one or two days a week, so there were often times where we were fighting over using the internet, whereas now we can both be on the internet or the children can be on, and it doesn't have any impact on our ability to do our work. The engineer left us a crib sheet to follow and within 10 minutes of the installation being finished I'd set the system up by app and the coverage has been fantastic ever since.

“Switching to Fibrus and moving from 40Mb to 500Mb has actually saved us money, which is hard to get your head around.”



Grange United Junior FC have been given a big boost thanks to Fibrus Broadband and its Play It Forward Fund, which was set up by the broadband provider to encourage young people to put down their electronic devices and get outside and get active. Club board member, Tracy Hathorn, said the £1,500 grant had “paid for a whole host of new equipment: training balls, match balls; pop-up goals, and cones”. The Play it Forward scheme has donated £40,000 to support grassroots sport around Cumbria.

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fibrus
BROADBAND

Grange Methodist Church

Our morning service on February 2nd will start at the earlier than usual time of 10:00am and will be in the church hall.

This is because it is a Church to Toast Church service, when the whole church family worship together. The service will be led by our minister Rev Jo Rand, and will include Holy Communion. That evening at 6:00pm in the church we have "Stillness and Song", when Taizé-style worship is led by a group of local musicians. All are welcome to attend either or both services.

We look forward to hosting

the Repair café on Friday, February 7th, in the earlier time slot of 5-7pm. At the end of the month, we have a fund-raising event: a ceilidh in the church hall from 6:30 to 9:00pm on Friday, February 28th, with music provided by the Sands Band. Light refreshments will be provided. No tickets and no set charge; donations invited for our redevelopment project. All dances will be called; no experience or partner needed (we'll work things out on the night) – just a willingness to have fun, join in or enjoy watching and listening to the toe-tapping music.

St Peter's Field Broughton

St Peter's Field Broughton managed a fantastic Epiphany Lunch on 5 January in spite of the weather making road surfaces very difficult.

It was a really enjoyable way to gather together to welcome the new year and the three kings' arrival at Jesus' birthplace.

The Christmas season was celebrated in church and with carol singing in Lindale, High Newton and in Field Broughton churchyard.

On Sunday 9th February we call to mind Valentine's

Day, a chance to celebrate God's love however it has been witnessed in your life, remembering someone special even – especially - if they are no longer with us. Valentine's Day has become a popular chance to express thanks for and to loved ones, and this service provides a real opportunity to celebrate the power of love in our lives. We reach out to those with love in their hearts and also those married in St Peter's church over the years.

Always look for our service videos on YouTube

St. Charles Borromeo

Greetings to all Grange Now readers.

I hope the New Year is being kind to you. How many resolutions have you broken already? We here at St. Charles' are settling in to our new way of being church in Grange with our two priests based in Kendal. We are getting used to their ways, and I hope they are getting used to ours. We have put away the Christmas cribs and decorations and are now in what is known as "ordinary" time. Not that this is less important than any other time in the church year, the name is

based simply on the fact that these weeks, outside the four major seasons of Advent, Christmastide, Lent and Eastertide, and simply given ordinal numbers. Week one began as soon as Christmastide was over, on the 12th of January We have taken our part in the week of prayer for Christian unity and are already planning for the season of Lent when we will be hosting a weekly session of study on the penitential psalms. The year seems to be going quickly, and I hope it turns out to be a good one for all of you. God Bless.

United Reformed Church

Hello everyone and New Year Greetings to you all.

Christmas seems a while ago now, but it is worth recalling that we had a delightful and well attended Lantern -lit Carol service on the 19th of December with the help of the Bay Singers and readers from the organisations that use our hall. It was lovely to see so many people in the church enjoying singing the carols that tell the Christmas story.

On the Sunday after Christmas we had visitors from the Methodist Church and Thornleigh Guest house for our morning service and we had a lovely chat

over a Jacob's Join Lunch. An excellent round off to Christmas and start to the New Year. The weather wasn't kind at the beginning of the month, and both Sunday service on January 5th and Women's Guild on the 7th had to be cancelled, altho' we did manage to serve coffee on the 6th. Now we will start normal activities with Monday Meet-up sessions on 10th & 24th February & Women's Guild on Wednesday 5th & 26th February. Everybody welcome at these meetings.



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St. Paul's



We were delighted to have the Revd David Wilmot leading our Christmas services for the first time as our Vicar.

After a very busy December with a concert, a school nativity service, all the Christmas services and the Christmas Tree Festival, life in the parish now settles back to some kind of normality this month! All the services were well attended and the re-introduced Christmas Eve Midnight Communion was

much appreciated. Over 1000 walked through our doors during the festive period. Elsewhere you will read about the Festival which raised £688.82 for the Barrow Foodbank, and in addition cheques have been sent to the Children's Society (£212.44) from donations at the Christingle service and from the Primary School, Friends of the Holy Land (£278) and to WaterAid (£465) from the 'alternative' Christmas card.

We now enter the season of Epiphany when we remember the visit of the Wise Men to the infant Jesus. This month we shall be marking the Week of Prayer for Christian Unity 18th-25th, and St Paul's will welcome people from across the peninsula to their Wednesday morning prayers at 10 am on the 23rd. On Sunday, 26th, we shall be celebrating the conversion of our patron saint, Paul, with a special service followed by a parish lunch.

Collecting single malt Scotch whisky

With over 120 different Scotch Distilleries spread across five different regions from Aberfeldy to Tullibardine, there is plenty of choice to start your collection; and whisky collecting can be one of the most enjoyable and robust investments you can make.

From the islands of the Inner Hebrides like Jura and Islay, up to the Highlands, where you will find Pultney and Highland Park, down to the Lowlands, which are home to Bladnoch and Glenkinchie, Speyside with Dufftown and Ardmore, and Campbeltown for Springbank, the choice is vast.

Seek limited edition bottles.

When seeking rare bottlings, buy limited editions where the number of bottles produced has been declared (ideally handwritten on the label). Learning to interpret the labels is also invaluable, with the information on offer potentially including details such as the cask finish and number, the distillery, bottle size and alcohol content.

Whisky auction highlights from 1818 Auctioneers.

At 1818 Auctioneers, we have seen many different bottles coming to us.

Last year we had a bottle of The Macallan 10-Year-Old 100 Proof Single Highland Malt Scotch Whisky, 57% vol, 70cl, the 1980s/1990s, in the original card box. SOLD £880

In the first sale of 2025, we had A bottle of Signatory Vintage 1977 Single Highland Scotch Whisky, matured in an Oak cask for 27 years, Distilled at Clynelish Distillery on 18.2.77, bottled 25.9.2004, Cask no 2570, bottle no 4 of 229, 55.7% vol, 70cl, in a very tired box, slight seepage to the lid. SOLD £640. This bottle was brought in by a local customer who had found it in his barn.

Top whisky collecting tip:

Once you find one you like, buy two bottles – the first to drink and the second as an investment. Remember, the more you drink, the rarer the remaining bottles become!

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ALLITHWAITE AND CARTMEL PARISH COUNCIL

PARISH COUNCIL – VACANCIES

Allithwaite and Cartmel Parish Council still have one vacancy and in accordance with Section 87 of the Local Government Act 1972 anyone interested in serving the community in this way and who want to become a councillor for co-option should write to the clerk at: clerk@allithwaiteandcartmel-pc.gov.uk.

PLANNING APPLICATIONS

Details of all planning applications can be viewed on the Parish Council website: www.allithwaiteandcartmel-pc.co.uk and the Westmorland and Furness link to the planning applications of the South Lakes: www.westmorlandandfurness.gov.uk/planningapplications.

HIGHWAYS - HIAMS

Reporting Highways matters has now changed from the previous website. In order to report a highways or public rights of way problem log on to the website: www.allithwaiteandcartmel-pc.gov.uk

- Select 'Council Services'
- Follow the instructions which are self-explanatory.

PARISH COUNCIL – AGENDA AND MINUTES

The Agenda for meetings is displayed on the village noticeboards one week before meetings and on the parish website. Residents who wish to attend the meetings and wish to discuss an agenda item need to contact the parish clerk: clerk@allithwaiteandcartmel-pc.gov.uk.

The parish website has the minutes from previous meetings plus details of Councillors, News and much more. Please visit the website which has recently been updated: <https://www.allithwaiteandcartmel-pc.gov.uk>.

KEEPING WARM AND WELL THIS WINTER

You should heat your home to a temperature that's comfortable for you. Try to heat rooms that you regularly use, such as your living room and bedroom, to at least 18°C if you can. You should also keep your bedroom windows closed at night. Exposure to low temperatures indoors can have a serious impact on your health as you get older, particularly for people living with health conditions or reduced mobility. Wearing several layers will keep you warmer than one, thicker layer.

GET FINANCIAL SUPPORT

There are grants, benefits and sources of advice available to increase your income, make your home more energy efficient and improve your heating. There are also support measures in place to help with the cost of living.

For further advice visit Age UK's website www.ageuk.org.uk/financial-support or call 0800 169 6565.

DEALING WITH UNWANTED DOORSTEP CALLERS

Please be aware that Police have received several reports of groups of door-to-door sellers who have become aggressive on a number of occasions in our area.

The sellers are often pushy and persistent and sometimes aggressive to try and make sales and some people will buy the products just to get rid of them. This is not a good idea as the more sales they get in a

particular area, the more likely they are to return in the future. If these people return, call the police on 101 with a description of them and any associated vehicle they may be using. In an emergency, always use 999.

POLICE REPORT – CARTMEL PENINSULA

Our community team have been busy on mobile and foot patrol in the Grange, Allithwaite, Cartmel, Flookburgh, Cark and Lindale areas. Inconsiderate and dangerous parking is increasingly causing problems around our schools, putting the safety of children and others at risk. Cars parking inconsiderately on zig-zag lines cause visibility issues for pedestrians of all ages who are crossing the road network to get to and from school. We are paying particular attention to parking around local schools and offenders' risk being fined.

Please don't:

- Block the road - emergency vehicles and other traffic may need access.
- Park on yellow lines, zigzags or block the school entrance.
- Park on the pavement, across dropped kerbs or residents' driveways.
- Park opposite or within 10 metres of a junction.
- Park where you will cause inconvenience to other road users.
- Leave your vehicle with the engine still running.
- Stop in the middle of the road to drop your child off, even for a few seconds.

Be vigilant and report suspicious activity

There have been a number of reports of theft of heating oil and diesel recently in the South Lakes area. Please be vigilant and consider security measures for fuel tanks such as padlocks, anti-siphon devices and fuel level alarms. Please continue to report any suspicious activity and vehicles.

In rural areas this time of year, dog owners need to be vigilant about keeping dogs on leads around livestock. Sheep worrying is a criminal offence. Dogs chasing or attacking sheep can cause a great deal of stress, miscarriages, horrific injuries or even death. Those in control or ownership of the dog can be prosecuted and the courts have the power to impose a destruction order on your dog.

CUMBRIA POLICE - WHAT CAN YOU DO TO PROTECT YOURSELF FROM FRAUD?

Protect your online accounts: the password you choose for your email account should be different from all your other account passwords. We recommend using three random words to create a strong and memorable password, also look into using 2-step verification (2SV) where possible.

Take the time to do your research: Do a thorough online search before making any big financial decisions. Ensure you are checking the authenticity of the company or organisation before making any investments, donations to charity or booking tickets for a concert, event or holiday.

Be cautious about how you send money: avoid paying via bank transfer and don't be pressured into transferring large sums of money. Any trusted organisation will not force you to transfer money on the

spot and only a fraudster will try to rush you. For making purchases online, use a credit card if you can.

Be wary of unsolicited emails, texts, QR codes or contact on social media: from seeing unbelievably good deals on tickets or holidays, to seeing a suspiciously cheap prices on items advertised, always double check the authenticity of what you are going to buy online before making a purchase or paying upfront fees.

- Report suspicious emails by forwarding them to: report@phishing.gov.uk
- Report suspicious text messages or spam calls free of charge to 7726

If you've lost money or provided your financial information to someone, notify your bank immediately and report it to Action Fraud at <https://www.actionfraud.police.uk> or by calling 0300 123 2040.

ALLITHWAITE ORCHARD AND MEADOW

The PC and Volunteers submitted an application to the Tree Council for the sum of £500, this is to make a small increase in fruit varieties (1 x Black Mullberry and 3 x St Julienne plums) and mulch the full site. This has been successful and work has been kindly completed by Ben Jinks Groundworks digging the holes required, delivery of the plants is due early January along with the mulch.

Final submission of the completion report and claims form for payment to the Tree Council should be completed by the end of January. Winter pruning has started and anyone interested in taking part should contact David Jinks on 07714591757.

ALLITHWAITE FREE MINI LIBRARY

Continues to be in demand with residents and visitors with regular withdrawals and limited donations. The facility has been well used especially over the Christmas and New Year period.

ALLITHWAITE QUARRY

Unfortunately two trees came down in the quarry causing a health and safety risk to visitors. Remedial measures were undertaken by the orchard maintenance contractors as soon as practicable. Thanks go to Tim Woodyat for his prompt actions.

CARTMEL - INSTALLATION OF 'LONE TOMMY'



The Parish Council has installed a Lone Tommy silhouette in Cartmel Cemetery.

The figure purchased from the Royal British Legion has been installed by volunteers in an area which is safe and in keeping with the idea

itself and shows respect for our country's fallen.

The Tommy statue is for all of us, especially if you have got a military connection, it is a visual nod to the people who have given their lives for us, and also to say thank you to the people who are looking after us.

Flookburgh CE Primary School



The term certainly has quite literally got off to a flying start with children from our Years 3 – 6 competing in the Casterton School's Cross-Country event on Wednesday 8th January.

Our children were amazing! They braved the extremely cold and icy conditions to deliver fantastic, competitive performances over a challenging course, coping really well with the frozen, uneven and slippery route. It was brilliant to watch such talented youngsters revelling in the opportunity to compete against a very large number of South Lakeland schools – the occasion did not phase them at all;

well done children, you were amazing and credit to yourselves!

In our Hilltop room we have had a super first week back. It has been perfect for exploring the signs of Winter and exploring all of the wonderful ice we have been surrounded by. We have enjoyed exploring the changing weather, ice, snow, rain and sunshine!

In Year 1 and 2 children have been enjoying creating experiments around our topic 'materials'. We have looked at freezing and melting (with perfect weather conditions), sinking and floating and testing out the best waterproof

materials.

KS2 had a fantastic electricity workshop provided by Electricity Northwest. They learnt all about electricity, where it comes from and how it is made. The children then worked together to create series and parallel circuits testing the effect of different components within a circuit. We also identified electrical hazards within the home.

To find out more about what the 'Flookburgh Spirit' is all about, visit our website: www.flookburgh.cumbria.sch.uk, or Facebook pages: Flookburgh C of E Primary School; The Burrow

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Property Talk

With

Craig Turner
Property Department Manager
and Valuer



FRIENDLY HONEST PROPERTY ADVICE

Is this the year for property moves?

Well the New Year has started with a bang (and not just my own experiences with icy ground!) No sooner have we returned to the offices than we are instructing new property, arranging viewings and agreeing sales. The increase in activity seems to arrive earlier each year and even though we have seen high winds, rain, and ice so far it hasn't stopped us from getting out to property as a group.

The end of last year was curtailed by a late Budget which saw a softening on the market. A thriving digital presence allows us to provide a comprehensive overview of a property that can be viewed from the comfort of your own home before braving the wilds of winter to view in person. With virtual walkthrough tours, floorplans, and extensive photographs on all property, buyers have been doing their research in the warmth and have hit the market within the first few days of the New Year.

The dawn of the New Year seems to have brought an increase in homebuyers with a quarterly increase in the percentage of sold property on the market. A thriving digital presence allows us to provide a comprehensive overview of a property that can be viewed from the comfort of your own home before braving the wilds of winter to view in person. With virtual walkthrough tours, floorplans, and extensive photographs on all property, buyers have been doing their research in the warmth and have hit the market within the first few days of the New Year.

With all this positivity we are hopeful for a successful 2025. There are a few things that a national poll highlighted as worries voiced by some agents. The new year brings the Renters Rights Bill which has reached the report stage in the House of Commons. Also, April brings the reintroduction of the lower level threshold of stamp duty on purchases at £125,000 and the decrease of the first time buyer stamp duty exemption from £425,000 to £300,000 (admittedly this may not affect our area as much as those further south).

This said there are still murmurings of interest rate reductions in the coming months and personally, I think the stamp duty changes will be accepted as they were in the past. There will be interesting times ahead for our conveyancing teams as those with already agreed purchases will be pushing for a pre-April completion. Sadly, with the legal processes running at an average 16 weeks, this is going to be unlikely for anyone who hasn't agreed before the Christmas period.

Overall the signs for the market are positive for the year ahead. As always Poole Townsend are ready to help you take advantage of this whether you are looking to buy or sell over the next 12 months. We would love to be able to add you to our already growing list of happy buyers and sellers this year.


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Grange C of E School



This term started with great success in the South Lakes Cross Country at Sedbergh School, Casterton.

On a very cold and icy day the team of Y3-Y6 children headed off to compete against other local schools. Walking the challenging course built the excitement and helped them to visualise themselves completing the route despite the weather.

Our children ran very well, enjoyed the race and were proud to represent the school. Two of our Y5 girls came in the top 16, with one coming third! They, along with other representatives from school, will be taking part in the County finals-a

great result. Running is something our KS2 children love along with other sports and many attend the running club run by Mrs Mac our Y4 teacher. The next local cluster competition is indoor athletics, followed by gymnastics.

To mark World religion day on 19th January, we welcomed friends from the Baha'i faith into school to lead a special assembly. The children enjoyed meeting them and hearing about the values and qualities the Baha'i faith share with those of other faiths. This term in school we are looking at the values of hope and wisdom and learning about people such as Martin Luther King whose work, life and beliefs inspired others. Our School Council have been leading assemblies about black history and teaching their peers about inventors, scientists and those who have made significant discoveries and changes to everyday life.

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Cartmel Priory School

The end of the autumn term was busy as ever.

Year 7 students attended a Christingle service at the Priory and enjoyed a rewards trip to the village for hot chocolate and team building games. Christmas Jumper Day raised £160 for Save The Children, with many staff and students wearing festive attire for the occasion. Our wonderful dining room staff provided their usual superb Christmas lunch to a record number of students, which was very well received; the highlight for many being the roast potatoes and pigs in blankets. Running Club were also treated to a well-deserved hot chocolate after their last run of the year. This club continues to be well attended on a Friday by students from every year group and some very dedicated staff members.

Students in food studies excelled in the annual gingerbread competition. Congratulations to our 2024 winners, Harvey, Hannah and Emilia; your creations were incredible! The Interhouse Gingerbread theme this year was 'Disney' and was won by Cavendish.

Our Christmas themed Interhouse competition involved a Christmas music quiz and a 'build a snowman' challenge – great fun was had by all.



The final event of term was our eagerly awaited talent show; we had singing, dancing, jokes and even a ventriloquist! Huge congratulations go to our winners; a group of year 8 students for their Rick Astley tribute act and some of our year 10 girls.

This term we have already taken students to visit the University of Manchester to learn about the benefits of studying a foreign language. They even learnt some

Japanese whilst they were there! We have also had a group of year 10 girls visit Lancaster University to take part in their annual Florence Nightingale day, based on maths.

Tickets for our annual production "Legally Blonde, The Musical" are now on sale! To book your tickets please follow the link: <https://www.trybooking.com/uk/EEBV>

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Cartmel CE Primary School



The whole school rounded off the Autumn Term with a visit to The Dukes in Lancaster to watch their Christmas production of 'The Borrowers.'

It was a super event, held in their main theatre and a wonderful opportunity for our children to experience live theatre and support a local creative arts venue.

Continuing our Artsmark journey this term, children throughout school will be working on an 'Imaginary Community.' Supported by our long-standing partners in the Arts, CHOL Theatre Company, children and staff will use drama methods to create places and people within 'The Enchanted Forest', using the principles of being an 'equal playmaker' and respect for all ideas. The devising process offers great

opportunity for teamwork, speaking and listening, creative play and story writing, in a fun, interactive and engaging way! This approach has been used at Cartmel over several years but this is the first time we have used a whole school theme and we are really looking forward to exploring the collaborative work this will bring.

Four of our students participated in the Cross Country trials, with all four finishing in the top 16 and going through to the next district round. Congratulations to them all on their success and we wish them well in the next stage.

In late January we will be hosting the 'Pride of Cartmel Awards.' This initiative seeks to celebrate local heroes in the categories of;

'Our Community Hero', 'Business in the Community' and 'Community Fundraiser of the Year.' We had many nominations from a vast array of people in the local community and our Class 3 children had the privilege of choosing the winners. We are looking forward to celebrating their success when the winners will be announced later this month.

Lindale Primary



Happy New Year to you all!

We have begun 2025 with enthusiasm and a keen attitude to learning. Despite the inevitable winter bugs going around we've done well to have pupils and staff back in school.

We have had a visit from Sarah who works for the Lake District National Park. She presented an assembly and a KS2 water workshop, where children learned about the uses of water, the water-cycle and how we can help to save water. NR in Year 4 said 'we learned about fatbergs that block the water pipes and how people flush things down toilets that don't belong in the sewers, even a teddy bear and a phone was found! We looked at all the different ways we use water in our homes and schools. We all got a free timer so we can time our showers to 4 minutes.'

Year 3 and 4 had their first Dance Platform rehearsal with Lucy, preparing for their



performance at Ulverston Victoria High School on the 6th February. We are all looking forward to seeing their final dance.

The frosty, icy weather has been a great hook leading us into our new topic 'our winter world' in the EYFS classroom.

In Year 1 and 2 we have been learning about wheels and axles and have made and decorated some cars. The children have also begun working on a topic about our bodies, senses and life-cycles.

Grange Preschool

The weather turned wintry just in time to introduce our new topic.

We have been exploring a variety of white craft materials and techniques to create a winter display, including having a go at making snowflakes.

The Fisher price play people and accessories are proving as popular as they have done for generations!

Matching activities this term have involved observing patterns and finding pairs of socks and gloves.



Thankyou for the ongoing contributions to our Just giving page.

We also greatly appreciate the donations and funds raised from the Valentine hamper.

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Allithwaite CE School



The Snowy Owls class are currently engaging with the topic of 'People Who Help Us,' and it is fantastic to see the children already thinking ahead to their future careers.

We are eagerly anticipating visits from the police and fire services, which will undoubtedly provide invaluable insights and inspire our children further.

Meanwhile, our Tawny Owls have become our weather experts, thoroughly enjoying their exploration of recent weather patterns during Geography lessons. In RE, they are delving into the objects commonly found within a Jewish home, leading to rich discussions and discoveries.

The Barn Owls have embarked on their Stone Age project and are particularly looking forward to their upcoming trip to St. Catherine's Wood in Windermere. They have been fascinated by cave drawings, and to enhance their learning, they've bravely attempted to carve their own designs onto soap – an activity that, as many of us can attest, is trickier than it sounds!

Additionally, they have commenced their Cornet lessons and they can often be heard practicing at home across the village!

Our Eagle Owls are busy exploring the Scandinavian countries in Geography. To culminate this topic, they will be planning a tourist visit to a Scandinavian destination. In Science, they are diving into the study of the heart and circulatory system, engaging in numerous practical sessions. This work will also link to their English lessons, where they will write an explanation text detailing how the circulatory system operates.

Lastly, our Song writing Club is hard at work composing their second piece, and we are all excited about an upcoming visit from the 'Graffiti Classics', a comedy string quartet that promises to be an entertaining performance!



New Inheritance Tax Rules Could Reshape Farming in the UK

What are the changes to inheritance tax?

Starting 6 April 2026, the full 100% inheritance tax (IHT) relief for agricultural and business property is capped at £1 million. Assets above this face a reduced IHT rate of up to 20%, meaning farmers could face an IHT bill like never before.

Farming families with estates over £1 million will be impacted. The government says it aims to ensure fairness by capping reliefs, primarily affecting larger estates while protecting smaller family farms.

What are farmers' concerns?

Farmers and the National Farmers' Union (NFU) worry the changes could Family-run farms may face difficulties due to increased tax liabilities, potentially requiring land sales to meet obligations, medium-sized farms might struggle with viability, threatening family-owned agricultural businesses and the changes could deter investment in farming and impact food production during a period of economic uncertainty.

What strategies can farmers use?

With the new rules set to take effect in 2026, but with lifetime gifts being affected immediately, farmers should assess their estate planning strategies and consider any available adjustments to safeguard their assets.

The evolving landscape of inheritance tax highlights the importance of professional advice and planning to protect the future of family farms and their contributions to the UK economy.

Contact us today to speak to one of our experts.

0333 305 7777

Kents Bank Road, Grange-over-Sands LA11 7EY

www.progressionsolicitors.com

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What's On at The Vic

See www.grangeoversandstowncouncil.gov.uk/whats-on - for more details of all our events.

REGULAR EVENTS

Creative Photography - Alternate Thurs 7pm. Contact: seppo_hakkinen@icloud.com

Manjushri Buddhist Meditation Class. From 15th Jan Wed 11am-12noon in Chamber. £5 www.manjushri.org

James Reeder Dance Classes - Weds from 7pm. Contact: james@reedersdance.co.uk

Various U3A groups - Contact U3A: 015395 35358. Monthly meeting 17th Sept.

Wild Soul Yoga - Contact: hello@mywildsoul.co.uk - various classes and sessions available

Parliamo Italiano - Tues & Thurs - new, beginners & improvers - details: caroline_hakkinen@mac.com

LifeFlow Fitness - Latin Vibes dance class - every Friday 11-12 noon www.life-flow.com

Learn Spanish - Via Cumbria Adult Learning - <https://adultlearningcumbria.org/>



BINGO AT THE VIC

Monday 3rd February 7.30pm – 9pm
Eyes down for bingo night at the Vic! Over 18s only, £1 admission (cash on the door), £5 for 5 games, cash prizes. Bar, soft drinks, tea and coffee, raffle.

National Theatre Live at the Vic!



The Importance of Being Earnest
Saturday 22nd February 7pm (doors 6.30pm)

The Victoria Hall Support Group is delighted to announce that our next NT Live screening at the Victoria Hall will be The Importance of Being Earnest.

Three-time Olivier Award-winner Sharon D Clarke is joined by Ncuti Gatwa (Doctor Who; Sex Education) in this joyful reimagining of Oscar Wilde's most celebrated comedy. While assuming the role of a dutiful guardian in the country, Jack lets loose in town under a false identity. Meanwhile, his friend Algy adopts a similar facade. Hoping to impress two eligible ladies, the gentlemen find themselves caught in a web of lies they must carefully navigate.

Max Webster (Life of Pi) directs this hilarious story of identity, impersonation and romance, filmed live from the National Theatre in London.

'A sparkling new production...that's fiercely faithful to Wilde's wickedly subversive spirit' – Daily Mail
National Theatre Live brings the best of British theatre to local venues – unmissable theatre filmed live from Britain's most exciting stages.

Run time: 3 hours including 20 minute interval.

Bar, tea, coffee, ice cream.

Tickets £12 adults £10 children available from www.ticketsource.co.uk/vhsg

Cash, credit/debit cards, Apple Pay and Google Pay accepted on the door.

INDIVIDUAL EVENTS

03/02 Mon - VHSG Bingo at the Vic - Doors 7pm, Eyes down 7.30pm. £1 entry, £5 per Bingo card. Prizes - 18+

04/02 Tues - Grange Lecture Society - Stuart Atkinson – a Tourist's Guide to the Universe - www.grangelecturesociety.co.uk

07/02 Fri - Friday Night Dancers - Ballroom & Latin Social: start 7.30pm

09/02 Sun - Cinema at The Vic: The Duke (12A) 6.30pm for 7pm start - www.ticketsource.co.uk/vhsg

10/02 Mon - Grange over Sands Town Council Meeting, with 'Have Your Say!' 7pm

18/02 Tues - Grange Lecture Society - Richard Leafe – Leading the Lakes. 7pm - www.grangelecturesociety.co.uk

22/02 Sat - NT LIVE: The Importance of Being Earnest. Doors: 6.30pm for 7pm start - £12 - VHSG

The Duke (12A) Sunday 9th February 7pm (doors 6.30pm)



Based on the true story of the first-ever UK art heist! In 1961, Kempton Bunton, a 60-year old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. Kempton sent ransom notes saying that he would return the painting on condition that the government invested more in care for the elderly - he had long campaigned for pensioners to receive free television. What happened next became the stuff of legend. Warm-hearted and joyful UK caper starring Jim Broadbent and Helen Mirren.



'A charming, understated and completely enjoyable frolic about how ordinary people can do extraordinary things' – The Observer

Rating: 12A (infrequent strong language, moderate sex, racism)

Runtime: 1 hour 55 minutes (including 20 minute interval).

Bar, interval bacon buns, ice cream, tea and coffee.

Advance tickets from www.ticketsource.co.uk/vhsg

Credit/debit cards, Apple Pay and Google Pay accepted on the door.

Adults: £6.50 Children £4.50

Grange Drama

Alan Ayckbourn plays have been a firm favourite of our audiences for many years. So we are delighted to invite you to come along to Grange Institute on Wednesday 12th February at 7.30 to delve a little deeper into one of his most memorable.

Carol Williamson has directed several very successful productions for us and she will be running a workshop entitled: "Setting the Scene"

The session will look at a scene from 'Absent Friends' by Alan Ayckbourn. This play, written in 1975, is set in the lounge of Diana and Paul's house. Diana has organised a tea party for Colin, an old friend of her husband Paul. Colin's fiancé has recently drowned and the aim is to cheer him up with a gathering of old friends Paul, John and Gordon. A perfect Ayckbourn combination- with the inevitable promise of miscommunication between the characters! We will explore how we create the scene using elements such as set, characterisation, movement and props.

All comers are welcome to come along and join in – or just watch what goes on. Refreshments provided!

Any questions? Contact us at www.grange-drama.org.uk

What's On February

Saturday 1st February

Churches Together Men's Breakfast at 8:30am, Methodist Church Hall. Share a simple breakfast, fellowship and prayer together.

Mondays 3, 10, 17, 24

South Lakeland Phoenixes. Drop-In for over 18s - Community Foodstore, Main Street, Grange over Sands. Are you struggling with your mental health and wellbeing? Join us in our welcoming, inclusive, safe space, for a chat and a brew between 1:30 and 4:00 pm. www.southlakelandphoenixes.com

Tuesday 4th February

Mothers & Others-talk by Diane from 'Dignity in Dementia'-7.30 p.m. in the Father Magner room behind St Charles' Catholic church on Kents Bank Road

Tuesdays 4, 11, 18, 25

Baby group for parents, carers and their little ones at Grange Methodist Church Hall from 9:30 a.m.

Tuesdays 4,11,18, 25

Cartmel Wellbeing Walks from Cartmel Racecourse grandstand entrance at 11am. Contact Ewen Cameron on 07929 833528 for information.

Wednesdays 5, 12, 19, 26

Community Coffee morning in Grange Methodist Church Hall from 10:30 to 12 noon.

Thursdays 6, 13, 20, 27

Grange Wellbeing Walks from the pay-and-display car park behind the Commodore Pub at the Memorial Park end at 11am. Contact Ewen Cameron on 07929 833528 for information.

Thursday 6th February

Cartmel Peninsula Local History Society meets at 7.30pm in Cartmel Village Hall when Mark Hatton will speak about German Miners in 16th Century Keswick.

Monday 10th February

Grange Probus Club will meet at 10.30 at the Netherwood Hotel for a talk by Lynne Farrell about Interesting Plants in the AONB. See the club report for more information.

Wednesday 12th February

Kents Bank Station Library, Kentsford Road, at 2.00pm: Film by acclaimed independent film-maker Anthony Dolan: 'The French Girl, The Engine Driver and her German Lover'. Wartime romance set in Shap. A fascinating story of love in the time of war, much of the footage set on a steam locomotive footplate.

Free admission (donations welcome) but pre-booking essential on 07795 008691

Saturday 15th February

Newton-in-Cartmel Village Hall. 10 am-12 pm. Coffee morning. A chance to meet and chat over a brew with friends, neighbours and visitors. All welcome. Free. Contact admin@ncvh.org.uk.

Tuesday 18th February

Mothers & Others-talk by John Wilson-Parker on 'Place Names'-7.30 p.m. in the Father Magner room behind St Charles' Catholic church on Kents Bank Road

Friday 21st February

Newton-in-Cartmel Village Hall - 7pm. LUKE JACKSON - £15 inc supper - CASH BAR. British singer/songwriter, toured with Fairport Convention, Richard Thompson, Jools Holland. "...blown away by the intensity & power of his performance..." KLOF Independent Music Magazine. Booking ; wendyandmike26@btinternet.com or NCVH.org.uk

Friday 28th February

Ceilidh at Grange Methodist Church

The Burrow @ Flookburgh Primary School is a family and child group open to all parents, carers and children up to 3 years old. Every Tuesday 1:30pm-3:00pm (term time only)

Age UK South Lakeland

Gentle Exercise Class at Grange United Reformed Church every Thursday 2.30pm – 3.30pm.

Grange Lunch Club at the Thornleigh Hotel on the 3rd Wednesday of every month.

Allithwaite Lunch Club at the Pheasant Inn on the 2nd Tuesday of every month.

Cark Lunch Club also at the Pheasant Inn on the 4th Friday of every month.

Please call 01539 728118 for further details

Grange Forum

Tuesday Feb 4th 76th Anniversary lunch at the Cumbria Grand

Tuesday 11th February Bibbys of Ingleton

Tuesday 18th Chris Wright will talk on Paley and Austen's Lancaster

Tuesday 25th Svalbard by Lee and Bernadette Kithchingman

Tuesday March 4th no meeting

From the Library

The 2024 Booket List Prize Draw - we drew from the submitted entries on Friday 10 January. Thanks to all entrants. We've enjoyed sharing your reading likes along the way. Congratulations to winner, Martha Littlehailes. Forms for 2025 Challenge are available in the library. "Love & Romance" is featured for February's selection.

Daytime reading groups, one meeting every 3rd Wednesday and one meeting every 4th Wednesday of the month from 2-4pm in the library, are looking for new members. Ask in the library, if you are interested, and we can put you in touch.

No digital drop in this month.

HAWC: (Health & Wellbeing Team) 2nd Wednesday each month. Pop in for help or advice. Next session Wednesday 12 February 3.30-4.30pm

Working and relaxing spaces and public computers available for free use. You can access emails, research online and browse the internet. Computers provide free access to Ancestry, Find My Past, 1921 census and Which Magazine with your library subscription. Printing and photocopying facilities are available at a small cost. We can advise on accessing online resources and digital devices, as far as our own general knowledge allows. Mindful Colouring resources are out Saturday mornings – ask if you'd like them otherwise.

Library membership gives access to **Borrowbox** and **CWF** Libraries as smartphone or tablet apps. Borrowbox is for downloading ebooks and audio books and CWF Libraries for accessing your library account so that you can search items, request books and renew reservations. For both, you need your library username, which is the long number under the barcode on your library card, and your password. For help with either app or if you need to set up a password, ask in the library.

Opening: Mon–Fri: 10am–5pm, Sat: 10am–1pm Tel 01539 713154

SPAMALOT Cancel

It's is with great regret the GMTS have had to cancel their 2025 show: SPAMALOT.

Dwindling numbers means there's just not enough members to do the show justice. We were all looking forward to it and are really sad & disappointed/frustrated we've had to cancel.

We don't know what the future will be for the society, but we will do are best to keep going. Thanks for all your support.

Sally Haines

For Grange Musical Theatre Society



Kents Bank Station Library

Kents Bank Station Library

The railway library and bookshop is having a busy month after the Christmas/New Year break. Our first talk of the new year had a capacity audience to hear Philip Tuer, chairman of the Cumbrian Railways Association, talking about the work of the CRA including its remarkable photographic archive as well its work in 'railway family history'. The talk featured some rare photos of Kents Bank station. The talk for February (12th at 14.00) is the première of the new edition of a film set in Westmorland during the Second World War. Before Christmas we had a visit from University of Bolton design students who are developing some design concepts for the library. Our new publication, 'Northern Rail Heritage 1825 - 2025' is nearly ready for the printers and has been generously funded by a rail company. It features a foreword by Railways Minister and library patron Lord Hendy. We're hoping for a launch in Spring, but the booklet - an introduction to the social history of railways in the North - will sell at £4.95 with all proceeds going back to the library. The library continues to welcome visitors from near and far, including a family from North Carolina and an Avanti train driver based at Euston. Everyone is welcome. We have also had several very generous donations of railway books, further boosting our stock. More details of the library at www.stationlibrary.org.uk or 07795 008691

Allithwaite Bowling Club

Allithwaite Bowling Club are holding their signing in day on Saturday the 1st of February at Allithwaite Community Centre, Quarry Lane 1pm-3pm. This is for signing on for the coming season and also to select which leagues you want to play in. The signing on fee is £25 for full membership, £5 for under 18's and £5 for non playing social members.

Anyone interested in becoming a member of the club can come along and there will be someone

there to answer all your questions and show you the green and the facilities that the club has to offer. If you cannot make it on the day you can get in touch with the club secretary Julia Nicholson 015395 31107 or check out the Allithwaite Bowling Club Website.

Grange Bridge Club

If ever there was an advert for keeping the brain busy to keep yourself sane in old age, George Harrison is the prime example. His legs may not be as agile as they were but his brain is as sharp as a butchers knife. I visited him this month to talk to him. He was very alert, keen to ask interesting questions and talk about the past years when he played bridge every week. He now reads the daily paper, cover to cover, every day. Not bad for somebody who will be 100 years old on the 22nd Jan! Congratulations from All at Grange Bridge club George.

We played bridge only three of the Tuesdays available in Dec. The others were the 24th and 31st!! One night was for teams of four won by Gillian Whyte, James Carlisle, Sam Norman and Alan Anderson. The other two nights were for pairs. I popped my head around the door at Grange Institute last Friday afternoon to find three tables playing bridge. Apparently Allithwaite bridge club now play there every Friday afternoon.

South Lakeland Stitchers

Despite the ice and snow, 15 members attended the regular monthly meeting in January and the annual challenge for 2025 was launched by Christina, last year's winner. This project is due for completion at the end of the year. Members were then invited to draw a raffie ticket, and in return received a jam-jar of haberdashery items, including fabric, buttons, ribbons and a variety of embellishments. The aim was to come up with a creative idea from the contents of the jam-jar, and the result was an amazing variety of projects. A piece of fabric with fish became an aquarium with the fish

blowing bubble buttons; there was an optimistic nod to spring with a vase full of brightly coloured tulips, an applique picture of a seascape and a Cubist-style portrait. One member took the opportunity to applique a small panel for her memory book, another was using Kawandi quilting technique to make a mat and yet another member made a quilted bag. Some elected to add the contents of additional jam-jars and others swapped or added their own items to enhance their work. By the end of the day, we had a hugely diverse set of projects, which can be viewed on the group's blog at: southlakelandstitchers.blogspot.co.uk

Lindale Bowling Association

Our members have enjoyed both social and competitive events throughout this last year. Social bowling meetings on Friday afternoons for beginners and more experienced players proved to be very popular, whilst our teams had mixed fortunes in the Kendal & District, Westmorland Seniors and Rothay Leagues. We are actively looking for new playing members and would love to hear from anyone interested in joining our squads.

That said we also welcome new members and beginners for social bowling if league bowling does not appeal to you. Remember that any form of outdoor activity is beneficial to mental and physical wellbeing so now is the time to consider joining us for the forthcoming season. Our Recruitment day is Saturday 15 March from 10.30am. Come and meet us for a friendly chat and have a go, if you like. More details of the club and its activities can be found on our website www.lindalebowlclub.com

Grange over Sands Golf Club

We would like to thank all our Members for their support over the last 12 months. We have had a lot to contend with, the Network Rail Train de-railment, flooding etc. We are looking forward to 2025 with lots of optimism and hopefully lots of sunshine. We have lots of things going on, Opens, Societies and other things planned. We have wonderful facilities for anyone who wants to use our Clubhouse for events, functions etc. A Happy New Year to everyone and we look forward to seeing you all in the Golfing Year 2025

Grange Garden Society

The first meeting of 2025 will be on Friday February 21st, when Pat Murphy from Lakeland Horticultural Society will talk to us about Gardens of Ireland and will bring plants from Holehird Gardens - home of LHS - for us to purchase.

We meet at the United Reform

Church Hall, Kent's Bank Rd, Grange at 2.0 pm.

The talk will be followed by refreshments and we look forward to welcoming visitors, together with existing and new members - and finding out what's in store for the rest of the year, including garden visits and talks.

Cartmel Art Society

January started with a morning meeting drawing and painting trees with Ann Fitch; followed on the 12th with a New Year Party for members and guests. This was a chance to enjoy some music with Kev Bell and his band The Dukes, and Ian Bellamy. Members contributed to a buffet for the occasion. On the 22nd Graham Twyford returned to give the members a full day demonstration of working in acrylic. Members enjoyed creating a misty Lakeland landscape based on a view of the islands on Ullswater.

February starts on the 12th with a morning session. This meeting is followed on the 26th by a full day workshop with returning local artist Janice McGloine, painting in her signature style of quirky houses and landscapes. As this is sure to be a very popular workshop, please let Rita Denby know if you will be coming to the workshop, either by email on ritadenby45@gmail.com or call her on 07587 705842.

Grange Cancer Drop In

As we announced in Grange Now during last year, the Grange Cancer Drop In had been declining to an unsustainable level of membership and had eventually closed after over 30 years. We have just finished the closing procedures and divided up 100% of the assets between the following Grange organisations: St Paul's Church; Charity and Co. and particularly St. Charles Church that hosted the Drop In through its later years. We sincerely thank all three for their support.

Grange and District Photographic Society

In February we have two interesting meetings: 3rd February Sue Jeeves presents her journey through Western coastline covering Scottish Islands, Pembrokeshire, Southern Ireland and, of course, Morecambe Bay. 17th February meeting Lee Kitchingham gives us his impressions and memories from Svalbard, a true Arctic Island 80 degrees North.

The meetings take place on Monday afternoons at 2pm in United Reformed Church Hall, Kents Bank Road. Cost is £4 including tea/coffee and biscuits. If you require more information please contact us on seppo_hakkinen@icloud.com

PEAT

At PEAT we invite you to start 2025 to join us in to make a mainstream, inclusive, climate movement. Climate breakdown is here now and we want to start the biggest conversation about how to adapt and act together for the future. Cartmel Peninsula communities are renowned for being supportive, resilient, and creative, and we want to tap into all those energies, ideas, enthusiasms. We will be starting a new project soon and will publicise more information shortly. We have a great programme coming together for 2025, for example Let's Talk Hedgehogs with Lyndon Howson and Decarbonising Local Beer with Tim Bloomer in May. Our next Repair Cafe is on 7th February 5-7pm. As a reminder our new membership year starts in January so join us at peatmessages@gmail.com.

Here's a link to a fantastic fund raising evening between the Waste into Wellbeing Cafe and the chefs and hospitality students at Kendal College preparing a delicious 3 course meal from their surplus food larder February 12th - a great collaboration. <https://www.trybooking.com/uk/events/landing/75562?>

Grange Probus Club

Grange Probus's welcomed back Mike and Linda Garforth for their talk on Iceland – A Circular Tour. They described how in 2015 they had driven their motorhome via Holland, Germany and Denmark before taking a long ferry trip via the Faroe Islands to eventually reach Iceland. The nature of the terrain had meant that they were mainly limited to coastal routes around the island in a clockwise direction. Stopping in small campsites they had taken four weeks to visit many of the fascinating volcanic features and rugged landscape. The club's next event will be on Monday, February 10th at 10.30am at the Netherwood Hotel when Lynne Farrell will talk about Interesting Plants in the AONB. Grange Probus welcomes retired people as new members and meets on the second Monday of each month for a talk, other than June and December for luncheons and March for its AGM. Further information is available from the Secretary, Ewen Cameron at e.cameron1@btinternet.com or 07929 833528.

Cartmel Peninsula Local History Society

CPLHS will launch its 2025 programme of activities on Thursday, February 6th at 7.30pm in Cartmel Village Hall when Mark Hatton will speak about German Miners in 16th Century Keswick. Further information on CPLHS,

membership and activities can be found at Cartmel Peninsula Local History Society | Bringing Local History to the Community (wordpress.com) or from Stuart Harling on 015395 36296

Cartmel Flower Society

Our first demonstration of the year is from the marvellous Norma Halpin from Barrow with "Spring is Coming" on 17th February at Cartmel Village Hall 2.00pm and to remind you that our subscriptions are due this month as well as the Flower Arranger magazine. So please come along and enjoy a lovely afternoon of floral displays and refreshments. If anyone is interested in joining the club please contact Isobel 015395 33136.

Grange Lecture Society

We have begun our second half of our winter season with a talk by Paul Cook on gardening in a changing world. Goodness knows what the future will bring. On Tuesday 4th February astronomer Stuart Atkinson delivers our sixth talk – 'A Tourists Guide to the Universe'. This is followed by Richard Leafe, the now retired Chief Executive of the Lake District National Park reflecting on his seventeen years in charge. 'Leading the Lakes' is on Tuesday 18th of February.

As I always suggest do come along, bring a friend and sit back and learn something new. It is only an hour, but it is almost always the case that a subject which may not apparently hold much interest for you can be very entertaining and you go off home recalling an interesting evening. You might also meet new friends and people to chat to. Everyone welcome, £10 for guests at the door, cards or cash. Also, if you have any suggestions for a future speaker, please contact me or any of the committee.

Grange Fell Golf Club

The new year is upon us and the new golfing season will start in earnest in late Spring. Why not come and join us in 2025? Enjoy a decent fell walk with fantastic views over Morecambe Bay and the Lake District. Oh, and why not play a little golf while you're here. We are as friendly a group of people you could hope to meet. Full Annual Membership costs just £460. Under 30 membership is just £300. If you want to try it before you buy it, give our Taster membership a try at just £115 for 3 months. The Grange Fell GC annual general meeting (AGM) will take place at 7:30pm on Saturday 22nd February 2025.

The Grange Forum

The Forum quiz was presented by Ann Anderson on 17 th December which was won by the

"Latecomers" The second half of the Forum programme started on the 14 th January with a presentation by Adrian Taylor About the history of the Lancashire Grand Theatre which was well received by the members.

On the 21 st Boyd Harris will be speaking about three centuries of photography and on the 28 th the speaker will be Albina Labsvirs who will tell us about Two Weeks in the Amazon Jungle. The 76 th Anniversary lunch at the Cumbria Grand is on the 4 th February with entertainment by the Grange Primary School Choir. Chris Bibby of Bibby's of Ingleton is the speaker on 11 th February and Chris Wright talking about Paley and Austen's Lancaster on 18 th . The month concludes with Svalbard by Lee and Bernadette Kitchingman on February 25 th.

Grange Soroptimists

We held our January club meeting on Zoom due to inclement weather and discussed past and future projects . We despatched 70 letters both advocacy and support for the Amnesty International Write for Rights campaign. We were delighted to know that the 48 hampers donated and packed by us for distribution by Barrow Women's Centre had been very well received.

The celebration of our Platinum year continues with a Zoom get together with our friendship link Club in Prague which was most interesting and enjoyable and a theatre trip planned to see Blithe Spirit. Anyone

interested in joining the club or getting further information please contact Mary Ann on 015395 32265 or www.sigbi.org/grange-over-sands/

Mothers and Others

Our members are looking forward to our next 2 meetings following the disappointment of the cancellation, because of the bad weather, of the talk by Jenny Parker on Lacey-making. We hope to have Jenny visit us later in the year. We were warmly welcomed on January 21st at the Cumbria Grand Hotel by Mark and his team for our Annual New Year Annual Dinner which was very much enjoyed by all. On Tuesday February 4th Diane from 'Dignity in Dementia', one of our chosen charities for this year, will talk to us about their services, and then on Tuesday February 18th John Wilson-Parker will give a talk on 'Place Names'. We would like to welcome visitors to any of our meetings, the cost is £5 and you will find a warm and friendly atmosphere and have the chance to get to know

other members over a cup of tea or coffee. Both meetings will be in the Father Magner room behind St Charles' Catholic church on Kents Bank Road, starting at 7.30 and finishing by 9.00 p.m. If you would like to know more about Mothers & Others please contact Ann on 01539533856 or Linda on 015395 33482.

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Letters to the Editor are published on the understanding that they may have to be shortened to fit available space. Publication of a letter in no way reflects the views of Grange Now. All letters must be accompanied by a name and address even if the correspondent requests anonymity. In this case 'name and address supplied' will be added.

Dear Editor,

Fish over Chips would like to say a massive thank you to everyone who helped with our Christmas meal preparation and delivery.

243 hot Christmas dinners were sent to local residents in the Grange and surrounding villages on Christmas day. They all received a full turkey dinner with all the trimmings and a desert tray loaded with Christmas pudding, custard, mince pies and an array of cakes with a small selection of Christmas presents.

As you can imagine we had a busy run up organising everything and on Christmas eve we had a mammoth task of preparing everything ready for Christmas day. A great deal of this has been done by our fantastic staff and some very kind volunteers, who gave up their time to help peel and chop lots of veg!

None of this would be able to happen without the generous donations from local residents and businesses, a special mention needs to be given to Furness Building Society, Procter's Butchers, Bob and Jan Sutcliffe (and there army of sprout peelers) Grant and Michelle Donkin, Tesco, Co-Op, Spar, George Speights fruit and veg, Roy Woodhead (milkman), Henry Colbeck's Ltd, McClure Ltd, Whittaker and Stott packaging, the Walmsley family, Grange Bakery, David Willians, Fletchers, Wilson and Robinsons, Grange and District Lions, (Sorry if we have forgotten anyone).

Another massive thanks to all our delivery drivers and carers who took time out on Christmas day to help deliver the meals to people.

We hope everyone enjoyed there meals and we look forward to doing it all again in December (2025)

Many thanks, the Fish over Chips Team!

Dear Editor

On Friday 3rd January Kents Bank Road car park was a sheet of black ice. Both the entrance and exit slopes were virtually impossible to negotiate. My husband was having great difficulty getting to his vehicle to take our friends to the station.

Out of the blue a very kind lady started to shake grit from a bottle onto the slopes.

She said that she was a carer and carried this grit in her car if her clients' pathways had this problem. This kind act enabled me to get to my car to take our friends.

We didn't get the lady's name. If she is passing by Somerset House B&B. please call in as Geraldine & David would love to thank her personally.

Geraldine Gordon, Somerset House B&B

Dear Editor

Spar Grange would like to thank everyone who purchased a ticket for the Christmas Teddy Competition which raised £21.50 which will go towards Flookburgh Church building repairs.

The winner of the Teddy was Mrs Kerwin. There will be a Hamper Raffle starting shortly in store, for the same cause, so please come along and support us.

Thank you Spar Grange Team

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Funnies from Lake Windermere

Staff at a popular Cumbria visitor attraction have been taking a wry look back at some of the funniest remarks and questions they've been asked over the last 12 months.

There are plenty of people visiting the lake for the first time, but sometimes the questions they ask do cause the odd raised eyebrow.

Staff have put together a top ten list of their favourite queries from the last twelve months:

10. What do the boats do?
9. How long does the 40 minute cruise last?
8. Do the islands float?
7. Excuse me, I can't make head nor tail of this Japanese leaflet
6. Is that the boat there? (points to boat)
5. Can I go to the front of the queue, because I've got ice creams?
4. Is my husband on this boat?
3. Years ago we went up to Ambleside. Is it still there?
2. For my sat nav, what is the postcode for the mountains?
1. Can the boat come and pick me up from Blackpool?

Jacqui O'Connor, from Windermere Lake Cruises, said: "We always give visitors a warm welcome and answer any questions they may have, but it's not always easy to keep a straight face. We just hope some of them were joking!"

FREE FOR SALE

Next deadline is 14th February, subject to space. Five items max. Single items max £200, in writing to our offices or e-mail info@grangenow.co.uk, include your name and address

Sanderson curtains. Options range, like new. 66 x 72. Pattern pink roses and camellias. £22. Contact 07828006668

Tennis racket with cover. Head graphene Prestige. £15. Badminton racket with cover. Yonex Voltric 50. £15. Both in excellent condition and over £100 new 07748663906

Gorgeous Gillows 2 seater sofa, fine sofa. Carved wood legs. Neutral colours. £200 Gillows small lounge chairs x 2. Wood carved legs, very comfy. Would look beautiful in any setting. £150 for the pair. Tel 07802 714478.

Canon camera EOS - lens is 18 to 55 mm. Hardly used. Please call 07391631437 for more info and photos. £150

Fireside companion set, matt black, £12. Olive green rug, plain, shaggy, 80 x 150cm. £15

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Toshiba colour TV 22inch £30. Dreamland starlight washable heated under blanket 153 x120 cms (unused) £30. Tefal kaleo magibox blender vitamines Food Processor £10. Vax multifunction stream mop with attachments £30. Tel 015395 32168

Webb Heritage Electric (WEH E32) Lawn Mower £20.00 1000 W / 32cm. Grassbox Capacity 23L Cable 10m. Unused. Purchased in August 2019 for £60.00 Still in its box. So needs assembling. Please contact 015395 33251 or 0751 0297335

Magna Clean Magnetic Filter for a Combi boiler only used for 6 months £25 Unused Kenwood Smoothie Maker £10 Unused OXO Gravy Separator £5 Lakeland Slow Cooker used once £5 Tel 07989680901

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GN402	14th Feb	26th Feb
GN403	14th Mar	26th Mar
GN404	18th Apr	30th Apr
GN405	16th May	28th May
GN406	13th Jun	25th Jun
GN407	18th Jul	30th Jul
GN408	15th Aug	27th Aug
GN409	19th Sep	1st Oct
GN410	17th Oct	29th Oct
GN411	14th Nov	26th Nov
GN412	12th Dec	30th Dec

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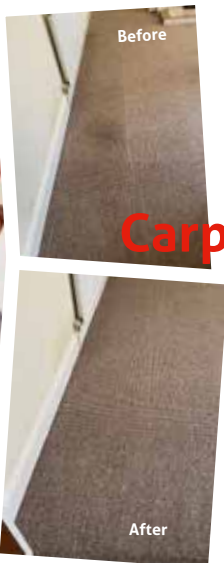
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