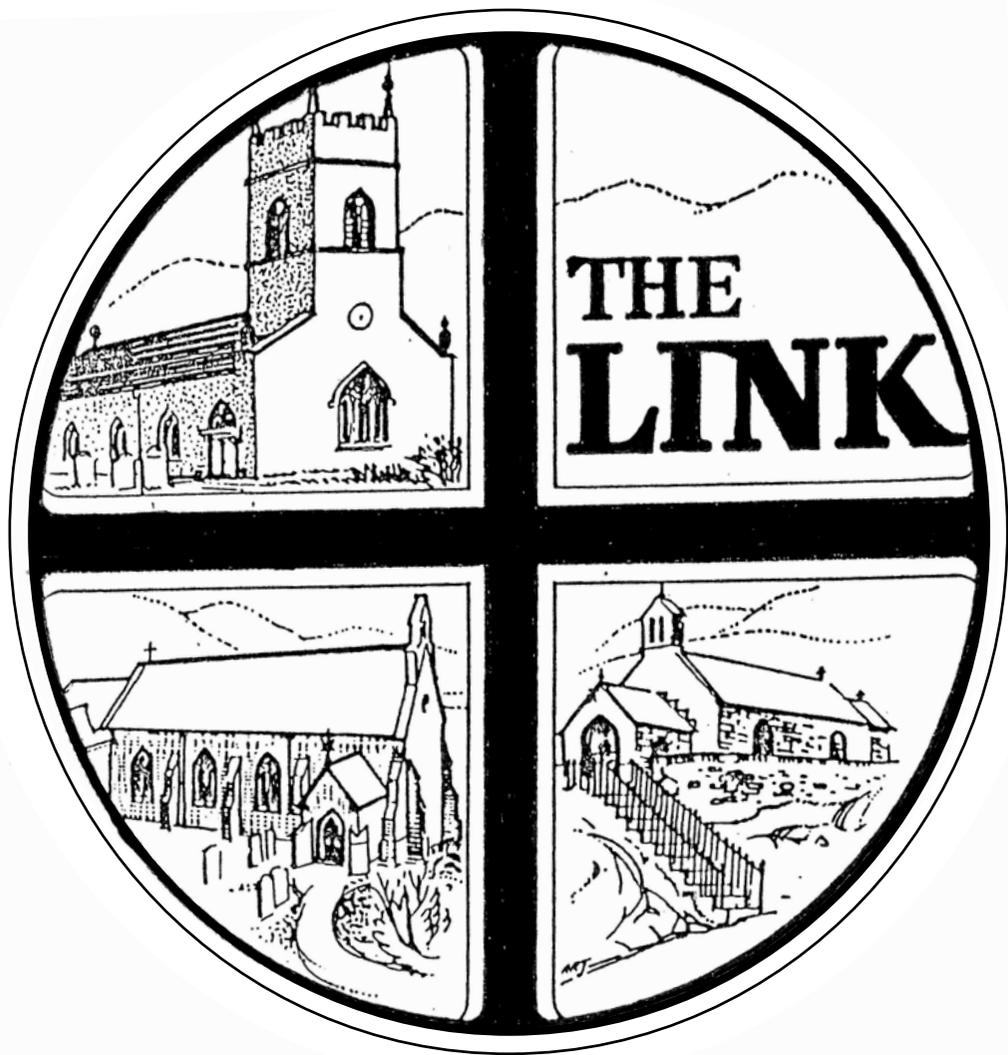


APRIL 2016



**THE UNITED BENEFICE OF LORTON
AND LOWESWATER WITH
BUTTERMERE**

DIARY DATES FOR APRIL

- 1 Fri Film Night "The Choir" UVH 7.30pm 01946 862300
- 1 Fri Youth Cafe Terrace Farm 6-8pm
- 3 Sun APCM after 10.30 service Loweswater, St. Bart's
- 6 Wed Table Tennis YTH
- 7 Thu Loweswater IT Group, LVH 10-12 noon
- 10 Sun Mockerkin A walk – see back inside cover
- 11 Mon Lorton School lunch 1.15pm. All welcome two courses for £4.50
Reserve your place by phone **01900 85919** or **07790 459064**
- 12 Tue Lorton WI, 5.30pm Tai Chi at YTH
- 13 Wed Table Tennis YTH
- 13 Wed Loweswater Ladies, Chimney Sheep at LVH 7.15 pm
- 15 Fri Youth Cafe Games YTH 7-9pm
- 15 Fri Jazz at the Kirkstile, from 7.30pm
- 16 Sat Coffee and Cakes, YTH, 10am to 12.30pm
- 17 Sun Mockerkin B walk – see back inside cove
- 19 Tue The Melbreak Communities AGM, YTH, 7.30pm
- 20 Wed Table Tennis YTH
- 21 Thu Loweswater IT Group, LVH 10-12 noon
- 21 Thu 77 Club at The Grange, 3pm, Tea Party
- 21 – 23 Thu 3-day Beer Festival at Kirkstile 11 – 11
- 22 Fri Deadline for Link Articles
- 22 Fri UVH Garden Night 7.00 pm
- 25 Mon Dementia Awareness, High Lorton, 2 – 3 pm
- 28 Thu Spirituality Group Muncaster House 10am
- 29 Fri Youth Cafe in Church 7-9pm

DIARY DATES TO MARK FOR THE FUTURE

May

4th and 5th Annual Parish meetings of Lorton and Loweswater

Lorton School Lunch on the 9th proceeds to school funds

Lorton Gardening Club - Outing to Dallam Tower Milnethorpe on Tues 10th at 2.00 pm

Début of Ciné North at Lorton, Tuesday 17th at 7.30 pm YTH "lady in the Van"

June

Royalists and Republicans!

Join together to celebrate the Queen's 90th birthday with tea and cakes at the Yew Tree Hall and garden, Sunday 12th June from 3.00 pm to 5.00 pm

Lorton School Lunch on the 13th proceeds to school funds

Further details of these events to follow ...

WALKER'S WAY - Number 175

It may come as no surprise to learn that for more years than I care to admit, I have collected diaries, notes and cuttings about a host of aspects of the natural world. Flipping through the file recently I came across a piece I wrote long ago, which is as follows:-

Thoughts on a March day - 1988.

Long months of Winter now do slowly edge away, sure certain signs of Spring abound. At first the welcome sight of snowdrops comes, full hardy stand their pure white heads, and bob and ring their pretty bells despite the far from finished chill and wet of February's reign. Soon comes the celandine, in shining gold, its brilliant stars far brighter yet than shine the sickly sun, through scudding mist and hugging clouds, through rain and storms still sweeping from the west. Coltsfoot follows, yellow too, and proudly shows its roadside hue in such great haste it waits not for its leaves, but calls them after. And with such promise of the panoply to come, young plants in hedgerows and upon the banks are waiting their due turn, of campion, herb Robert, foxglove and the like, while still awakening in the soil beneath are last year's seeds of many more, old Nature's store of visual treats to guide the year along.

Meanwhile, in skies above, takes place another changing scene. Giant ravens have already paired and built their nests high up among the fell side crags, avian castled, stout and strong. And well they might, because for all the thrills the coal-black croakers give, when rolling, diving, playing overhead, man still produces heartless thieves who'll rob them of their eggs and us of such delights, through selfishness

and greed. On high crags too, here stands the bird supreme, the peregrine, or 'blue hawk' of long ago, the ultimate in feathered speed and fine agility. Tiersel and falcon, the faithful male and female pair who too will make their choice of nest sight on their accustomed crag on which successive generations raised their young for centuries past, in spite of desperate weather and again the ravages of man. The little owls are late. They too were robbed a year or two ago and we must hope they will return despite this wicked act, so once again we may enjoy their company. Each 'first' does lift the heart, none more so than that herald of Spring the curlew, whose rippling call wafts o'er the greening lower fells and finds the bedroom window in the early light.

By now the frog has largely had his 'say' his raucous call of croaks to his more weakly vocal mate and clumps of spawn were seen as February neared its end. The vital drive to procreation follows hard upon some months of suspended life, of fasting, totally subdued with heartbeat ticking over as the merest throb. And then, while Winter's tail hangs on each female may deposit eggs to number a hundred score. Despite its ancient lineage the frog does not invariably select good sites wherein to lay its eggs but sometimes chooses but a temporary puddle which will surely dry in but a day or two, leaving the spawn to fail. These are but some markers of the Seasons change, a glimpse no more of Nature's vast machine in changing pace. As days do lengthen and the winter chill retreats, before warmth returns and snow falls back towards the highest peaks, all Nature stirs awakening once more to form this bounteous joy, this miracle, this Spring.

NOTES FROM ST. BARTHOLOMEW'S

We hope everyone had a Wonderful Easter. With the approach of May we are getting ready for **Christian Aid week - May 15th to 21st**. At a time when everyone is feeling the pinch in these times of austerity, it is vitally important that we support the efforts of the Christian Aid. Christian Aid is the official relief and development agency of British churches and works to support sustainable development, alleviate poverty, support civil society and provide disaster relief in South America, the Caribbean, the Middle East, Africa and Asia, Afghanistan. Christian Aid is an international development charity working with people, of **all faiths and none**, in around 45 countries, to eradicate poverty. Christian Aid's essential belief is summed up in the statement "**We believe in life before death**". If you pay income tax, may I ask you to consider making your donation gift aided to enable the charity to reclaim; for every £10 you give, they can claim an extra £2.50, making your gifts worth more to the communities Christian Aid supports.

THANK YOU.

Loweswater IT Group

April : 7.4.16 & 21.4.16 at 10.00 – 12.00am

If you would like to come along and get help with IT or are unsure and would like more information please contact me.

Lent Lunches in Loweswater – Village Hall, thanks to everyone who made the delicious soups and provided the tasty assorted cheeses and breads and to all who worked so hard in ensuring the success of the event. To all who came and had a good craic with friends, many thanks, we made a profit of £331.00 a splendid achievement. Sincere thanks are due to, Lorna & Keith Meadley of The Grange. And to Jan & Gwyn Evans of Palace How who raised £290.00.

A reminder that, The Annual Vestry & Parochial Church Meeting is on 3rd April after the 10.30 service.

CTiC - The March issue of CTiC a four page document is placed at the back of Church for everyone to view, if you would like to receive an email copy please let me know.

The Flower Rota is now available at the back of the Church, please help us fill in the gaps, Thank you.

Jan Collins-Webb

We meet at Loweswater Village Hall, with refreshments of coffee/tea and cake at £3 a session.

Please ring me to confirm attendance Jan Collins-Webb - 01900 85609.

A date for your diary - Ciné North is coming to Lorton in May

In an exciting new venture, Yew Tree Hall, supported by Cine North, will be showing 'The Lady in the Van' on Tuesday May 17th at 7.30pm. This great film stars BAFTA-nominated Maggie Smith amongst an ensemble of British character actors. Entry will be £5 with tickets available on the night or in advance. More details will be in April's Link, but in the meantime, PLEASE put this date in your diary. It promises to be a lively, entertaining and sociable evening.



On 15 March we heard a talk by John Butcher on the history of the Thirlmere scheme to supply water to Manchester. John was full of admiration for this superb feat of Victorian engineering, and his talk was accompanied by some fascinating photographs taken during the construction of the dam and the aqueduct.

The next meeting will be a tea party at **3pm at The Grange on Thursday 21 April** to celebrate the Queen's 90th birthday. We need to know numbers for catering, so if you didn't sign the list on 15 March, please phone me on 01900 85030 by 18 April.

Date for your diary. Tuesday 17 May. Coffee evening LVH 7pm. There will be a talk by James Moore on antiques.

LORTON NOTES

Easter is associated with spring and as I write these Notes and Easter is approaching the sun is shining, the daffodils are coming into bloom and spring promises to be on the brink. We all know that winter often has a sting in its tail, but it does seem we have reasons to be optimistic.

We also have reasons to be grateful for the way our services have been covered during Sheila's absence, mainly by Bob and Carole, but it is not right to impose on the generosity of time and effort of these and others and during April there there will be no 8.00am service at St. Cuthbert's. On these Sundays we shall be made welcome at Loweswater, and we shall be pleased to see Loweswater folk at Lorton when there is no service at their own church. This arrangement may well continue until

Sheila's return in July or thereabouts, although the possibility of alternative arrangements is being discussed.

Now that we are in the season of Easter and the church is decorated, it would be appreciated if names were entered on the flower rota. Flower arranging is rewarding and there is plenty of greenery in the churchyard to work with. You don't know what you can do till you try!

The Youth Cafe and Y-Club will be meeting as usual on the last Friday and second Sunday, which together provide opportunities for children of school age to meet

Finally, make a note in your diaries for 6 May. See the enclosed flyer for details of what promises to be a most enjoyable concert.

Loweswater Village Hall News

We had a capacity crowd in attendance for A Celebration of Simon and Garfunkel. Tim Chi and Ian Bailey are very talented musicians who took us through all the hits and some of the less well known tracks. Thanks to all who attended and I think I speak for all when I say we had an excellent evening.

We will let you know as soon as we do what is planned for later in the year. Until then we will see you for the Sponsored Walk and Cream teas on the 29th May. P. Leck

LORTON WOMEN'S INSTITUTE

MARCH 2016 Meeting



President Kris welcomed 14 Members and 1 visitor to the Hundith Hill Hotel to celebrate the 94th Birthday of Lorton W.I. Apart from several members being on holiday, we were told that Judith B was recovering from her surgery performed the day before and that Elly had sustained a fall on holiday and had checked into Hexham Hospital A. & E. on the way back from Newcastle Airport. We expressed our wishes that they would recover quickly. We were particularly delighted to welcome back Sheila H. following her surgery and wished her well with her further treatment.

Kris reported that the Group Darts Tournament, hosted by Lorton in the Yew Tree Hall, on March 1st had been a great success. The overall winners were Lorton A team and they will go through to the finals at Wigton on 8th April. Unfortunately, 3 of the team of 5 are unable to play on that date. Volunteers who had not played on

the 1st^t were urgently needed.

Following our Celebration meal, our newest member Christine W. cut the delicious birthday cake cooked by Kris. The competition was for items from 1922 (the year of our Foundation). The evening was completed with a picture quiz provided by Kris who sent us on our way following an evening of good food, good chat and fun.

The next meeting will a chance to learn about and participate in a Tai Chi session led by Ros Smith on 12th April. If you want to join in wear comfortable clothing. Please note the session will be at the Yew Tree Hall with a 5.30 start! Please bring a little something for a Bring and Share Tea and a jar of Spring Flowers for the Competition. If you haven't been to W.I. before, come along and have an evening out in convivial company. You will be made most welcome!

Jazz Evening

at the Kirkstile Inn
Loweswater

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

Friday 15th April 2016

from 7.30 pm

Telephone 01900 85219

Link Readers

Subscriptions are due, thanks to those who have already paid, an addressed envelope has been provided for your contributions.

Minimum contributions are £5 per year (10 copies or £10 for postal delivery)

Penny's Piece

There is a simple pleasure about a crisp sandwich. I was eating a packet of crisps recently and suddenly felt the need to make a sandwich. There are criteria though. I don't think the type of crisp matters but the bread must be fresh. Although you are going to crunch it up the crisps put onto the bread must be large and whole or it just doesn't work. I will let you go off and debate whether Quavers or Wotsits are acceptable in a sandwich.

I am always surprised when I discover things that clearly gifted, intelligent people don't know. Though in the case I'm about to mention it probably has more to do with the circles people move in.

While watching Only Connect for Sport Relief I heard Julian Lloyd Webber, he of cello playing fame, question during the missing vowels round what deeley boppers were. **[Editor's Note: I also didn't know and after clarification have added a picture]**

How did he get through the eighties without meeting deeley boppers? I can only assume it's because they are not a key accessory at any point in the history of an orchestra.

At least that is only a small thing. I often wonder how some people have managed to get where they are and function. A teaching student we once had asked me, in all seriousness, if the Gruffalo (the

children's book character) was real and it was just extinct. The same girl once arrived in school rather damp as it was raining and I asked where her car was as I could see the carpark was only half full. The reply was amazing. Her car was in the garage so they'd loaned her one. She'd had to park up the top on the road because she couldn't bring it into the car park as it she couldn't turn it round because it didn't have a reverse! I don't know if she qualified.

I took a trip to Chester Zoo the other week. It is very good and well worth a visit, but I recommend roller skates. As we arrived not long after it opened and left when it closed and didn't quite see everything. And we weren't hanging about. If you do go, it can be worth paying the monorail fee to get you to the other side to start there. Give the boat ride a miss. You couldn't see anything from the boat that hadn't been seen walking to it. Do see the orangutan. They were giving it full on King Louis form the Jungle Book. Swinging about and climbing all over the place. And hiding in a sack. One had a small baby which had the most amazing hair do. It looked like it had stuck its finger in a plug socket. I was also surprised to discover how old some of the chimps are. One of them was born in 1966.

If you do consider roller skates, look carefully at the floor. A friend of mine broke her wrist last week falling on skates. She had that awful occurrence where a small stone got under the wheel and stopped her dead. I remember it well and told her my knees and elbows were tingling in sympathy.

Penny



Lorton Vale Gardening Club



We've had 2 very good talks to complete the winter season: Paul Nichol on fungi and Bob Sanderson on primroses.

Paul explained that fungi form a separate class, distinct from plants and animals, but having some characteristics of both. Fungi are the fruiting body of a sometimes very large mycelium structure underground or out of sight. There are about 3500 varieties in Britain, of which, about 15 are really poisonous. Avoid very white ones, and always dig the whole fruiting body up if you are thinking of eating it, and discard any with a pronounced swelling on the bottom of the stem. About 50 or 60 varieties are good to eat. A fresh mushroom may give off 10 million spores an hour - if they weren't so particular about their growing conditions, we would be overrun with them! In a room with fresh samples, you will be in a spore soup - to which some people may be allergic. The symbiotic relationship between fungus and host is quite complex - the fungus gives the host minerals and the host provides sugars for the fungus. The fungus can also give insect repellent qualities to the host. Paul brought many samples to pass round - curry smelling ones, turquoise wood eaters, King Arthur's cakes (burnt), and the honey fungus dreaded by gardeners.

In March, Bob Sanderson, from Cath's Garden Plants, gave us an expert talk on primroses, with a splendid selection of plants to buy. We're in a good area for primroses: they like well drained soil,

plenty of leaf mould, and are happy under trees. They don't mind rain either. Bob specialises in hardy varieties, suitable for our area - particularly the Barnhaven series. Florence Beilis developed the Barnhaven series of primroses in America in the years following the Great Depression. Florence, pretty well down and out, went to live in a derelict barn donated by a friend. It was cold and damp - hence the hardy varieties! Using traditional hand pollination, she developed a range of wonderful colours and forms. She didn't want to sell to one of the big firms, and so the Barnhavens came to the Sinclair family nursery in Brigsteer Cumbria, from 1966 to 1990. The nursery has now moved to Plestin-les-Greves, in France, but Bob has a wide selection available at Cath's Garden Plants. There was a bit of a buying scrum before the talk, so that when Bob needed a plant for demonstration purposes, he had to extract it from a member of the audience first!

You should have your Summer visits programme now - the first outing, is to **Dallam Tower Milnethorpe on Tues 10th May at 2.00, entry £3.50**

Large garden, rock garden, water garden, wood walks, shrubs, orangery. If you are coming, please contact either Fiona Lambrick 01900 85710 fionalambrick@btinternet.com or Nicola Laws 01768 776483 lawses@btinternet.com

New members welcome!



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Loweswater with Buttermere PCC

100 Challenge Club

The prizewinners for the draw held for 1st March 2016

No	60	1st prize of £25	John Scadding
No	57	2nd prize of £10	Rebecca Meadley
No	67	3rd prize of £5	Irene Graham

Congratulations to the winners and thanks to all our supporters.

Message from Hugh Ralph

I would like thank everybody who has sent me good wishes, cards, goodies and even paid me visits during my month long stay in hospital and after. I hope to be much better quite soon and back in circulation. Also, I wish very much to thank the members of the First Responders team who have managed to rescue me two years in a row. I would also like to thank whoever took over my church cleaning duties. I am sorry I gave only about 3 weeks notice but it was becoming rapidly more obvious that I could not carry on. I would like especially to thank Anne Roberts, with whom I worked and has put up with me all these years.

Hugh

Parish Council Reports

Lorton Parish Council:

Notes from the meeting held on Wednesday 2nd March 2016

The Chair, Cllr. Poate, welcomed everyone to the meeting. Cllr. Poate informed the meeting that there was still a considerable amount of gravel left on The Pound after the recent heavy rain. After some discussion it was agreed that the views of the grounds maintenance contractor should be sought before deciding what the best way forward should be. Additional works required include the trimming of the trees on the site and the number of mole hills that have appeared.

Cllr. Armstrong will visit the site and try to remove the moles.

A written report from the Police identified four incidents in the Parish reported to them since the last meeting. These included two reports of fallen trees blocking the highway, a burglary that occurred in the Lorton area during which a quad bike, a strimmer and a leaf blower were stolen and a road traffic collision. Councillors discussed the recent spate of road works, and associated road closures, that had been undertaken in the area during the preceding weeks. Concerns were expressed that local residents were not getting the information regarding road closures and there followed a discussion as to what would be the best method of informing people.

It was agreed that an article in the newsletter asking people if they wished to be informed and receive the road closure notices, together with the associated maps, then they should let the Clerk have their email addresses. The Clerk's email address is davidsmith@tinyworld.co.uk if you would like to receive these email warnings of road works and road closures. The next meeting of Lorton Parish Council is the Annual Parish Meeting and is on Wednesday 4th May 2016 7.30pm in The Yew Tree Hall. All are welcome.

Loweswater Parish Council:

Notes from the meeting held on Thursday 3rd March 2016

The Vice-Chair, Cllr. Leck, welcomed everyone to the meeting. The Clerk informed the meeting that confirmation had now been received from The Land Registry that Loweswater Parish Council is the registered land-owner of the triangular shaped piece of land at Thackthwaite in which the Parish Council notice-board stands. A copy of the official Register of Title, together with a map of the land, has been received.

Cllr. Anison, the Borough councillor, reported that Allerdale BC had agreed an increase in the Council Tax of 1.9% for the coming financial year. He also stated that Borough Council officers were closely monitoring the situation at Mockerkin Hall even though the owners were proving to be both elusive and unhelpful.

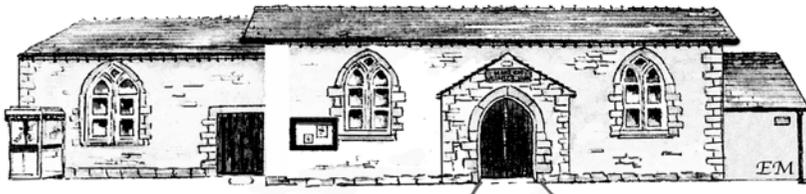
The Clerk reported that Cumbria Highways had explained to him that extensive works had recently been undertaken in the Parish cutting back vegetation along the highways network. There had also been some resurfacing work undertaken on Fangs Brow. However, work on the various blocked drains and pot holes reported at the last meeting had yet to be completed but was in line to undertaken during the coming weeks.

Allerdale BC reported that the road-sweeper vehicle had visited the Parish some three weeks earlier as requested by the Parish Council. Cllr. Leck reported that yet another vehicle had ignored the sign at the Mosser end of the impassable Old Mosser Road over to Loweswater and had become stuck requiring rescue.

The Annual Loweswater Parish Meeting is on Thursday 5th May 2016 at 8.00pm in Loweswater Village Hall. All are welcome.

Full report available at:-

www.melbreakcommunities.org.uk



Garden Night

Friday 22nd April

7.00 Plant sale

7.30 Talk by Neil Hutchin RSPB

8.15 Homemade Buffet Supper

Tickets £6.50 including supper

01946 862300

Loweswater Ladies

Our speaker for our March meeting was local lady, Chris Poate. Chris has been involved with Mental Health for many years, as a Social Worker and now as an Associate Mental Health Manager under the auspices of the Cumbria Partnership Trust. The later incorporates groups consisting of psychiatrists, psychologists, social workers, occupational therapists and psychiatric nurses and has different teams offering help to differing age groups. This help is accessed through the GP system under a scheme called First Steps, but there are also crisis teams available around the clock. Chris's role includes safeguarding patient's rights under the Mental Health Act of 1983.

Chris's *résumé* promoted a good discussion about the changing attitude and approaches to mental health. As 1 in 4 people are affected with mental problems at some time in their life, it is a pertinent

and sensitive subject and one that generated many questions and contributions from our Ladies. Thank are due to Chris for an interesting and stimulating talk and subsequent discussion.

We enjoyed tea and a light supper with our guest and the raffle was drawn. This time it was a night of "Ann's", the two prizes of potted hyacinth bulbs presented by Ann Hayton were won by Ann Kyle and myself, Ann Hiley !

Next month, on Wednesday April 13th at 7.15pm in the Loweswater Village Hall, we shall be entertained by Sally Phillips who will be speaking on the topic of "Chimney Sheep" ... yes "Sheep"

Wynne will be presenting the raffle and supper hostesses will be Christine, Loes, Margo and Nancy.

Ann Hiley

Loweswater with Buttermere PCC

Summary of Meeting 18th February at The Grange, Loweswater

Revd Sheila being on sick leave, the meeting was chaired by the Rural Dean, Revd Wendy Sanders. Martin having resigned as Secretary the Minutes were taken by a temporary Secretary. The Minutes of the previous meeting were approved and signed after two minor amendments. Under 'Matters Arising' Lorton's suggested increase in organists' fees for Sunday services was agreed.

The Treasurer's Report and Accounts were accepted unanimously together with a vote of thanks; the Fabric Report for Buttermere included an increased leak in the porch roof and ongoing woodwork; the Loweswater Fabric Report covered renewal of heaters in the sanctuary, a schedule of churchyard maintenance put out to tender and progress on the tendering for work on the church.

Fund raising included progress of the 100 Club (103 entries to date) and a future wine tasting at the Village Hall. Lent lunches are being held at The Grange, Palace How and the Village Hall.

There were reports and discussion on Mission, Churches in Cockermonth, Mission Communities and the Deanery Synod. It was agreed to share a Melbreak Communities coffee morning with Lorton at the Yew Tree Hall on September 10th.

Under AoB items included: the Youth Café would provide posies for Mothering Sunday; Revd Wendy would provide a rota of service takers; flower arranging for Loweswater. Lorna was thanked for the use of The Grange.

The APCM and Vestry will take place after the 10.30am service at Loweswater on Sunday 3rd April.

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8th Loweswater Beer Festival

at the Kirkstile Inn
April 21st to 23rd 2016
Open 11am – 11pm

20 real ales

Free entry, everyone welcome!

Tatie Pot and Hop Bread

Available

See www.kirkstile.com for more
Information and updates

Buttermere Notes

In one of our communion services during Lent we heard the story of Jesus when he had been invited to dinner at the home of Lazarus, the man who had been dead for four days and Jesus had brought back to life. Lazarus' sister Martha served the meal but his other sister, Mary, demonstrated her love of Jesus in a much more famous way, pouring expensive perfume on his feet. The house became filled with perfume and we were invited to imagine this event. This was made more realistic to us in church as we made our way to the altar to take communion, past aromatic candles, towards the stained glass window depicting Mary and Martha above the altar.

Judas criticised Mary for wasting money that could have been spent on the poor but was reminded that the poor would always be with them but they would not always have Jesus. The chief priests were even making plans to kill Lazarus as well as Jesus because so many people were following Jesus because they had heard of the miracle of the raising of Lazarus.

We hope that the love of Jesus, shown in different ways by Mary and Martha, enters our daily lives and that the joy that Easter brings extends beyond our valley to the wider world.

Jan and Gwyn Evans

Youth Café

The youth café has been running for nearly a year now. We started with just 3 people and the numbers have gradually increased, so we currently have over 20 people signed up and coming every time. We normally meet twice a month and also participate in church services. At some of these we put on plays, which always relate to the subject of the service, and are usually written by James, one of the founder members. We've done one at Christmas, Mothering Sunday and now we are doing one for Easter.

At the youth café itself we hang out, have fun and relax. At the first meeting in the month we are in the village hall, where you can play table tennis, board games or do whatever you want. There is a charge of £2 this covers the hall rental and the table tennis equipment.

At the church, which is the second place we meet, there is table football and gym mat, these are also at the Village hall. There is a tuck shop at both where you can buy sweets and drinks etc. but sandwiches are provided for free. At the end of every youth café we have a three minute talk about God.

We have a number of events planned for the summer, including a trip to Walby Farm Park and a sleepover at the church.

None of this would have been possible without the support of Sheila (who we are really missing), Barbara, Jane and Martin. They are the best leaders and always make sure we have a good time while staying safe.

If you are interested and would like to come along, please do, new people are always welcome. Lexie Dickson

An Action Plan for the 4 Parishes of Buttermere, Loweswater, Blindbothel and Lorton

This month's news from The Melbreak Communities:

The AGM will be held on Tuesday 19th April at Yew Tree Hall starting at 7.30pm. All are welcome!

The Steering Group met on 24th February joined by the top tier contacts on the telephone tree to discuss the Emergency Plan following December's extreme weather events. You can read the minutes of the meeting on the Melbreak Communities' website:

<https://melbreakcommunities.wordpress.com/>

The Steering Group is having initial discussions about a proposal for a local community energy project. If you would like to get involved please contact Glenis Postlethwaite glenis@borderhyro.co.uk or call her office number 01900 85616.

The Melbreak Communities has funds of its own to donate! If there is a charity or local cause you would like us to support please contact the Acting Chair, Chris Poate at chrispoate@gmail.com or call her on 01900 85265.

Requests from younger members of the community for funding for volunteering opportunities are especially welcome.



***Another chance to come to the
DEMENTIA AWARENESS SESSION
-if you've missed it before.
MONDAY 25th April 2-3pm***

Everybody is invited to attend this ***-*free*, *light-hearted*, *one hour*session***

planned by **The Alzheimer's Society** and delivered by **Ann Peck**.
Your knowledge and understanding can help people live well with
dementia creating dementia friendly communities.

Join the next session in **High Lorton. *Booking is essential.***
Do be in touch whether you can attend this date or not -other dates can be
arranged.

Ann 0190085236 annrogerpeck@yahoo.co.uk



THE MOCKERKIN MOB
(founded by Alan Gane MBE in 1989)
Walk 306



A Walk	B Walk
Sunday 10th April 2016	Sunday 17th April 2016
Intended for experienced walkers	
Meet: 10am Roadside layby (½ mile along Orthwaite Rd from A591)	Meet: 10am Foulisyke, Loweswater
GR: 235309	GR: 142215
Route: Ullock Pike, Carl Side, Skiddaw, Broad End/ Bassenthwaite Common	Route: Low Fell, Darling Fell, Loweswater Lake via Hudson Place
Estimated Time: 5½hrs (Strenuous)	Est. Time 4hrs(Easy/Moderate)
Leader: Richard Easton 01900 85708	Leader: Andy Burr 01900 85980

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
www.melbreakcommunities.org.uk**



**Real Coffee & Home Made Cake Hosted by
Cumbria Centre of the Caravan Club
(in aid of Cancer Research UK)**

**Sat 16th April Yew Tree Hall, Lorton 10.00am - 12.30pm
(Including book & DVD Exchange)**

The United Benefice of Lorton and Loweswater with Buttermere

Church Services April 2016

3rd April	2nd Sunday of Easter			
	10.30am	Holy Communion & <i>APCM</i>	Loweswater	CW
	6.00pm	Evensong	Buttermere	BCP
10th April	3rd Sunday of Easter			
	10.30am	<i>Matins & APCM</i>	Lorton	BCP
	10.30am	Ⓢ Club <i>Lorton Tennis Club</i>		
	6.00pm	Holy Communion	Buttermere	CW
17th April	4th Sunday of Easter			
	10.30am	Holy Communion	Loweswater	CW
	6.00pm	Evensong	Buttermere	BCP
24th April	5th Sunday of Easter			
	10.30am	Holy Communion	Lorton	CW

WHAT TO DO IN CASE OF A MEDICAL EMERGENCY

- Phone 999 immediately
- Make sure ambulance/first responders can get into the house ...
- Provide lighting if dark ...
- If the person is unresponsive and not breathing normally, Do chest compressions (but only if you know how) ...
- Have clothes and any medicines ready in case the person needs to go to hospital.

Advice supplied by Lorton First Responders

Please send your articles by e-mail to lolobulink@gmail.com by the **22nd April 2016**. Link can also be read at www.melbreakcommunities.org.uk