

**The United Benefice of Lorton and Loweswater with Buttermere
Church Services July 2017**

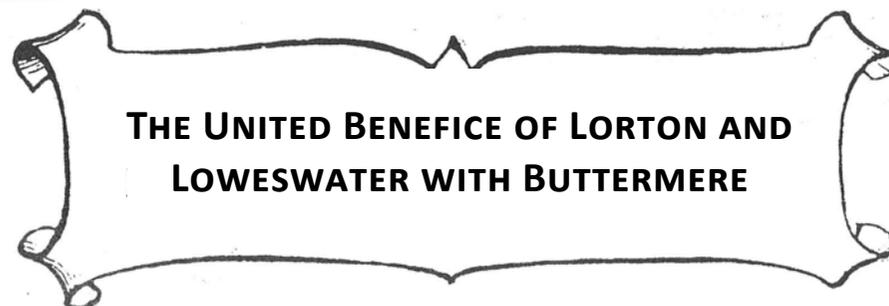
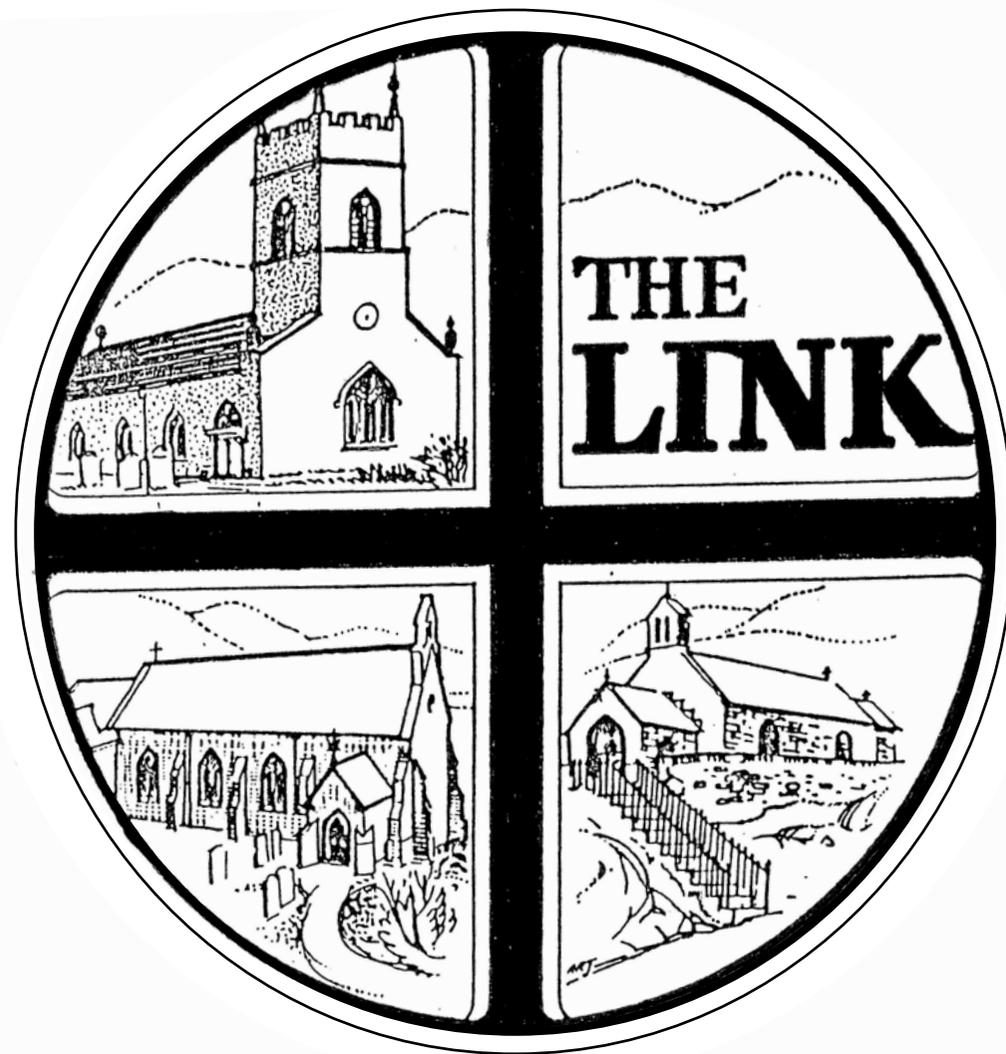
2nd July	3rd Sunday after Trinity		
8.00am	Holy Communion	Lorton	BCP
10.30am	Holy Communion	Loweswater	CW
6.00pm	Evensong	Buttermere	BCP
9th July	4th Sunday after Trinity		
8.00am	Holy Communion	Loweswater	BCP
10.30am	Holy Communion	Lorton	CW
6.00pm	Holy Communion	Buttermere	CW
16th July	5th Sunday after Trinity		
8.00am	Holy Communion	Lorton	CW
10.30am	Matins	Loweswater	BCP
6.00pm	Evensong	Buttermere	BCP
23rd July	6th Sunday after Trinity		
8.00am	Holy Communion	Loweswater	CW
10.30am	Holy Communion	Lorton	CW
6.00pm	Evensong	Buttermere	BCP
30th July	7th Sunday after Trinity		
10.30am	Benefice Service (Pulpit Swap)	Lorton	CW

Church Services August 2017

6th August	Transfiguration of Our Lord		
8.00am	Holy Communion	Lorton	BCP
10.30am	Holy Communion	Loweswater	CW
6.00pm	Evensong	Buttermere	BCP
13th August	9th Sunday after Trinity		
8.00am	Holy Communion	Loweswater	BCP
10.30am	Matins	Lorton	BCP
6.00pm	Holy Communion	Buttermere	CW
20th August	10th Sunday after Trinity		
8.00am	Holy Communion	Lorton	CW
10.30am	Holy Communion	Loweswater	CW
6.00pm	Evensong	Buttermere	BCP
27th August	11th Sunday after Trinity		
8.00am	Holy Communion	Loweswater	CW
10.30am	Holy Communion	Lorton	CW
6.00pm	Evensong	Buttermere	BCP

Deadline for Sept is Fri 25th Aug 2017, all articles to lolobulink@gmail.com by this date.

JULY/AUGUST 2017



DIARY DATES FOR JULY/AUG & SEPT

JULY

- 5 Wed Lorton Parish Council at 7.30pm YTH
- 6 Thu Lorton Garden Club coach Trip
- 6 Thu Loweswater Parish Council at 8pm LVH
- 8 Sat Coffee and Cakes hosted by Lorton Gardening Club, YTH 10.30-12.00
- 9 Sun Mockerkin Mob A walk
- 10 Mon Community Lunch Lorton School. 13.15. Contact 07790 459064 to book
- 11 Tue WI talk - by Meredyth Bell on Women in Dentistry. 7.15pm YTH
- 12 Wed Table Tennis YTH 7pm
- 12 Wed Loweswater Ladies walk and supper. 6.15pm walk and 7.15 supper - LVH
- 13 Thu Hist. Soc. Talk - Cumbria Minerals. YTH 7.30pm
- 16 Sun Mockerkin Mob B walk
- 19 Wed Table Tennis YTH 7pm
- 20 Thu Yew Tree Hall AGM and Committee Meeting 19.30 YTH. All welcome
- 21 Fri Jazz evening at The Kirkstile Inn from 7.30pm
- 26 Wed Table Tennis YTH 7pm
- 27 Thu Lorton Gard. Club trip to Woodend House, Egremont at 2pm

AUG

- 1 Tue Contemplative Prayer at Muncaster House 10am
- 2 Wed Table Tennis YTH 7pm
- 8 Tue WI outing to Annette Gibbons' house and garden
- 9 Wed Lorton Gard. Club trip to Greenfield House, Newbiggin & Heads Nook, Brampton at 2pm
- 9 Wed Table Tennis YTH 7pm
- 12 Sat Coffee and Cakes hosted by Lorton Tennis Club, YTH 10.00-12.00
- 13 Sun Mockerkin Mob A walk
- 16 Wed Table Tennis YTH 7pm
- 20 Sun Mockerkin Mob B walk
- 23 Wed Table Tennis YTH 7pm
- 30 Wed Table Tennis YTH 7pm

SEPT

- 3 Sun Loweswater Show, opposite New House Farm in the Lorton Valley from 10a.m
- 13 Wed Loweswater Ladies - details in Sept Link
- 13 Wed Table Tennis YTH 7pm
- 20 Wed Table Tennis YTH 7pm
- 24 Sun Harvest Festival, St Cuthbert's Church, Lorton at 10.30a.m.
- 25 Mon St Cuthbert's Harvest Supper, YTH at 7p.m
- 27 Wed Table Tennis YTH 7pm

Learn tennis at Lorton!

If you want to learn how to hit really good tennis shots, or improve your game, there are plenty of coaching sessions on offer at Lorton Tennis Club to enable you to do this. Chris Lockyer, our LTA licensed coach, is on 07900 286909 if any of the following sessions are of interest to you.

On Thursday afternoons we have our junior coaching sessions which are £4.50 per player. Our Friday junior sessions – free under a scheme supported by the LTA – are currently fully booked out, but it is always worth getting in touch in case we can extend these sessions. There are currently some free spaces on Saturday afternoons for similar LTA sponsored sessions for junior coaching.

For adults, there are on offer. These range in sessions, up to £25 per Whether you are a champion, there is a beginners you'll be able coaching sessions.



For free coaching, this to 5pm for all ages. But Lockyer first as this courts can hold.

I've played tennis for forty years and was self-taught when I started. It's only in the past four years I've had any proper tennis instruction, and despite being in my fifties I am playing to a higher standard than at any other point in my life. Proper coaching has made a tremendous difference to me and it will to you!

If you are interested in tennis, please call Chris Macleod on 01900 268086 or 07889 181080.

Also Lorton Tennis club is hosting monthly **coffee & cake** at Yew Tree Hall on a hopefully glorious Saturday on August 12, 10.30-12



Lorton & Derwent Fells Local History Society

Brackenthwaite Buttermere Embleton Loweswater Mockerkin Pardshaw Wythop

www.derwentfells.com

Cumbria Minerals

Talk by Ian Tyler, Thursday 13 July 2017. Yew Tree Hall, High Lorton, 7.30pm. Guests £3 to include refreshments.

Honister, Force Crag, Hodbarrow, Coniston: these are just some of the mines that once made Cumbria the centre of an extensive mineral extraction industry. Ian Tyler, a local historian specialising in mining history, highlights key aspects of this story.



Vicar's Letter

I've lived in many places in the north of England and in North and Mid-Wales and been used to changing weather and swapping summer clothes for winter clothes and vice versa. In this part of Cumbria it really can be summer and winter in one day!

I decided some time ago to concentrate on keeping more winter than summer clothes. I don't wear summer clothes much but, when I do, it feels so different. It feels like a treat to put my sandals on and feel the cold air between my toes. Of course they are no good for the constant hill climbing round here.

Most of us have gone through our wardrobes and thrown out what no longer fits. The charity shops in town benefit from this.

I wonder how often we go through our present lives, interests and hobbies in the same way. Do we drop hobbies/interests/clubs that no longer excite us or do we plod on being bored to death?

I once embroidered, knitted, sewed and crocheted until the day I decided: well actually I don't enjoy all that any more. Instead, I've become more interested in painting, gardening and walking. Once I enjoyed evangelical worship, now my preference is for high church worship. Even our food preferences change as we get older. There are some foods that will always be my favourites and some that I used to hate but now enjoy.

My favourite Bible verses have also changed. I used to like Proverbs and found

some really amusing ones such as: "A cheerful heart is a good medicine but a downcast spirit dries up the bones."

These days I love the sayings of Jesus:

"I am the Good Shepherd."

"I am the Light of the World."

"I am the Water of Life."

"I am the Bread of Life."

"I am the True Vine."

These sayings are recalled quickly to give comfort and hope for the future. They are easily memorised and can be used during times of shock and confusion.

But the verse I love most is when the Lord says: "Where I am, there you may be also." How reassuring it is to know that, whatever happens in this world, he is there.

RIP all those who died at the Manchester Arena and all those who die at the hands of others. May their deaths remind us of the importance of being good rather than evil.

God bless always

Revd Sheila

Tel.: 85237

Email: vicarlolobu@hotmail.com



NOTES FROM ST. BARTHOLOMEW'S

I look out the window in St Bartholomew Church and think 'How blessed we are;' there was a strip of mist hung across Grasmoor, with the top of the mountain soaring far above it. It was a most wonderful site and a view which for me was very familiar. For our visitors though this can be a new and quite incredible experience.

Our new Mission Community has adopted the name Grasmoor, mainly because the mountain can be seen in all its glory from most of areas where the 14 churches, which make up the Mission Community, are.

On 4th June at the amphitheatre, Paddle School, Grasmoor Mission Community was formally launched. Gathered were over 200 people from the various churches, all there to witness this historic event. It brought together churches of different denominations, URC, Methodist and Anglican. Their leaders were there to officiate. We were also joined and supported by representatives of the Roman Catholic Church, Kings church and

The Society of Friends, who led our prayers. The weather was kind to us as the service flowed with joyful singing, accompanied by Cockermonth mechanics Band.

The next phase is transitional, where we work together on an agreement of specific objections and priorities. After which will be the formal commissioning, hopefully in November, this year.

Local concerns are naturally very important in the life of a country community because what happens today in our locality affects for better or for worse the kind of community we shall be in the future. If only we could plan sometimes with the benefit of hindsight, all would be well, but that is never possible and we have to make plans wisely and sensitively in the hope that our successors will rise up and call us blessed. This is a matter in which the churches of Lorton, Loweswater and Buttermere stand together.

Barbara Robinson



CANADIAN CANOE?

If anyone has a 2 person Canadian canoe they might hire-loan us, we should be very grateful to hear from you.

Three of us need some local practice for a canoe expedition next year!

Thanks, John Macfarlane. Loweswater
0190085289; jtmacfarlane@gmail.com

Printer Supplies

I have a small quantity of surplus printer inks suitable for the following printers.

HP Photosmart, HP Plus, HP Premium, HP Deskjet, HP Officejet.
Donation to First Responders. Carol Priestley. 0190085230

Jazz Evening

at the
Kirkstile Inn, Loweswater

An evening of Jazz, blues and ballads with Stan Foster on piano, sax and vocals.

Friday 21st July 2017 from 7.30 pm

Telephone 01900 85219

For Loweswater Show on Sunday 3rd September planning has started in earnest.....despite still having a couple of months to go, it is full steam ahead for Loweswater Show organisers.

The schedules for the Industrial and Agricultural classes are printed and ready for circulation – if you would like a schedule contact details are as follows:

(Agricultural Classes) Rachel Moore, 01900 368 909, Rachel@beech-hill.eu

(Industrial Classes) Catherine Armstrong, 01900 85278, Catherine@terracefarm.co.uk

Or you can see all the classes on the website www.loweswatershow.com and download an entry form from the website as well.

Entries for sheep, horses, goats and industrial classes (except children's competitions) need to be entered by Friday 17 August.



HELP WANTED. As ever we are looking for volunteers to help out taking money on the gates or with parking.

If you are willing and able to help for an hour (or two) please contact Penny on 01946 862200. If I don't answer, please leave name and number so I can get back to you. Or email penny@leck08.plus.com

Penny

LORTON NOTES

Those who went along to Paddle School on Whit Sunday to take part in the launch of the Mission Community were glad that they went. The weather was brilliantly sunny with a breeze so there was no danger of getting too hot and representatives from all the denominations which worship locally were present. Bishop James played an active role together with the area leaders of the United Reformed Church and Methodists, and the Roman Catholics, Quakers and Salvation Army also helped. The setting was a steep sided amphitheatre with level seating areas cut out of the grass banks and the Cockermouth Mechanics Band accompanied the hymns. I found it reassuring to witness how eagerly the different denominations joined in but also pondered on how sad it was that the divisions occurred in the first place. An encouraging start to what promises to be an exciting venture.

Another successful occasion was the From Bach to Boogie concert and we are grateful to all who contributed towards this success. The musicians Anne-Marie

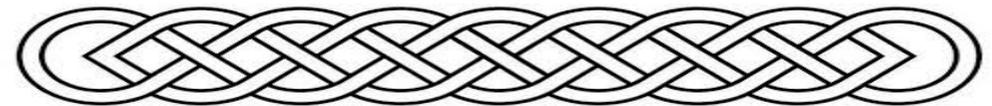
Kerr, Ian Wright, Stan Foster and Jim Binns. the organisers, the providers of the refreshments, the decorators and not least those who paid to come, without which the whole thing would have been a complete flop. One hundred and thirty eight tickets were sold giving a nett profit of over nine hundred pounds.

Now for things to come. We are at the start of the holiday season when urban churches can expect a fall in the size of their congregations, but here we are fortunate in that visitors can fully replace absentee regulars and are fresh faces with which to converse over coffee. It is reassuring that many visitors are complimentary about our church and again we are grateful to all who help in keeping it as it is.

From St. Cuthbert's Church Registers:
Funeral: May 24. Bob Banks.

Funeral and burial: May 31: Horace Myles Huck.

Roger Peck



CHRISTIAN AID – THANK YOU

A final sum of £1368.21.

Many thanks, to everyone who worked hard and gave their time to deliver and collect and to all who donated so generously.

Jan Collins-Webb

Lorton Valley Organiser - 13.6.17

LORTON WOMEN'S INSTITUTE
JUNE 2017 Meeting



President Ann welcomed members to our meeting on Tuesday 13th June. She reported that Morag has resigned from the Lorton WI committee, due to pressure from her regional and national WI duties. We were delighted to welcome Liz as a new Lorton committee member. The office of Treasurer is currently changing from Lil to Carolyn, and funds are looking healthy due to sterling (and successful) efforts of both in recovering gift aid on subscriptions. Various County News events were mentioned, as well as our own outing on August 8th. This is to the garden, and kitchen, of Annette Gibbons, the well known Cumbrian chef. Annette will show us round her garden, and then cook lunch for us, using the garden produce. Numbers are limited to 15, so you need to get your name down promptly - contact Judith Foster, on 01900 85327.

Business out of the way, we enjoyed an inspiring talk from Rachael Kegg, a nursing team leader from Jigsaw, the children's hospice, which is part of the Eden Valley Hospice.

Eden Valley Hospice has always catered for children, but in 2005, fundraising started for a purpose built children's section. It opened in 2007 and provides specialist care for children and young adults with life limiting conditions throughout Cumbria, into the Scottish Borders, and even down into Lancashire. Jigsaw offers respite and palliative care, with support for families which continues even after a child has sadly died. They are currently supporting

62 children and young adults. There's a home from home atmosphere - visits from Spider-Man and Olaf from Frozen included! In Feb this year, they ran a Mum's Pamper night, with more than 30 attending to enjoy fun and relaxation with others who understand their situation. All these activities - complex nursing, emotional support, as well as the fun sessions, are funded by generous donations from local firms and individuals. Rachael was thanked by Ann, and we took charge of a collecting box for Jigsaw. Our next talk is by Meredyth Bell, on Women in Dentistry, and will be on Tuesday 11th July at 7.15 in the Yew Tree Hall. Visitors welcome. Don't forget the outing to Annette Gibbons' house and garden on August 8th.

Loweswater Ladies

Twenty four of our Ladies boarded a coach in Cockermouth on Wednesday June 14th for our annual summer outing. The day dawned overcast but dry and fortunately remained so, with occasional bursts of sunshine leading to a definite increase in warmth as our day progressed. Our first port of call was the Grasmere Garden centre, where we enjoyed coffee and cake combined with some retail therapy. One or two of our Ladies purchased outfits and modelled their new apparel in a swift change before our lunch later in the day! Some of us walked in to Grasmere village, where the famous Sarah Nelson's Gingerbread Shop was the object of desire and tasty purchases were made. We then directed the driver to Holehird Gardens and spent a very enjoyable hour and a half walking around the beautiful grounds. The walled garden was a great attraction as well as the surrounding terraces, full of colour and much activity as the gardens have a large army of volunteer gardeners beavering away. However they were able to find time to stop and answer any questions and were very friendly and welcoming ambassadors for the gardens. Holehird is situated in a spectacular setting, with Windermere not far away and an array of high fells as a backdrop. With a large amount of plants and greenery in our coach from purchases from the plant shop, we set off a short distance to our final destination of the day, the Miller House Hotel. We enjoyed pre-lunch drinks in the conservatory, once again taking in a view of Windermere. A two-course lunch followed, and coffee was served before we boarded the coach for our return journey. Doreen presented

our raffle for the day, Loes and Lorna being the lucky recipients of her appropriately chosen prizes of two potted plants. Many thanks to both Marjorie Lowery and Pauline Blair for organising such an enjoyable day out. Our summer theme continues in to July with a short local walk planned for Wednesday July 12th. This will be followed by a Member's Supper back in the Loweswater Village Hall. Please meet at 6.15 pm at the Hall if you wish to partake in the walk. The supper will follow at 7.15, and please would each of our Ladies bring a plate of food to contribute to the meal. In the event of rain, the walk will be cancelled and the evening will commence with the supper at 7.15 pm. This has always been a special event in our year, excellent fare and convivial company. Ros Lucas will be presenting the raffle on the evening, and supper hostesses are Barbara, Wynne, Judy, Pat and Margaret T. Please note there will be no Loweswater Ladies meeting in August; we re-convene on Wednesday Sept 13th. Details will be in the September edition of The Link. Ann Hiley

Buttermere Notes

There has been a variety of services and Officiants this month. Pentecost was celebrated by an enjoyable outdoor service at Paddle School to launch the Mission Community. The Anglican, Methodist, URC, Roman Catholic and Quaker denominations were represented and Cockermonth Mechanics Band provided delightful music. It was a pleasant surprise to see that our Acting Rural Dean, Wendy Sanders, is also an accomplished musician. The next Sunday Revd Carole Ford celebrated Holy Communion, the following Sunday Barbara Robinson led Evensong and on the 28th Revd Sheila is back from holiday.

The Chinese Zodiac, known as Sheng Xiao, is represented by a different animal each year; this year is the Year of the Rooster. In Buttermere June has been the Month of the Swallow and the problem of nesting in the (newly decorated) porch. The PCC approved expenditure on bird spikes but we have managed without this visually harsh and expensive solution. Nest start-ups have been disturbed, chicken wire applied to attempted sites and cardboard taped in front of the niches on the stone arch. The Ultimate Deterrent is a realistic fibreglass kestrel, obtained from Mark Richardson of The Fish Hotel, that hangs from the beams

and sways in the breeze. It seems to be doing the trick.

Restoration of the WW1 Roll of Honour led to research into the names on it. The only fatality was Lance Sergeant David Vickers of Lanthwaite Cottage. The 100th anniversary of his death is 7th July 2017 and it would be appropriate to commemorate this at the service of Holy Communion on July 10th. Being made more aware of the WW1 Roll of Honour has led to the thought of why isn't there one for those men and women of Buttermere who served in WW2? We would be very interested to hear from any members of the parish who served, had relatives or friends or knew of anybody that did. We could then see if it is worth furthering this idea.

Gwyn and Jan Evans

Following some of the recent awful events, I went to visit a friend who has recently moved out of London, to Sidmouth on the South Devon coast. I went for the weekend. I neither drove nor took a train because it turns out it is cheaper and quicker to fly. That is once you get to Newcastle having finally negotiated Carlisle. Note to anyone heading east, don't go round the Carlisle bypass, the old way through the middle of town is so much quicker. I expected security at an International Airport to be rigorous. It turns out Newcastle was relatively chilled out compared to Exeter. Newcastle security get you to have electronic devices separate from your bag and metal stuff out of pockets etc. Exeter did that and had people removing all belts, women with sandals had to take those off, jackets, hoodies and body warmers all had to be removed and all liquids had to be inside the regulation-tiny- clear plastic bag. One poor woman seemed to be being



asked to remove most of her clothes as they had studding on them. Newcastle didn't look at my passport until I was at the gate. Exeter police give you and your passport a good eye-balling as soon as you have got dressed again and repacked your bag. Some people were tutting and carrying on but it is comforting to know

that security is (mainly) taken seriously. The other bonus of going for the weekend was I could travel with only hand luggage. Carlisle airport needs to get in on this. 77 Club trips could be to Devon for a clotted cream tea. (I'd pull a sickie for that). It only took just over an hour in the air from Newcastle to Exeter and that is only because they seem to fly in a kind of L or S shape to avoid Manchester and East Midlands airports.

Whilst down south I was taken to see a ballet. A lovely, humorous version of Alice in Wonderland. The only problem was, the stage was a little small and you could tell the dancers were trying very hard to jump up and not out and off the stage.

This weekend I am braving the train to the capital. It was 24 years ago last month that I went to my first ever gig. Guns 'n' Roses at that time were labelled the most dangerous band in the world so it was a big gig for a 15 year old. This is another one of those reunion style tours. The one where they've seen other bands get back together and rake in the money so they thought they'd give it a go. Don't get me wrong, I can't wait to see the proper line-up back together. And given that more than one of them has technically been dead at various points during the last 24 years it is fairly miraculous that they are alive to be able to get back together. Of course, despite being online as the tickets went on sale, I yet again find I will be sat on what I call 'God's Doorstep'. That is, so far up the stadium, I probably need airport clearance or a different postcode. I'd also better take a loan out. The weather is due to be hot and a bottle of water at a gig in London is not going to be cheap. Penny 7

Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st June 2017

- No 4 1st prize of £25 Jen Bland
- No 55 2nd prize of £10 Wynne Barwise
- No 6 3rd prize of £5 Edna Vickers

Congratulations to the winners and thanks to all our supporters.

A story of 3 Churches and their Parish Papers

What we know today as The Link started life as the 'Loveswater with Buttermere Parish Paper' in the early 1970s produced by the Vicar – Robert Lindsay (Lorton, with a separate Vicar (James (Jim) Woodhead –Dixon), had a magazine of its own). Very different publications in those days the papers focussed much more on Church matters – Services, Church Fetes, Charity work and suchlike. Interestingly there was a monthly weather report – a Cumbrian fixation even then. There were no illustrations and the magazine consisted of 3 or 4 foolscap pages. In the early 1980s a new Vicar (David Edwards) was appointed with responsibility for all 3 Churches and he founded The Link – intending it to cover all of the Churches in the new Benefice. However, Loveswater PCC surveyed their members and decided to continue to produce their own Parish Paper, so in the early days The Link covered only Lorton and Buttermere. By now the scope of the magazines had expanded to include more general diary dates, reports from organisations within the community and the first ever Walkers' Way published in April 1986. These independent publications continued until 1991 when The Link (and the logo) as we know it came into existence. This was headlined by the then Vicar (Michael Braithwaite) as: "A bigger and more comprehensive parish magazine – the two Parish magazines which have enjoyed happy co-existence for the last 3 years are to become one. The readership and the editorial staff of the Loveswater Parish Paper have decided that the time has now come to unite with The Link. I am sure you will agree with me that this is a definite step forward. Over the next few months we will experiment with different sizes and layout. The readership of both magazines totals just under 400, and it is important that the joint publication meets the needs of the majority. Our hope is that the combination will preserve something of the style and character of both, provide a wider view of valley life and serve the whole community, while remaining a Church publication."

In addition to Church matters village societies continued to be represented but now also saw the inclusion of advertisements and Parish Council minutes as well as regular articles from members of the Community, tales of valley characters and the odd poem or two. When Michael Braithwaite left publication was bravely taken on by a band of volunteers who met monthly to 'cut and glue' the articles together and to manually produce the magazine (although at some point they did move to an electrically powered machine!) Hard work, but very sociable by all accounts. During this period the magazine was regularly adorned by delightful hand-drawn illustrations from Alan Johnson and Len Ball – if anyone in the valley has artistic tendencies we'd love to include such drawings again.

In 2015 we went digital with the magazine being produced using Desk Top Publishing software and printed commercially by Mike Taylor in Maryport but we hope the spirit of the magazine remains the same. We would like to include more local interest stories so do please send your ideas to lolobulink@gmail.com. We'd also love to hear your memories of past editions of the Parish Papers and Magazines.



THE MOCKERKIN MOB
(founded by Alan Gane MBE in 1989)

Walk 321



A Walk Sunday 9 th July 2017	B Walk Sunday 16 th July 2017
<p>Intended for experienced walkers Meet: 9.45am Cinderdale Common GR: 163194 Route: Whiteless Pike, Wandope, Eel Crag, Grasmoor, Gasgale Gill Estimated Time: 5½-6hrs (8¾ miles) Strenuous Leaders: Kathryn Mitchell 01946 861928</p>	<p>Meet: 9.45am Roadside layby (½ mile along Orthwaite Rd from A591) GR:235309 Route: Cockup, Bakestall Estimated Time: 4-4½ hrs (Moderate) Leaders: Joan and Judy 01900 85637/01946 861555</p>

Walk 322

A Walk Sunday 13 th August 2017	B Walk Sunday 20 th August 2017
<p>Intended for experienced walkers Meet: 9.45am Rothswaite NTCP GR: 258149 Route: High Spy, Dale Head, Honister, Rothswaite Estimated Time: 5-6hrs (Strenuous) Leader: Catrina Hudson 07769695042</p>	<p>Meet: 9.45am Quarry parking off A5091 (½ mile beyond Dockray) GR:397212 Route: Around Gowbarrow Fell via Ulcot Row, Watermillock, Aira Force Estimated Time: 4-4½hrs (8 miles) (Moderate) Leaders: Joan and Judy 01900 85637/01946 861555</p>

Walkers participate at their own risk. We welcome new walkers: if you are interested phone Joan, 01900 85637 or Judy, 01946 861555.

**The Melbreak Communities
an Action Plan for the four parishes of Buttermere,
Loweswater, Blindbothel and Lorton
EMERGENCY PLAN RELAUNCH**

By the end of July every household will receive a letter from the Emergency Plan Group of The Melbreak Communities and an advice card containing a checklist of suggestions about preparing for an emergency and what to do if one happens. Please read the advice through and then keep the card in a safe and prominent place where you will easily be able to find it.

The leaflet has been kindly paid for by the Cumbria Community Foundation's Cumbria Flood Recovery Fund (2015).



And as usual.....

Real Coffee & Home Made Cake

Hosted by Lorton Gardening Club

10.30am – 12.00pm on Saturday 8th July 2017

At Yew Tree Hall



Walkers' Way No. 184

It is always fascinating to try to understand just exactly what wildlife there is around us and particularly intriguing to be able to recognise the signs and tracks of those local inhabitants which are so seldom seen. I recently visited a long established but little known badger sett; little known because it is in the middle of a private estate which I have the privilege of being able to visit and explore. On my last visit, the sett appeared to have been abandoned. There were no signs of life, no entrances brushed clean, no latrines in use, nothing. In fact entrances were cluttered with leaves, twigs and general woodland debris, a situation no self respecting badger would tolerate. But this time, three entrances were obviously in use, soil was freshly disturbed, and there were latrines – the distinct pits which badgers dig, in which to deposit their droppings. At another site, there were different signs of the presence of badgers. There was a well beaten track through the undergrowth, but better still, the trunk of a tree, which had fallen across the track, was well scored with claw marks, where Brock had scrambled over the obstruction. Faeces, droppings, or "scats" often provide invaluable information as to exactly "who" is about, frequently alerting us to the presence of shy or nocturnal creatures we seldom see. I was once walking along a wooded riverbank when I found that a mammal had been marking out its territory. There were scats placed on a series of prominent positions such as on top of a tree stump and on top of clumps of giant woodrush. They were typical muselid scats, i.e. long, thin and curled, but "who" was responsible? It is a question of size, shape, colour, content and smell.

In this case they were too small for badger and otter and too big for weasel and stoat, which left pine marten or mink. Pine marten scats smell quite sweet and not at all unpleasant, whereas the scent of mink scats is distinctly nasty. One sniff was enough – mink!
Deer hoof marks or "slots" are often to be seen too, sometimes very clearly indeed in soft ground, and it is possible to tell from shape and size which species is responsible.
There are a great many other clues to be found, such as on high points on quarry faces or up among the crags. A peregrine's nest site is often given away by brilliant white streaks of bird lime. Similarly, the tiercel – the male peregrine – often has a favourite place to which it returns with prey to prepare it before taking it to feed the falcon and eyasses. Generally referred to as "plucking posts", they often stand out well against a fell side being festooned with feathers.
Some insects too, will leave distinct traces. Sometimes we see a tree which has lost some of its bark and the bare trunk is covered in what could well be mistaken for claw marks. But no, these are the signs of an infestation of bark beetle, a beetle which burrows between the bark and the wood.
All in all, innumerable signs, tracks and traces of a host of creatures which may be identified and which add so much to the pleasure and interest of country walks and exploration! Walk on - and good hunting.
Alan Gane.

LORTON VALE GARDENING CLUB

Sincere apologies for the mix-up in last month's Link. I hope it has not caused any problems.

There is no report for June events as they have not yet taken place - but we have several events to look forward to in the next couple of months.

Firstly **Thursday 6th July - Coach Trip to Threave House and Broughton House** - this is now fully booked.

Saturday 8th July - the Gardening Club is hosting the Coffee Morning at the Yew Tree Hall - 10.30 - 12.00. Do come along and enjoy delicious coffee and cakes and a good chat.

Thursday 27th July at 2.00pm – Woodend House Egremont. CA22 2TA
Cost: £6 including tea.

Directions: From Whitehaven take A595 towards Egremont. On leaving Bigrigg take first turn on Left. Go downhill - garden at bottom on right opposite Woodend Farm.

Wednesday 9th August at 2.00pm Greenfield House, Newbiggin, Heads Nook, Brampton. CA8 9DH Cost: £6 including tea.

Directions: 8 miles south of Brampton. Located between the villages of Cumrew and Croglin off B6413.

Do hope you can come to some of these events. Please contact Fiona (01900 85710) fionalambrick@btinternet.com or Nicola (01768 776483) lawses@btinternet.com if you are coming to either of the gardens as the owners need to know numbers for tea.




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LOWESWATER VILLAGE HALL

Thank you to everyone who attended the annual sponsored walk and cream teas, we had a beautiful sunny day for it. The walk raised £229 and the teas raised £423. The donations of cakes and scones were greatly appreciated too.

Recently we have had the hall roof insulated on the inside and already the building is retaining warmth more efficiently.

Our next Arts Out West visit will be in November and will be Cosgrove and Banks who are a Folk duo. More details to follow nearer the time.
Penny Leck