

Make your New Years resolutions SMART

Hands up if you make a resolution every year and then forget it by about January the 6th. If you make your resolution SMART you have a clearer focus and you are much more likely to stick to it.

- **S** – Specific. Setting a clear target means that you know exactly what you have to do and when you have got there. For example, “I’m going to lose weight” is woolly and unclear. “I’m going to lose 5kg” is more precise and “I’m going to get down to a weight of 75kg” is even better as it concentrates on the achievement rather than what you are losing (we don’t like to lose things, do we?). You could be even more specific by adding a how – “I’m going to achieve a weight of 75kg by eating a healthy diet and going to the gym 3 times per week”.
- **M** – Measurable. Make sure that you have a way of measuring your progress and whether you have reached your goal. For example, “I’m going to get good at running”, is not measurable. Much better is, “I’m going to improve my running until I can run 1 mile in 5 minutes. I will achieve this by cutting 5 seconds off my 1 mile time every month”. This gives a clear way of measuring progress towards the goal.
- **A** – Achievable. The resolution must be within your control. What would be the point in deciding to visit Saturn or that your brother will get a new job? The first is clearly not possible and the second is not under your control. Your resolution might be to *help* your brother get that new job as that is now achievable *for you*.
- **R** – Realistic. The resolution should be challenging but reasonable. If the goal is too easy, it will hardly seem like an achievement: If it is too hard it will be demoralising when you don’t achieve it or, much more likely, you will give up along the way. Choose a resolution that you have to work at but have a good chance of achieving. And just in case you are relying on this strategy - winning the lottery might be possible in theory, but it’s not realistic!
- **T** – Timed. You have to know when you are aiming to achieve the resolution by. You can then pace yourself properly and know that you have achieved it. To decide “I’m going to redecorate the bedroom” is ok but “I’m going to redecorate the bedroom by the end of February” is much more powerful.

Good luck with your resolutions for 2008!

Andy Hilton
Result Coaching

FROM THE VICARAGE

Dear Friends

Christmas will be different again this year .. nothing new there then. Christmas organising always seems to be a challenge. You know .. you just seem to have got everything sorted out, card list done, visits arranged, presents planned, then along comes something that throws all the planning into chaos. The special gift you’ve ordered is out of stock, auntie Mabel decides she’ll stay home after all hoping you’ll provide a turkey on wheels service. Others change plans, others have different expectations .. and all effect your great resolution that just this once you will enjoy a stress free yule tide. Maybe cards should have such a greeting. ‘wishing you a stress free Christmas!’ Yes, we all yearn for a time without the usual fraught scramble and panic. It’s already started for me. This year it’s the diary. Every one of our 5 parishes would like to have all things ‘as usual’ carol services (good job I like carols —although that may change) Christingles, plays ..and all other trappings we’ve attached to the arrival of the baby in the stable. No wonder each year someone asks “Where is Jesus in all this?”

We have to change. Everything cannot be led by the vicar and being at several midnight services is impossible. Cloning is not an option! So this year for the first time the midnight service for the parishes will be at Tebay and there will be the usual Christmas Eve Eucharist at Bampton at 9.30 pm, Shap will of course have its usual crib service at 5.30 pm, and a short service at 11 am on Christmas Day.

There will be many, many events leading up to Christmas as we celebrate the fact that God sent his son to live amongst us. Yes Jesus really is in the midst of all this .. Mary and Joseph too. When we think of Mary, heavily pregnant, travelling all those miles to give birth, then to travel to another church to celebrate the event is not much to ask.

We may have to change our man made arrangement, but God’s message, the Christmas message is changeless, ever the same .. the greatest gift ever. That on that wonderful night all those years ago God became man, the saviour of the world came to live amongst us, and eventually to die for us. May you have a peaceful time, a wonderful and meaningful Christmas, and amidst all the activity may Jesus be a very real part of your Christmas celebrations.

Best wishes Carole

THANK YOU THANK YOU

To Julian at Shap Wells for the chairs for the morning chapel at Shap and for the chairs for the church hall at Bampton. Happy Christmas !!



SHAP WITH SHAP RURAL PARISH COUNCIL

DOG FOULING

You will have received with this issue of Shap Today a leaflet prepared by Eden District Council relating to the matter of dog fouling.

In past months Eden District Council has been carrying out a review of the whole litter subject, including the disposal of dog waste. One result of the review is that no new dog bins will be provided in the District and as a consequence the new policy is to encourage dog owners to place **wrapped dog waste in ordinary litter bins or their own domestic waste bin if no dog waste bin is available.**

One positive outcome of the District Council's review is that there will now be two Dog Wardens, newly named Community Wardens, who will operate a shift system giving some service during evening hours.

In relation to Shap itself, a number of new litter bins have been provided and these are located as follows:

One near the Market Cross (purchased by the Parish Council)

One at the Low Well (grant from Eden Fells Neighbourhood Forum)

One at the road end near the sausage factory (given by Eden District Council)

One in the layby south of the Greyhound Hotel (relocated from Low Well)

These are, of course, in addition to the two dog waste bins in the Memorial Park and litter bins distributed along the main road.

Please help to keep Shap tidy by using the facilities provided and if you are using the ordinary litter bins for disposal of dog waste please wrap it very carefully. Thank you.

Signed: Dorothy Waterworth (Parish Clerk) Dated: 16 November 2007

BABY CLINIC - CHANGE OF DAY

Please note that from January 2008 the Baby Clinic will be on the 1st & 3rd Monday of the month 1 - 3 pm at Shap surgery (starts 7th January).

Unfortunately due to a management decision the Baby Club sessions at Playgroup will no longer run.

Fiona Sim Health Visitor Tel 017683 62378

HISTORY IN HOUSES (AND HOSTELRIES) by Jean Scott-Smith No 35 - The Queen's Head



Upper photographs from different periods show the Queens Head as a hotel, the lower one shows the building as it looks today.



The Queen's Head was once one of the coaching inns, the original building faced directly north, at right angles to the road, and had stabling and outbuildings to the rear. The stream known as Crook Syke ran beside the hotel, this was later flagged over, its presence was reason the neighbouring property is called Brook House.

Early licensees from the Parish registers : Edmund Atkinson during the 1740's and 50's, and Thomas Jackson during the 1770's. The Census of 1851: records Mrs Elizabeth Hutchinson, as does Kellys directory of 1858; Bulmer's directory of 1885 lists Margaret Sewell.

In *Shappe in Bygone Days* (1904), Whiteside records Hetherington as the licensee, and tells the reader that 'on the left of the front room fireplace is a fragment of a cupboard, now papered over, bearing the date 1704'.

The Queens Head closed as a hostelry in the early 1960's when Ted Bentley retired. It then operated as a lodging house for navvies working on the construction of the M6 motorway. It was bought by Alan and Jackie Wright in the 1970's and during their work on the house blocked door and windows openings have been uncovered on the inside north wall, but as Brook House is attached to that side, it is not possible to trace them further.

The present day frontage has an impressive doorway of a mid 18th century style with a Greek key pattern, indicative of the revivalist period.



Shap Medical Practice - Surgery Times

8.30am - 6.30pm Mon/Tues/Wed/ Fri 8.30am - 1.00pm Thurs
(Reception is closed 1.30 - 2.30 pm for lunch)

Protected Learning Time for Staff Development

Thurs 13th Dec & Tues 15th Jan surgery closed during afternoon. Cuedoc cover from 1.00 - 5.00 pm

Christmas Eve / New Years Eve Emergency Appointments Only

Surgery will close at 4.00 pm. A doctor will be on call for **Emergencies Only** until 6.30 pm. Contact by phone on 01931 716230

Closed Christmas Day, Boxing Day & New Years Day (other days as normal) in an emergency contact CUEDOC on 01228 401999

Please order prescriptions in the normal way ensuring you have enough for the holiday period.

Have you had your flu vaccine yet? Book an appointment if any of the following apply: over 65, diabetes, chronic heart disease, chest complaint, asthma, chronic kidney disease, lower immunity. Tel 01931 716230/716321

Wishing all our patients a Merry Christmas and a Happy New Year

You May Not Know You Have It

Chlamydia is the most common sexually transmitted infection; up to 1 in 10 sexually active young people have it.

Chlamydia is a bacterial infection that affects the sexual organs. Most people have no signs or symptoms and would not know they have it.

If Chlamydia is not treated it can spread to other parts of the body and may cause infertility problems in men as well as women.

Shap surgery are taking part in a national Chlamydia screening campaign to try and pick up cases early and treat them.

The treatment for Chlamydia is simply four antibiotic tablets. A urine (wee) sample is all that is needed to test for the infection. This simple free, confidential test is now available at Shap Medical Practice.

If you want to discuss this any further please make an appointment with a doctor or nurse.

AUCTION OF LILLIPUT LANE COLLECTABLE (BLUEBELL LANE)

Please place bids at Shap Surgery if you would like to be the lucky winner
Closing bids Thursday 20th December 2007 at 2.00 pm

RAFFLE TO RAISE MONEY FOR SHAP SURGERY EQUIPMENT FUND AND THE NORTH AIR AMBULANCE

We have raffle tickets in the surgery and various outlets in the village. Please support us. There are over 45 prizes to be won. Good Luck. The North Air Ambulance will be attending the draw, which will take place at the Surgery on

Thursday 20th December 2007 at 2.00 pm.

There will also be an information stand

1st Shap Cub Pack Update

Shap Cubs is a thriving group which now has 14 young members, both boys & girls, aged between 8 and 11 years. Sam Marsden has done an excellent job of running the pack since July 2005 (even though he only intended to take it on for 6 months!) Sam now has a number of other commitments and is unable to continue to lead the pack and so will pass this job on to John Basnett. John has been a creative and enthusiastic assistant over the past year.

All the cubs would like to say a very big **THANK YOU** to Sam for his commitment to the group & especially for taking them to camp at Lowther in May this year to celebrate the 'Centenary of Scouting'. Thanks also to Fay Jowett and Sue Mallinson who have given much time and enthusiasm to help run the pack over recent years.

We would love to hear from anyone in the area who would like to help John with the Cub Pack on a Wednesday evening from 7 - 8.30 pm. It is a rewarding and interesting opportunity to come and be part of a friendly cub pack. Any help would be greatly appreciated.

If you need any more information please contact:

Anna Dutson on 01931 716195

Or John Basnett on 01539 624525

Eden Animal Rescue, Hardendale, Shap

The charity is now well into their second year at Hardendale. It has been a great step forward to have all the animals in one place and finding them all new homes has been even more successful.

Visitors are always welcome at the Centre (if possible between 10 am and 3.30 pm) any day. It can be helpful to ring first.

New volunteers are always welcome either working with the animals or in the office answering the telephone and updating records. Help is always needed at fund raising events wherever they are held (if anyone has a new venue or idea please get in touch)

Anyone who is interesting in learning more about the organisation or is interested in helping or adopting an animal can phone 01931 716114

Co-op No 6196

SHAP FOOTBALL CLUB

Both teams have had a good start to this season following promotion after last season. The 1st team are lying 2nd and the reserves are 4th in their divisions. We have had a generous donation from Jenkinson's Forest Products through Ian Stewart which enabled us to purchase new nets, practice balls, match balls, training bibs and water bottles.

The 1st team are sponsored by the Kings Arms who provided a new kit, and Clover Landscapes, who provided tracksuit tops.

The 2nd team, for the 4th season, are sponsored by Carrock Meats who provided the kit and the Crown Inn (Shap) and The Crown & Mitre (Bampton) who provided polo and sweatshirts.

We also have match day sponsors who will be advertised on the team sheets in the paper shop and Kings Arms, along with our main sponsors. Without the generosity of all our sponsors we would not be able to take the club forward as we are aiming to do.

The football stand will be getting a makeover so hopefully we will get a few more spectators down to watch. It is surprising how much of a difference a good crowd makes to the players' performances. There is one of the teams at home most Saturdays, kick off at 2pm.

Hopefully by the time the next Shap Today comes out we will both be challenging for

Shap Badminton Club

The Club is fund raising and hopes for your support

QUIZ NIGHT with PIE AND PEA SUPPER

15th December at the Memorial Hall

£12 for a team of 4 (max). Bring your own drink.

All welcome, so come along and start your Christmas festivities here

CHRISTMAS RAFFLE

Lots of prizes. Books of tickets for a £1 (or 20p a ticket)

To be drawn on 15th December at the Quiz night

QUIZ SHEET

50p a sheet available from local shops.

The winners will be announced at the Quiz Night

For tickets or details call Sylvia Hodgson 01931 716619

PLEASE TRY AND SUPPORT YOUR LOCAL PLAYGROUP EVERYONE WELCOME

Family sessions 0-5 years: Monday - Thursday afternoons 1.15 - 3.15 pm
Tuesday - Wednesday mornings 9.15 - 11.15 am

3 - 5 years: Monday morning / Tuesday afternoon
(Child able to be left under the supervision of Playleader)

9 mths - 1 year £1.10 1 - 3 years £2.20 3 - 5 years £2.90
Tea/coffee 60p

Call in for more details we will be happy to see you,
tel: 07763941396 or Glenis Furness home 716484

SHAP PLAYGROUP CO-OP DIVIDEND NUMBER 2512

YOUTH CLUB/PLAYGROUP/NEW SPORTS HALL LOTTERY WINNERS

5th October

£100 Sandra Roze

£50 Margaret Davies

£20 Judith Newton

2nd November

£100 Jane Thompson

£50 Dave Anderson

£20 Mary Newton

You've got to be in it to win it!

As from January 2008 we are changing the lottery, Youth Club, Playgroup and the New Youth centre project will all benefit. We hope you will continue to support us. If you have any queries contact Glenis 716484.

Poppy Appeal for Earl Haig Fund

£1891.50 collected in tins. Church collection £121.30

Many thanks to all who gave so generously. *E Davidson*

We raised £378.00 at the **Macmillan Coffee Morning.**

Thanks to all who supported us.

Shap Community Development Centre

Courses do not run week beginning 11th Feb or 21st Mar-4th Apr unless otherwise stated.
 Please note the centre will be closed from 12.00pm on Thurs 20th Dec till Mon 7th January.
 Please try and register an interest for January courses by Mon 17th December.
Computers for Beginners daytime course starts in January

Spanish for Beginners	Tu 8 th Jan	1900-2100	10 wks
Digital Photography Beginners	Wed 9 th Jan	1900-2100	5 wks
A Taste of Cumbria	Wed 9 th Jan	1900-2100	5 wks
French – Beg/Inter term 2	Thu 10 th Jan	1900-2100	10 wks
Pen & Wash for Beginners	Mon 14th Jan	1300-1500	10 wks
Adobe Photoshop Beginners	Wed 13 th Feb	1845 – 2115	6 wks
Floral Art for beginners – Spring	Mon 18 th Feb	1915 – 2115	5 wks
Italian for Beginners	Wed 20 th Feb	1900-2100	12wks

Move on with English Monday daytime starting in January FREE
 Beginners to Advanced, Daytime/Evening, let us know if you are interested

UK online at Shap CDC

- Are you new to computers and the internet?
- Do you feel you are missing out?
- Do you want to keep up with your children or grandchildren?

We can offer you FREE one to one help in using a computer to get you started – then you can join a small group and we will lead you through the internet and show you how to use email....

Perhaps you have been on a course before but still need some help, or perhaps a short refresher....we can help you with this as well.

Contact Janet or Sharron at Shap CDC, tel 716447

Office hours: Mon & Fri 0900 – 1200 during term-time.

Wishing all our learners Peace and Joy throughout the Christmas Season

‘QUIZ TIME’

Last Tuesday of the Month
1.30 pm
 At Wasdale
 Next one 29th January
 Queries 716126

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 ★ CAROLE’S CHRISTMAS ★
 ★ CRAFT DAY ★
 ★ Saturday 15th December ★
 ★ 9.00 am - 12 noon ★
 ★ See notes for venue ★
 ★ Lots of Glue, Glitter, & Fun ★
 ★ £2 per child inc. ★
 ★ snacks and all materials ★
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Shap Mothers Union

Invite all Parents/Grandparents/Carers and Pre-School Children to come to the
 ‘Jesus Birthday Celebration’
 In the Green Room , Memorial Hall
Friday 14th December 2.00 pm

Playgroup Christmas Party

Thursday 20th December Memorial Hall 11.30 am - 1.00 pm

Please bring a plate of food for each child
 You will also need a present for your child/ren wrapped and their name clearly written on the parcel.
 Santa will arrive at approx 12.30 pm. To give out the presents.
 Everyone welcome



Shap Local History Society

Open Archives
 in the Heritage Centre
 10 am - 12.30 pm
Sat 1st Dec & Sat 12th Jan
 (Please note change of date)

Mon 21st January - ‘Traces’
 an evening of readings
 7.30 pm The Green Room
 Visitors welcome, £2

Mothers Union New Year Coffee Morning

Saturday 5th January
 10.00 - 11.45 am
 at
 The Hermitage
 Bring & Buy Raffle
 All are welcome

In aid of St. Michael’s Church

VILLAGE DIARY

DECEMBER


Saturday 1st	10.00—12.30	History Society Open Archives	Heritage Centre
Mon 3rd Dec	2.00 pm	MU Advent Service	St. Lawrence Morland
Friday 14th	2.00 pm	Jesus Birthday	Memorial Hall
Saturday 15th	pm	Quiz, Pie & Pea Supper	Memorial Hall
Thursday 20th	11.30 am	Playgroup Christmas Party	Memorial Hall
Thursday 20th	2.00 pm	Wasdale service	

JANUARY


January 2nd 2008	3.00 pm	Pinnocchio	Memorial Hall
Saturday 5th	10 - 11.45 am	Coffee Morning	The Hermitage
Saturday 12th	10.00—12.30	History Society Open Archives	Heritage Centre
Thursday 24th	2.00 pm	Wasdale Service	
Thursday 24th	7.00 pm	M.U. AGM & Party	The Vicarage
Tuesday 29th	1.30 pm	Quiz Day	Wasdale

CLAIMING DATES

1st February	Winter Warmers	
10th February	Dominoes	Crown Inn
24th April	Pudding Night	



SPECIALLY FOR TOTS
 Around the tree in church for all pre-school children
 Wednesday 5th December 2.15 pm
 Mums, Dads, Carers, Granparents welcome



Kids in Church

A Sunday school asked her children as they were on the way to church service

“And why is it necessary to be quiet in church?”

One bright little girl replied

“Because people are sleeping.”

CHURCH NEWS

METHODIST CHURCH

Morning service 10.00 am Every Sunday in Walkers Coffee Shop
Christmas Day 10.00 am In Walkers Coffee Shop

ROMAN CATHOLIC CHURCH

Vigil Mass 4.30 pm Every Saturday in St. Michael's Church
Christmas Eve 3.30 pm Mass

ST. MICHAEL'S CHURCH

Holy communion 8.30 am Wed and on Major Festival Days
(not Dec 26th & Jan 2nd)

Morning Prayer 8.30 am Tues & Fri

MONTHLY PATTERN OF WORSHIP

1st Sunday 11.00 am Family/Children's Service with Vicar
2nd Sunday 11.00 am Parish Eucharist with Vicar
3rd Sunday 3.30 pm Service with Vicar
4th Sunday 11.00 am Praise and Prayer led by Worship Group
 (except 23rd Dec)
5th Sunday We share Worship with Bampton alternating the venue
December 30th Bampton 9.15 am

DECEMBER - SHAP

Sun 2nd 11.00 am Advent Family Service making the advent wreath and sending out Mary & Joseph on their journey
Wed 5th 2.15 pm Round the Tree Service in church for pre-school and their mums etc.
Fri 14th 2.00 pm Jesus Birthday Party in the Green Room, Memorial Hall
Tues 18th 7.00 pm Village Carol Service
Thurs 20th 2.00 pm Wasdale Christmas Service All Welcome
Thurs 20th 7.00 pm Carols with Carole in The Greyhound
Sun 23rd 3.00 pm Carols at Keld Chapel
Christmas Eve 5.30 pm Crib Service - Children come a bit early please
Christmas Day 11.00 am Short Service - Bring a present to open
January 6th 11.00 am Christingle and Epiphany Service
Thurs 24th 2.00 pm Wasdale Christmas Service All Welcome

EVENTS IN OUR OTHER PARISHES - DECEMBER

Sun 2nd 6.30 pm Carol Service at Ravonstonedale
Mon 3rd 2.00 pm Mothers' Union Advent Service at Morland
Sat 8th 10.00 am Farmers Market & Christmas Market in Orton Church
Sun 16th 6.00 pm Bampton Carol Service followed by Mince Pies & Wine
Mon 17th 2.00 pm Orton School Production in Church
Mon 17th 7.00 pm Carols with Carole in The Black Swan, Ravonstonedale
Fri 21st 7.00 pm Carols and Christingle at Orton

CHRISTMAS EVE MIDNIGHT SERVICE TEBAY 11.30 pm