Lyvennet Link

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September 2024

The Newsletter for Maulds Meaburn, Crosby Ravensworth, Kings Meaburn and Reagill



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LYVENNET LINK

<u>Next Issue - 1st October 2024</u> <u>Copy deadline 25th September 2024</u>

As you have probably gathered the Link may not be out by the 1st of the month. I would encourage anyone advertising events early in the month to also put them in the previous issue.)

edited by Nick Thomas e-mail: nickthomas@macace.net

Articles and contributions etc., would be appreciated preferably by e-mail <u>nickthomas@macace.net</u>. Please send items as either text in the body of the email or as a word document. (apple-mac files acceptable) Please do not send Microsoft publisher documents as I am unable to open them.

Parish Council Minutes.

Minutes of Parish Council meetings are available at:

www.crosbyravensworthparish.org.uk

Planning applications are available to view on the Yorkshire Dales planning portal here: https://planning.agileapplications.co.uk/yorkshiredales and on Westmorland and Furness Council's portal here:

https://eforms.eden.gov.uk/fastweb/search.asp

Services and events at your parish church of St Lawrence in September

[for more info visit www.northwestmorland.church]

Sunday September 1st 11.00am Holy Communion/Rev Sheila Clark Sunday September 8th 11.00am Holy Communion/ Rev Sheila Clark Sunday September 15th 11.00am Holy Communion with Baptism/ Rev Stephen Tudway Sunday September 22nd 11.00am All-age Morning Worship/ Ruth Hutchings

Sunday September 29th 10.30am Holy Communion at St Michael's, Shap for whole Benefice

Other occasions: 'A Time of Gifts' will be our theme for Autumn/Winter and hopefully your household will receive a programme of special events [through your letter box] over and above our normal weekly services. Here are two in October:

Thursday October 3rd 2.30pm School and Community Harvest Thanksgiving Service led by Rev Stephen Tudway and Ruth Hutchings, in church. Saturday October 5th 10.30am Coffee, cake and biscuits in MMVI to support a silent auction of the Harvest Produce brought by school]see above]. ALL proceeds will go to the Upper Eden Food Bank who, they tell us, really appreciate donations of hard cash at this time of year. This they spend on nappies and family Christmas needs.

The Bloody Big Quiz

Friday 11th October 7pm Crosby Ravensworth Village Hall Food, Bar, Quiz, Raffle £10 per head. Quiz teams 2-6

RSVP to Drew on 07803291847 (So we have numbers for food)

All proceeds to Blood Cancer UK In memory of Ian Woodward 1991-2005

Donations can be made directly to Blood Cancer UK via JustGiving, Just search for Ian Woodward



<u>Cream Tea</u>

Friday 27th September

<u> 2pm – 4pm</u>

£4.50 per person

Raffle, Cake/Produce stall

Donations for these gratefully received

All welcome

Liz 715374

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Maulds Meaburn WhatsApp Group/email contact

Maulds Meaburn has a very successful Whats App group. It's a good way to keep in touch with things that are going on, ask questions and ask for help etc. It is not 'just for Meaburn residents'.

If you would like to join the group and are happy to put up with the occasional message not meant for the group... please email me with a mobile number and I will add you.

Alternatively, if you would like to receive a personal email outlining events at MMVI this is also an option.

Karen Asquith <u>hollyhowe15@me.com</u>

Maulds Meaburn Village Institute



The School year is about to start and at MMVI we are thinking ahead,

Gather Inns

The MMVI committee really want to know what people in the community would like to see on the regular Gather Inn events, we would also like more people to help and have ideas.

For the next year these are the planned (or in planning) events

Oct 12th	Pie Night
Dec 13th	Carols around the Fire
Feb 14th	The Not Valentines Quiz
April 12th.	Ceilidh. Provisional
June / July	ТВА

The leaves six months with no event planned, this is where we want support, we would love people from the community to come forward and arrange something for these months, fairly much anything is ok if it raises money for the village hall. The committee will help with all the normal marketing etc. What can you / your family do?

Ideas...... Contact. Pete Button <u>tighmara@yahoo.co.uk</u> Or Karen. hollyhowe15@me.com

Maulds Meaburn Village Institute Regular Activities

Please see our website at <u>MMVI.org</u> to check.

Mondays...

9.30-11.30am Badminton in the main hall. Newcomers of all abilities including beginners, are always welcome.

2-4pm (apart from public bank holidays) the Post Office provides an outreach service, saving you a trip to Appleby/Penrith.

Tuesdays...

On the second Tuesday of the month, Book Club meets <u>between 10.30am and</u> <u>midday.</u>

On the fourth Tuesday of the month, Yarn Group meets <u>between 10.30am and</u> <u>midday</u>. Bring along your latest project whether that be knitting, crocheting ,sewing, embroidery, tapestry, whatever your craft may be.

The first **WEDNESDAY** of the month is Coffee Morning, 10.30am- midday. All welcome. We now have occasional pop up craft tables for you to stock up your present box or treat yourself to something.

If you have bits to sell etc and you would like a table in the main hall please contact Karen to arrange.

Thursdays...

Meeting of the Wine Group (meets bi-monthly) <u>7pm</u> onwards. New members always welcome-come along to see what it's like. Please contact Pete on <u>tighmara@yahoo.co.uk</u>

Fridays...

The Gather Inn often happens on the **second** Friday of the month, (please check with Karen if there is nothing specific advertised) It's usually from 7pm for a 'drop in for a drink and a chat'. Occasional 'extras' are advertised. The bar will be open for all Gather Inn's.

All welcome to <u>Maulds Meaburn</u> Village Institute for an October GATHER INN <u>SATURDAY October 12th</u> Pies available. More details to follow. Free entry. Bar open 7pm



Photo by kind permission of Arthur Clegg

MAULDS MEABURN VILLAGE INSTITUTE WEBSITE



All welcome to <u>Maulds Meaburn</u> Coffee Morning Please join us in the Village Hall for coffee or tea and a chat on the first <u>Wednesday</u> of the month

Coming up on September 4th October 2nd November 6th December 4th



Donations welcome! 10.30 'till 12 noon **New... POP UP CRAFT STALLS** Please contact Karen on <u>hollyhowe15@me.com</u> if you would like a table to sell produce.



Holly Carter Don't Mourn-Organise!

Atalk about the life and music of Foe Hill

HOLLY CARTER







Maulds Meaburn Village Institute Saturday 16th November, 7.00pm

Bar open from 6.30pm

Holly Carter is a Bristol based songwriter and multi-instrumentalist, specialising in fingerstyle guitar and pedal steel. Two time winner of Instrumentalist of the Year at the AMAUK awards, Holly is an in-demand session player and has performed with some of the most well respected names on the Folk, Americana and Blues circuits, including Allison Russell, Amythyst Kiah and Martin Harley. MMVI.org



TICKETS ~ £8.00 Book via Karen Asquith: hollyhowe15@me.com

https://hollycartermusic.com

Follow the link to see Holly perform Casey JONES.



Mauks Meaburn Village Institute

Illustrated Talk LEE SCHOFIELD Wilding the Eastern Lakes

Lee is author of Wild Fell: Fighting for Nature on a Lake District Hill Farm (Penguin/

Transworld), his account of a decade working for the RSPB at Haweswater and his pioneering conservation work. Writer for **BBC Wildlife** Magazine, **British Wildlife** Magazine, **Trail** Magazine, **Cumbria Life** Magazine, and other publications.



With Lowther Estates, Lee is now working on the largest Landscape Recovery project in England, aiming to create a 60 square mile corridor of wildlife-rich land from Penrith to Kendal, with wild Haweswater at its heart.

> TICKETS: Reserve through Karen Asquith: hollyhowe15@me.com

Maulds Meaburn Village Institute Saturday 7th September, 7.00pm

Refreshments after the talk

Tickets £5.00





Bar open from 6.30pm



Maukh Meabur Village

Wine Group



A small gathering again in July to explore wines for a picnic.

We started with some very nice English bubbly from M&S along with a reading of Ratty's picnic from Wind in the Willows.

Then on to a wonderful greek 'orange' white, which was a bit different, and a nice French white

A rose from the French Riviera was next.

Nick named Bart's wine was a very nice Pinot Noir from Rialto Bartolomeo. Final a Muscat desert wine.

All throughly enjoyed with a range of picnic snacks people brought along, and some excellent conversation.

Next meeting WEDNESDAY September 25th 7.00pm with the theme of wines to have with foraged food, (nuts and mushrooms)

Further information contact Philippa. philippa.cordingley@curee.co.uk





BAKING DEMONSTRATION WITH ABBI LAWSON

Talk and Tasting with a focus on local and foraged food

Maulds Meaburn Village Institute 2pm, Saturday 28th September

Tickets £5 (a donation of a small raffle prize would be appreciated)

Tickets available on the door or from Appleby Tourist Information







Smardale Gill Railway: A Landscape Embedded in its People and History

Jill Brown





Maulds Meaburn Village Institute Thursday 24th October 7.00pm

Tickets £5.00 Bar open from 6.30pm

Jill is an accomplished multi-media artist and a recent graduate of Derby University/ Leek School of Art. Smardale Gill and its railway are inextricably linked to Jill's family history. Her talk explores this history through her artwork and photography referencing archival text (1860-1900) as a narrative.





Book places via Karen Asquith: hollyhowe15@me.com

Steve is an award winning travel and wildlife photographer and was a finalist in the prestigious BBC Wildlife Photographer of the Year open competition in 2010. His talk will focus on photographs taken in and around the Courmayeur area in the Italian Alps, taken in 2023. See the poster every Tuesday evening 5pm - 9am Pizza evenings to start with, you can eat in the pub & have a drink or takeaway.

The food will change along the way...Kitty



A Look in the Past

Following on from last month's delve into the book 'Some Westmorland Villages', compiled in 1957 by members of the Women's Institute throughout the county, this month we move onto 'Farming and farming changes' in our two villages.

However, if you were a bull, the news wasn't good! (*)

"Farming is of course the main occupation of the people in both villages, with as secondary the various crafts vital to the maintenance of farming or that serve the domestic needs of the inhabitants.

In its way the C19^{ch} saw almost as revolutionary changes in farming methods as the C20^{ch} as done.

Experiments in drainage were made then which preserved rich surface soil that had previously been lost. Implements improved in an age that was beginning to feel the impact of rapid mechanical developments, and science was feeling its way in agriculture by the various experiments in animal feeding and in new chemical manures.

Where the C20^{ch} has outstripped the C19^{ch} is in the intensification of these developments and in the amazing rate of production of highly efficient mechanised farm implements.

We remember the days when threshing was done with flails, when the horse on the farm was quite indispensible and put to multifarious jobs.

When sheep and cattle were driven to markets, as far afield as <u>Penrith</u>, on foot, and not loaded into lorries.

When good farm "muck", perhaps some lime, went on to the land and nobody urged the use of artificial manures or fertilisers or came to analyse the soil for deficiencies; also when the threshing machine needed coal to keep it going!



One of the drawings in the book as supplied by Miss F.E. Hawkins Of Crosby <u>Bayensworth</u>

Incidentally, the good neighbourly custom of all farmers helping each other on 'threshing day' still obtains. Machinery of all types is now used for farming and the familiar and rather sad sight of idle, and possibly bored horses in the fields when in past years they would have constantly busy, emphasises that the tractor has ousted the horse. It has also reduced the labour on, or extended the possibilities of the farm.

Ask our farmers to speak of some of the changes, and besides the tractor and all its implications, they will say that milk yields have gone up through better feeding of cattle, crop yields have increased because of more scientific fertilising, silage has been introduced as valuable winter fodder, artificial insemination has reduced the number of bulls kept(*), there are more cattle and the production of milk is a main concern and occupation.

Land has been reclaimed, drained and cultivated and as a result less second-class land is seen.

Even the face of the countryside has changed in some ways, hedges been replaced by wire fences, tarred roads have banished dust from our lovely hedges and the electric pylons, meaning so much to the isolated village, are seen in every direction. With electricity has come the electric milking machines, boilers, lights instead of oil lamps and the telephone brings the doctor or "Vet" very quickly, in contrast to the days when a messenger had to go on foot or horseback with a message.

The "Vet" has superseded the old "Cow Doctor" who was, apparently, a great and familiar character around here and whose simple but occasionally drastic remedies of ginger, tar, and oil have given place to modern drugs of impressive nomenclature, whilst animals seem to have developed a lot of new diseases!

The change in farm wages reflects something of the change in status of labour and in the standards of living over the last 50 to 100 years.

In an old book containing farm prices and wages paid out in this parish, we read that in 1858 farm workers got £12 10s. <u>0d</u>, £8 10s. <u>0d</u>, and £4 15s. <u>0d</u>, for the half year, a maid getting £6 0s. 0d.

About fifty years ago a young maid got as little as £3 0s. 0d, for the half year for indoor and outdoor work and this increased to £5 0s. 0d, when she was fifteen. By 1904 wages for a man had risen to £2 8s. 0d, a week and today, as we know, they are very nearly £7 a week; and this for a forty-seven hour week as against the old one of sixty hours."

Next month – Blacksmiths

Darren Rogers

*an accidental smallholder I used to know had a <u>Tup</u> that every November would ask him "Is there overtime going mate? I'll work all the hours that you can give me".

SALOME by William Wood

From the moment she was blown onto the stage in a gust of passion Salome spread a feeling of excitement. She combined the vulnerability of a white silk butterfly buffeted in a gale, the lightness of a blob of foam skimmed from a stormy sea, and the exhilaration of a gull soaring with precision through the waves. She was both driven by her destiny and in control of it. The restless, exciting music kept pace with her, underscoring this nervous energy.

Salome had been on stage only a few minutes, but such was the sense of expectancy she aroused that we sat on the edge of our seats, our breaths held, tensing our muscles.

Look, brushing her admirer Narraboth aside, Salome approaches the well where lokanaan is imprisoned. Like a moth, she flits in the dusk around this well, this flame of her passion, this mysterious, this exotic prophet who fascinates her, whose presence excites her with an intense lust. When his voice booms up from the well, he thrills us, too, and we stare, we listen in fascination as Salome is driven wild.

Now, Narraboth in order to please his mistress, has released the prophet who curses the whole of Herod's court and who rejects Salome herself. Proudly, scornfully he repulses the woman. But she must have a kiss. The despairing Naraboth kills himself but Salome does not notice him. Neither does she heed lokanaan's insults. She must kiss the strange, stern man's mouth. In disgust lokanaan returns to his well, the lid is fastened down and Salome rolls over and over on top like a cat on heat, blinded by her desire for the prophet's scarlet mouth.

How long have we sat here? Already we want to applaud. Applaud because it is good, applaud the singing, applaud the acting, applaud the musicians, applaud most of all to release ourselves from this terrible tension.

To applaud would be an act of love. But the music races on, Herod appears, there is no letup in the action.

Now she is dancing. For a moment the music is slow and teasing. Veiled Salome begins to tantalise her father. His mixture of fascination and horror, attraction and disbelief and finally his complete surrender to the wicked charms of his daughter match our own reactions. The music becomes wilder and wilder as on each new surge of sexual frenzy Salome discards another veil. Under the music, deep in the well, lokanaan sings as Salome works herself into a climax, in front of the king, in front

of the court, in front of the public, naked. She is dancing for one man only. That man sings sublimely from the depths of the well.

The dance is over. Salome lies still on the ground. Her father Herod is stunned. Irresistibly he strokes her bare legs but at the same time is appalled at the contact. And again we wish to applaud, applaud the dance, again we scream inwardly to relieve our feelings. Let us applaud for relief. But wait, hasn't Herod promised his daughter anything she wants. Now he is asking her what is to be her wish.

For the first time since the first note was played complete stillness, complete silence, for a second, falls. In the awful second we anticipate Salome's victory, her sublime triumph as she sings "I want the head of lokanaan."

On the move again she elaborates in song the idea, lets the thought grow, is enraptured now at the thought of lokanaan's head on a silver platter.

She gets her way. We witness the execution through her eyes as she paces the mouth of the well. The head is brought up, the music spares us nothing. The song, the movement, the agitation, the moment of cold ecstasy as Salome kisses the lips of lokanaan's severed head - the audience is now completely in the thrall of this crazed princess, in the thrall also of an artiste we are aching to applaud and for whom the music will not wait.

Then Herod the monster, appalled at his daughter's excesses, proclaims her to be a monster. He orders her to be executed, the soldiers surge forward and crush her to death with their heavy shields as we would crush a wasp in a marmalade jar. In the sudden black silence the curtain drops.

At last we can applaud. The audience roars out. It is time to give back all the excitement received and which we can no longer contain. It is a physical necessity to clap, to stamp, to cry out. The curtain bounces up again, lights shine brightly on a full cast. Something is wrong. Salome is lying where she fell. We wait, breathless for her to rise. Herod and Narraboth suddenly become two singers bending over a colleague. Something is said into the wings, the curtain falls swiftly and the house lights go up. The audience waits, some of them begin to leave their seats. In the cloak room the rumour reaches us that Salome, that the singer who played Salome, is dead. In the morning the rumour is confirmed. And no one, but no one was able to applaud the performance of a lifetime.

Rethink what you think about heart attacks

"You had a heart attack, you're going to hospital.....in a helicopter!" "No I feel fine, I'm absolutely ok, I can drive to the hospital for a check up' "No! ok you go in ambulance, but with the blue lights on! No discussion!"

I'm been involved with first aid all my life, I've had years in Mountain Rescue Teams, I've been a Community Responder in the Parish for six or seven years, an NWAS (Ambulance) bag with defib and oxygen lives by my front door; I thought I knew a bit about heart attacks.

In the ten days before my trip a couple times I had a feelings in my chest, I really can't say pain cause it wasn't, imagine you are leaning back in a chair and you rest your iPhone on the base of your neck, top of chest? You can barely feel it. That was how it was. These feelings lasted two to five mins, I'd take a couple of deep breaths it would go away and I'd carry on with what I was doing, not that I had stopped doing anything anyway.

On the fifth morning of kayaking in Austria after some good days out I was loading my boat getting my gear together and had the feeling again, so slight I didn't stop. The feeling carried on longer this time over half an hour so I did sit down a bit. What was slightly different this time was I was sweating quite profusely, I do know that is a key symptom of heart problems. It all stopped and I felt absolutely 100%. I drove to the river with my friends, scouted some rapids but decided due to the sweating that I wouldn't paddle and may visit a Doctor.

As I felt really good, disappointed not to have paddled I thought the Dr would give me an ECG, maybe some stronger aspirin, I'd even looked at the campsite menu to decide what to have for dinner when I got back.

Then the conversation I started with.

Forty Five mins in the ambulance and Into A&E at Salzburg who were excellent in another 45 mins I'd had another ECG seen two cardiologists had and echo cardiogram. I then got seen by a cardiac surgery team and was on a machine with a camera feed in from my wrist taking videos of my heart arteries, all within two hours.

The result of this was that they thought the best option for me was triple bypass surgery, "back in the Uk, I asked?" "No here in the morning!" I could see several blockages in all of the three arteries feeding blood to my heart, some of them quite long. How was I feeling so fit and on an alpine kayaking trip? I still don't know?

As it turns out they allowed me to stay in ICU, with defib pads already stuck to my chest, (that is quite scary when you still feel absolutely ok) for the next day and the op was first thing the following morning.

Nine days later I'm feeling good, my obs are good and I'm hoping to fly home tomorrow.

Twelve days later I'm at home after a couple of flights, one delayed five hours. I'm very please to be home, a little scared and shocked.

I'm quite active eat a fairly healthy diet, and now I've had a heart attack and huge open heart surgery.

I think there needs to be some learning about when almost no pain in the chest is really serious pain in the chest. We know men and women are often show different signs and symptoms, nearly 40% of myocardial infarctions (heart attacks) are un noticed, it seems almost any feeling in the chest

worthy of investigation

Pete Button





Wild mushroom pakora, masala spiced mango, turmeric yoghurt (v) (gf)	8
Butchers chicken liver pate, farmhouse chutney, hot toast, butter (gfr)	7.5
Sticky chilli pork ribs, spring onion, sesame	8
Breaded whitebait, roasted garlic mayonnaise, lemon, chive	7
Salt + pepper calamari, chilli jam (glr)	7.5
Pulled pork + our own black pudding croquettes, pickled walnut ketchup, crispy	skin 8.5

MAINS

Steak, ale + mushroom suet pudding, dripping chips, mushy peas, gravy	17.5	
10oz Rib-eye steak, cowboy butter, dripping chips, field mushroom, pickled onion rings, watercress (gfr)	25	
Butchers white fish pie, cheddar mash, crispy king prawn, buttered greens	19	
Battered haddock, dripping chips, mushy peas, lemon, tartare (gfr)	15.5	½ 12
Cheddar + ham stuffed chicken schnitzel, garlic mash, broccoli, cheese sauce	18	
12oz gammon steak, dripping chips, garden peas, double hens egg (gf)	16.5	
Plant based burger, mozzarella, lettuce, fries, pickled coleslaw (ve) (v) (gfr)	16	
Lamb + black pudding holpot, roast beetroot, celeriac, carrot, mint gravy (gfr)	18	
3 Little piggies. Pulled shoulder, sticky cheek + slow roasted belly, creamy mash, buttered greens, French onion sauce, scratchings	19	
Butter bean, vegan sausage + red pepper orzo jambalaya, crispy red onion (gf) (ve) (v)	15.5	½ 12
Pan fried chicken breast, ham hock croquette, mushroom cream sauce, crispy leeks, spring greens, pomme Anna	18	_
Pulled pork burger, pickled slaw, cheddar + sweet sriracha dirty fries	17	
8 hour braised beef brisket, creamy mash, smoked bacon, mushrooms, roast carrot, tender stem broccoli, crispy onion	19	
Creamed leek, asparagus + three cheese gratin, roasted beetroot + pickled cabbage salad, crusty bread (v)	16	
Sides Chips 4 / pickled onion rings 4 / sweet potato fries 4 / skinny fries 4		
Please advise a member of the team of any allergies or dietary requirements		
(gf) - Gluten free (v) - Vegetarian (gfr) - Gluten free on request, please tell a member of the team		

Wine List

	175ml Glass	250ml Glem	Dottie
Fizz			
Prosecco, Ca' Belli, Italy			25.00
Champagne Brut Reserve, Bernard Robert, France			56.00
Prosacco, Balino, Italy 200ml single serve bottle			6.75
Laurent Perrier Rosé			80.00
White Wi	nes		
Roos Estate Sauvignon Blanc, South Africa, 12.5%	5.00	6.20	18.50
Pinot Grigio, Bella Modella, Italy 12%	5.25	6.60	19.50
Chardonnay, The Accomplice, Australia 12%	5.40	6.80	20.00
Sauvignon Blanc, Round stone, New Zealand 12.5%	6.50	8.90	26.00
Rosé Wir			
Kose Wil	les		
Pinot Grigio Rosá, Dea del Mare, Italy 12%	5.60	7.00	21.00
Zinfandel, Headlands cove, California 10,5%	5.60	7.00	21.00
Red Win	es and	5	_
Roos Estate Shiraz, South Africa 14%	5.00	6.20	18.50
Marlot, Pacifico Sur, Chila 13.5%	5.20	6.40	19.00
Tempranillo, Conessa Luna, Spain 13.5%	5.40	6.80	20.00
Malbec, Sin Rodeo Argentina 14%	6.35	8.50	24.00



GREAT NORTH AIR AMBULANCE BUS SHELTER COLLECTIONS HAVE STOPPED......BUT.....

We are no longer running the 'Bus stop' collections from your village on the 2nd Wednesday of each month, so please don't leave any donations there.

The GREAT news is we have now employed a driver that lives very close to you. This means we can collect your donations for us ANYTIME you wish. You no longer have to wait until the Bus Stop run!

Just contact us to make your collection appointment.

Complete an online form -

https://www.greatnorthairambulance.co.uk/support-us/fundraising/ recycle/clothing-collections/

Or call us on 01325 308139 to arrange a collection. We love to accept any clean clothing, coats, belts, shoes (in pairs) and handbags.

Unfortunately we're UNABLE to collect any household textiles such as towels, bedding, curtains and table cloths and books/bric a brac as these cost the charity to be taken away which isn't great for our funds. We employ all of our drivers and own all of our vans so you know that ALL of your donation come to us direct. We receive no Government grants, we totally depend on your donations to keep saving lives in your area.

We haven't put bags out door to door for a year now in order to save plastic waste.

All of our donations are by pre-arranged collection only.

Thank you for your donations in advance!

Crosby Ravensworth Show

All these lovely photos of Crosby Show taken by George Griffiths , Crosby Ravensworth.

What a fabulous turn out of people & a lovely day had by all. Kitty





















