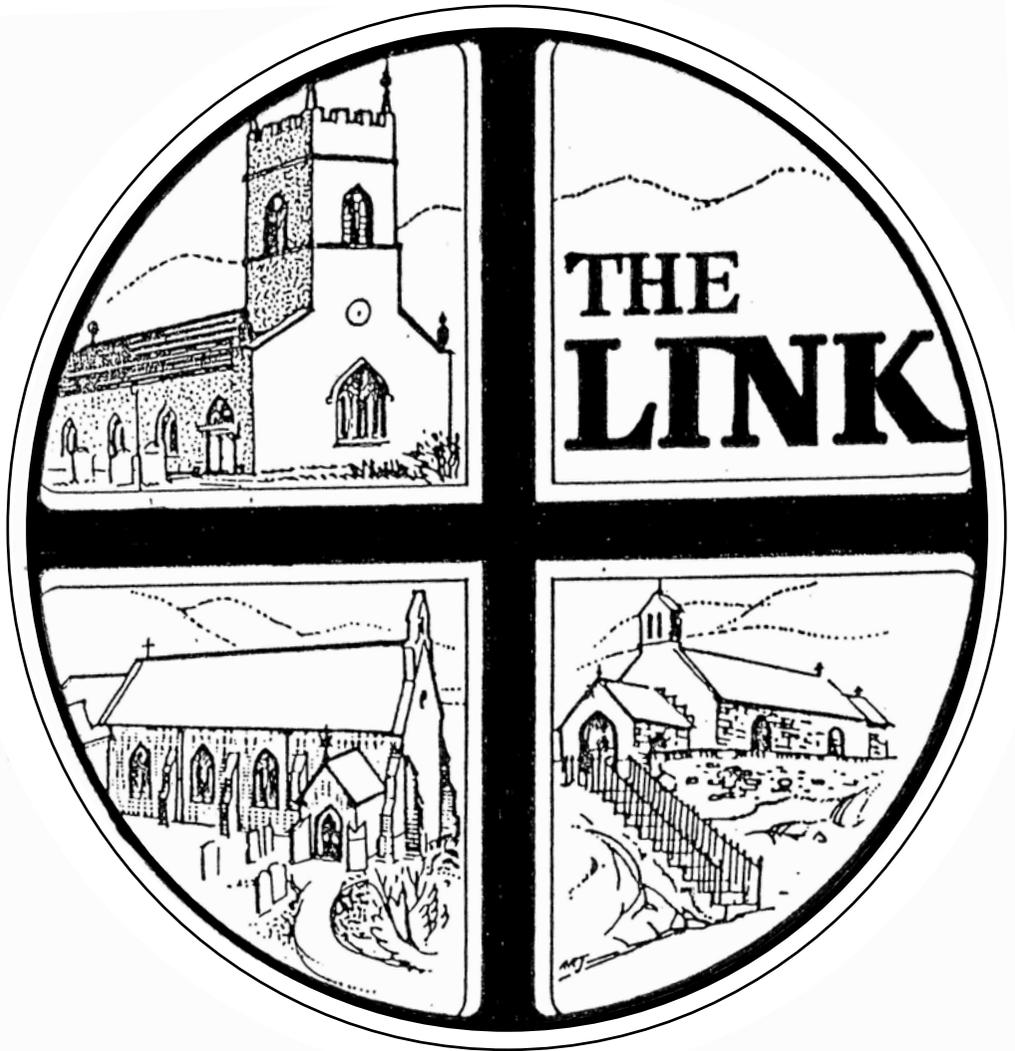


**FEBRUARY 2016**



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

## **DIARY DATES FOR FEBRUARY**

3	Wed	Table Tennis at YTH 7 - 9 pm
4	Thu	Quiz Night at YTH, 7.30 pm
5	Fri	10 am Spirituality group : Muncaster House
6	Sat	Ceilidh at Ullock Village Hall
8	Mon	Lorton School lunch 1.15pm
9	Tue	Lorton Wi at YTH, Talk on Wainwright, 7.15 pm
10	Wed	Table Tennis at YTH 7 - 9 pm
10	Wed	Ash Wednesday: Lorton Church 7pm
10	Wed	7 pm Loweswater Ladies` Dinner; Kirkstile
10	Wed	Loweswater Ladies, annual Meal, Kirkstile 7pm
11	Thu	Lent Study group: Muncaster House, 10.30am
11	Thu	Loweswater IT, LVH 10 - 12 am
13	Sat	Melbreak Communities Coffee and Cake, YTH, 10.30
14	Sun	Mockerkin A walk, 10am Loweswater Lake phone box
16	Tue	Spirituality group: Muncaster House 10 am
17	Wed	Table Tennis at YTH 7 - 9 pm
17	Wed	Lent Lunch at Ambricks, see centrepage
18	Thu	Lent study group ; Muncaster House. 10.30am
19	Fri	Youth Café at YTH 7-9pm
21	Sun	Mockerkin B walk, 10 am Brumston Bridge
23	Tue	77 Club Lunch at Hunday Manor Hotel
23	Wed	Dementia Awareness, White Ash, 7 pm
24	Wed	Table Tennis at YTH 7 - 9 pm
24	Wed	Lent Lunch at Bairds, see centrepage
25	Thu	Lent study group ; Muncaster House. 10.30am
25	Fri	Youth Café at Church 7-9 pm
25	Thu	Loweswater IT, LVH 10 - 12 am

### **Report from events in November and December**

Poppy appeal	Loweswater	£ 186.43
Poppy appeal	Mockerkin	£ 259.39
Carol Singing, NSPCC	All Parishes	£ 1,110
Loweswater Cam Calendar for Cockermonth and Duddon Teams and the Air Ambulance		£ 340
Brain of the Benefice	Lorton	£ 70

**Thanks to everybody who gave so generously.**

### **Lorton School 10K Fundraising Road Race**

Saturday 12th March 2016 at 11.00am

Main sponsor New Balance and Lorton Village Shop plus many other spot prizes donated by local businesses

Minimum Age: - 15 - All levels of runners welcome

Details and entry forms from

[www.runbritain.com/race/lorton-school-10k-lorton-10k/entry](http://www.runbritain.com/race/lorton-school-10k-lorton-10k/entry)

Greetings everyone.

Spring is on its way. Recently, I was stacking logs and generally tidying the garden. I had to be careful with my big boots and wheelbarrow wheel not to crush the rising new shoots of snowdrops, daffodils and hyacinths. Young growth is easily damaged, yet even the ones I did tread on by mistake back in the new year have miraculously recovered. Some of the winter leeks had their tops blown off in all the stormy weather and they are now throwing up new leaves. Such is the miracle of nature. Things will grow no matter what the weather brings.

For those of you still dealing with flood damage, I hope everything soon comes right. The long dark wet winter can be an analogy for our spiritual lives too. We all need a bit of light in our lives to keep us cheerful and hopeful. Our Youth Café have lots to look

forward to: a local farm visit to see the lambs, a more distant activity farm visit near Carlisle, a couple of barbecues, a few sleepovers, a murder mystery evening which Barbara is organising (can't wait as I love dressing up and acting) and, of course, our extra meetings to Yew Tree Hall to play table tennis. Lorton PCC, the Yew Tree Hall Committee and the Adult Table Tennis Club know how not to crush young lives – between them they have provided us with table tennis equipment, games, a gym mat, a table top football game and a few sundries. I do thank all those who like to nurture young people. You are an excellent example of how to encourage teenagers.

God Bless always

Revd Sheila



## Loweswater Village Hall News

**On Friday 4th March at 7:30pm** we will be hosting:

**A Celebration of Simon and Garfunkel**  
as heard on BBC Radio

**Tim Chu and Ian Bailey take you on a journey through the hits we all know and love.**

They had a capacity crowd at Threlkeld Village Hall in October and have gained a following across the country.

**Tickets for this event are £10** and it is advisable to book to ensure you can get in.

**Tickets are now on sale** and are available from Val on 01946 861643 or email or Penny on 01946 862200.

# Walkers' Way #174

## 1. The Rescue!

Quite suddenly, without warning, the publishers of my book 'Lakeland-Walking with Wildlife' went out of business! Closed. Fini. Kaput. Panic -- was all that work going to be lost? Well, nearly, but not quite. In the nick of time, after a lot of worry and hard work, it was rescued, in memory stick format. Phew!

And better still, it has now been adopted by Austin Macauley of London and re-launched on the 29th January, to be available from bookshops, Amazon, Waterstones, WHSmith, Blackwells, and Foyles. Ebooks may be purchased via Amazon's Kindle or through Smashwords, while in a month's time it will be released in the USA. And so - a close run thing, but all's well that ends well.

## 2. Brief Encounters.

In contrast to recent weeks, we suddenly had a dry and sunny morning with a cloudless sky; a cold wind, but clearly an opportunity not to be missed. So, the boots and the sack were grabbed and off we go to make the most of it. Through Lanthwaite Wood and on along the eastern side of Crummock Water, the low and weak sun dancing across the Lake, a shimmering dazzle playing over the rippling surface.

The bracken, now a mass of rust contrasting strongly with the dark green of the gorse bushes, some of which still proudly displaying festoons of golden blooms.

Rounding a bluff, a pair of buzzards were taken by surprise, only a few yards away, a rare occurrence. They had been on the shore for some reason, probably attracted by some carrion, but upon our intrusion they immediately took flight. Their massive wings, broad and long and deeply cambered for maximum lift, with slotted tips to smooth out turbulence and a wide tail to help stability, and of course to give that extra manoeuvrability so vital when in pursuit of prey. The distant pattern of light and dark plumage of the underwing, so clearly seen at close quarters. Although taken by surprise, they wheeled around overhead before disappearing over the

treetops, allowing time for binoculars to be brought to bear to reveal much detail, if only fleetingly. One plaintive 'meouw' of disapproval and they were gone.

On along the track, with a number of old and twisted trees bordering the water. One or two had fallen through a combination of age and the instability of the bank, adopting strange and contorted positions, their reflections suggesting some aquatic monster about to emerge and grab an unfortunate passer-by! One ancient ash sported a trunk clothed in bark, deeply indented in a diamond pattern.

And so, with Melbreak in deep shadow across the Lake, with the snow-sprinkled heights of Grasmoor reaching for the sky on our left, and with Rannerdale straight ahead, it was time for a break. A horizontal tree trunk obligingly presented itself, and there we perched with a sandwich and a particularly welcome cup of coffee, to the sound of the water lapping close by. Never slow to take advantage of the possibility of a free meal, a robin and a wren soon joined us for the occasional proffered crumb.

The return along the same route was uneventful until back in the wood itself, when there was the always pleasurable encounter with a treecreeper. The usual mouselike movement as the so-well camouflaged form hopped up a tree trunk, stopping now and then to insert its needle-like downward curved beak into crevices in the bark in the hope of extracting the odd insect. It will climb up trees and along the undersides of branches, but will only rarely venture downwards. That particular trick is performed regularly only by the nuthatch.

And so the walk came to an end and return to 'our own' birds, which we do our best to keep well-fed, especially at this time of year. The resulting fat is essential to keep them warm through winter nights. The warmth is trapped amongst the fluffed-up feathers of their extra-thick winter plumage and gives them the best possible chance of surviving the long cold hours of darkness. Alan Gane.



On 19th January we enjoyed a Pie & Peas supper, followed by a presentation by Barry Johnson from Eaglesfield. He came over as a man of huge personal achievement, with numerous athletic triumphs, but he also works with local youngsters to give them the discipline and ambition to succeed in their turn.

Our next meeting will be on **Tuesday, 23rd February** when we will have our annual lunch party at the Hunday Manor Hotel near

Workington at 12.30 for 1.00pm. After lunch we will hear a presentation from John Macfarlane entitled Holme Wood, Nature, Nurture and Reminiscences. This will be accompanied by John's superb photographs. The cost is £17, to include a tip. If you did not sign the list at the Pie & Peas supper, please give me a ring by Friday 19th February to reserve your place and indicate your menu choices.

#### ***Date for your diary***

March 15th @ 7.30pm, Loweswater Village Hall. John Butcher will speak on Thirlmere

## **LORTON NOTES**

Easter is early this year, but I always feel that the coming of Easter signifies that the year is well under way and that warmer weather cannot be far distant. As I write these Notes on a cold January day, I am thinking about the season of the Church's year which immediately precedes Easter, namely Lent, and am encouraged by the thought that perhaps spring is not far off.

In any case, Ash Wednesday is February 10 and we shall be holding a service in the evening. Our nominally frugal and immensely enjoyable Lent Lunches will be taking place, social gatherings frequented by many other than regular worshippers. All proceeds go to church funds. There will be the usual Lent course, at which all sorts of topics are discussed and if you have not been before I urge you to give it a try. Full details of the lunches and the course will be found elsewhere in The Link.

The rotas for coffee and flowers are at the back of the church and it would be nice if, before long, they were full. I'm afraid we have to rely on the same (very) few people week after week and we would be grateful if others joined the band.

Y-Club will be meeting as usual at the Tennis Club on the second Sunday and the Youth Cafe at St. Cuthbert's on the last Friday. These groups between them cater for children and young people from about five upwards and all are very welcome.

Finally, I'm sure everybody was saddened when they heard of Sheila's cancer and we wish her a speedy and complete recovery.

#### ***From St. Cuthbert's Church records:***

Funeral and burial:

November 27: Dorothy Mary Robinson.

# LORTON WOMEN'S INSTITUTE

January 2016 Meeting

theWI  
INSPIRING WOMEN

Numbers were depleted for the January meeting (14 members and 1 guest) due to illness of members and partners. Our thoughts were particularly with our Vicar, Sheila, and Morag, who are both having operations this week.

President Kris led the business meeting, at which it was decided that our Christmas Party had been one of the best yet and that we will try to book the same caterers and entertainment (which were both excellent) for next year's party, with extra time for the entertainers.

Lil reassured us that our financial state was healthy and that 2016 subs of £37.50 are now due. Many paid at the meeting and Lil requested everyone else to pay at the February meeting. She also gave us the good news that we are hosting the Group Darts competition on March 1<sup>st</sup> and we hope to field two teams again. Melbreak Communities have asked us for volunteers to help run the monthly Coffee and Cake morning along with other village organisations. Members signed up to help and to bake for one or two sessions. We have had a leaflet regarding a BBC tour of Look North in Newcastle. The Committee will consider this with a possibility of having a Summer outing.

After several other business items, Kris introduced Helen Faulds, the founder of a local charity, PovertySwap. The charity is a

fairly low-key affair which complements larger charities by linking local people in Cumbria with local people in other countries, offering practical solutions and support to some of the poorest people in the world. Helen co-ordinates the sharing and distribution of skills, knowledge and resources world-wide, ensuring that 100% of all donations go directly to those in need. Helen told stories of groups and individuals who have been enabled to improve their lives by setting up small businesses and learning skills. Also, she told heart-wrenching stories of children who had benefited from items made and sent by Cumbrians. Currently she is working with partners in Ethiopia, Nepal, India and Asia as well as Europe. Eleanor thanked Helen for her talk which, it was agreed, had been interesting and thought-provoking.

The meeting ended after our customary bite to eat and chat.

Next month's meeting **is open to all local people (including partners) and visitors**, who are offered a warm welcome, when Paul Heslop will be giving a talk titled "A. Wainwright – A Life." So come along to the Yew Tree Hall on Tuesday, 9th February at 7.15 for a great evening for the many lovers of the Lake District in the area and, of course there will be the usual delicious cake and good craic.

## Brain of the Benefice

Sadly no room for the brain teaser solution this month, 15 correct entries were submitted and the winner was John Hudson, Runners-up Ann and Roger Peck, Vickey Daly. The correct solution will be posted on [www.melbreakcommunities.org.uk](http://www.melbreakcommunities.org.uk)

# *Penny's Piece*

Now that I've got the sellotape out of my hair, I'll give this new laptop a go!

When I say give it a go, I mean try to download word etc onto it - I've managed or this would not be appearing.

The hardest part was trying to remember my password to get into my email account, to verify I was me. This proved too hard, as I was not at home when trying to do this, so was unable to access my very safe hand written list of passwords. After 15 minutes of trying every permutation I could think of I suddenly remembered I have another email account. So I began again.

Luckily I remembered the password for that account and thanks to not being at my house the download only took 3 minutes!

As a present for my sister for Xmas and her birthday I got tickets for the pair of us to go and see The Book of Mormon. It is a musical in the traditional sense of singing, dancing, pink sequins and jazz hands but it also has some offensively named characters, and lots of swearing and innuendo. It was hilarious and if you are not easily offended I highly recommend it.

I also bought tickets for Billy Connelly, in London (the only place he was playing). This was going to be a treat as growing up, we usually ended up watching my dad watching Billy, rather than watching Billy ourselves.

He was very hairy, very swearsy (I'd expect nothing less) and very funny. Through stories from his youth through to his illnesses he kept us laughing for two straight hours. This is no mean feat given the amount of people who couldn't wait

and were getting up and going to the loo or the bar throughout the evening. I've never understood why it is ok to do this when it is comedy. You usually wouldn't dream of going to the bar in the middle of a play.

At the start of the evening Billy told a story of the night he went on stage with Lemmy. That got a cheer. Some of us were just about getting the passing of Lemmy sorted out when we then lost David Bowie and Alan "Professor Snape/ Sheriff of Nottingham/ Hans Gruber/ Colonel Brandon Rickman in the same week.

David Bowie once said he wasn't a rockstar, he was an entertainer. (He also wasn't a rockstar because he didn't play rock music.) I wish he could have instilled this thought into Kanye West who decided at Glastonbury he was the greatest ever rockstar (he's a rapper). I'm not sure what you would class him as though, as I don't consider him entertaining either.

Stargazing Live gave us a key list of dates for astronomical sightings for the year. Or, nights when it will be particularly horrible weather and overcast!

During a conversation at lunch about the fighting in the world a former army Private told us a story of being fined for accidentally shooting a sheep. I asked how much, thinking £100 at most. She did not disclose the exact amount but it was four figures! A third colleague then asked if that money went to the farmer. She thought so. The temptation to buy 10 sheep and herd them into the range at Warcop for minimum £1000 a sheep is very tempting! The MOD would get suspicious if I put more on and £10,000 is a nice little sum.

Penny

# Lorton Vale Gardening Club



We missed our 9th December talk on roses, due to inconvenient and excessive amounts of water on the roads! Hopefully, we may be able to reschedule the talk for next winter.

As we go to press, we are looking forward to our Cheer up January party in the Yew Tree Hall on 21st January.

The February talk on Thursday 25th, is by Paul Nichol on fungi in the garden. Friends or foes? Which are we worried about, and which are harmless, and even decorative? As usual, 7.30 in the Yew Tree Hall. Visitors and new club members welcome.

## PRECISION TREE SERVICE

*Based in the Lake District*

07730276279

- Certified & Insured
- Tree Felling
- Pruning
- Hedge Cutting
- On-site Firewood Processing



## DÉCOR & DESIGN

**Kate Pritchard**

Quality Decorating  
and Interior Design

Tel: 07989 773708

[www.cumbriadecoranddesign.co.uk](http://www.cumbriadecoranddesign.co.uk)

**NEIL  
SPENCER**



**CARPENTER AND JOINER**

**LOWESWATER**

**GENERAL JOINERY & FITTED  
TIMBER & FURNITURE REPAIR  
PROPERTY MAINTENANCE**

**01946 861876**

### Do you need a Domestic Help?

Gill Ackerley offers to do all domestic housework (including ironing) CRB check and references available call 01946 834260 or 077210 65677

## Lorton & Loweswater Lent Lunches

We look forward to welcoming you on the following dates.

11th Feb	Lorna & Keith Meadley at The Grange Hotel, Loweswater
17th Feb	Fiona & Charles Lambrick at Armaside, Lorton
24th Feb	Carole & Bob Baird at Park View, High Lorton.
2nd March	Julian & Mark Elliott, Wheelwright Cottage, High Lorton
9th March	Jan & Gwyn Evans at Palace How, Loweswater

### Good at solving problems?

...neither are we, but we're having a

### Quiz Night

Thursday, 4th February

7.30pm at the Yew Tree Hall

Any proceeds to the upkeep of the Yew Tree Hall

Light refreshments are included in the price of

**£2.50 per person**

Enter individually or make up a small team

Tickets from any Committee Member or the usual outlets

There will be a bottle bar!

### Loweswater with Buttermere PCC

#### 100 Challenge Club

The prizewinners for the draw held for 1<sup>st</sup> December 2015

No	44	1st prize of £25	Anne Flower
No	59	2nd prize of £10	John Vickers
No	68	3rd prize of £5	Susan Todd

The prizewinners for the draw held on 1st January 2016

No	8	1st prize of £25	Meleri McEwan
No	65	2nd prize of £10	Revd R Watkins
No	75	3rd prize of £5	Alex Harper

*Congratulations to the winners and thanks to all our supporters.*

## Loweswater Ladies

Our Christmas buffet held in December at the Fish Hotel in Buttermere was a great success, enjoyed by all members and their guests who attended that evening. We thank the staff at the Fish for a delicious array of food and friendly, efficient service.

We commenced our 2106 programme of meetings on Wednesday 13th January at the Loweswater Village Hall. The room was packed with members and guests and Alison welcomed two new members, Cherie and Madeleine. She also thanked Marjorie and Ann (Kyle) for their hard work in organising last year's varied programme. This year has been put together by Loes and Sheila (our Vicar). Two of our ladies, Pauline Marjorie volunteered to take over the role and prepare the programme for 2017.

Subscriptions were paid at this, our first meeting of the year. Once again, Pam has managed to keep our contributions to a modest £10. Many thanks!

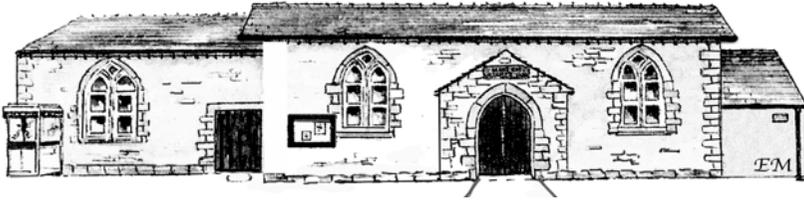
We were then entertained by a fascinating talk from Timothy Chittenden on his life and career in the Royal Navy. Timothy illustrated his talk with an interesting power point presentation, which added to our understanding of his life as a Submariner. His career commenced at University and progressed to training at Dartmouth. After rigorous practical Sea Training, Timothy chose a naval career as a Submariner, with a speciality in nuclear engineering. He described some of the rigours of training, including

training at the 'escape tower' at HMS Dolphin in Gosport. His audience was spell bound as he described the experience in this huge water filled tank! Nuclear training was undertaken at Dounreay, and his first qualified post was on the submarine HMS Revenge.

Timothy explained the different types of submarines and also the various types of missiles. He related many tales of service in and around the evacuation of Turkey, during the Falklands War, and also the attempted rescue of personnel aboard the Russian submarine Kursk. Eventually Timothy's career's reached a peak as he became a Rear Admiral. Since active retirement from the service he has been based as Chief Naval Officer at the shipyard in Barrow in Furness, which is currently involved in the building of the Astute Class submarines. His presentation concluded with a series of slides showing just how cramped conditions are onboard the vessels, but how well the personnel are looked after during their many days below the water, anything up to 120 days on a tour of duty. We were well informed on a topic unknown to us all, a truly fascinating evening.

Our raffle, presented by Nancy, was won by Pauline. We also signed up and chose our menu for our next meeting which will be our annual meal at the Kirkstile Inn on Wednesday February 10th, 7pm for a 7.15pm start. Christine will be organising the raffle.

Ann Hiley



Tickets: Adult £5, Child £4, Family of 4 £16.00

## Ceilidh and Supper

with music by Alison Riley

**Saturday 6 February at 7.30pm**

Hot Supper and homemade desserts

Tickets £8.50 Children £3.00

**Call Now to book tickets: 01946 861458 /62300**

### Table Tennis

Friday afternoons (1.00pm) in the hall.

Anyone who would like to join us will be very welcome. No need to be a top class player, if you would like to know more contact Janice Walker 01946 861987

### Dance

Renowned dance teacher **Avril Crellin** is using

Ullock Village hall for teaching dance

Anyone requiring lessons,

Please contact 01900 61506

### Link Subscriptions

These are due in FEBRUARY@ £5, by post £10 (ten issues; July/Aug and Dec/Jan each cover the two months) Pay your distributor, or direct to the treasurer, David Walmsley, The Old Police House, High Lorton, Cockermouth. CA13 9UL  
Cheques payable to "**The Benefice Link Account**" please.

## Notes from St. Bartholomew's

A belated Happy New Year to you all. Our thanks to Lorna & Keith Meadley for donating the Christmas Tree and also our thanks to everyone who came and decorated the Church, so magnificently, making our church welcoming, beautiful and very festive to all who came to visit, celebrate and enjoy the Christmas services.

Our sympathy to all who were affected by the recent floods and high winds.

We have been celebrating Epiphany in our services; it is associated with the visit of the magi (wise men) to the infant Jesus when God revealed himself to the world.

We follow with the Presentation of Christ in the temple and will celebrate with a benefice service in Lorton. As we go to print, with the coming of Lent, we can perhaps look forward to enjoy tasty pancakes on Shrove Tuesday 9th February. So, for the duration of Lent, as

### From St. Bartholomew's Registers: Weddings:

29th December 2015 - Andrew J. Stoves & Siobhan N. Petersen, London

we prepare in thought and prayer, some of us will be thinking of giving up something? It is also a time perhaps, for reflecting on how we can help others who are not as well off as we ourselves. In the Valley we have a chance to meet our friends and meet new ones, in the sharing of frugal lent lunches, where we partake of delicious home made soups, in aid of Church funds. The various lunch venues and dates are published elsewhere in this issue. We look forward to seeing some of you at: The Grange Hotel, Loweswater, with Lorna & Keith Meadley on Thursday 11th February, at Palace How, with Jan & Gwyn Evans on Wednesday 9th March and at Loweswater Village Hall on the 16th March, all from 12 – 2.00pm.

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

Jan Collins-Webb

### **DEMENTIA AWARENESS**

A further session is planned for **Tuesday 23rd February 7-8pm**

Venue :White Ash (tbc)

Everybody is invited to attend this free, light-hearted Dementia Awareness one hour session planned by The Alzheimer's Society. As a result, your knowledge can help people to live well with dementia creating dementia friendly communities.

**For more details** see the website [dementiafriends.org.uk](http://dementiafriends.org.uk) and contact me, Ann Peck, to join the next session here in the Lorton Valley. *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](mailto:annrogerpeck@yahoo.co.uk)

### Loweswater IT Group

**February : 11.2.16 & 25.2.16 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.

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.

# Loweswater with Buttermere PCC

## Summary of Meeting 3<sup>rd</sup> December 2015

### Charity Donations

These have all been received by the charities concerned.

### Fabric

*Buttermere:* New storage heaters have been installed to provide a gentle background heat which should reduce the effects of damp.

*Loweswater:* A surveyor has been appointed to handle the obtaining of quotations for the building work identified in the Quinquennial Inspection. It is hoped that work will start early in the new year. Some rotten floorboards in the vestry have now been replaced.

Background heating is being considered to combat the damp problems.

Quotations will be sought in the new year for the grounds maintenance contract.

### Mission

The Youth Café is proving very popular and a full programme of meetings is planned for 2016.

Arrangements had been made for our Christmas services to be included in the Churches Together advert in the December edition of the Cockermouth Post.

### Lent Study Groups

These will start on 11<sup>th</sup> February

## Buttermere Notes

On December 27th we held the annual informal service of carols and readings with standing room only for some of the congregation of over 70. Requests for favourites came thick and fast and organist John Scadding rose to the occasion with aplomb. Readings, as usual, were many and varied including one given by an annual visitor from near Penrith who, together with his wife, came early enough to sit in a front pew. Other readings included a piece in local dialect about Father Christmas (Betty); a delightful story about an elderly lady whose money had been stolen but secretly replaced by kind postmen (Barbara); a simple description of someone who lived over 2000 years ago yet here we all are because of Him (Ann); a poem about taking down the Christmas tree (Jan); T S Eliot's poem 'The coming of the Magi' (Eleanor) and then we enjoyed Sheila's little granddaughter, Amelie, bravely singing 'Twinkle twinkle little star'-wonderful! Afterwards, as usual, we served sherry, juice, mince pies and shortbread, allowing people to chat and share the festive mood. Comfort and joy was our message, both spiritual and

physical, so next year we will have more chairs available!

In December, together with Lorton and Loweswater, Buttermere experienced an 'Archdeacon's Visitation'. As fairly new Churchwardens we had not encountered one of these before and felt somewhat daunted.. The Ven Richard Pratt is Archdeacon for West Cumberland and is responsible for over 100 churches which he visits in rotation to check that the churchwardens are fulfilling their duties. There is a specific list of items that has to be produced covering paperwork (logbook, faculties, equipment and electrical servicing reports, terrier, inventory, photos of silver and furniture, risk assessment and safety policy, electoral roll, child protection policy etc) registers (services, weddings, banns, baptisms, funerals, confirmations) buildings (quinquennial report, future plans, maintenance, budget, security) and financial (accounts, stewardship, offer). A few tweaks and some very helpful suggestions meant that our apprehensions were unfounded. Richard's love and knowledge of churches is infectious and he is there to assist and encourage.

## Loweswater with Buttermere PCC 100 Challenge Club

Now is the time to take out your new subscription and receive your numbers for the coming year.

As last year there will be 12 draws running from 1st March 2016 to 1st February 2017 with three prizes per month as before; 1st £25, 2nd £10 and 3rd £5 providing we have enough entries.

Increase your chance of winning by purchasing more than one number and

To **Jan Evans, (Promoter) Palace How, Loweswater, Cockermonth, CA13 9UX**

Tel 01900 85458; email [gwynandjan.evans@hotmail.com](mailto:gwynandjan.evans@hotmail.com)

*I wish to join the '100 Challenge Club' at £12.00 for 12 months from March 2016*

*I wish to have .....additional numbers at £12.00 for the same period.*

*I enclose a cheque for £..... payable to "Loweswater with Buttermere PCC 100 Challenge Club."*

Name.....Tel/Email.....

Address.....

.....Post Code.....

**'Coffee and Cake'**, launched by The Melbreak Communities in 2011, has become an extremely popular local event each month.

The idea came from Cheryl and Ian Aitken, who live in Lorton, and they have decided that the March 'Coffee and Cake' will be their last one at the helm. We are extremely grateful to them for all their hard work and enthusiasm – as well as to their very cheery team. .

Although the event is not primarily about fundraising, surplus money has gone to several excellent causes which have benefitted First Responders, the Lorton After School Club, North East Air Ambulance and Cockermonth Mountain Rescue. As well as enabling people to meet up and chat, 'Coffee and Cake' also provides a great opportunity to publicise

encourage members of your family, friends and neighbours to participate.

Additional application forms are available at Buttermere and Loweswater Churches or from the Promoter.

Please complete and return the attached slip to me, Jan Evans, (Promoter), at the address below by mid February for the first draw in March 2016.

other local activities, events and initiatives, sell and share surplus produce and crafts and swap books and DVDs.

A *provisional* list of 'Coffee and Cake' dates throughout 2016 has been agreed (see the Yew Tree Hall calendar on The Melbreak Communities website ([www.melbreakcommunities.org](http://www.melbreakcommunities.org)))

If you, or an organization you represent or belong to, would like to find out more about hosting a 'Coffee and Cake' event in 2016, please contact:

Carolyn Davis, 01900 85708,  
[carolynmarydavis@gmail.com](mailto:carolynmarydavis@gmail.com)

Chris Poate, 01900 85265 or  
[chrispoate@gmail.com](mailto:chrispoate@gmail.com)

\*We've already had an offer from the Cockermonth Caravan Club to host the **April 16th** nt (which will raise funds for Cancer Research).



**THE MOCKERKIN MOB**  
 (founded by Alan Gane MBE in 1989)  
**Walk 301 November**



**A Walk. Sunday 14th February 2016**

Intended for experienced walkers

**Meet:** 10am Loweswater Lake CP (by phone box)

**GR:** 117224

**Route:** Burnbank, Blake, Gavel, Black Crag, Holme Wood

**Estimated time:** 4½hrs ((Moderate)

**Leader:** Kathryn Mitchell **01946 861028**

**B Walk Sunday 21st February 2016**

**Meet:** 10am Parking area by Brumston Bridge, Wythop

**GR:** 185293

**Route:** Sale Fell, Ling Fell

**Estimated Time:** 4hrs (Moderate)

**Leader:** Joan Warren **01900 85637**

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



**Real Coffee & Home Made Cake**

**Sat 13<sup>th</sup> Feb Yew Tree Hall, Lorton 10.30am - 12 noon**  
 (Including book & DVD Exchange)

## Church Services February 2016

7 <sup>th</sup> February	<b>Sunday next before Lent</b>			
	9.00am	Holy Communion	Lorton	BCP
	10.30am	Holy Communion	Loweswater	CW
	3.00pm	Evensong	Buttermere	BCP
Holy Communion				
10 <sup>th</sup> February	<b>Ash Wednesday</b>			
	7.00pm	Holy Communion	Lorton	CW
14 <sup>th</sup> February	<b>1<sup>st</sup> Sunday of Lent</b>			
	9.00am	Holy Communion	Loweswater	CW
	10.30am	<b>Matins</b>	Lorton	BCP
	10.30am	Ⓨ Club	<i>Lorton Tennis Club</i>	
	3.00pm	Holy Communion	Buttermere	CW
21 <sup>st</sup> February	<b>2<sup>nd</sup> Sunday of Lent</b>			
	9.00am	Holy Communion	Lorton	CW
	10.30am	Holy Communion	Loweswater	CW
	3.00pm	Evensong	Buttermere	BCP
28 <sup>th</sup> February	<b>3<sup>rd</sup> Sunday of Lent</b>			
	9.00am	Holy Communion	Loweswater	BCP
	10.30am	Holy Communion	Lorton	CW
	3.00pm	Evensong	Buttermere	BCP

### Lorton LPG Group

Based on the great success seen by the Lorton Oil Group a few of us have got together and created a Propane Gas Group. We have successfully got 34% savings and reliable fill-ups. If you are interested om taking advantage of these prices the supplier is happy to add more people at the same price, just call Christine and Phil Pledger on 01900 85274or christine pledger@yahoo.co.uk

Please send your articles by e-mail to [lolobulink@gmail.com](mailto:lolobulink@gmail.com) by the **19th Feb 2016**. Link is also on the website at [www.melbreakcommunities.org.uk](http://www.melbreakcommunities.org.uk)