

**DEC 2016 / JAN 2017**



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

## **DIARY DATES FOR DECEMBER**

- 2 Fri Spirituality Group 10-11am Muncaster House Loweswater
- 2 Fri Wine Tasting Evening from 7pm Loweswater VH Tickets £10 inc nibbles
- 4 Sun Table Top Sales Ullock Village Hall
- 4 Sun Mockerkin Mob Christmas Walk
- 6 Tue Buttermere Parish Council Meeting, 7.30 pm in Old School.
- 7 Wed Table Tennis YTH 7-9pm
- 8 Thu Loweswater IT Group - Damson Ghyll 10 - 12.00
- 10 Sat Melbreak Coffee Morning, YTH, 10.00 – 12 with Energy Event
- 10 Sat 77 Club Christmas Party, LVH at 3 pm
- 12 Mon Community Lunch, Lorton School, 1.15 pm (booking 07790 459064)
- 12 Mon Loweswater Ladies Christmas Buffet Dinner 7.30 pm , Fish Hotel
- 12 Mon NSPCC Carol Singing see centre spread for details
- 13 Tue YTH ~ 7.15-9.30 ~ Lorton W.I. ~ Christmas party
- 14 Wed Table Tennis YTH 7-9pm
- 15 Thu Selfies at St Joseph's Church Hall, Cockermouth 10:00am
- 15 Thu NSPCC Carol Singing see centre spread for details
- 16 Fri Youth Cafe Xmas Party 7-9pm YTH
- 16 Fri NSPCC Carol Singing see centre spread for details
- 20 Tue CFR group Minced Pies and Mulled Wine YTH 7:30p
- 21 Wed Table Tennis YTH 7-9pm
- 22 Thu NSPCC Carol Singing see centre spread for details



## **Diary Dates for January 2017**

- 4 Wed Lorton PC, YTH at 7:30 pm
- 5 Thu Loweswater PC, LVH at 8:00 pm
- 8 Sun Mockerkin Mob A Walk Fleetwith Pike
- 10 Tue YTH ~ 7.15-9.30 ~ Lorton W.I. ~ Talk about Lake District walking
- 11 Wed Table Tennis, YTH, 7-9pm
- 11 Wed Loweswater Ladies, LVH at 7:15 pm - Beetle Drive
- 12 Thu History Soc. talk, Cumbria's Traditional Buildings , June Hall, YTH. 7.30pm
- 12 Thu Loweswater IT Group - Damson Ghyll 10.00 - 12.00
- 13 Fri Youth Cafe Lorton Church 7-9pm
- 14 Sat Ceilidh and Supper Ullock VH 7.30pm
- 15 Sun Mockerkin Mob B Walk Around Portinscale
- 17 Tue Spirituality Group Muncaster House Loweswater 10-11am
- 18 Wed Table Tennis, YTH, 7-9pm
- 19 Thu Lorton Gard Club, YTH Winter Party 7:30 pm
- 19 Thu Selfies - Fitton Active Theatre, Theatre Royal, Workington, 7:30 pm
- 24 Tue Film Night, Eddie the Eage, YTH, doors at 7pm
- 24 Tue 77 Club, LVH 7 pm Burns Supper
- 25 Wed Table Tennis, YTH, 7-9pm
- 26 Thu Loweswater IT Group - Damson Ghyll 10.00 – 12.00
- 28 Sat Selfies - Fitton Active Theatre Group Ullock VH 7:30 pm

I'm sitting in a hospital waiting room for the latest advice on how to live a life after cancer treatment. I'm lucky, we think I'm cured for now. My mind drifts during the long wait to others who are suffering badly with this dreadful disease. Those who have been through every possible, uncomfortable medical procedure in the hope of combatting this relentless affliction. There are also others I think about: All those waiting for new knees, hips, eyes and those suffering degeneration because of age or inherited disease. Someone with a bald head walks past me. It looks shocking, not because of how it looks but as a sign of another brave soul undergoing the dreaded chemotherapy. No room for vanity in a cancer clinic and it may save her life. She does look good despite having no hair. It is true that when one gets a possible terminal illness it does fine tune your mind. We are all given the odds of it recurring in the next 10 years. Living a long life may not now be possible. For myself, I've made sure to enjoy the family and friends more. No more "I'm too busy this week" instead it's "why not?" Life can be short so let us enjoy all that is thrown at us. The truth is that all of us will die eventually and illness is just a reminder of that. One may feel cheated by a terminal

illness but the spectre of death is over every one of us. We live, we die. After I die, I know I'll live again. A continuation of my present life in Christ. I will keep close to God and he will keep close to me. His promise is ever sure and solid.

Half an hour later (it is the NHS!) I am called through to see the consultant. They are fine tuning the medication as I fine tune my mind. A new set of side effects to get used to but, hopefully, a new treatment to prevent getting breast cancer again. How fortunate some of us are to have this magic treatment in this modern age and live to tell the tale.

As we all enjoy our Christmas and New Year celebrations, we should spare a thought and a prayer for those who won't see another one, especially those who have been told they won't. Send a card, visit them, give them a present. Please do something special for them this Christmas to make it a great one.

Happy Christmas

Revd Sheila

Tel.: 85237

Email: [vicarlolobu@hotmail.com](mailto:vicarlolobu@hotmail.com)



## Note from Caretaker at Loweswater Village Hall.

We are sure that many of you will already know we have resigned from our voluntary position as Caretakers of Loweswater Village Hall and bought a property in Eaglesfield. We will both be continuing our handyman and housekeeping roles in the valley. Our new telephone number is 01900 822061. Tod's mobile and email details remain the same- 07815 111 501 [todreid1411@gmail.com](mailto:todreid1411@gmail.com) We would like to take this opportunity to thank you all for kindness and support during our 6 years at the Village Hall and look forward to meeting with you at future functions. Very best wishes, **Tod and Sheila**

## NOTES FROM ST. BARTHOLOMEW'S

Where has the year gone?! We are approaching Advent and a time of reflection. In our Church we begin with the introduction of an Advent wreath with five candles into our services, **one candle each week, to mark the passage of the advent.** For Christians, the season of Advent anticipates the coming of Christ from two different perspectives. The season offers the opportunity to share in the ancient longing for the coming of Jesus the Messiah at Christmas, and to be alert for his Second Coming. We begin to reflect on our faith and our witnessing by God's grace, to grow God's Kingdom in our Valley; In fellowship, giving of ourselves in time and being open to offer a sympathetic ear in caring for our neighbours. **Let us hope and pray that peace can be mediated in areas of conflict in the world.**

We look forward to welcoming you to our Christmas Eve Service of Holy Communion at 11.30 Saturday 24<sup>th</sup> December. We wish everyone a wonderful, peaceful Christmas and a very Happy New Year.

CTiC - The November and December issues 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.

**Jan Collins-Webb**

**From St. Bartholomew's Registers:**

**Weddings:**

**23 September 2016**

**Andrew Scott and Rose Richardson –  
Branthwaite**

**1<sup>st</sup> October 2016**

**Peter Mayers Rodgers and Laura  
Elizabeth Jane Crellin – Frizington**

**22<sup>nd</sup> October 2016**

**Jakub Lebiecki and Laura Victoria  
Catterall –  
Greater Manchester**



### Loweswater IT Group

**Dec 8th and Jan 12th & 26th 10.00 – 12**  
**at DAMSON GHYLL**

If you would like to come and get help with IT, you would be very welcome.

**Please ring me for more information,  
and to book your place and  
attendance. Jan Collins-Webb - 01900  
85609.**



The Christmas Party for Club members will take place on **Saturday 10 December at 3pm** in Loweswater Village Hall. We ask everyone to bring a present for the "Secret Santa". Entertainment will be provided by the Dean Handbell Ringers. If you wish to come and did not sign the list at the Pie and Peas supper on 22 November, please give me a phone by 7 December.

Date for your Diary. We are holding a traditional Burns Super on Tuesday 24 January at 7pm in Loweswater Village Hall. A list will be available for signing at the Christmas Party. Alternatively, you can give me a phone on 01946 861555 by Friday 20 January.

John Hudson



## LORTON NOTES

Christmas is coming, the season at which more folk are drawn towards the Church than at any other time of year. Easter is the climax of the Church's year, when we celebrate Jesus's resurrection, but somehow there is something altogether more appealing about the birth of a baby in a stable surrounded by lambs and cows and shepherds. And leading up to Christmas we have the Service of Lessons and Carols, a more joyous occasion than the solemn services preceding Easter.

We do have a contemplative season preceding Christmas. Advent starts at the end of November, a season of penitence and contemplation which I always find a soothing relief after the mad commercialism of the High Street. Come and join us and be reminded of what this season is really all about, especially if you are tiring of seemingly everyone urging you to spend, spend, spend.

The Carol Service is at St. Cuthbert's this year, on the 18. We shall also be holding the very popular Christingle Service on Christmas Eve, whilst our Communion Service is on Christmas morning at 10.30. So as to have the atmosphere commensurate with the Carol Service, we shall be decorating the church on Saturday 17 at 10.00am with warming coffee at 11. Helpers are always welcome and we do enjoy ourselves.

Christmas is a Principal Feast and on 8 January we are celebrating Epiphany, another Principal Feast. It is important, celebrating among other things the Manifestation of Christ to the Gentiles. Do not let Christmas crowd it out.

After a successful Y-Club in November we shall be meeting at the Tennis Club on 11 December. The Youth Cafe is thriving, please see notices for times of meetings.

**LORTON WOMEN'S INSTITUTE**  
**NOVEMBER 2016 Meetings**

**theWI**  
**INSPIRING WOMEN**

Where did you go on holiday this year? I would wager your trip did not involve rocking in a small sailing boat in gale force winds, or tentatively navigating 12' whirlpools and pack ice in the Arctic Circle!

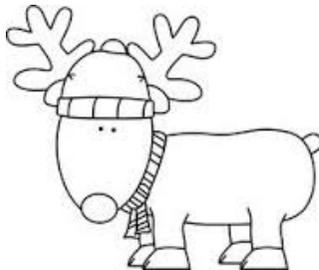
Before Member Pam Jacques regaled 18 members and 5 guests with her traveller's tales, President Ann chaired a short business meeting. The installation of the smart new dartboard was welcomed, final arrangements for the Christmas Party and the Theatre visit were made and some Federation and National Business, as well as Local News, were discussed.

Pam took us on a journey, in words and pictures, to 80° North on her and her husband's sailing yacht Umiak (which means boat in Inuit). Their expedition took them from the Netherlands to Spitsbergen, to circumnavigate the largest and only permanently populated island of the Svalbard archipelago in northern Norway. The journey took 4 months, covering 6,000 miles, and was enjoyed by 23 people (family and friends) as crew, who joined and left the boat at various points. Pam was there for the beginning and the end of the trip – just taking a month long break in the middle – and described the beautiful, barren scenery and the animals encountered, such as Polar bears, Arctic foxes and hares, walrus, different seals and wales, as well as a huge variety of birds. The reindeer, with

huge antlers but with a fat tummy and very short legs, rather like a Shetland pony (apparently to enable it to stand firm against terrific winds) was a curiosity.

However, it was the terrifying experiences which Pam related which impressed us most. The expedition started with gale force winds and mountainous seas, necessitating a run for safe harbour and a delayed sailing. Sea sickness proved to be the least of Pam's worries: the extreme cold meant crew dressing in several layers and keeping them on night and day. They woke one morning to the noise of mini-icebergs nudging their boat, and one strait had to be avoided because of pack ice, but the most frightening experience was slowly inching between cavernous rock walls, avoiding deadly whirlpools. Gill gave the vote of thanks with difficulty as the exciting talk had rendered her almost speechless!

We repaired to tea and cake and had plenty to talk about and discuss with Pam. The next meeting, on Tuesday 13<sup>th</sup> December, at 7.15 at the Yew Tree Hall, is the Christmas party, to which Members will have signed up. The meeting on Tuesday 10<sup>th</sup> January is at the same time and venue and will be about Lake District Walking. As ever visitors are very welcome. There is a small charge of £3 which includes tea and cake.



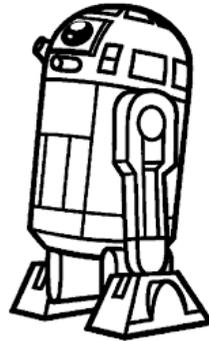
## *Penny's Piece*

I do like my food but I'm not into overly fancy stuff. Or giving normal food a silly name to make it sound better. Why say jus when you really mean gravy? But my current gripe is with a confusingly named foodstuff. Quinoa is a grain which has come from regions of South America. All good but it requires a pronunciation guide with it. Most of you will be wondering what I am talking about but then most of you won't realise you are already in two groups. Those who know how quinoa pronounced and those who don't. I discovered I was in the don't group. For those still in the dark, it's pronounced keen-wah. So now I can say it I may eventually try it.

A caution to buying age appropriate/ or carefully explained gifts and I don't mean for kids. A colleague of mine witnessed what happened when a very elderly nana was bought a mobile phone for the first time. The family was having a day out at the Metro Centre and had arranged to meet at a certain place for tea. Tea time arrived and no nana so various family members tried to ring her. The phone rung but no answer. After nearly an hour they got a Tannoy announcement put out for her across the Centre and she came to the meeting point. Lots of questions were asked about was she ok and did the phone not work. One of them rang it, it went off and nana announced, "Oh, they've been playing that music in all the shops."

Another friend picked up a stocking filler pair of slippers in a certain cheap shop. Disaster. She had a pair of the right pattern and the right size but they were also both for the right foot!

Due to having loads of channels on the tv and still nothing to watch we have been watching film box-sets. Starting from the beginning of the Harry Potter series. When you watch them like this you really see how poor the acting is in the early ones and the third one is still the best. We are now watching Star Wars, starting with the original ones of course. I recommend watching them all with the subtitles for the hard of hearing on. What they display when R2D2 beeps and Chewbacca roars is



quite entertaining. They also bother to tell you what language the different aliens are speaking in. I'm hoping if I re-watch The Matrix trilogy in this way I might actually understand what

is going on. Watching the current film I have suddenly found that it is mid-November, I am already into my second box of mince pies and the top level of a box of Family Circle has already disappeared. I have bought pomegranates just because I can and will probably buy some dates when I see them. Why do we do this to ourselves? Why do we get out bigger plates for Christmas dinner just so we can get the extra four vegetables onto it? Especially when several of the additional vegetables are disliked by half of the people around the table. I like sprouts but for those of you who don't good luck at finding a creative way to 'lose' them. See you next year. Penny

## Reports from the Parish Councils

### Lorton , Wed 2nd Nov

The Chair, Cllr. Chris Poate, welcomed everyone to the meeting.

A number of residents had raised concerns with the Council about the speed of vehicles travelling through both High and Low Lorton. There are currently no speed restrictions in the village, despite the fact that there is a school attended by nearly eighty pupils and few footways. A number of comments were made that both local residents and the Parish Council had been asking for a 30mph speed limit to be introduced going as far back as the 1960's and still nothing had been done. A letter was sent to Cumbria Highways asking that consideration be given to the introduction of a 30mph speed limit covering the whole village. The response that has now been received will be covered in the Christmas edition of the Parish Council newsletter.

A draft budget for the next financial year was agreed by Councillors and no increase in the Precept was suggested. Concerns were expressed about changes to the Police Reports received by the Council which no longer provide up to date information on incidents reported to the Police in the Parish. It was agreed that the Clerk should write to the Police & Crime Commissioner highlighting these concerns.

A number of highways issues were reported by those present at the meeting. The Chair urged both councillors and members of the public to use the Highways Hotline number, 0300 303 2992, to report any concerns.

The next meeting of Lorton Parish Council is on **Wed 4th Jan 2017 at 7.30pm in The Yew Tree Hall. All are welcome.**

### Loweswater, Thu 3rd Nov 2016

The Chair, Cllr. Kathryn Mitchell, welcomed

everyone to the meeting including Geoff Davies and Cath Johnston from the Lake District National Park Authority.

Geoff Davies gave an update on his work as the Parishes representative for the Northern Distinctive Area of the National Park. Cath Johnston is one of a team of five Rangers who work in the Northern Distinctive Area and she provided those present with an insight into the way that the local teams work. Amongst the issues covered in their presentation was the World Heritage bid, possible ways of alleviating the impact of future floods, funding for local groups through the LDNPA Communities Fund and the North West Connections Project.

Amongst other issues discussed at the meeting was the recent incident of an ambulance getting stuck on the Old Mosser Road when responding to a 999 call and following a Sat Nav. The Parish Council has in the past asked for better signage at the Mosser end of the road and this to include a sign that states 'Ignore your Sat Nav'. Councillors agreed that a further letter should be sent to Cumbria Highways restating the points made previously with regard to this issue and in light of the recent incident. It was also agreed to request some remedial works be undertaken on the road itself as local farmers were now struggling to use the road safely in their tractors and 4x4's.

A draft budget for the next financial year was considered and agreed by Councillors and no increase in the Precept was suggested.

The next meeting of Loweswater Parish Council is on **Thu 5th Jan 2017 at 8.00pm in The Village Hall. All are welcome.**

The Clerk to both Lorton & Loweswater Parish Councils is David Smith & he can be contacted on 016973 23296

## Walkers' Way No. 180

One of our regular spots for a breath of fresh air is the shore at Parton. Part rock, part sand, part shingle, it provides a nearby opportunity to stretch limbs, and of course, to view a little wildlife. There are gulls, dunlin, the occasional curlew and, scurrying among the stones, quite a number of ringed plovers, picking scraps of food where they can and then suddenly taking off in a compact group to sweep out over the sea and back again. It is never very long before a cormorant is seen, and sometimes they are seen in considerable numbers. The other day there were over 100 perched on railings at Workington harbour, while three swans sailed along in stately procession into the dock. We quite often see buzzards soaring over the fields here and only the other day we watched while one was constantly harried by a crow, in the hope of a free meal. Sadly the well-intentioned legislation aimed at protecting birds of prey has had an unfortunate effect in some areas, in that buzzards numbers have increased to such an extent that they are becoming a nuisance. It is estimated that in 2013 there were some 68,000 breeding pairs – a four-fold increase since 1987. At the other end of the scale, there were only three known pairs of hen-harriers in England this year, one of which was at the RSPB Geltsdale Reserve.

The murmurations of starlings in one of the most dramatic wildlife sights to be witnessed in this country. Hundreds, thousands, even tens of thousands of birds, swooping, swerving and soaring in unison and forming the most extraordinary patterns in the sky. Great plumes of bird masses constantly changing and reforming. The Royal Society of Biology is currently

collating information on murmurations, in partnership with the University of Gloucester, to help researchers understand exactly why starlings behave in this way and why they are in such sharp decline. I would be pleased to pass on details of such sightings if any reader is lucky enough to see one. My mention of walking on the shore at Parton, brings to mind an unpleasant aspect of this otherwise pleasant place, namely plastic. At Parton, as along so much of our coastline, there is a great deal of plastic waste in some areas. Non-biodegradable plastic such as cups, bottles, straws and packaging threatens the biosphere. Up to a third ends up in the oceans. Global plastic production had increased by more than 600% since 1974; there are five vast accumulations in the oceans, the North Pacific holding the greatest, which is thought to be 300,000 square miles in extent, 30% of which comes from China. Thousands of turtles are dying through mistaking plastic for jelly fish. Seabirds become entangled in discarded nets and the young are often fed plastic by their parents. Thankfully, in this country, our consumption of free plastic bags has plummeted by 80% although China reached that target in 2008. Governments must do more to discourage the use of disposable plastic and find recycling solutions as a matter of urgency. Sorry to end on a depressing note, but it has recently been reported that "In the UK over the last 50 years, 56% of species have declined and that 15% of those assessed are at risk of national extinction. We have lost more nature than the global average and are now one of the most nature-depleted countries in the world".

Alan Gane

# LORTON VALE GARDENING CLUB

At a well attended AGM back in October, Tony Bracegirdle from Ramsbottom in Lancashire gave us a master class on roses. He has about 1000 varieties on his 2 allotment plots, and has bred many new ones over the last 17 years. Double digging featured, and to make a good start, you need a haystack sized heap of well rotted horse manure for Christmas this year! In March he prunes, and then loads on the manure, right up the stems, then tops up with a Vitax Q4 or fish blood and bone feed in May, and then a high potash feed at the end of July. Tony went through the main pests, he sprays every 2 weeks from when the new leaves turn from red to green. We did pruning and

grafting too, and he showed us some of his favourite varieties. There should be a good display in Lorton gardens next summer! The November 24th talk is Phil Newport speaking on "Wild roof landscapes" and the December one is on Tuesday 6th December at 7.30 in the Yew Tree Hall, when Phil Brown from Cumbria Wildlife Trust will speak on "Saving Cumbria's Wild Places.' New members and visitors always welcome. Our Cheer up January Winter Party is on Thursday 19th Jan at 7.30 in the Yew Tree Hall. The usual arrangements - bring finger food with some extra if you bring a guest, and we supply the wine. Plus a few silly games.....



## NSPCC Car

- Monday December 12th - High Lorton**
- Thursday December 15th - Loweswater**
- Friday December 16th - Buttermer**
- Thursday December 22nd - Low Lorton**
- Thursday December 22nd - Mockerkin**

Collection for the NSPCC will take place during  
December. Contact K

Please come and join us on these evenings  
but we have good fun



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## ol Singing

n. Meet at Tenters Cottage at 6pm. Contact Ann Roberts(85333)

er. Meet at Thackthwaite at 6pm. Contact Ann Hayton (85606)

e. Meet at Turner How at 6.30pm. Contact Ann Hayton (85606)

n. Meet at Croft View at 6pm. Contact Ann Roberts (85333)

n. Meet at 6.30 around the Christmas Tree on the Green for mulled wine and mince pies.

ing the preceding week. Further information will be distributed mid  
athryn Mitchell (01946 861928)

enings. You don't have to be a talented singer,  
n and enjoyable sing songs!

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

[www.melbreakcommunities.org.uk](http://www.melbreakcommunities.org.uk)



+



**Real Coffee & Home Made Cake**

**Hosted by the Lorton Book Group – proceeds will be used to buy books for Lorton School**

**10.00am (early start!) to 12.00 Saturday 10 December at Yew Tree Hall, Lorton**  
**Plus Community Energy Event**

**ALSO**

**Hosted by The Yew Tree Hall Committee**  
**10.30am – 12.00pm on Saturday 14th January 2017**  
**at Yew Tree Hall, Lorton**  
**Proceeds to the Hall funds**

The Melbreak Communities and CAFs would like to explore the potential for a community energy project in our Valley. Join us for the usual coffee and cake with some extras:

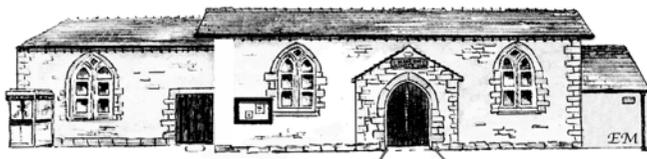
- \* Practical advice on home insulation, flood resilience and swapping your energy supplier – bring your electricity bill and see if you can get a better deal!

- \* Short (2 minute) films on other communities' projects and how to draught strip doors, windows etc
- \* Electric bike on display
- \* A chance to share your ideas about specific projects or your thoughts on the renewable energy technologies we could investigate further (hydro, wind, solar etc)

**THE MOCKERKIN MOB COFFEE MORNING**

We would like to say a BIG THANK YOU to all who came along to the Coffee & Cakes Morning hosted by the Mockerkin Mob in Loweswater Village Hall. We were delighted to see so many people and it was an enjoyable occasion greatly enhanced by Rosamund and John Macfarlane's wonderful photographic exhibition. Together with the proceeds from the sales of their cards and prints we raised a fantastic £450 with which we are delighted. We will be presenting a cheque for that sum to FIX THE FELLOWS – a charity which is an excellent one for this local walking group to support.

Thank you all for coming to support us and for your generosity.



**Sunday 4 December - Noon to 3.00pm**

All Welcome to Enjoy - Soup & Roll - Tea & Cakes

### ***Table Top Sales***

**Marion Wilson** - original art work, cards of flowers, birds & animals

**Helen's Herbs** with plants - Lots of nice things to buy ready for Christmas

**Bookable Table only £5**



***Ceilidh and Supper*** with music by Alison Riley

**Saturday 14 January at 7.30pm**

Hot Supper and homemade desserts

Tickets £8.50 Children £3.00

**(Booking Recommended)**

***Selfies*** by the **Fitton Active Theatre Group**

**Saturday 28th January at 7:30pm Tickets £5**

A set of short pieces and sketches authored by members of the **Cockermouth U3A Drama Group** as a tribute to Liz Fitton. There is a seasonal character to many of the pieces, some outrageously funny, some a little darker in humour, guaranteed to make the evening memorable. The group was founded by **Liz Fitton**, a well known person in drama in the area for the last 30+ years. All profits raised from the show will go to MacMillan Cancer Support. Watch out for **Selfies 2** at Easter time

**To Reserve Tickets please call 01946 862300 or 861458**

Selfies can also be seen on the following dates and venues

Thu 15 Dec	St Joseph's Church Hall Cockermouth 10 am
Tue 22 Dec	Plumbland Village Hall 7:30 pm
Thu 19 Jan	Theatre Royal Workington, 7:30 pm
Sat 21 Jan	Threlkeld Village Hall, 7:30 pm

**Footnote from Ed:** I added this info as I am also appearing in these pieces :-)

## Buttermere Notes

Outside St James there is a prominent signpost pointing towards the Crummock, Newlands and Honister valleys. Anyone standing at this popular vantage point can see where they have come from and where they intend to go. At this time of year we can look back at 2016 and where we want to go in 2017.

In 2016 we have been blessed that Revd Sheila is back with us in good health and for the help received from other clergy during her absence. Weddings at Buttermere have become increasingly popular. Congregations vary from a handful to over 20. Our many visitors continue to find the church a peaceful place and an inspiration to their faith. Additionally their donations and purchase of postcards contribute over four figures p.a. to the PCC, which will go towards the final programme of essential maintenance. This includes refurbishing and painting the (rusting) railings on the steps, redecorating the porch and removing the efflorescence off the sandstone arch, repairing and repainting gutters and downpipes, clearing the drains, installing two new lightning conductors and completing the storage in the vestry.

What for 2017? After the completion of the long and time consuming work on the fabric we can concentrate on more spiritual matters. 'Outreach' and 'Mission' are current buzzwords and sometimes their meaning is not very clear but we make a contribution by keeping the church open for visitors to be closer to God. It would be good to have more people at our services and we can do more by leaving leaflets about St James at local hotels, the YHA and holiday lets. The 'God for all' initiative is exciting and a stimulus for us to think in a broader context than our own small, comfortable church. On January 1st at 3pm we start our year's worship with an informal service of carols, readings, sherry and mince pies. Come and join us!

The following really happened. We were standing on the steps outside church when a car stopped (in the middle of the road!), the driver got out and said 'I'm not sure where I am and need help in getting where I want to go'. Food for thought?

A joyous Christmas and let us pray for peace.

Gwyn and Jan Evans

### **Loweswater with Buttermere PCC**

#### **100 Challenge Club**

**The prizewinners for the draw held on 1st Nov 2016**

No	77	1st prize of £25	Jennifer Kirwan
No	55	2nd prize of £10	Robin Harper
No	9	3rd prize of £5	Brig Joe Milburn

# Loweswater Ladies

Our speaker for our November meeting was Rowena Watkins, daughter of Bob and Margo Watkins. Rowena was born in Ghana whilst Bob was living and teaching Latin and Greek at Cape Coast on the southern fringes of the country. They left to return to the UK when Rowena was just six months old.

As she obviously had no recollection of the country of her birth, Rowena returned in 2103 to explore the country and its culture. She travelled with an organised group for two weeks, and on a cold evening in mid-November a large and enthusiastic group of our Ladies were treated to wonderful photographs and short video clips depicting the sights and sounds of that amazing African country.

Ghana is a mixed and tolerant society embracing many different faiths. Rowena took us on a circular tour of the country, visiting villages and national parks along the way. The people that she met were prominent in her beautiful photos, and their faces reflected the happiness of their lives and their open friendliness to Rowena and her fellow travellers.

They were invited to a funeral celebration, a wedding photo shoot, to Muslim temples and Catholic cathedrals, football matches, to meet Chiefs (one of whom had 9 wives and over 100 children!), and an amazing Monkey Trail with its own monkey cemetery. One highlight was a tree canopy walk, the only one in Africa. Another rather unexpected photo showed Rowena lifting the tail of a crocodile in a 'sacred' crocodile compound, 'sacred' as the crocodiles have never killed any humans!

The darker side of Ghanaian history was also explored as the group toured the

historical buildings where slaves were assembled and auctioned before being packed into wooden sailing ships and transported in appalling conditions to foreign countries.

Certainly one of the highlights of the tour was Rowena's visit to the Orphanage at Bolgatanga which she supports. Her talk gave rise to many questions and afterwards she gave us a chance to look at many of the artefacts that she had brought for us. After Alison gave thanks on our behalf for a truly enlightening and entertaining presentation, Rowena wanted us to know that her fee for the evening was to be sent to the Bolgatanga Orphanage.

Back at home, our next meeting will be our annual Christmas buffet at the Fish Hotel on Monday December 12<sup>th</sup>, please arrive at 7 for 7.30 start. The cost will be £18 per person, friends and partners all welcome to this very enjoyable seasonal event. Please bring a 'Secret Santa' present along to the evening. If you wish to add your name to the list please ring Alison on 01946 861496.

Our January meeting will be held at 7.15pm Wednesday 11<sup>th</sup> January at the Loweswater Village Hall. The meeting will be a Beetle Drive, will each attendee please bring along a small prize (value no more than £2-£3) and a 'booby' prize each. Alison will be giving further details at our Christmas event. She will also inform us who will be on supper duties at the meeting, because as discussed at our November meeting, from January we will no longer be providing our extensive suppers. These will be replaced by tea, coffee and biscuits, so hostesses will need to provide the beverages, biscuits and milk

Ann Hiley.



**CINE NORTH**

## January Cine North in Lorton

The film for January is **Eddie the Eagle**, showing on Tuesday Jan 24<sup>th</sup> Jan 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.

Michael "Eddie" Edwards, aka "Eddie the Eagle," is a British skier who in 1988 became the first competitor since 1929 to represent Great Britain in Olympic ski jumping. Eddie is played by Taron Egerton with Hugh Jackman as his charismatic coach. This film continues the theme set by Florence Foster Jenkins. Do we laugh at Eddie or with him? Entertainment assured!

## **VALE OF LORTON COMMUNITY FIRST RESPONDERS**

By the time that you read this, we should have installed the third public-access defibrillator in the valley, this time in High Lorton. This is located in a locked box on the external wall of Lorton School. The system works in exactly the same way as for those in Buttermere and Loweswater – if someone dials 999 for a medical emergency where a defibrillator might be needed, they would be informed about any nearby public-access defibrillator and given the access code to open the box. Like the one in Loweswater, the defibrillator in Lorton provides visual and audio instructions about how to use it. Notwithstanding the invaluable help and advice thus given, it can still be quite daunting to apply a defibrillator to someone without some prior knowledge of what it does and how it works. If someone has a heart condition that might benefit from defibrillation, they would also benefit enormously from cardio-pulmonary resuscitation (CPR) before the defibrillator arrives on scene.

In order to give more confidence to anyone involved in such emergencies, we held a training session under the general heading “First Aid” in Lorton last month. It allowed people to practice CPR on and apply a defibrillator to dummies. This brought it

home to most people just how physically-demanding it is to do CPR for any length of time, but it can be life-saving for anyone in cardiac arrest. The session was well-received by the 20 or so people present and we intend to repeat this again in the New Year, when we will also cover some of the less severe, but more commonly-experienced aspects of first aid.

Changing the subject and looking forward to the festive season, we will be holding our annual pre-Xmas “Mulled wine and minced pies” evening at Yew Tree Hall, Lorton on Tuesday 20 December from 6 to 8pm. Do come along and join us – it’s just £5 on the door.

We have had quite a turnover in the CFR group in the last year and, as it takes a little time to get someone fully-trained, we are always looking for anyone with an interest in joining us. No experience is required – it’s a great feeling when you’ve really made a difference to the outcome when someone’s taken seriously unwell. Please contact me as below if you want to talk about joining us. Finally a Happy Xmas and New Year to all Link readers.

**Leslie Webb, Vale of Lorton CFR Team Leader, 01900 85609 or email o.**

### **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.

## Link Subscriptions

These are due with the first issue in February, 2017.  
Price £5, and £10 by post. This can be given to your distributor, or sent by post to:

Mr David Walmsley, The Old Police House,  
High Lorton, Cockermouth, CA13 OLU

Enclosing a cheque for the appropriate sum, payable to  
" The Benefice Link Account ".

If you wish to cancel, it would be very helpful to inform us.  
Thank you

## Lorton & Derwent Fells Local History Society

Brackenthwaite Buttermere Embleton Loweswater Mockerkin Pardshaw Wythop

[www.derwentfells.com](http://www.derwentfells.com)

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## Cumbria's Traditional Buildings

Talk by June Hall, Thursday 12 January 2017. Yew Tree Hall,  
High Lorton, 7.30pm. Guests £3 to include refreshments.

A talk that traces the rich building heritage in Cumbria and shows  
how local custom combined with locally derived raw materials to  
suit local needs.

June Hall is the Chairman of the Cumbria Vernacular Buildings  
Group.



**THE MOCKERKIN MOB**  
(founded by Alan Gane MBE in 1989)  
Walk 314/5



**CHRISTMAS WALK**

**Combined A & B Walk**

Afterwards (approx 12.30pm)  
to Joan's at Foulsyke for  
Mulled wine, Soup and Mince pies.

**SUNDAY 4th DECEMBER 2016**

**Meet:** 10am Lanthwaite Wood CP,  
Loweswater

**GR:** 150215

**Route:** Around Lanthwaite Wood and the  
surrounding area.

**Estimated Time:** 2hrs (Easy)

**Leader:** Mark Astley National Trust Ranger  
**NB:** No lunch needed but there will be a  
coffee stop so you may like to bring a hot  
drink.

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

**A Walk: Sunday 8th January 2017**

Intended for experienced walkers

**Meet:** 10am Gatesgath Car Park

**GR:** NY194150

**Route:** Fleetwith Pike, Dubs Quarry, Hay  
Stacks, Scarth Gap.

**Estimated time:** 5hrs (Strenous)

**Leader:** Richard Easton 0190085708

**B Walk: Sunday 15th January 2017**

**Meet:** Nr Keswick. Lane Parking close to  
the Keswick/ Portinscale. Footbridge. (Just  
off B5285 & 400m after junction with  
A66).

**GR:** NY254238

**Route:** Portinscale, Lingholm, Skelgill,  
Ullock and back.

**Estimated Time:** 3hrs (Easy)

**Leaders:** Joan & Judy

Deadline for February is Fri 21st Jan 2017, all articles to  
lolobulink@gmail.com please for this date. Any comments, feedback,  
ways in which we can improve will also be gratefully received.

The United Benefice of Lorton and Loweswater with  
Buttermere

**Church Services December 2016**

<b>4th December</b>	<b>2nd Sunday of Advent</b>		
9.00am	Holy Communion	Lorton	BCP
10.30am	Holy Communion	Loweswater	CW
3.00pm	Evensong	Buttermere	BCP
<b>11th December</b>	<b>3rd Sunday of Advent</b>		
9.00am	Holy Communion	Loweswater	BCP
10.30am	Matins	Lorton	BCP
10.30am	Ⓨ Club	<i>Lorton Tennis Club</i>	
3.00pm	Holy Communion	Buttermere	CW
<b>18th December</b>	<b>4th Sunday of Advent</b>		
9.00am	Holy Communion	Lorton	CW
6.00pm	Benefice Carol Service	Lorton	
<b>24th December</b>	<b>Christmas Eve</b>		
5.30pm	Crib Service & Christingle	Lorton	
11.30pm	Midnight Service (HC)	Loweswater	CW
<b>25th December</b>	<b>CHRISTMAS DAY</b>		
9.15am	Family Communion	Buttermere	CW
10.30am	Family Communion	Lorton	CW

**January 2017**

<b>1st January</b>	<b>Baptism of Christ</b>		
9.00am	Holy Communion	Lorton	BCP
10.30am	Holy Communion	Loweswater	CW
3.00pm	Informal Carol Service	Buttermere	
<b>8th January</b>	<b>Epiphany</b>		
9.00am	Holy Communion	Loweswater	BCP
10.30am	Holy Communion	Lorton	CW
10.30am	Ⓨ Club	<i>Lorton Tennis Club</i>	
3.00pm	Holy Communion	Buttermere	CW
<b>15th January</b>	<b>2nd Sunday of Epiphany</b>		
9.00am	Holy Communion	Lorton	CW
10.30am	Matins	Loweswater	BCP
3.00pm	Evensong	Buttermere	BCP
<b>22th January</b>	<b>3th Sunday of Epiphany</b>		
9.00am	Holy Communion	Loweswater	BCP
10.30am	Holy Communion	Lorton	CW
3.00pm	Evensong	Buttermere	BCP
<b>29th January</b>	<b>Presentation of Christ in the Temple</b>		
10.30am	Benefice Service (HC)	Loweswater	CW