

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

NOVEMBER 2017

5th November All Saints' Day

† 9.00am	Holy Communion	Lorton	BCP
10.30am	Holy Communion	Loweswater	CW
† 3.00pm	Evensong	Buttermere	BCP

12th November Remembrance Sunday

9.00am	Holy Communion	Loweswater	BCP
10.30am	Holy Communion	Lorton	CW
3.00pm	Holy Communion	Buttermere	CW

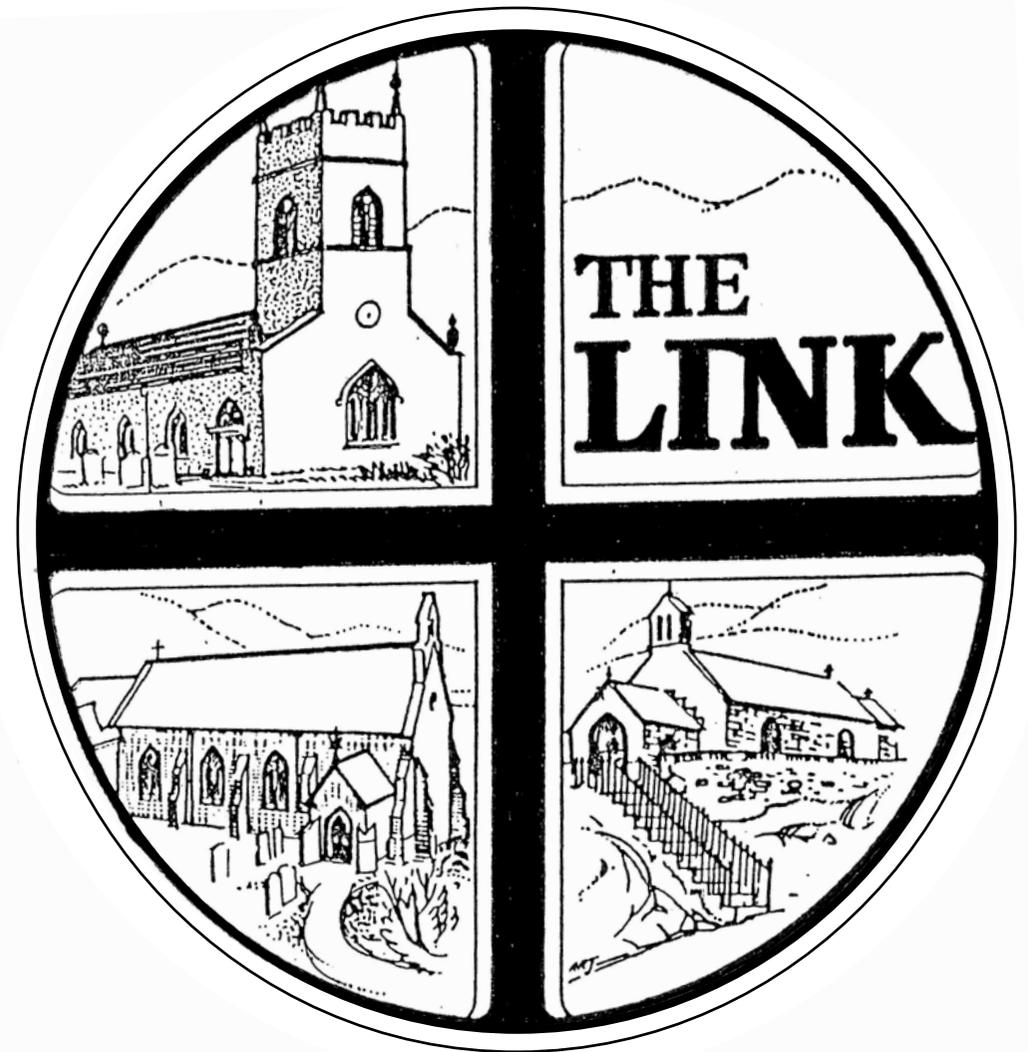
19th November 2nd Sunday before Advent

9.00am	Holy Communion	Lorton	CW
10.30am	<i>Matins</i>	Loweswater	BCP
3.00pm	Evensong	Buttermere	BCP

26th November Christ the King

9.00am	Holy Communion	Loweswater	CW
10.30am	Holy Communion	Lorton	CW
6.00pm	(tba) Mission Community Service		

† NOTE CHANGE OF SERVICE TIMES



Deadline for December/January is Fri 17th November 2017, all articles to lortonvalelink@gmail.com by this date.

THE UNITED BENEFICE OF LORTON AND
LOWESWATER WITH BUTTERMERE

DIARY DATES FOR NOV & DEC

Nov

- 3 Fri Ullock VH Film Night "My Cousin Rachel"
- 8 Wed Table Tennis, 7-9pm, YTH
- 8 Wed Loweswater Ladies, LVH 7.15pm
- 9 Thu History Soc. talk, The Lakes: Barren Waste to National Treasure, Grevel Lindop, YTH. 7.30pm
- 9 Thu Loweswater IT Group, 10.00 - 12.00 **Damson Ghyll** 01900 85609
- 11 Sat Loweswater VH AOW 'Cosgrove and Banks' live folk music.
- 11 Sat Coffee and Cakes YTH 1030-1200 hosted by Local History Society
- 12 Sun Mockerkin Mob A Walk. Place Fell
- 13 Mon Community Lunch, 1.15pm, Lorton School
- 14 Tue YTH ~ 7.15 ~ Lorton W.I. ~ Presentation ~ Textile Art
- 14 Tue Mediation group Muncaster House 10 - 11 am
- 15 Wed Table Tennis, 7-9pm, YTH
- 16 Thu Lorton Vale Gardening Club, YTH 7.30pm
- 19 Sun Mockerkin Mob B Walk. Latrigg.
- 21 Tue 77 Club Pie & Peas Supper followed by talk "Joining Forces". 7.00pm LVH.
- 21 Tue Film Night, "La La Land", 7.30pm, doors at 7, YTH
- 22 Wed Table Tennis, 7-9pm, YTH
- 23 Thu Loweswater IT Group, 10.00 - 12.00 **Damson Ghyll** 01900 85609
- 25 Sat Lorton Christmas Fair, YTH from 2p.m
- 26 Sun Ullock VH AOW "Mike Whellans"
- 29 Wed Table Tennis, 7-9pm, YTH
- 30 Thu Book Club Muncaster House 10.30 am

Dec

- 1 Fri Ceilidh at YTH from 7.00pm. Music from Rascal Fayre
- 8 Fri Wine Tasting, LVH, 7p.m.
- 10 Sun Mockerkin Mob Christmas Walk - details to follow
- 11 Mon Community Christmas Lunch, 1.15pm Lorton School
- 12 Tue Loweswater Ladies Christmas Lunch, Hundith Hill Hotel 12.30pm

OCTOBER SUN

*October sun, your fading rays
bring cheer, yet calm the soul.
In youth, achievements were the ways
of life, now peace the goal.*

NOTES FROM ST. BARTHOLOMEW'S

Early October saw the departure of Sheila and Martin for retirement in Birkenhead. We shall miss them and wish them a very happy future. Sheila had conducted her last wedding the previous Saturday, a lively affair complete with opera singers and actors.

The church was beautifully decorated for Harvest. The ensuing pie and pea Harvest Supper on Monday was a most successful occasion with Andy Burr kindly taking over as auctioneer at short notice. A presentation was made to Sheila in appreciation of her ministry. We made a profit of £465; the proceeds being divided between Hospice at Home and the local Lifeboat Appeal.

We have been in consultation with architect Ian Wells, specialist in church matters, regarding the damp in church. Following a meeting with him in church to assess the problem he produced a preliminary report itemising the steps to be taken and initial costings. This was presented and approved at our October PCC meeting.

Arrangements have now been made to cover the services for the next 6 months of the interregnum.

We will welcome a number of clergy and others to officiate at our services.

The autumn colours are looking lovely at the moment, unfortunately the same cannot be said of the weather. At least we were spared the worst excesses of Ophelia.

Eleanor Ella

Baptisms

17th September
Cecily Rae Lucas, London

24th September
Rhys Jackson Williamson
Finn Paul Williamson
Twin sons of Joanne Hope and Paul Williamson

Weddings

30th September
Emily Agnew and Jonathan Sandwith

7th October
Judith Plint and Charles Finnie

Wine Tasting
7pm Friday 8th December
Loweswater Village Hall
Food to accompany
£10 tickets from David & Barbara Robinson
0190085234




YEW TREE HALL COMMITTEE

**Would like you to join us on
FRIDAY 1ST DECEMBER AT 7PM**

**For a
Ceilidh with music from RASCAL FAYRE
light snack from Chef Helen and a cash bar**



**TICKETS £12 AVAILABLE FROM LORTON VILLAGE SHOP, CATHERINE
ARMSTRONG 01900 85278, DEREK POATE 85265, OR ANY
HALL COMMITTEE MEMBER**

POPPY APPEAL 2017

This year has been the 100th anniversary of Passchendaele, one of the defining battles of WW1: my Uncle Tom fought there and survived, he said he lived on borrowed time for the rest of his life. WW1 is now beyond living memory but I recently met Jack, aged 92, in Wigton church who had come to have a quiet moment of reflection by the memorial register: it was 75 years to the day since his brother died at Tobruk in WW2. Although these are memories from the past, we are also, sadly, very aware through our daily news that wars and conflict are very much part of the world we live in and that fighting continues on a horrific scale in many places. The need for Remembrance and support for the Armed Forces who have been, and are, involved in conflicts, remains as important as ever.

We will be making house to house collections for the Annual Poppy Appeal at the beginning of November before Remembrance Day on 11th November: we hope you will give generously.

Joan Warren

A Thank You from Rev Sheila Hughes

Many thanks for all the best wishes, cards, presents, flowers and plants from the three church congregations, the wider community and individuals.

I shall miss my friends in the parishes but, hopefully, see you when I visit!

I am enjoying my retirement very much!

God bless you always

Benefice Coffee and Cakes

The amount raised at the Coffee & cakes morning was £167.00 which was split 50:50 between Loweswater church & the Bishop's harvest appeal - South Africa and Malawi, which will help vulnerable farmers.

St Cuthbert's Harvest Supper

The amount raised at the supper was £497.55 again split 50:50 - this time between Air Ambulance & Cockermouth

Macmillan Coffee Morning

Many thanks to those who supported this event. £62 raised. Please contact me if you have any ideas for improving support of this worthwhile cause.

briddiough@btinternet.com

NSPCC

A rather belated thank you to all the kind and generous people who brought produce to our stall and to those of you who bought the wonderful goodies from us at Loweswater Show.

We had a very successful day and I banked £765 for the NSPCC as a result - the most we have ever made on a show day!

Thank you all for your generosity.

Lorton Christmas Fair

**Yew Tree Hall, Lorton
Saturday 25th November 2017**

**To be opened at 2.00pm by
Mike Suckling**



Quiz

Raffle

Tombola

Cakes & Produce

Books, CDs & DVDs

Puzzles & Games - Toys

Plants - Up-Cycling Items

Christmas Gifts - Teas

Entrance £1

Proceeds towards running costs of St Cuthbert's Church, Lorton

Lorton & Loweswater Parish Councils

Vacancies for Parish Clerk

As from the end of the current financial year, i.e March 31st 2018, David Smith, the Parish Clerk for both Lorton and Loweswater Parish Councils, will be retiring from the two posts.

It has been agreed that initially the two posts will be advertised together to see if there is any interest shown by one person in taking on both roles.

Both Parish Councils meet a minimum of six times per year with additional meetings being held as and when required. The bi-monthly meetings for both Councils are held every other month from January onwards with Lorton meeting on the first Wednesday evening of the month and Loweswater meeting on the first Thursday evening of the month.

Lorton is the bigger Parish of the two with a larger precept, higher levels of planning activity, owns more land and undertakes a programme of grounds and bench maintenance. This is reflected in the number of hours per month that the Clerk is paid to undertake which currently stands at 15 hours. Loweswater, with a slightly smaller work load, employs the Clerk for 12 hours per month. Thus there are 27 hours per month on offer between the two councils, 324 hours per year. The current hourly rate is £9.90p but this will rise as from April 2018. Allowances are provided for use of home office and mileage payments are made for travel undertaken on Parish Council business. Training through the Cumbria Association of Local Councils will be available. The work of the Clerk includes taking minutes at meetings liaising with the other tiers of local government, most especially Cumbria Highways and the LDNPA Planning Department, providing accurate financial reports, undertaking the end of year accounts for audit and supporting Councillors in their role as community representatives.

It is hoped that the new Clerk/s will attend the March 18 meetings of both Councils, March 1st Loweswater and March 7th Lorton, prior to taking on the role/s from April 1st.

If you think you might be interested in taking on either one or both of the above roles or would like more information then, in the first instance, please get in touch with David Smith on:

Tel: 016973 23296

Mob: 07742 224775

Email: lortonparishclerk@gmail.com

Loweswater Parish Council



In attendance at the ribbon cutting event from l to r: Cllr. Chris Todd (LPC), Dave Smith (LPC Clerk), Cllr. Kath Leck (LPC), Cllr. Mark Astley (LPC), Cllr. Alan Smith (ABC), Cllr. Kathryn Mitchell (Chair LPC), Cllr. Lorna Meadley (LPC) & Cllr. Tony Annison (ABC).

After successfully fund-raising for four new notice-boards, members of Loweswater Parish Council, together with the Leader of Allerdale Borough Council, Alan Smith, and Tony Annison, the Crummock Ward Allerdale Borough Councillor, attended a ribbon cutting event to officially open the new boards.

The Chair of Loweswater Parish Council, Kathryn Mitchell, thanked all the funders for their support and these included Allerdale Borough Council, The Lake District National Park Authority Communities Fund, the Melbreak Communities Group and Awards for All. She thanked Cllr. Annison for highlighting the availability of funding from Allerdale Borough Council which initiated the whole project. Cllr. Mitchell hoped that the new boards would be used by a wide range of community groups to help promote their activities.

Cllr. Smith stated that it was important that Allerdale Borough Council supported rural projects such as the notice-board project as well as the larger urban projects such as the new sports centre in Workington.

LORTON NOTES

As always, the Harvest Supper was enjoyed by all and the advantage of fewer numbers than sometimes was that we could fill ourselves with the delicious food to an even greater extent than usual. The traditional lively auction helped increase the amount raised to £497, which is being split between Air Ambulance and Cockermouth Mountain Rescue. We thank all who contributed towards this success, particularly those who provided the tatie pots and are glad that others than regular churchgoers come along to make it a real village occasion.

We are now into the interregnum and although it is not ideal to have no priest in the benefice, it does mean we have a variety of priests leading our worship. They do say that 'variety is the spice of life' and, particularly in the early days, it is intriguing to find who will be leading our service this week. This is an ideal opportunity to experience slightly different styles of worship; why not take advantage of it?

Christmas is less than two months away, which means that our Christmas Fair is less than one month away, on the last Saturday in November. This is an excellent opportunity to buy high quality items, including the new church merchandise, at very reasonable prices and I do hope you will delay buying calendars and the odd Christmas present until you see what we have on offer. We also have cakes to take away or eat on the premises with a cup of tea. We like to think this is one of the social occasions in the village and that you will come along. We do need items for sale and if you do have something and don't know whom to contact, please phone myself on 85236 or Charles Lambrick on 85710. Proceeds are for church funds.

Roger Peck.

Seasoned Habits

October and November are my most favourite months; the soft touch in the air as leaves gently fall and the swaying movement of tree branches in the colour changing light.

The turning season feels anciently familiar to me, with the characteristic shape and sound of migrating geese, the song and dance habits of blackbirds as they fend their grassy territories and beckoning smells of wood and smoke.

I notice my own habits, too, in more pronounced ways, like how I have repeatedly put my left sock on first, before my right. And that I lift my rucksack up onto my left shoulder first, before squeezing my right arm into the other strap.

This 'habituated' turn to the left is a movement I have learned, but not been aware of very much until recently. I have unlearned it by becoming more aware of how I move and deliberately putting my right sock on first, to balance out my movements over time.

So the next time you put on your socks in the morning, especially now it is getting darker, pay attention to how you put them on and see if you can retrain yourself to do things slightly differently for your own benefit.

November Reflections
Karen Douglas de Fenzi



LORTON WOMEN'S INSTITUTE
October 2017 Meeting



Do you know the origin of the name Bitter Beck? Did you know that Cockermouth has been the site of woollen and linen mills, two tanneries, a windmill and factories for the manufacture of rope, hats, shoes, chairs, mangle rollers and churns? About the only thing still produced in the town is beer, and the brewery was originally in Lorton. Did you know that, Cockermouth suffered severe floods in 1938, 1966 and 2005 as well as 2009 and 2015? With the convergence of the rivers Cocker and Derwent in the town, Cockermouth has always been prone to flooding.

On Tuesday 10th October 14 W.I. members and 1 guest met in Old Kings Arms Lane to start the Cockermouth History Trail. We read the excellent panels on the History Wall, which illustrate the history of the town from Roman times to the present day. Then, led by Elly, we proceeded to follow the trail through little back lanes and up and down hills, learning about the fascinating, often hidden, treasures of our town's past. I now know something about the meanings of inscriptions on bollards and pavements in the rejuvenated Market square. For example, "Cousin Charley's Day" was the description of an annual event at around the beginning of the 20th century, rather like the town Carnival and sponsored by the local paper (which included a children's magazine written by

"Cousin Charley"). This was considered the most important day of the year by the town's children. One year there was a hot air balloon! We learnt that Cockermouth was certainly far more busy, smelly and industrial in past times and the clues to this past were all there to be discovered and imagined on the Town Trail. Get a copy from the Town Hall or the Bookshop and spend a couple of fascinating hours walking round the backstreets of our "Gem town". *Bitter Beck was so called because of the effluent leaked into it from the tanneries. I hope it wasn't the source of the water for the beer!

After the walk, we repaired to the Italian restaurant and met up with other members, swelling our number to 18 jolly, very talkative, ladies who enjoyed a delicious and most convivial meal. The evening was a huge success. Our next meeting, on Tuesday November 14 at 7.15 at the Yew Tree Hall, is a presentation on Textile Art by Janet Johnson. We will be joined by some members of other local W.I.s and the Committee will be providing Wine and Cheese as refreshments. All are welcome, so come along and enjoy learning about something new, some good food and good craic – what W.I. is all about!

Loweswater Ladies

October 2017

Unfortunately our October meeting was cancelled due to flooded roads. Our next meeting will be held at the Loweswater Village hall at 7.15 on Wednesday November 8th when our speaker, Andy Walsh will be talking on the subject of 'Coffee Kitchen'.

At this next meeting Alison will be taking numbers for December's event which will take the form of a Xmas lunchtime buffet

at Hundith Hill Hotel. It will take place on Tuesday December 12th at 12.30 for a 1pm start. As the hotel requires advance payment, please pay £20 to Alison when you add your name.

Supper hostesses at our forthcoming November meeting will be Pam, Margaret G, Doreen and Mary and the raffle will be presented by Judith Benn.

Ann Hiley

La La Land comes to Lorton

The next film from Cine North in Lorton is La La Land (cert 12A), showing on Tuesday November 21st at 7.30 in Yew Tree Hall. Doors are at 7pm, entrance is £5 on the door and there will be a bar. Come early and have a drink before the film starts. For further information call 0190085035.

The fabulous musical La La Land is the story of two people struggling to make it big in Los Angeles. Aspiring actress Mia (Emma Stone) and jazz musician Sebastian (Ryan Gosling) meet, fall in love and pursue their dreams. La La Land garnered 14 Oscar nominations and won six including Best Actress for Emma Stone, Best Director (Damien Chazelle, the youngest ever winner), Best Original Score and Best Original Song. Come and see what all the fuss was about. (And if you've already seen it, come and be enchanted all over again.)

CINE NORTH

LOWESWATER VILLAGE HALL

Please note the amended name/ web address for the artist and a reminder that:

Cosgrave and Banks –

will be playing at **Loweswater Village Hall on Saturday 11th November at 7:30pm.**

Tickets are £10 for adults, £5 for under 18 and students, £22 for a family of 4.

Tickets available from 01946 862200/ penny@leck08.plus.com or online from:

www.kirkgatearts.org.uk.

Donations of raffle prizes welcome. Refreshments on sale or BYO.

For more information see www.cosgraveandbanks.com

Buttermere Notes

During the last interregnum Loweswater and Buttermere PCC held its meetings at The Grange and we were warmly looked after by Lorna and Keith. The tradition of meeting in the friendly atmosphere of a home has been continued by our meeting at Ann Heaton's house, Corn How. Ann is not only our Chairman but also the provider of delicious, home made, diet defying biscuits! We welcomed David Robinson as our new Secretary who is dragging us into the present century by being our first Secretary to take notes on a laptop rather than a pen, or possibly a quill.

The Rev Godfrey Butland, Vicar of Christchurch, Cockermonth has been working very hard to organize a rota of service cover for the Benefice until next April, by which time it is hoped we will have a new Vicar. Godfrey has also made the following helpful suggestions; each church chooses the hymns; readings are the same in each church and as per the principal service in the lectionary; lay person to do the first reading and ideally the intercessions; visiting clergy to be advised about readings etc. We probably do these already but he is making it easier for visiting clergy. It is lovely that Rev Margaret will be back with us.

Provisional Service Cover for 2017

	Lorton	Loweswater	Buttermere
Nov 5	9am Ven R Pratt	10.30am Ven R Pratt	3pm Ven R Pratt
Nov 12	10.30 Rev M Heslop	9 am Rev G Butland	3pm Ven R Pratt
Nov 19	9am Rev C Ford	10.30 am Rev C Ford	3pm Rev C Ford
Nov 26	10.30am Rev M Jenkinson	9am Rev A Thompson	No service (6pm MC where tba)
Dec 3	9am Can W Sanders	10.30 Can W Sanders	3pm Rev A Smeaton
Dec 10	10.30am Rev C Ford	9am Rev C Ford	3pm Rev C Ford
Dec 17	9am Rev G Butland	6pm Ven R Pratt	No service
Dec 24	5.30 Ven R Pratt 11pm Rev C Ford	No service	No service
Dec 25	No service	10.30 Ven R Pratt	9.15 Ven R Pratt
Dec 31	10.30am Ven R Pratt	No Service	3pm Ven R Pratt

We live in a small, comfortable community and by our standards we have experienced extremes of weather in the last few days with approx. 8" of rain in 24 hours followed by sunshine and then very strong winds which caused us inconvenience. When we see on television the conditions that the Rohingya refugees are experiencing we realise how very, very fortunate we are and how frustratingly helpless we are in alleviating suffering.

Gwyn and Jan Evans.

Penny's Piece

It looks like I am in need of a copy of Delia Smith's 'How to Boil an Egg'. I seem to be able to do soft boiled ok, as you stay in the kitchen and make the soldiers etc. Hard boiled is where the problems begin. You see, I put them on and then because they take longer, I nip off to do something else. This invariably turns into a few other things and then I forget they are on. Most recently I put two eggs on to boil at about 8:20pm. I remembered them at 9pm when the 'How to be an astronaut' programme had finished! Oops. The pan was a little black and the eggs were not for consumption. That however is nothing. I once put eggs on, went to get changed and remembered the eggs when I got to Workington Golf Club. I need to use a timer or do kitchen based jobs when trying to boil eggs.

Does anyone else get confused by people flashing their lights at seemingly odd things/ times? I was in traffic recently and thought there must have been an accident or the oncoming traffic was warning of a speed van- we were barely doing six miles an hour never mind sixty. One or two people behind started to turn around but I thought I'd stick with it and was glad I did. A little further up the road it became clear the oncoming traffic was not flashing, it was just a bump in the road and the delay had been a peloton holding up a lorry and then everyone else. And that was on one

of the stretches of new tarmac that have been put down recently. Then you get people who flash when you are at a junction but there is also someone coming towards them and turning into where you are. Who is supposed to go then? Are they flashing them or me? There are the people who flash and wave enthusiastically. . .at the person behind you. You only work that out after you've vaguely waved at them to be polite but thinking, who was that? There are helpful people who flash to tell you, you've forgotten to put your lights on even though it is late at night and you're in town. And scary/helpful people who tailgate, flash and beep at you to tell you you've only got one light on at the back. I just wish there was a way of flashing people behind you with full beams on, to turn them off. I'd love one of those moving LED displays like they have on trains, in the back of the car for such occasions. It might also come in handy for things like: sorry, can't go any faster tourist/ cyclist/ tractor in front. Or more sarcastic comments like: apparently there is a hill to our left oh and another on the right. Oh, there's a bend, we'd better slow to 15 miles an hour to be safe. It seems they are trying to leave enough space to have a picnic on the passenger side. And, why won't they just put it in reverse! Until next month, Penny.

Ullock Village Hall



Film Night

Friday 3rd November at 7.30 pm

"My Cousin Rachel" 12A

Based on the **Daphne Du Maurier classic**. A young Englishman plots revenge against his mysterious, beautiful cousin, believing that she murdered his guardian. But his feelings become complicated as he finds himself falling under the beguiling spell of her charms.

Tickets Adult £5, Child £4, Family (2+2) £16
01946 862300 or 861458

Sunday 26 November at 7.30pm

Arts Out West present

"Mike Whellans"

Mike sings, writes, plays drums, a dynamic one-man blues band, recently returned from appearing at the **Edinburgh Festival**

Undisputed master of the one-man blues format, playing electric & acoustic guitar, mouth harp, drums & mouth percussion. "Amazing ability...totally brilliant"
(Mike Harding, BBC).

Tickets are £10, Child £5, Family (2+2) £22

Tickets available from 01946 862300 or 861458

margaretperry@hotmail.com

or online from www.kirkgatearts.org.uk



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

Walk 325



A Walk Sunday 12 th November 2017	B Walk Sunday 19 th November 2017
<p>Intended for experienced walkers Meet: 9.45am Pay & Display CP opposite Patterdale Hotel, Patterdale GR: 396159 Route: Boredale Hause, Place Fell, High Dodd, Doe Green, Silver Crag, Patterdale Estimated Time: 4½hrs/8 miles (Moderate/strenuous) Leader: Andy Burr 01900 85980</p>	<p>Meet: 10am Junction of Spooney Green Lane and Briar Rigg, Keswick GR: 267241 Route: Keswick Railway Path, Brundholme Wood, Latrigg Estimated Time: 3½-4hrs (Easy/moderate) Leader: Joan Warren 01900 85637</p>

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

SAVE THE DATE:

DECEMBER 10th CHRISTMAS WALK

More details to follow.



Our year got off to a fantastic start on 5 October with an excellent talk by Rob Lucas on his ascent of Everest. Rob has been coming to Loweswater since childhood, and it was here that he climbed his first mountains. He has conquered other major peaks, and we hope he will return in the future to enthral us again.

The next meeting is on Tuesday 21 November 7.00pm in LVH. It will be a Pie and Peas supper followed by presentation by Martin Adair of West Cumbria Age UK on

a new project. This is called *Joining Forces* and involves working with ex-service personnel over 65 and their families. The cost of the supper is £8. If you did not sign the list at the meeting on 5 October and wish to come, please phone me on 01900 829917 by Saturday 18 November. Please say if you want the vegetarian alternative.

The Christmas party will be on Saturday 9 December at 3pm.

Marjorie Lowery, Secretary.

**The Melbreak Communities
an Action Plan for the four parishes of Buttermere,
Loweswater, Blindbothel and Lorton
www.melbreakcommunities.org.uk**



Real Coffee & Home Made Cake

**Hosted by Lorton and Derwent Fells
Local History Society**

10.30am - 12.00pm on Saturday 11th November 2017

At Yew Tree Hall

**There will be a display covering some aspects of the
Society's activities over recent years.**

Maybe you will feel inspired to get involved.

WELCOME

A warm welcome is wished to Alison and Nick Nicholson who have recently moved into Kirkhead. We hope they will enjoy living in our Valley. Jan Collins-Webb

2017 Winter Warmth Appeal

In a bad winter, 300 people die in Cumbria due to the effects of the cold weather, a fatality rate higher than most other areas of the UK and the elderly are among the most vulnerable. Cumbria Community Foundation's Winter Warmth Appeal raises funds to help older people across the county stay protected from the cold weather. The Winter Warmth Appeal, in partnership with Age UK across Cumbria, is now in its eighth year and in that time, through the warm generosity of others, has raised £630,000. More than a thousand people who struggle to afford to heat their homes benefit each year. This year the charity hopes to raise £100,000 to help keep Cumbria's most vulnerable warm and well this winter.

The cost of fuel is rising and there are many old, rural homes in Cumbria

which cost more to keep warm. It's becoming increasingly harder for people to afford to heat their homes, especially for those that no longer have a steady income. This is why the Winter Warmth Appeal has never been more important.

Please consider donating the Winter Warmth Appeal and help those who are having to choose between heating and eating.

You can donate online:

[https://mydonate.bt.com/events/winte](https://mydonate.bt.com/events/winter-warmth-2017)

[r-warmth-2017](https://mydonate.bt.com/events/winter-warmth-2017) or send a cheque (made payable to: 'Cumbria Community Foundation' and write 'Winter Warmth' on the back) to: Cumbria Community Foundation, Dovenby Hall, Dovenby, Cockermouth, Cumbria, CA13 0PN. Or simply call 01900 825760 and we can take your donation over the telephone.

LOWESWATER IT GROUP

NOVEMBER 9TH & 23RD 2017

DAMSON GHYLL

If you would like to come along and get help with IT or are unsure and would like more information, please contact me. Our sessions are informal and include refreshments and we look forward to welcoming newcomers.

Please ring me to book and confirm attendance

Jan Collins-Webb - 01900 85609.

LORTON VALE GARDENING CLUB

Our AGM on 19th October was suitably short - and entirely satisfactory, in that we have had a year of excellent visits and talks, and the finances are healthy. We welcomed Sue Thompson on to the committee, having sadly had to say goodbye to Wynne, who is moving to live nearer to her daughter. There is still room for another committee member, should you feel inspired to join us.

Our speaker for the evening was Lynn Brunetti - her subject "Wild flowers and their garden relatives". Lynn's love of wild flowers inspired her to become a gardener - she's now head gardener at Warnell Hall near Sedbergham, and also lectures at Newton Rigg. For centuries, wild flowers were our natural larder, medicine cabinet, source of perfumes, drinks, toys, and, of course, myth and legend. That sad statistic of 98% of wild flower meadows having disappeared came up again, but she pointed out the variety and lushness of our roadside verges. However, she did suggest that

spotting wild flowers too enthusiastically while roaring down the motorway at 70 was inclined to spook your passengers (if you were driving)..... Now, people are often better at identifying garden plants from faraway countries rather than our native flora - although all flowers will have originated from somebody's wild plant. We looked at beautiful photos through the year, from hellebores to celandines, violets and daffodils, daisies (day's eye), foxgloves (finger hutte in German) and umbelliferous plants, looking at the wild flower, and then at some of the garden varieties. An old name for celandine was pilewort, so I'm sure that you can guess its former use. Thanks to Lynn for an entertaining and well illustrated talk to start our Winter Programme. The next meeting is on **Thursday 16th November** at 7.30 in the Yew Tree Hall, when Karen Philips will speak on "Creating a cut flower garden". Visitors and new members welcome.

Wild Lakeland Ecological Services
Hedgelaying – Hedge and Tree Planting – Hedge Pruning and Restoration – Habitat Management – Invasive Plant Control – Wildlife Garden Design

Tel: 01900826806 wildlakeland@gmail.com



DÉCOR & DESIGN

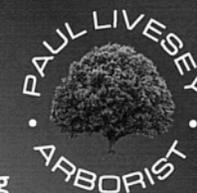
Kate Pritchard
 Quality Decorating
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100 Challenge Club

The prizewinners for the draw held on 1st October 2017

No	114	1st prize of £25	Jan Collins-Webb
No	99	2nd prize of £10	Richard Kahane
No	70	3rd prize of £5	Lorraine Dixon

Congratulations to the winners and thanks to all our supporters.