

WRAYLY MAIL
Seasons Greetings

DECEMBER 2010

DIARY DATES

- Thurs 2 Very informal Ceilidh Dancing. Called dances, recorded music. Tatham Fells Old School, 7.30 p.m. £1, inc. tea/squash & biscuits.
- Thurs 2 **Yoga** 7.45 p.m. to 9.15 p.m. in Wray Institute and on 9th December only. The first yoga in the New Year will be on 13th January. £5 per session. Mats provided. All welcome. Tel: Kathy Cartledge 61567.
- Sat 4 Come and join us at the Old School Tatham Fells for our Christmas Fair. Coffe and mince pies, Christmas Gifts, usual stalls, tombola, bran tub. 10.30 a.m. to 12 noon.
- Sat 4 12 pm to eat at 12.30 pm. The Christmas get together lunch for all those in Wray village who are over 60. We're looking forward to seeing you all again for your meal this year. If you know of someone who's not been invited, please let us know. It is a very difficult task to find out who is over 60 in the village. Don't forget to RSVP by 27th November, either by popping it in the special post box in the Post Office or telephone Ethel Gorst on 21406. Thanks.
- Tues 7 Tatham Fells W.I. Christmas Party for members. Comp: a wrapped present.
- Wed 8 Wennington & District W.I. Christmas Party.
- Wed 8 **Wray with Botton Sports Christmas Raffle and Domino Drive.** This is a change of date from that in last month's Wrayly Mail due to a prior booking of Wray Institute. Sorry for any inconvenience but hopefully this will not

make a lot of difference and we will be well supported on the new date.

We hope to make this one of our main fundraising events and members of the sports committee will be selling raffle tickets around the village soon.

The evening will begin at 7.30 p.m. with 10 games of dominoes, followed by refreshments and the grand Christmas Raffle Draw at about 8.30 p.m.

Entrance adults £2, schoolchildren up to 16, £1.25.

Everyone very welcome.

- Thurs 9 Lowgill Over 60's Party at 7.00 p.m. in the Old School. Supper followed by entertainment. RSVP Mary (61534) or Liz (61230) by 6th December.
- Fri 10 Wray Over Sixties Christmas Party at 7.00 p.m.
- Fri 10 Melling School PTA are having a Bags2School collection to raise funds. Any bags of unwanted clothes, shoes, belts, bags and bedding would be much appreciated. Please could you drop any donations at the school on Thursday 9th December or if you need it collecting tel: Ursula Parkinson on 21056. Thank you.
- Sat 11 Hornby District Ramblers. The walk will be in the Gargrave area. Approx. 4/5 miles. Led by Tony & Valerie Dorey, tel: 21000. Meet on Hornby Car Park at 9.30 a.m. Bring packed lunch and suitable footwear. No dogs allowed.
- Mon 13 Carols by Candlelight 7.00 p.m. in Wray Institute.
- Fri 17 8.00 a.m. to 11.00 a.m. Waste Paper Collection at Lairgill Car Park, High Bentham in aid of N.S.P.C.C.
- Mon 20 Vale of Lune YFC Domino & Whist Drive at 7.30 p.m. in Melling Institute. £5 entry. Raffle. All very welcome.

- Mon 20 Rotary Club Christmas Collection. The Rotary Club of Lunesdale is bringing their annual Christmas Collection back to Wray and Hornby. Santa will be riding his sleigh throughout the villages. Our local Rotary Club uses all the money raised in this Christmas Collection for local charitable causes. Please come out and meet Santa!
- Tues 21 **7.00 p.m. Carols and Readings by Candlelight** in the Old School, Tatham Fells organised by Sue Clements and Carole Butcher. Carols accompanied by Mary Longton. Bring the family and come and choose your favourite Carols to sing. Mince pies and tea and coffee afterwards. All welcome.
- Sat 25 10.00 a.m. Short, all age Christmas service at Wray Methodist Chapel. Very informal, lots of excited children Please come along - all are very welcome.

Waxwings!

There are loads about, with recent sightings in High Bentham, High Tatham and Caton. Please send any sightings to PMrsh123@aol.com or you can put them, along with any other birds of interest you may see, on the BTO winter atlas sight (www.bto.org/atlas). Thanks very much.

Farmland Bird Meeting

Perhaps of local interest is the next Lancaster and District Birdwatching Society talk, which will be given by David Morris, the RSPB Farmland and Bird Advisor for this area. Monday 29th November at 7.30 p.m. in Hornby Institute (upstairs). £2 to non-members.

The telephone number for Wray Institute is 015242 22311, the caretaker is Frank Gretton.

Wray Scarecrow Festival for 2011

As Christmas approaches (at an alarming rate) it's time to start thinking about next year's Scarecrow Festival and Fair events. 2011 could prove to be a doubly special year as the week of the Festival overlaps with Easter week so we will benefit from two Bank Holiday Monday's!

The first thing we need to establish is that we have a willing band of volunteers to work on/with the Committee to help with all the necessary preparations. To this aim we plan to hold the first meeting of this year's organising committee **at the Institute on Monday 6th December 2010 at 7.30 p.m.** Anyone interested in helping (even in a small way) will be very welcome to attend. The more helpers we get, the more the load gets spread and the better the events will be - your village needs you.

If you would like to come along just turn up on the night or if you would like to speak to someone beforehand contact Ian Simpson on 07966 319617 or send an email to wrayfestivalandfair@gmail.com

George & Dragon, Wray Raffle to raise money for St Johns Hospice

We are once again running a Raffle to raise money for St Johns Hospice, offering a chance to win a prize every day throughout Advent. Tickets cost 50p and are available at the George and Dragon. Draws will take place every evening from 1st to 24th December.

In addition, donations are being given in lieu of sending local Christmas cards. Donors would like to wish all their friends in the Village and surrounding area a very happy and peaceful Christmas. A greetings board will be displayed outside the pub. Please come and help us support this very valuable asset to our community. With very best wishes, Neil & Susan Taplin, Catherine Halstead and Dawn Irvine.

Thank you to everyone who came and supported my 'World's Biggest Coffee Morning' for Macmillan Cancer Support at the end of September. £235.50 was raised for this very worthy cause. Carole Butcher

The members of Wennington Women's Institute send their greetings to all in Wray and the surrounding area.

We also take the opportunity of thanking you all for your support, attendance and generosity in 2010 at our Cheese & Wine evening held last March on behalf of the charity "Help for Heroes". From your donations of gifts for our raffle and your attendance on the night we raised the outstanding amount of £1,000, which was gratefully received by the "Help for Heroes" organisers.

The chosen charity for our 2011 Cheese & Wine Evening is the Stroke Unit in Lancaster. The event will be on Friday 11th March in Wray Institute and we look forward again to your company and support on the night.

Wishing you all a very Happy Christmas & New Year.

From the committee and members of the Wennington Women's Institute.

A great big thank you from Wray, Tatham and Tatham Fells Churches to everyone who worked so hard for the Grand Auction of Promises and achieved the amazing amount of £12,000!! It is due to those who gave the wonderful promises, those who were so generous in buying them, those who gave time, energy and enthusiasm in organising and running the event, and to our fantastic auctioneer and clerk, who made the evening such a success and fun.

Tinfoil Donors

Thank you for your support in 2010, keep it up! And a very happy Christmas to all of you. So far we have taught and trained Mischief, Rascal and Scallywag in the past 10 years, and we are £940 towards the next dog. All tinfoil welcome if "once squashed it stays squashed", but if you include paper-backed silver paper (e.g. chocolate wrappers) could you please strip off the paper first (hot water helps). Leave bags on the doorstep of Oak Cottage, Main Street, Wray (NOT door handle).

Jean Argles will not be delivering cards locally this year, but wishes all her friends and neighbours in Wray a very happy Christmas, a warmer winter, and all good things in 2011.

Bentham Film Group

Christmas greetings to all from Bentham Film Group. There will be no film night this month, but make a note of 15th January in your new diary. This will be the date when we will be showing the film 'Made in Dagenham'. There will be more details in next month's Wrayly Mail.

Two Coach Holidays for 2011

Highlights of Southern Ireland - 8 days in the Emerald Isle -

14th - 21st May 2011, 3 excursions inc. £584 - based on two sharing. (Half board throughout).

Lake Balaton - Hungary, 12 days. All inclusive at our main hotel. 2nd to 13th July 2011, 4 excursions inc. £789 - based on two sharing.

Both holidays leave from Lancaster/Bentham areas: All excursions are included in the price. Single rooms available: No overnight travel or feeder coaches. We use Executive coaches with on-board toilet facilities. For more information about either holiday please contact Susan Adams 015242 61182.

New Year's Resolutions - Do you want to stop smoking? Support and advice can make all the difference.

Your local NHS Stop Smoking Service is holding a weekly clinic from 3pm to 5pm at Caton Health Centre on Thursday afternoons. Evening appointments are also available. For advice and support, including nicotine replacement and other products on prescription, please contact the Stop Smoking Service on 07717667472 or 01524 845145 for further information.

Little Ezzie - Could someone offer a loving, peaceful home to a pretty tortoiseshell female cat (2 yrs. old) from feral parents?
She has been neutered, lives half inside and half out; wants to be a housecat but is bullied by her brother.
Please ring 015242 61468 for details.

FOR SALE:

Relaxsan Double Mattress with memory foam, for pressure relief. Only used for 1 month cost £325 will accept £250.
Tel: 015242 61600

FOR SALE:

Large Frigidaire Larder Fridge, white. 250lts. £45
Tel: 015242 21082

FOR SALE:

Full size pool table in excellent condition. £150 ono
DeWalt Steel Cap Work Boots - brand new, size 7. Cost £75. £30
Tel: 01524 771234

Wray Post Office

Sheila & Tony and all at Wray Post Office would like to wish all our customers a very Merry Christmas and Happy New Year.

Christmas & New Year Opening

Post Office Counter Open:

Christmas Eve - 7.00am to 1.00pm	Christmas Eve - 9am to 12.30pm
Christmas Day - Closed	29th December - 9am to 5.30pm
Boxing Day - Closed	30th December - 9am to 5.30pm
Monday - 9.00 a.m. to 12 noon	New Years Eve - 9am to 1.00pm
Tuesday - 9.00 a.m. to 12 noon	4th January - 9am to 5.30pm
Wednesday - 7.00 am to 5.30pm	
Thursday - 7.00am to 5.30pm	
New Year's Eve - 7.00 am to 1.00pm	
New Years Day - Closed	
Sunday - 9.00 am to 12 noon	
Monday - 9.00am to 12 noon	
Tuesday - Back to normal 7.00a.m to 6.30 p.m.	/.....

There will be no papers on Christmas Day, Boxing Day and New Years Day. This year don't have the hassle and stress of the supermarkets pre-order all your bread, fresh fruit and vegetables. Orders taken up to 23rd December. I am also taking orders for turkeys, pork, beef, gammon joints, sausage meat, chipolatas etc. Pop in and have a chat.

Bridge House Farm Winter Wonderland - Sunday 12th December

Join Ann, Helen and Karen for festive family fun from 3.00 p.m. to 7.00 p.m. Carol singers, local arts, crafts, Spirit of the Andes. Winter warm - mulled wine and mince pies, plus lots more. Get in the festive spirit.

CHURCH SERVICES IN DECEMBER

December 5th, Second Sunday in Advent

8.00am	Tatham	Holy Communion
11.00am	Wray	Holy Communion
2.15pm	Tatham Fells	Evening Service

9.30am Melling Family Service 11.00am Tunstall Sung Eucharist

Wednesday December 8th, Feast of the Virgin Mary

7.00pm Melling Holy Communion

December 12th, Third Sunday in Advent

8.00am	Wray	Holy Communion
11.00am	Tatham	Family Service
11.00am	Tatham Fells	Family Service for Christmas, with Tatham Fells School

9.30am Melling Sung Eucharist 11.00am Leck Sung Eucharist

December 19th, Fourth Sunday in Advent

9.30am	Tatham Fells	Holy Communion
11.00am	Wray	Family Service for Christmas
11.00am	Tunstall	Sung Eucharist
4.00pm	Melling	Carol Service

Tuesday December 21st , Feast of St Thomas

7.00pm Tunstall Holy Communion

Friday December 24th, Christmas Eve

6.30pm Tatham Carol Service

11.30pm Wray Midnight Communion

11.30pm Tatham Fells Midnight Communion

4.00pm Tunstall Crib Service 11.30pm Melling Midnight Communion

Christmas Day

9.30am Wray Family Communion

11.00am Leck Sung Eucharist

Sunday December 26th , Feast of St Stephen (Boxing Day)

10.00am Tatham Holy Communion

2.15pm Tatham Fells Carol Service

Sunday January 2nd , Feast of the Epiphany

8.00am Tatham Holy Communion

10.00am Wray Holy Communion

2.15pm Tatham Fells Evening Service

Church Contacts:

Revd Mark Cannon, Wray Vicarage (21030)

Readers: Ann Dawson (62936), Peter Osborne (61029),

Mary Winter (21784)

Jonathan Buss - Painter & Decorator - All types of work undertaken.

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Richard Hope - Wooden Gates. Specialist in Design, Manufacture and installation of Wooden Entrance, Garden and Field gates. Robert Hall Farm , Lower Tatham. Tel: (015242) 61455. www.woodengates.net

Sole to Soul -Grasmere Drive, High Bentham

As well as Chiropody/Podiatry, Reflexology, Massage and Healing, we now also offer Food Intolerance testing, Detox Footbaths, Medical Herbalism, Naturopathy, Counselling, EFT - and with more to come. There are also a variety of courses and workshops available as well as therapy space to let and a room for classes and courses and workshops. Please contact us for information.

Our phone number is still 015242 63067 and the web address is www.sole-to-soul.net.

T. & P. Sedgwick. Windows, Doors, Conservatories.

Workshop 015242 21759

P. McLachlan - Plastering, Pebble Dashing, Damp proofing (Sovereign approved contractor), Roof work. All general building maintenance. No job too small. For friendly service Tel: Paul (01524) 730563 or [Mobile 07581534317](tel:07581534317)

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[Mob: 07794079939](tel:07794079939)

Massage for Health and Relaxation - The Smithy, Lodge Lane, Wennington: Stressed? Sore muscles? Suffer from headaches? Is everyday life becoming more of a challenge? Or perhaps you prefer to be pampered? Massage; Reflexology, Thermal Stone Therapy and Indian Head Massage treatments. Mobile/workplace visits possible. For further details and appointments please contact Sarah Rycroft. Tel: 015242 21166

(please see page 7 for Christmas opening times)

WRAY POST OFFICE-The local shop for magazines,cards,stationery,
wines and spirits, cigarettes, fresh produce, local Bowland sausage and
bacon. Small selection of mince, stewing beef, lamb & pork.
Fresh bread, sandwiches, pies and cakes. Fax machine @ 25p a copy.

Opening Times: Monday to Friday - 7.00 a.m. to 6.30 p.m.

Saturday - 7.00 a.m. to 4.00 p.m.

Sunday - 9.00 a.m. to 12 noon TEL: 21253

TEMPTATIONS - 31 Main Street, Bentham. Tel: 015242 61868

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Graham on 015242 22511 or Mob: 07704454264

**J. Lawson - Electrical Contractor. Tel: 07786222566 or
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The Pottery - Workshops, Drop in, Commissions, Parties. Greenlands Farm Village, Tewitfield, Carnforth LA6 1JH. Tel: 01524 784197
email: wyn@wynabbot.com

Family Funeral Directors: Cliff Small Funeral Service. 20 Brookhouse Road, Caton. Tel: (01524) 770886 (24 hours). Personal, caring attention. Private Chapel. Prepaid Funeral Plans. Headstones.

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B&W Funerals Ltd - Funeral Director, James G Macdonald. Tel: 015242 61370. Mobile: 07758002260. We are an independent company and are members of the N.A.F.D. 24 hour service, Private Chapel of Rest. 39 Main Street, Ingleton, Carnforth. Office Tel: 015242 41293

Toll House Computers -Repairs, Upgrades, Servicing. Networking & Security. Virus & Spyware Removal. All work undertaken. Reasonable prices. No Fix - No Fee. Call Martin on 015242 62605

Handyman - Full garden & home maintenance. No job too big or small. Gardening, Turfing, Fencing, Painting & decorating, Tiling, Flat packs, Doors & locks. Call Terry on 015242 62605. 07702229207

Busy Bodies Pre School - Based at Melling St Wilfrid's CE Primary School. Open Monday and Wednesday afternoon 12.30 until 3.00 p.m. Only £6 per session. For children aged 2yrs until they start school. Fully qualified staff. Ofsted registered following an Early Years Curriculum. Busy Bodies offers places regardless of the choice of primary school. For an informal chat please phone Sue Newsham 07870 160886

Valley Lawns- Gardening, Landscaping, Groundwork. Tree pruning, hedgecutting, leaf blowing, gutter clearance. Contact Dave: 07970352126, 01200447683.**Hardwood Logs for sale £50 & £100 loads**

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www.woodworking-tuition.co.uk

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Lune Valley Practice - sports massage and manual therapy. Lune Valley Practice specialises in sports massage, treatment and rehabilitation of sports injuries and manual therapy for general musculoskeletal complaints. For more information visit the website at www.lunevalleypractice.co.uk, To book an appointment call Andrew Calvert on **07804 893540**

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The Barber Shop, Sation Road, Bentham - *We are moving* - You will find us across the road from early October (Oglethorpe's old premises) Ring 07761725744 or 07851464433 or call and see us in our new shop!

Healing Your Body Naturally. *The Bowen Technique* is a gentle holistic treatment that stimulates the body's own natural healing process. The technique addresses the whole body and works on many levels including the physical, chemical and emotional wellbeing of each individual client. It can be used for most conditions including back and joint pain, sciatica, fibromyalgia plus many more or simply for relaxation and balance. Gift vouchers available. For further information or to make an appointment tel: Kate on 015242 61070/ 0774633220. www.bowtech.com

Bridge House Farm Tearooms and Bistro - Winter Opening. Tues - Sun, 10am to 4pm

December Events:

Christmas lunch served from 1st to 24th December.

Bistro Evenings every Saturday - 4th/11th/18th. 7.00 p.m. to 9.00 p.m.

Kids Club, Friday 17th - Making, Baking and Playing.

Every Friday Tea @ the Tearooms 5 - 8pm, also available to take away.

Bookings now being taken for Christmas, Menus available. Please feel free to pop in and pick up any menu or call 015242 22496

Now Open the Garden Room at Greenfoot Gardens - The local choice for stress free Christmas shopping. Bridge House Farm Wray.

Tel: 015242 21184

Christmas Gift Ideas with a free Gift Wrapping Service

Our Christmas Trees will be on sale from Saturday 4th December. Enjoy a complimentary glass of Mulled Wine when you purchase your tree.

Choose from a range of our own handmade Wreaths and Door Swags.

Winter Opening - Tuesday to Saturday 10.00 a.m. to 4.00 p.m.

Sunday 11.00 a.m. to 4.00 p.m. Ample free parking.

Seasons Greetings from Ann & Helen

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Copy Date for the Wrayly Mail

ONLY Diary Dates (as they are free) can be emailed to:

wraylymail@woodengates.net by the 14th of each month.

ALL other items are collected from the tin in Wray Post Office on the 15th of each month. Business advertisements £2 per month, announcements etc. £1. Please could a name and contact number accompany each item. Please indicate if you do not wish your entry to be published online. (Diary Dates can also be put in tin if preferred).

If you would like a page on the village website please email chris@wrayvillage.co.uk or if you would like a link to your own website on ours just ask. A link back to us is the only payment required.
<http://www.wrayvillage.co.uk>