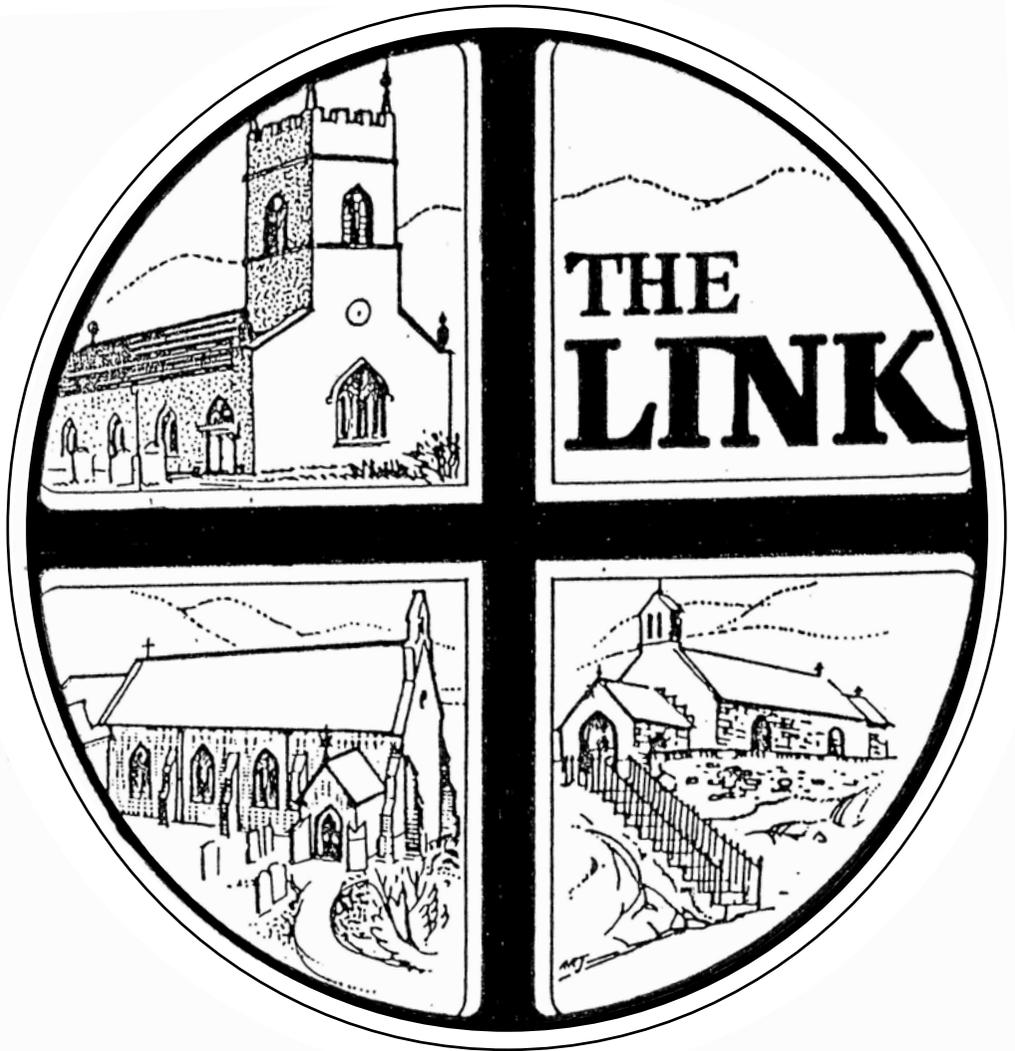


JULY/AUGUST 2016



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

DIARY DATES FOR JULY

1	Fri	Youth Cafe in Church, 7-9pm
6	Wed	Lorton Parish Council YTH 7.30pm
7	Thu	Lorton GC Trip to Levens Hall and Gresgarth Hall
7	Thu	Loweswater Parish Council, LVH, 8 pm
7	Thu	Flood Forum Meeting - Flood Investigation Report for Lorton Vale, YTH, 16.00 to 21.30
8	Fri	Charity Auction at Wordsworth House for Lorton School
12	Tue	Lorton W.I. Farms in Victorian England YTH 7.15
13	Wed	Loweswater Ladies, Annual walk through the Lanes, Kirkstile 6:15pm
13	Wed	Table Tennis, YTH, 7pm
14	Thu	Talk by John Macfarlane on history of Holme Wood, Loweswater. 7.30pm YTH
15	Fri	Youth Cafe in YTH, 7-9pm
16	Sat	Melbreak Communities Coffee Morning YTH, 10.30-12.30
20	Wed	Table Tennis, YTH, 7pm
21	Thu	Yew Tree Hall AGM, at the YTH, 19.30
22	Fri	Live Music "The Kings Road" UVH 7.30pm
26	Tue	Lorton GC Trip to Boxwood House, Kirkby Stephen
27	Wed	Table Tennis, YTH, 7pm

DIARY DATES FOR AUGUST

3	Wed	Table Tennis, YTH, 7pm
9	Tue	Lorton W.I. Visit to Look North studio (no meeting in August)
10	Wed	Table Tennis, YTH, 7pm
17	Wed	Table Tennis, YTH, 7pm
24	Wed	Table Tennis, YTH, 7pm
28	Sun	Bank Holiday - St Bartholomew's Cream Teas at LVH 2 - 5 pm
31	Wed	Table Tennis, YTH, 7pm

DIARY DATES TO MARK FOR THE FUTURE

Loweswater Show, Sun 4th September.

Dear All,

One thing I'm grateful to know is that no one is indispensable. All that we do can be done by others. If we leave a job, someone else will be appointed. There are times when others will miss us – when a parent goes missing or dies, ditto our partner. People miss things about us that make us the individual people who can be and are loved. We can miss some personalities but not others. Whatever happens, be assured that life does continue whether we are there or not. To know our mortality is liberating to the soul. We no longer fear troubles, crises or even death itself. We have looked it in the eye and survived. Such is the hope embedded in the human soul. Never disappoints, no matter how bad things get. As Christians, we have a hope that reaches far beyond death. Thank you resurrected Jesus!

Many contemplate death without that Christian hope. Being poorly takes you to the same depths of despair as everyone else and I am greatly comforted that God has blessed us all with strong human determination, courage and hope. Those

three things
undergirded by
human and divine
love help us to both
accept and
understand death
and suffering



knocking on our door of life. What it is to be human! A privilege to share life with each other. A privilege to help those who don't have a pleasant life. A duty, even, to help all those who need a kindness this day. My friend Ann, in London, sent me a charitable appeal page for the Kinder Transport, from a late 1930's edition of the Radio Times. It could have been something we see today regarding all the needy, displaced people in our world. Instead of dwelling on ourselves, it would be good to give our energy and compassion to others. Is the human race just as compassionate these days?

Glad to be back with you. God Bless

Revd. Sheila

PS Many thanks for all the visits, cards, flowers, gifts and best wishes during my time off.

Strawberry Cream Teas : Sunday 24 July from 2-5pm

Delicious home made scones with jam and cream, strawberries and a cuppa (or two!)

Venue: Lowpark's pretty garden, directly beneath Melbreak, with views of other fells too.

Indoors / under cover if wet.

Raffle, Guess Ted's Name & a Treasure Hunt also on offer.

Cost: £5 per adult, £2 per child (proceeds to Lib Dems)

To help us plan the catering RSVP to Rowena Watkins Tel: 01946 862 466
Or email ro@rmw50.plus.com

NOTES FROM ST. BARTHOLOMEW'S

Summer has arrived and the weather has been beautiful, we can get out and really enjoy the beautiful Valley we live in. Our church is now drying out after the external works to, gutters, vestry and porch roofs are now completed. The Bell "Sally" has been replaced and looks beautiful, thanks to Ron East Bell Advisor. He also inspected the Bell and we now know that our Bell was originally installed in our Church when it was a Catholic chapel, and was called St Mary's, the door to the chapel, as we know is the archway beneath bell. Barbara has quite a lot more history on the Bell, from her family connections and will be writing up for us, fascinating, I look forward to reading it. We now celebrate each Sunday as being after Trinity until we celebrate Harvest Festival in the Autumn

The Valley is sad, I have to report that Edward Barwise 81, recently died. The Funeral took place at Distington Hall Crematorium on 7th June, for his close family as he wished, we extend our prayers, thoughts and sympathy to Wynne and her daughters.

Christian Aid Week May 15-21 2016 A final amount of £1242.65 sent to Christian Aid from the Valley,

THANK YOU

Forthcoming Event: August Bank Holiday, Sunday August 28th Cream Teas at Loweswater Village Hall from 2pm to 5pm, a chance to meet up with friends and enjoy delicious cakes and scones, proceeds in aid of Church funds.

Have a wonderful summer, hopefully the weather will be good!

Jan Collins-Webb

From St. Bartholomew's

Registers:

Wedding:

11th June 2016 –

Paul Livesey and Esther Sands



Loweswater IT Group

July & August – NO MEETINGS

Providing we get funding we hope to start again on Thursday 15th September 10 - 12 noon. 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



Ullock Village Hall

Friday 22 July 2016 - 7.30pm

Live Music

A local 5 piece band playing music from the 50's to the modern day.
All the musicians have previously played in different bands, but have come together
to form

The Kings Road

Don't miss this preview show before the band goes out on tour

Tickets £3.00

01946 862300 or 861458

B.Y.O. drinks

LORTON NOTES

These Notes cover the summer months of July and August, when the congregation in our church tends to vary more than at other times of the year. We see fewer of our regular attenders, as some are on holiday, but the numbers are swollen by visitors who are on holiday themselves. They not infrequently make appreciative remarks about St. Cuthbert's and it is reassuring to hear that many beside ourselves regard St. Cuthbert's as a beautiful church. It is also rewarding to realise that the efforts of those who contribute towards maintaining the church as it is are appreciated by many other than ourselves.

It is hoped that Y-Club will be meeting on the second Sunday at the Tennis Club at 10.30am and all of primary school age are welcome. There will be no meeting in

August. The Youth Cafe will continue to meet with table tennis at the Yew Tree Hall on July 15 and meetings in Church on 1 July and 29 July, which will be a sleepover. As with Y-Club, there will be no meetings in August. If you are between ten and sixteen or so and have not yet come along, this could be enough to tempt you! There is a programme in the church porch with more details.

We are all pleased to hear that Revd. Sheila is making good progress and hopes to start taking services again in July. Unavoidably, these notes are being written very early before definite dates are known, but more exact information will be found if not in other parts of the Link then on the church notice boards.

Roger Peck

LORTON WOMEN'S INSTITUTE
JUNE 2016 Meeting



President Ann Roberts welcomed 19 members and 2 guests to our special celebration of Her Majesty Queen Elizabeth's 90th birthday. The Hall was decked with bunting and the tables decorated with red, white and blue cloths, napkins and flower arrangements. We started the celebration by singing Jerusalem. On the tables we were interested to read some drafts of Lorton W.I. programmes from 1926, which Kris and Ann R had extracted from the archives.

The short business meeting then included a report from Judith B of her experience at the National AGM in Brighton. The Dementia debate was very passionate, both for and against. Judith voted for the resolution as well as the Food Waste resolution. Our August trip to the Look North Television studios was discussed and organised.

Supper followed and was provided by the members, reflecting a royal theme (coronation chicken, queen of puddings,

Victoria sandwich to name but a few). We toasted the Queen with prosecco and elderflower pressé and had a wonderful creative singing session devised and accompanied by Ann P with her keyboard and guitar. The songs reflected the decades of the queen's life (for the 60s, members performed The Twist with varying degrees of flexibility, all of which was accidentally videoed by Penny. She has threatened to show it on a future evening!) Elly and Judith F won the Royal Quiz compiled by Kris. The Quiz showed us we did not know as much about the Royals as we had imagined. In the second section of the sing-song, the titles of the songs spelt out Elizabeth's name. We enjoyed a most enjoyable and happy evening.

The next meeting is at the Yew Tree Hall at 7.15 on Tuesday 12th July, when there will be a talk about farms in Victorian England. All are welcome to come and enjoy an interesting evening and join in the tea and chat.

A Queen Elizabeth Rose has been planted by the Lorton Parish Council, to commemorate the Queen's 90th Birthday, situated in the delightful Yew Tree Hall Garden in High Lorton, adjacent to Whitbeck. The garden overlooks The Pound, with magnificent views to fells.

Full of wonderful wonderful flowers, it is a peaceful place to sit, and is maintained by volunteers from the Yew Tree Hall and Lorton Vale Garden Club.

Penny's Piece

There has been much publicity about the plight of the bee, but I have found I have the correct mix of flowers and weeds that the bees seem to like. I am more concerned about ladybirds. Mainly because the lovely mix of flowers and weeds also seems to be highly popular with aphids.

I googled how to get rid of them humanely, which seemed to involve blasting them off with a hosepipe having first doused them with soapy water. It doesn't work because it doesn't kill them so they just crawl back up and start again. I had to resort to my grandma's technique of wiping them off/squishing them. Which is fine, as long as you don't think about it too much. I have finally resorted to purchasing some ladybird larvae to eat the pests and hopefully reproduce for next year. I have even bought an insect house for them to hide in during the off season.

It appears the people who programme the electronic signs on the motorway, may be either having a laugh at our expense or working for the police. You will have noticed the signs at one junction that say the time to get to another key junction is x minutes. I have discovered that even in fairly much zero traffic, you can't achieve that without being close (ish) to the speed limit from the top side. Of course we all know that on the M6 these signs are usually a joke as you sit in miles of spontaneous car park only to find no evidence 10 miles down the road as to why you weren't moving. The flashing speed signs in the central reservation or over the lanes are often wishes: I wish I

was doing 40 mph not 4. I also wish I'd invented the traffic cone. I wonder how much that person is worth?



I recently went to the Theatre by the Lake to see one of the summer season plays and on the way out witnessed a visitor with an umbrella. I know it was a visitor because it was a golf umbrella and locals either get wet or take a jacket. Umbrellas are a pain as they turn inside out. I usually find them a pain in the eye as other people fail to appreciate that the ends of their broly are at my eye height, fail to even tilt it to one side and just walk into my face. This either results in me taking evasive manoeuvres or recalling times in the plays and hamming up an injury (even if they missed) just to see what they do. Most are apologetic. Some aren't and these are the same people who think they own the whole pavement anyway. Back to the theatre goer. Why do people who walk with an umbrella do so in such a peculiar fashion? I refer to the, flick up of the wrist/ broly when you step forward on the opposite foot. How is flicking the point of the broly into the air helpful? It might clear the pavement a bit as how wallop some poor soul in front of you up the backside, but other than that it just looks ridiculous.

Please can someone explain why my pyjama tops keep shrinking in the wash? None of my pairs have the right top as I have had to use shrunken nighties to replace them. I did not intentionally shrink the nighties either!

Penny

LORTON VALE GARDENING CLUB

The June trip was to the Mill House at Sedbergham - a beautiful and artistic garden, done to a very high standard. Kay and Richard Jefferson showed us round and we were deeply impressed! Lots of sections linked by various entrances and exits, a mill stream and large mill pond, and an extensive wildflower meadow. The house was almost submerged under roses and wisteria, and the gravel in front of the house was planted with circles of rockrose and mixed thrift and saxifrage, each about a metre in diameter. The vegetable garden was beautifully done - quite small, accessible, geometrically shaped beds, separated by patterned brick paths in an old rosy brick colour. They had a serious flood in 2012, and had to do some major landscaping. This paid off, and they survived storm Desmond in good order. The whole garden has soft colours and an informal feel - a real work of art. Most of us went on to Unthank, to the Upfront Gallery, for excellent tea and cake. The next event is the summer party, on **Thursday 23rd June, at Armaside House at 6.30**, courtesy of Charles and Fiona Lambrick.

Directions: 1 mile from Lorton, going towards Cockermouth, on the right by the

S bend - the left of the 2 drives. The usual rules - bring finger food with extra if you bring a guest. There will be a plant stall and spare plants would be welcome.

On Thursday 7th July, there's the coach trip to Levens Hall and to Arabella Lennox-Boyd's garden at Gresgarth Hall. As I write, there are still places, so ask your friends and neighbours please!

Contact me – Elly Rowland - 01900 85094
ellyandbev@btinternet.com for further details.

Tuesday 26th July at 2pm is a visit to Boxwood House, Hartley, Kirkby Stephen, CA17 4JH. This is a peaceful, natural garden, with herbaceous borders, herb, hosta and heuchera beds. There's a pond, plus vegetables and fruit trees, all designed to be wildlife friendly. Cost, £5 to include tea.

Directions: In the centre of Hartley, 1 mile east of Kirkby Stephen. Follow the A685 from Brough. Turn left in Kirkby Stephen for Hartley. Alternatively, exit the M6 at J38 onto the A685 for Kirby Stephen, where turn right for Hartley

Have you considered leaving a legacy to your church?

We are most grateful to the many people, whether regular churchgoers or not, who so generously support our three valley churches. Your donations, large and small, enable the church to serve the community

in many different ways and the two Parochial Church Councils to maintain our three beautiful but ageing buildings.

However we need to look to the future as well as the present and we ask you to consider leaving a legacy in your will to one of our PCCs. A legacy can easily be incorporated into a new will or added to an



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Loweswater with Buttermere PCC 100 Challenge Club

The prizewinners for the draw held on 1st June 2016

No	33	1st prize of £25 Meleri McEwan
No	62	2nd prize of £10 Janet Coles
No	92	3rd prize of £5 Wynne Barwise

Congratulations to the winners and thanks to all our supporters.

existing will by means of a simple codicil; your solicitor can advise you as to the possible beneficial effect on Inheritance Tax.

Leaving a gift in your will is a very personal matter and one which you may wish to share only with your close family but if you do decide to include a gift to either of our

two PCCs and wish to tell us about it we should value the opportunity to thank you in your lifetime.

David Gardiner, treasurer, Lorton PCC.

David Walmsley, treasurer,
Loweswater with Buttermere PCC.

Parish Council Reports

Buttermere Annual Parish Council Meeting held on Tuesday 31st May 2016.

The Chair welcomed everyone to the Annual meeting including Allerdale Borough Councillor Tony Annison and Geoff Davis, the LDNPA Parishes North Distinctive Area Representative who were in attendance.

Cllr. Raymond Beard was unanimously re-elected to the position of the Chair for the coming twelve months and similarly Cllr. Richardson was unanimously elected to the position of Vice-Chair for the coming twelve months.

The Chair spoke to his report in which he noted that the year has again been dominated by highways and planning issues. Several planning applications were received and discussed and one in particular proved to be contentious and resulted in a detailed objection which was subsequently ignored by the Lake District National Park Authority Development Control Committee. The Chair also commented on the December floods and the difficulties that local people were having in getting the necessary compensation.

The Clerk presented the end of year accounts, as audited and agreed by Carole Carre (FCA). Total income for the year was £1,400.00p. Expenditure for the year was £1,300.78p. Together with the balance brought forward from the previous financial year, the balance of the Parish

Council main account on March 31st 2016 was £455.87p. In the Business Reserve Account there was £1,116.49p, thus giving a total balance of £1,572.36p as of March 31st 2016.

During the May meeting that followed the Annual meeting, Edward Beard was co-opted onto the Council and all those present wished Cllr. Beard well in his new role as a Parish Councillor.

Geoff Davis, the LDNPA Parishes North Distinctive Area Representative, gave a presentation to councillors on his work for the National Park. During the presentation he explained that as a member of the Development Control Committee he had to consider the various planning applications that came in to the Authority and the difficulties that he and his colleagues quite often had in assessing the applications and the strict guidelines they had to work within when deciding whether to support or decline an application.

To view the full minutes from this meeting please visit the Melbreak Communities website. The next meeting of Buttermere Parish Council will take place on Tuesday 27th September 2016 at 7.30pm in The Old School, Buttermere. All are welcome.

The contact details of the Clerk David Smith are:

Tel: 01697 323296 E-mail: davidsmith@tinyworld.co.uk

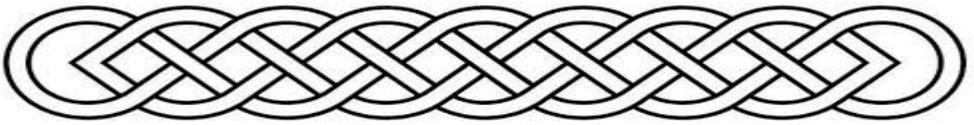
Loweswater Ladies

Unfortunately our annual trip this summer to New Lanark was cancelled due to insufficient numbers. Apologies to those of you who had booked and were disappointed.

Our next monthly meeting will be our summer walk through the lanes on Wednesday July 13th, meeting at the

Kirkstile Inn at 6.15pm and returning there for supper an hour later. The raffle will be presented by Mary Graham.

There will be no meeting in August; we reconvene on Wednesday September 14th for a visit to Whitehaven Archive Office. Further details will be in the September edition of the Link.



Buttermere Notes

The good news is that the Revd Sheila will be back with us in July and we very much look forward to her return. During her period of sick leave services have been taken by Ven Richard Pratt, Revds Wendy Sanders, Carole Ford, Bob Watkins and Brian Selvey. The congregation very much appreciated their continued support and the thought, care and variety they brought to our services.

There were no Buttermere Notes in last month's *Link* as the file sent to the Editor was 'corrupt' and couldn't be accepted by his computer. This was unfortunate as the Notes were a summary of the sermon preached by Revd Bob Watkins at Pentecost and was typically inspirational.

Service attendances have been good in June -- up to 19 -- with a mixture of residents and visitors. The high number of visitors at this time of year is reflected in the healthy contribution they make to Parish funds by the purchase of postcards

etc and donations. Here are two extracts from the Visitor's Book: 'May God bless everyone who worships here. I never leave Buttermere and this church without feeling that my life has been enriched; Gary Alderson, Blackpool' and 'Visiting for the first time; my mother, aged 16 worshipped here and I've looked at a watercolour of this church all my life and couldn't pass without paying a visit; Olive Wren, Brampton aged 85, daughter of Stephanie Brown'.

Church Wardens have to be formally Admitted each year in a ceremony conducted by Ven Richard Pratt the Archdeacon, usually with many other churchwardens. We could not attend any of those ceremonies so it was very special that we were Admitted by Richard in Buttermere during Evensong among a congregation of our friends.

Gwyn and Jan Evans

Loweswater Village Hall News

Thank you to everyone who baked for the Cream Teas or turned out to eat one. The lovely weather on the day meant the teas raised £602. The 12 people who did the sponsored walk raised £240.

We have just received our Arts Out West act for the autumn and are pleased to be welcoming:

International Pianist Philip Dyson
(complete with baby grand piano).

On **Saturday 17th September at 7:30pm**

His repertoire and programming is very broad, imaginative and hugely popular. A range of wonderful music, from the 'core' traditional repertoire to sophisticated arrangements from 'The Great American Songbook'. Very much something for everyone with a little banter and narrative too.

After a sell out for Simon and Garfunkel, booking in advance is advised. Tickets are £8 (£4 for children) and can be booked from Penny on 01946 862200 or Val on 01946 861643
P. Leck

Loweswater and Brackenthwaite Show

HELP WANTED. The show is on Sunday 4th September and as ever we are looking for volunteers to help out taking money on the gates or with parking. If you are willing and able to help for an hour (or two) please contact Penny on 01946 862200. If I don't answer, do leave a message. Please leave name and number so I can get back to you.

Yew Tree Hall AGM

Reg Charity No.223947

The Hall

21st July 2016

7.30pm

All welcome

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07713088135

www.cumbriawoodchip.co.uk

We also supply bird seed and pet supplies.

Walkers' Way No. 177

Dragonflies are with us once again! It is in the summer months that we have the chance of seeing these extraordinary adult insects, whose larvae are drab and ferocious aquatic predators, seldom seen unless we go pond dipping! There are two distinct sub-orders, the large and robust ones which rest with their wings at right angles to the body, and the more delicate 'damselflies' whose wings are parallel to the body when at rest. The dragonfly has some 80 local names, from 'Bulltang' or 'Bullstang' in the North of England, to 'Horse-adder' in Cornwall and 'Moutchet' in the Channel Islands. It had a sinister image in the past in folklore, myth and legend, first appearing in literature in the 15th Century, when it was variously linked to adders, vampires, the devil and St. George. We have some 40 species in England, but there are over 6,000 species worldwide. Many are brightly coloured, some are banded and some are spotted. They have two pairs of wings, which are independent; they are able to hover, dart, zig-zag and even fly backwards, all the better to catch other insects in flight. So interesting are they that the British Dragonfly Society has well over 1,000 members. Some 300 million years ago, there were dragonflies the size of seagulls, the fossil remains of which can be found today, but they like so many other species have become extinct over the millennia.

When we talk about animals under the threat of extinction now, there are those who will dismiss it and say that animals have always become extinct in time. However, the point to remember is not just the fact of extinction as a natural process, but the rate at which it is taking place, which presents a vastly different picture. For example, the number of vertebrate extinctions which took place between 1900 and 2014 would be expected in pre-human times to occur over a period of between 800 and 10,000 years, not

114. We live in a fast deteriorating biosphere, in which the activities of Man are resulting in an unprecedented rate of extinction and in which little is being done to slow it down. The Paris Agreement is a step in the right direction – IF its aims are achieved. We have over-population, deforestation, pollution, man-induced global warming – and so on. 15% of known birds, 21% of reptiles, 23% of mammals and 31% of amphibians are now extinct or threatened with extinction. Oxygen, pollination of many food crops and the climate that supports us, all ultimately depend on other species. We all know of the pollution problems in China and elsewhere, but it is perhaps less well-known that we now have some 30,000 pollution related deaths in the UK annually.

However, in the meantime we have much to enjoy. We still have the glorious song of the blackbird, the brilliant flash of colour as the goldfinch rises from the hedgerow, the dashing flight of the sandpiper along the lake shore, wood anemones dancing in the woodland glade, the scent of gorse across the fellside, the stillness of dawn and dusk, with 'the tops silhouetted against the sky', and a thousand other delights remaining on this wonderful planet. Let us hope and pray that those who follow us in the coming centuries may enjoy the same, and not look back at us and say "if only they had..."

Alan Gane.

P.S. Readers may be interested to know that I am to give talks about, and signing of the second edition of my book 'Lakeland Walking with Wildlife', at public libraries :-

Barrow 1st July at 3.00pm.

Kendal 26th July 3.00 pm

Income from the book is being donated equally to St. Bartholomew's Loweswater and Mountain Rescue.

VALE OF LORTON COMMUNITY FIRST RESPONDERS

As you will know from a recent article in The Link, we installed our second community defibrillator in Loweswater in April. We are now planning to install one in Lorton and have been looking around for suitable locations. Lorton School purchased its own defibrillator some years ago and has offered to provide a location for the new unit. As with the Loweswater installation, we propose to work on this with the Community Heartbeat Trust, a charity that specialises in providing defibrillators for public use. At least for the time being, this will be the last one installed in the area under our auspices.

The cost of this installation is £1950 plus annual running costs of £126 (insurance, etc). Over the years, people in the Lorton valley have been very generous in supporting our First Responder group, for which we are extremely grateful and which we do not take for granted. This additional capital cost is not something that we can cover from our own funds, although we will cover the annual operating costs and the maintenance requirements. Once the new defibrillator is up and running, we do intend to carry out some training for everyone interested. As someone who happened recently to be in the right place at the right time (actually outside our CFR area) to help someone who suffered a cardiac arrest, I am an even stronger believer than I was before about the enormous value of as many people as possible being able to do cardio-pulmonary resuscitation (CPR) and to use a defibrillator, where available, with some confidence.

Anyone who would like to contribute financially towards the cost of this community defibrillator, please contact me as below. It's great to be able to report that we already have a contribution of £200 from the Lorton Tennis Club's fund-raising at a recent Coffee & Cake morning at Yew Tree Hall.

Leslie Webb, Vale of Lorton CFR Leader, 01900 85609 or email les@damsonghyll.co.uk

Lorton & Derwent Fells Local History Society

Brackenthwaite Buttermere Embleton Loweswater Mockerkin Pardshaw Wythop

www.derwentfells.com

Diary of a wood - The unusual history and more recent times of Holme

Wood, Loweswater

Talk by John Macfarlane, Thursday 14 July 2016. Yew Tree Hall, High Lorton, 7.30pm. Guests £3 to include refreshments.

Holme Wood is a 200 acre mixed woodland that lies by Loweswater lake. This talk is about the fascinating history and natural history of the wood over the centuries, richly illustrated with

photographs and video. It will explore how the wood has been part of the life of local families in recent times and compare its modern management with older methods.

John Macfarlane has been living by Holme Wood for seven years, since moving from Nottingham where he was a physician and a Professor of Respiratory Medicine. He has a keen interest in photography, wildlife, history and travel.



THE MOCKERKIN MOB
(founded by Alan Gane MBE in 1989)
Walk 309



A Walk Sunday 10th July 2016	B Walk Sunday 17th July 2016
<p>Intended for experienced walkers Meet: 9.30am Church Bridge, below Kirkstile GR: 141209 Route: Hen Comb, Floutern Cop, Gavel, Blake, Burnbank and back through Holme Wood Estimated Time: 5½hrs (Moderate/Strenuous) Leader: John Hudson 01946 861555</p>	<p>Meet: 9.45 Seatoller NTCP GR:245138 Route: High Doat, around Castle Crag and back along the river Estimated Time: 5hrs/6 miles (Easy/Moderate) Leader: Graham Harker 01946 862758</p>

Walk 310

A Walk Sunday 14th August 2016	B Walk Sunday 21st August 2016
<p>Intended for experienced walkers Meet: 10.00am Mungrisdale (some roadside parking available just before entering the village). GR: 364303 Route: Bannerdale Crags, Blencathra, Bowscale Fell Estimated Time: 5hrs (Moderate/Strenuous) Leader: Kathryn Mitchell 01946 861928</p>	<p>Meet: 9.45am Rosthwaite N.T. Car park GR:257148 Route: Dock Tarn, Watendlath Estimated Time: 4 - 4½hrs (Moderate) Leader: Joan Warren 01900 85637</p>

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

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.

The United Benefice of Lorton and Loweswater with Buttermere

Church Services July 2016

3rd July		6th Sunday after Trinity		
	10.30am	Holy Communion	Loweswater	CW
	6.00pm	Evensong	Buttermere	BCP
10th July		7h Sunday after Trinity		
	10.30am	Holy Communion Lorton		CW
	10.30am	Ⓨ Club (<i>Lorton Tennis Club</i>)		
	6.00pm	Holy Communion Buttermere		CW
17th July		8th Sunday after Trinity		
	10.30am	Matins	Loweswater	BCP
	6.00pm	Evensong	Buttermere	BCP
24th July		9th Sunday after Trinity		
	10.30am	Holy Communion	Lorton	CW
	6.00pm	Evensong	Buttermere	BCP
31st July		10th Sunday after Trinity		
	10.30am	Benefice Service	Lorton	CW

August 2016

7th August		11th Sunday after Trinity		
	10.30am	Holy Communion	Loweswater	CW
	6.00pm	Evensong	Buttermere	BCP
14th August		12th Sunday after Trinity		
	10.30am	Matins	Lorton	BCP
	10.30am	Ⓨ Club (<i>Lorton Tennis Club</i>)		
	6.00pm	Holy Communion	Buttermere	CW
21st August		13th Sunday after Trinity		
	10.30am	Holy Communion	Loweswater	CW
	6.00pm	Evensong	Buttermere	BCP
28th August		14th Sunday after Trinity		
	10.30am	Holy Communion	Lorton	CW
	6.00pm	Evensong	Buttermere	BCP

Please send your articles by e-mail to lolobulink@gmail.com by the

20th August 2016. Link can also be read at www.melbreakcommunities.org.uk
Want to learn DTP (desk-top publishing) - we need somebody to help with the magazine and are prepared to teach somebody willing to learn, Must be able to do basic word processing. Send an email to the lolobulink address if you are interested. As ever any comments are welcomed.