

The Genial Gardener

Garden? What garden? best laid plans... I am well and truly thwarted! I will have to enjoy the enforced peace and beauty of the landscape. No cold hands and feet, no mud traipsed everywhere, no waiting for another day to...

Nope, just sit, cozy and warm, plan my garden with the seed catalogues, musing, what could and will be in a few very short months! I am NOT going to walk on my smooth, pristine snow... just yet...as long as I am the first to disturb it of course!

It would have been good to get out and clear all the winter debris away, checking out the emerging spring delights, any new shoots appearing around the base of perennials means time to whack back the remaining dead stalks. After rejuvenating them of course, lift, split and share! Would have also checked to make sure the weight of the snow hadn't snapped any branches of the shrubs, they would have had to be cut back and tidied up. One unexpected benefit, the snow is insulating the plants from the chill winter wind. I could have gone into the greenhouse and started planting up all the veggie seeds ready for a bumper crop! Or....just sit in the conservatory, soaking up the heat of the sun shine, treasuring the novelty of my garden, transformed into a perfect winter magical wonderland.

Right, what would I like to do? Well... actually... NOTHING... Okay! **Hilary Price**

Attention: new opportunity for young people

It has always been the Cartmel and District Flower Club's wish to form a young floristry class. We would like to encourage young "budding" flower arrangers to join our Club activities. We realise that students have a great deal of studying to do at school or college but flower arranging is both artistic and therapeutic.

If we get enough interest, the club could arrange classes to fit in around studies i.e. during school holidays or on a Saturday. You will receive qualified tuition at our workshops with no pressure, just unlock that creative florist inside you and be inspired. If you are interested contact any club member or ring Mrs P. Whitehead on tel. 36499 for more information.

Holker Village Hall A.G.M. Report

Thursday 14th Jan

The Officers and the President, Mr G Critchley were all re-elected to serve another year but sadly Mr Jack Tomlinson has retired. The Club sent their grateful thanks to Jack. He will be sadly missed as over the many years he has worked on the committee, he has been a very enthusiastic and hard working member of the Club and the local community.

After a very informative meeting, the committee thanked Geoff and Duncan for the constant battle they undertake keeping our ever increasing utility bills down and coping with the very high running costs of the Club. This year the Club has to replace barge boards outside the hall, have the exterior woodwork painted and replace more of the windows in the care takers house.

We are hoping to appoint Mr E Evans to explore how we can improve the provision and conservation of heat within the Club whilst staying environmentally friendly.

Future Events at the Hall;

We are hoping to organise an Open Gardens Day in Cark and the surrounding area on the 20th of June. Whether you have a large or a small garden, if you would like your garden included in the programme, please contact Pat Rowcliffe tel. 58881 before the end of April. Coffee and tea will be served at the Village Hall for visitors as this will be the main point for the visitors to pick up the programme and Garden map.

NSPCC Fund Raising Event 13th February

The Operatic Society will be producing the musical "MAME" 16th - 20th March

John Denver Tribute Night 8th April

Table Top Sale April 11th 9 am - 1pm, please ring Liz on tel. 58536 for table bookings

Allithwaite Playground

(King George Vth Jubilee Children's Playing Field)

Allithwaite Playground (or King George Vth Jubilee Children's Playing Field as it's more formerly known) has been a vital community resource for the children of Allithwaite since 1937. A popular park, it is managed and maintained voluntarily by a committee from the village.

All running costs are met by fundraising activities and donations. We are 12 months into a redevelopment project as the current equipment needs replacing or repairing. We need to raise £80,000. Children's safety is expensive.

As you read in my thank you letter in last month's Grange Now we have raised nearly £20,000 the majority of which is from villagers and local businesses. We are continually amazed by the generosity we are shown.

December was great fun for the committee as Grange Lions bought Santa to the village. Santa and his merry helpers raised £124 for the appeal. Thank you.

In January we received a staggering £370 from The Pheasant Pub in Allithwaite. Great supporters of our refurbishment project we can't thank them enough for all their help. Please contact Viv Tunadine, 33350 if you would like to know more about the project or if you would like to make a donation.

Fundraising for 2010 continues to go well as three local men have started "Slim for a Swing". Mark Johnston of Clare House, Gary Johnston of Johnston Jewellers and Mike Davis of Bay Search and Rescue are aiming to lose 8stone between them by the end of April 2010.

The funds they raise will help to buy a £2,500 Birds Nest Swing for the playground. These types of swings have been installed at Fell Foot Park. They are incredible fun and very versatile as they allow children of different ages and abilities to play safely on them.

This swing can also be used by children with balance or mobility problems. Sponsorship forms are distributed around the area. These guys need your support to get fit and the children of Allithwaite who wrote to Santa asking for a Birds Nest swing for their playground, will be delighted.

The next few weeks will see a lot of activity in the playground as it has its annual spring clean and essential maintenance work takes place. If you can help in March mowing, digging and tidying the playground please ring Janet on 34643.

Charity Fashion Show

To be held on Thursday 18th March at the Netherwood Hotel and featuring new season ladies clothes from Paragon, in aid of Heal Africa.

There will be three shows throughout the day - 10.30 - 12 noon (£5 including coffee & biscuits) 2.30 - 4pm (£10 including tea, scones, jam & cream) and 7 - 8.30pm (£10 including wine & nibbles).

Tickets available from Paragon Gift Shop or Bobs Hair & Beauty in Cark. More details next month.

Sleep...the day's final frontier

Apparently one in six of us "live our lives in a fog of unrelenting sleeplessness and fatigue" and as a result are more prone to accidents than those who sleep well.

A good nights sleep was once described to me as "a real blessing" and through meeting many people who wake too early, can't get off to sleep or feel unrefreshed in the morning, I can easily appreciate the wisdom in this statement. The way an occasionally disturbed night adversely affects the next day, gives me great sympathy for anyone suffering with a sleep disorder on a regular basis.

- Commonly sleep issues fall into one of the following categories:
- Medical (health disorders causing discomfort or breathlessness)
- Psychiatric (depression or anxiety)
- Drugs (alcohol, some prescription medication, caffeine)
- Behavioural (poor sleep hygiene, hyperstimulation)
- Circadian Rhythm disorders (shift work, jet lag)
- Primary sleep disorders (restless limbs, sleep apnoea)

Age, levels of daily activity, nutrition, seasons of the year and hormone fluctuations are also worthy taking into consideration.

As for the myth of needing eight hours a night, that notion can be dispelled. Sleep is about quality, not quantity and we can tell from our general state of health if it is sufficiently rejuvenating the body and mind, regardless of how many hours we are getting. Herbal remedies and, in certain instances, sleeping tablets can be helpful, but these should only be considered as a short-term measure until the root of the problem can be identified. In most instances, with a little bit of honest self-inquiry, the cause is fairly obvious but on other occasions, it may require a little help from outside sources.

Herbally, I use a number of different plants depending on the details of the disturbance. Valerian has always been the most traditional remedy and on the whole it is very useful however care should be exercised as it isn't ideal for everyone and in certain instances can actually work in the opposite manner. Personally I tend to favour Skullcap, Passion Flower or Lemon Balm and on occasion have used St. John's Wort, Oat Straw, Jamaican Dogwood and Californian Poppy effectively.

A free sheet addressing sleep problems can be obtained from the Practice during Open Clinic hours (see glass-fronted sign outside main doors) or you can call me (number in Health & Wellbeing section at back).

Michael Shortt
Herbalist @ Parish Hall Clinic

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