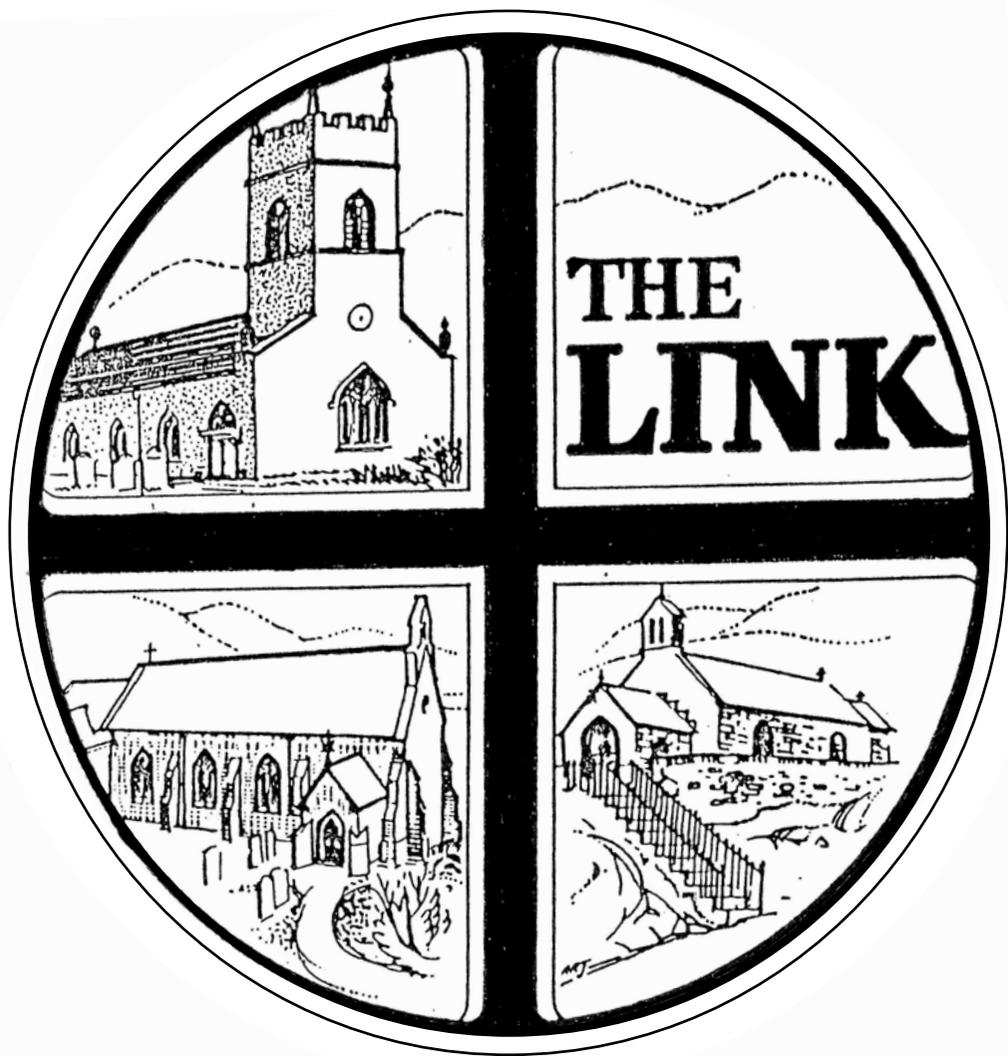


SEPTEMBER 2016



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

DIARY DATES FOR SEPTEMBER

- 2 Fri Youth Cafe at Lorton Church 7-9pm
- 4 Sun Loweswater Show
- 6 Tue Connecting Cumbria Broadband event YTH, 7.00pm
- 6 Tue Melbreak Communities - Whitbeck restoration project walk 2.00pm.
Contact chrispoate@gmail.com
- 8 Thu History Soc. talk, Emergencies before 999, Judith Shingler, YTH. 7.30pm
- 9 Fri Youth Cafe at YTH 7-9pm
- 10 Sat Coffee and Cake, YTH 10.30-12am hosted by the United Benefice
- 10 Sat Youth Cafe Garage Sale & Car Wash, Loweswater Vicarage in aid of YTH 2-4pm
- 13 Tue YTH 7.15 Lorton W.I. Open meeting presentation by Fyne Fish
- 14 Wed Loweswater Ladies visit Cumbria Archives Centre, 6:15pm, Whitehaven
- 14 Wed Table Tennis, YTH, 7-9pm
- 15 Thu Loweswater IT Group, 10-12, DAMSON GHYLL
- 17 Sat LVH, Piano Concert, 7:30pm
- 20 Tue Lorton GC trip to Eller How House, Lindale, Grange over Sands
- 20 Tue Film Night, The Big Short, YTH, 7.30, doors from 7pm
- 21 Wed Table Tennis, YTH, 7-9pm
- 25 Sun Film Night at UVH, "Beyond the Boards" , 7:30pm
- 26 Mon Harvest Supper, YTH, 7pm
- 27 Tue Exploring spirituality; Muncaster House 10am
- 28 Wed Table Tennis, YTH, 7-9pm
- 29 Thu Loweswater IT Group, 10-12, DAMSON GHYLL
- 30 Fri Macmillan Coffee Morning @1 Red How, Loweswater 10:30- 12
- 30 Fri Youth Cafe at Lorton Church 7-9pm

DIARY DATES FOR OCTOBER

- 1 Sat Confirmation Preparation at the Vicarage 11-12 noon
- 3 Mon Harvest Festival Supper & Auction LVH 7.00pm
(bookings please 01900 85609)

Dear Friends

I almost always say “hello” to our visiting cyclists and walkers as I tread the lanes of the valley. They mostly respond with a cheery greeting but, one day, I received a different response.

On the Thackthwaite lane, I came across 2 cyclists enjoying a rest and a break. I shouted “I hope you are enjoying yourselves this sunny day!” and they just looked at me. I hadn’t entertained the notion that they might just not understand a single word I was saying.

They both looked like the proverbial rabbits stunned by the car headlights and, as they smiled, one said “A-lo”. Such encounters make me smile too! And so it is when I am dog-sitting. I talk to the dog all the time and she looks at me as if she might understand. Even if she doesn’t, she loves me to continually natter to her as she’s always such a happy dog. It’s nice to walk with someone who doesn’t talk – you can then appreciate your surroundings. The bond forged between us and animals is special and I was reminded of the

closeness dogs have to modern man. I am currently reading a book about how a dog in Chile “adopts” a human runner in the middle of the rain

forest and, eventually, the dog finds himself living with the runner in Sweden. The dog is renamed “Arthur” after King Arthur of the round Table because he is loyal, kind, attentive and protective of his human master. I can think of someone else like that – Jesus Christ – always there and never lets us down.

God bless always

Revd. Sheila

PS If anyone wants to become a confirmed member of the Church of England on October 30th at 6pm in Lorton Church with the bishop of Carlisle, please let me know this month. Adults and children are seen separately. For more information, drop into Loweswater Vicarage, phone 85237 or email vicarlolobu@hotmail.com



Loweswater Village Hall News

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

NOTES FROM ST. BARTHOLOMEW'S

What a fantastic time to be British with all the amazing summer events of the Olympics and I am looking forward to watching the Paralympics too. I recently returned from a wonderful holiday on Crete, we visited a Monastery, dedicated to John, writer of Revelations. People had left little plaques, representing answered prayers, under an Icon of the Virgin Mary. Amazing, a truly spiritual moving experience. There was also a small Amphitheatre next to the monastery where it would seem logical John may have preached.

The Rt. Revd. James Newcome, Bishop of Carlisle, is delivering another Teaching ½ day on 'What is Christian Lifestyle', at St Michael's Workington on Saturday 29th October. From 9-30 a.m. to 2-30 p.m. Its aim is to build confidence in the Christian faith, and it is intended to complement the teaching that already goes on so faithfully in our Parishes and Deaneries. Everyone is most welcome, if you want to share a car please let me know.

Christian Aid update – We have received thanks for our Valley contribution, an amount of £8,968.09 for Cockermouth area was submitted to Christian Aid headquarters. Thank you.

As we go to print we are looking forward to our yearly fundraising event for the church. 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. Let's hope and pray the weather improves for the 136th Loweswater & Brackenthwaite Agricultural Show on Sunday Sep 4th!

As we start September and Autumn, just around the corner is our Harvest Festival Service on Sunday 2nd October, followed by Harvest Festival supper & auction on Monday 3rd October at 7.00pm at Loweswater Village Hall. Please ring me to book your place as we need to know numbers to order meals. Thank you.

Jan Collins-Webb

Loweswater IT Group

September 15th & 29th September.

We start our 3rd Year on September 15th June 2016. Unfortunately, we have been unable to secure any funding, so our group will now be held at DAMSON GHYLL, same time 10.00 – 12.00 noon. Group members have also agreed to host some meetings, so the second meeting of the month might vary with the venue.

If you would like to come along and get help with IT or are unsure and would like more information, please contact me. Please also ring me to book your place. Thank you.

Jan Collins-Webb - 01900 85609



The Club trip on 21 June was much enjoyed by all. We visited two very contrasting sites. At the Devil's Porridge Museum at Eastriggs we learned about the massive munitions factory totalling 9 miles in length erected in the region World War 1. We then went to the Kagyu Samye Ling Buddhist Monastery at Eskdalemuir. After an excellent vegetarian lunch, Peter, our Buddhist guide, took us into the temple and then spoke to us on Buddhist beliefs and practices.

We concluded with a high tea at Somerton House Hotel at Lockerbie. Thanks are due to Marilyn, Lorna and Loes for their work in organising this trip. I would also like to thank Marilyn for her work during the year in arranging our monthly activities.

After the summer break we will resume in October. The date will be publicised in the September and October issues of The Link. We hope to arrange an equally varied and interesting programme of talks and activities, so please come along and renew your membership.

LORTON NOTES

We are glad that this month Sheila will be well enough for the services at St. Cuthbert's to be back in full swing as we see the resumption of our 8.00 o'clocks. These services are said and tend to be quieter and more contemplative than the 10.30s. On the first Sunday of each month we use the Book of Common Prayer, which appeals to those who appreciate the traditional version and the beauty of the language used. Will this tempt somebody to come along and re-visit times past?

September is the first month of autumn and we are celebrating our Harvest Festival on the 25. I apologise that Ann and I cannot be there as we shall be visiting our daughter and family in Australia and Keith and Gill will also be absent. This does not affect the service itself, but help to decorate the church on Saturday 24 at 10.00am will be especially appreciated, together with raw material. Harvest gifts, as ever, will be welcomed and can be brought along on

Saturday, to the service on Sunday or to the Harvest Supper on Monday 26. This will be held at the Yew Tree Hall at 7.00pm and will consist of tatie pots followed by apple pie. A vegetarian option will be available. No booking is necessary, just turn up and pay at the door. Do not worry, we have never run out of space or food. After supper we have entertainment in the form of auctioning of the harvest gifts. The cost of meal and entertainment is a bargain at £6, children half price. All proceeds, less expenses will be donated to the Bishop's Harvest Appeal.

After no meetings in August, the Youth Cafe is meeting twice at church on the first and last Fridays and at the Yew Tree Hall on the 9. It is hoped that Y-Club will be meeting at the Tennis Club on the second Sunday at 10.30am.

Roger Peck

LORTON WOMEN'S INSTITUTE
JULY & AUGUST 2016 Meetings



We have had two enjoyable meetings since the last Link.

In July, Ros Downing gave an illustrated talk on Victorian "High Farming". No, not hill farming, but referring to the innovations which formed the basis of modern day farming. As the Industrial Revolution progressed, including the spread of railways in Britain, the departure of workers from the land towards factories and large cities and the production and transportation of food began to evolve from self-sufficient farms based around small communities into enterprises with the efficiency of factories. A few wealthy industrialists ploughed money into Model Farms, designed for maximum efficiency, including land improvement. This led to increased yields of animal feed and the rearing of stock in good welfare conditions, resulting in higher production of better quality meat and dairy products, transported by the new railway system. Ros showed us examples of local Model Farms designed and built in the 19th Century. Many of the ideas from that time continue today. Ros gave a fascinating, cogent presentation which kept us enthralled. At question time several members shared memories of their lives on farms. Did you know the mangle wurzle is a crop specifically grown for animal feed which acquired its name because of the iron mangle used to crush them ready for feeding animals? A

couple of members remembered having to work the mangle in their youth.

The August meeting was a visit to the BBC studios in Newcastle. 12 of us, including friends and family, joined Blencogo W.I. After a sustaining lunch at a nearby pub, we were taken by our guides on a tour of the studios. We had a group photo taken in the News Studio and several of us took turns in the news reader's chair. We were surprised at how small some of the studios were and were fascinated by some of the tricks such as "blue screens" used to change the ambience of studios to enhance programmes. We visited the production gallery, where we saw how the control panel worked. We had a chat to Jen, that evening's weather presenter, and saw how she prepared for her slot using her knowledge, skill and computer – she does not have a script written for her! The highlight was the final session in a studio where several members took part in a short, spooky radio play and presented the news, weather and sport (the grandsons did sound effects and technical support), all of which were recorded. It was a truly memorable visit.

Next month's meeting on Tuesday 13th September at 7.15 at the Yew Tree Hall is a presentation from Fyne Fish. There will be samples! It is an Open Meeting – friends and partners are welcome - and there will be the usual delicious refreshments. So, come along and have a "fyne" evening!

Penny's Piece

I recently had my first experience of travelling First Class on the train. I have sat in first class before but that was always due to being stood at the end of the right carriage when they de-classified the train because it was so busy. I have to say that I'm not sure what I think of First Class. On the one hand it is lovely to be continually offered free food and drinks but when all you want to do on a Friday evening is read your book or go to sleep, it gets slightly irritating. Also if you do get some food or drink, the debris does not seem to be cleaned up until you are about half an hour from the final destination. In good old cattle class, they are up and down the train about five times with the bin bag collecting rubbish and getting it out of your way. On the plus side in First Class I was amazed to see people getting up and leaving all their stuff where it was when they went to the loo. Smart phones, laptops, ipads, handbags, wallets, you name it, it was left and left alone. Not sure I'd risk that in cattle.

They say moving house is stressful. It is even more stressful moving someone else in/ helping them move rather than getting a van to do it for you. A catalogue of bruises means I will not be changing career to join Cleeland's Furniture Removers or similar anytime soon. Conclusions are, fridge-freezers are heavy, leather sofas are heavy and designed so you have to perform some kind of contortionist act to get you and it out of the building, wardrobes always have to be disassembled but you never remember this until you've wasted half an hour trying to repeat the routine just achieved to get the sofa out, fence panels are a pain to get

in and out at the best of times, but are lethal when it's windy and the most important conclusion is, we all keep too much stuff. I spent 2 days clearing work related stuff out of a cupboard. There were files that had been in there since I put them there 10 years ago. **Bin.** There were copies of meeting minutes from 2007 which had in attendance people who left at the end of that school year. **Bin.**



I had every work diary since 2002. All they show is that my working year has got increasingly chaotic- they are on the burn pile. My new best friend is one of those incinerator bins my neighbour bought. They are great. Easier than sitting shredding and stops anything which may have personal info on it blowing round the countryside for all to see. There is the 'make do and mend' and 'that'll come in handy someday' attitude to keeping it all but most of it is just holding a space in a cupboard. Three boxes of things have gone to charity- since we now have at least 2 of everything and I have thinned out my books- for now. Another trip to the tip is imminent. I need a holiday to recover. See you next month. Penny. 7

LORTON VALE GARDENING CLUB



We had two outings in July - the annual coach trip on 7th July and a visit to Boxwood House, near Kirkby Stephen, on the 26th. Both went well, though we had a few doors and gates issues on the coach trip! Our very nice driver only met the coach for the first time that morning and had a bit of trouble getting the doors to open and shut, and also in fitting our 53 seater through the narrow gates at Levens... Once in, we admired the famous topiary, enlivened by the trapezium running through it, and the long borders of ornamental veg and herbs. After lunch in the cafe, we went on to Gresgarth Hall, where we found ourselves on the wrong side of a set of automatic gates with a non-answering phone... All was well, and eventually we were admitted to this fabulous garden. We hit just the right time for climbing roses, clematis and cornus - 50 feet high and covered in coloured bracts - I'm still waiting for my cornus kousa chinuensis to get going. Herbaceous borders to die for, and a lovely sunny terrace. The hedges and lawns are cut every week, and it shows, but they do have 6 gardeners and 5 volunteers through the summer.

For our second July outing, it was interesting to visit the other side of the Lake District, although we did get a bit of rain in Kirkby Stephen. Colin showed us round the garden that he

and Joyce have made - Joyce built all the low dividing walls on this sloping site. They have a pond, hosta beds - all immaculate of course - and a very pretty wildflower meadow full of poppies and borage. The veg patch was very luxuriant with rows of peas 6 feet tall, courtesy of manure from the happy hens. They gave us a super tea, and also had plants for sale.

The final visit of this summer season is on Tuesday 20th September at 2.00 pm to Eller How House, Lindale, Grange over Sands. LA11 6NA. Cost: £3.50.

Refreshments available nearby, but must be pre-ordered.

12 acres of steep fellside garden, designed by the architect George Webster as his family home. A beautiful woodland, laid out in the 1800s with meandering pathways, a lake with bridge and cascade, a ruined folly, reservoir, sea view and rocky outcrops.

Directions: South of Windermere near Lindale, east of A590 on the Lindale bypass. Gateposts with large pieces of limestone, and an avenue of trees.

Please contact Fiona Lambrick 01900 85710 or Nicola Laws 017687 76483

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J

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Loweswater with Buttermere PCC

100 Challenge Club

The prizewinners for the draw held on 1st July 2016

No	86	1st prize of £25	Eleanor Gardiner
No	72	2nd prize of £10	Mark Elliott
No	32	3rd prize of £5	Ted Donohoe

The prizewinners for the draw held on 1st August 2016

No	76	1st prize of £25	Jennifer Kirwan
No	97	2nd prize of £10	Sue Ralph
No	49	3rd prize of £5	Jan Collins-Webb

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

Buttermere Notes

Funerals at Buttermere are very rare as there is no burial ground. The last one was approximately 25 years ago and it is very sad to report the funeral of Shane Kyle of Syke Farm on 12 th August. After a moving service that included eulogies from The Revd Charles Nicholson and Shane's brother Leslie, Shane was buried in a favourite field overlooking Buttermere. His popularity and the respect in which he was held was shown not only by the church being absolutely full but at least 50 people being present outside the church. Our thoughts and prayers are with the Kyle family.

Shane's funeral was a celebration of a life of a man who was born, bred, lived and

died in Buttermere. Other expressions of celebration were the two weddings held in Buttermere in July and August. Although very few of the 20 weddings held in Buttermere since 2007 were of local residents, it is encouraging that people still want to be married in church. It is hoped that the serious vows made at a church wedding are more memorable than those of a social occasion. We also hope and pray that the feelings of spirituality, love and community that were evident at both the funeral and weddings will permeate the lives of all those present.

Gwyn and Jan Evans

From the Registers;

Funeral

Shane Michael Kyle, 12 th August 2016

Marriages

James Albert Douglas and Rhiannon Maree Silson, 23 rd July 2016

Robert Francis McLeod and Anna Marie Brindle 6 th August 2016

NSPCC

We will be having our usual stand at Loweswater Show on Sunday 4th September and welcome everyone to support us. We will have jams, pickles, cakes, garden produce etc on sale.

We would appreciate any surplus vegetables or cakes you would like to make for the stall. Please bring them to the stall on the show day or let me know if you can't make the day and we can arrange for you to leave them with one of the committee.

Also, I'm always looking for jam jars to refill, so please don't throw them away when they are emptied!

Looking forward to seeing all there.

Ann Hayton (01900 85606)

Loweswater Ladies

The sun shone on our pleasant evening walk through the local lanes and fields towards Crummock Water on the evening of June 13th. Our ladies enjoyed a circular walk from the Kirkstile Inn, where we continued our summer get-together with a fine meal. As always our thanks are due to the chefs and staff at the Kirkstile for excellent food and service. Doreen won the raffle prize, provided on this occasion by Mary.

Our next meeting on Wednesday Sep 14th will be held at a different venue and at the earlier time of 6.15 pm, meeting at the Cumbria Archives Centre for a talk commencing at 6.30. This is situated near to the Police Station on Scotch Street, Whitehaven, CA28 7NL. It may be a good idea for ladies to share transport for the evening. Pam will be providing the raffle for the evening. Ann Hiley

LORTON HARVEST SUPPER

YEW TREE HALL, MONDAY 26 SEPTEMBER, 7.00 PM

Admission £6

Auction of produce

Proceeds to Bishop's Harvest Appeal

(Mali and Argentina)

TATIE POTS, APPLE PIES, ALL THE TRIMMINGS

Lorton Vale Calendar 2017

Do any of you have photographs that you might like to contribute to this year's calendar? We are looking for both scenic views to show off this lovely area and its odd nooks and crannies at all seasons of the year but also photos recording local events and amusing moments.

If you have any that you think might be suitable and that you would like to contribute, would you, please, get in touch, over the next few weeks, with Mike Suckling - tel: 01900 85409 or by email mikesuckling@supanet.com

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We also supply bird seed and pet supplies.



Sunday 25 September @ 7.30pm

“Beyond the Boards”

Is a bitter-sweet comedy-drama which brings to life the characters and stories associated with halls around Cumbria. A core cast of four professional performers will play multiple characters ensuring that ***Beyond the Boards*** is lively, entertaining and boundless.

Tickets £7 Adult, £3 Child, Family of 4 £17

Please call 01946 862300 or 861458



returns to Lorton

On Tuesday Sep 20th at 7.30 the film **The Big Short** will be shown in Yew Tree Hall. Doors are at 7pm, entrance is £5 on the door and there will be a bar. For further information call 0190085035.

The Big Short is a comedy-drama about the financial crisis of 2007-8, starring Christian Bale, Steve Carell, Ryan Gosling, and Brad Pitt. It is based on the book by Michael Lewis and was nominated for 5 Oscars, including Best Supporting Actor for Christian Bale, and Best Adapted Screenplay, which it won. Our previous film night was a great success so come along and enjoy

Macmillan Coffee Morning

Friday 30 September 10.30 till 12.30

1 Red How, Loweswater, CA 13 0RR

I am hoping that lots of local people can make it and that I get the chance to meet you whilst raising funds for a great cause.

£5 per person for as much cake and tea or coffee as you want.

Please put it in your diary and find me on the Thackthwaite road with Macmillan balloons marking the house.

Walkers' Way No. 178

Inevitably the arrival of late August and early September sees the beginning of the dulling of summer colours and the first hint of the hues associated with the approach of autumn. Yet a host of wild flowers is still to be found, including some relatively common late comers, such as enchanter's nightshade and hogweed. The latter, like a number of other umbels, are great attractants to many insects such as hoverflies, moonflies and wasps. Giant hogweed attracts them too, with its massive inflorescent discs, but if you do see giant hogweed, rising to six or seven feet, keep well clear as its spines can cause severe blistering.

The leaves of some plants which have finished flowering can still be found of course, such as wood sorrel, wood anemone, bluebell and many more. It is also time to look out for mushrooms and toadstools, the fruiting bodies of fungi the bulk of which we never see, but which is ever present as threadlike mycelium which ramifies through the soil, rotting wood and other appropriate substrates. In woodland now, in particular, we can find lots of well-known ones such as the penny bun, the lawyer's wig or shaggy cap, the stinkhorn, orange peel and the brilliantly scarlet fly agaric. These and many more abound at this time of year. Then there are the bracket fungi, which are obvious on trees the year-round, the mycelium of which invades the translocatory system, blocking and poisoning until often eventually killing the tree, a problem to which silver birch is particularly prone.

The passage of time does not go unnoticed in the animal world either as the first winter is the greatest test of young lives.

Those which make it thus far will have been frantically nurtured by their parents, well fed and schooled in the hope that they will successfully withstand the deprivations and hardships that severe weather can bring. Hedgehogs will hibernate, badgers will curl up and sleep through a few particularly bad days at a time, while some others will continue to venture out conveniently to leave their tracks in the snow. Red squirrels are busily burying nuts for later use, to be retrieved, not by memory in my opinion, as is often claimed but far more likely by scent. Stoats too will have been feeding their kits well and few animals show greater strength and determination in acquiring food. Only recently a stoat was seen hauling a rabbit two or three times its own size 20 yards across grass, six feet up into a tree and from there into a hiding place – only to return and repeat the process within minutes, with another. An extraordinary, but by no means exceptional feat in the interest of survival.

Those young frogs and toads which are lucky enough to have survived until now will be tucking themselves away, the former in the mud at the bottom of a pond where they will 'close down' and slowly breath through the skin, while the latter will be hidden away in a sheltered hole such as beneath a rock or tree stump, to sleep the winter through. The proportion of eggs which result in adults is very tiny, perhaps something like 0.1% of the spawn laid. Predation by dragonfly larvae, great diving beetles, newts and other aquatic animals, plus predation of tiny young frogs by herons, otters, badgers and many more ensure that the losses are enormous.

Alan Gane.

YEW TREE HALL AGM

The 2016 Annual General Meeting of the Yew Tree Hall took place on Thursday 21st July. Thank you to all members of the public who attended. Minutes of the AGM can be read via a link from the Hall page on the Melbreak Communities website.

Use of the Hall remains buoyant and we welcomed two new regular users during the year: a weekly table tennis club and fortnightly Youth Café Occasional tea parties, including one to celebrate the Queen's 90th birthday, show how popular a venue the Hall is. Monthly Melbreak coffee mornings have been restructured to provide a fund raising opportunity for clubs and organisations and continue to be well attended.

The committee said goodbye to Sheila

Mills who has represented the garden club for many years, and to our long-serving member, Maud Vickers, who is also standing down after 20 years. Their long experience and good judgment will be missed.

Christine Walmsley takes over from Sheila and will be supported by Elly Rowlands. We also welcome two new committee members: Simon Riley, who will represent Blind Bothel Parish, and elected member Mark Roberts.

The autumn will see some major refurbishment in the Hall as we relocate the gents toilets upstairs to provide some resilience against flood damage. Look out for details and information about disruption to users.

Derek Poate, Chairman



Lorton & Derwent Fells Local History Society

Brackenthwaite Buttermere Embleton Loweswater Mockerkin Pardshaw Wythop

www.derwentfells.com

Emergencies - life in the Lake District before 999

Talk by Judith Shingler, Thursday 8 September 2016. Yew Tree Hall, High Lorton, 7.30pm. Guests £3 to include refreshments.

This talk gives an insight into how emergencies were managed before it was possible to dial 999. Using a sound archive as well as visual material it includes extracts from the man who drove the first motor ambulance, a fireman from the days of the steam pump engine and a lady whose family home was the telephone exchange.

Judith Shingler and Allison Peak work with the Ambleside Oral History Group ()



THE MOCKERKIN MOB
 (founded by Alan Gane MBE in 1989)
Walk 311



<p>A Walk Sunday 11th Sept 2016</p>	<p>B Walk Sunday 18th Sept 2016</p>
<p>Intended for experienced walkers Meet: 9.45am By the bridge, Buttermere. GR: 174169 Route: Sail Beck, Ard Craggs, Knott Rigg, Newlands Hause High Snockrigg. Estimated Time: 4½hrs (Moderate). Leader: Joan Warren 01900 85637</p>	<p>Meet: 10am Longlands – near bridge over Longlands Beck. GR: 265358 Route: Uldalle Fells:– Meal Fell, Little Sca, Longlands Fell. Estimated Time: 3½-4hrs (Easy/Moderate). Leader: Lois Suckling 01900 85409</p>

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

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



Real Coffee & Home Made Cake
Hosted by the United Benefice of Lorton with Loweswater and Buttermere
Sat 10th Sept, YTH, Lorton 10.30am - 12pm
Proceeds to be shared between YTH and Charity

The United Benefice of Lorton and Loweswater with
Buttermere
Church Services September 2016

4th September	15th Sunday after Trinity		
8.00am	Holy Communion	Lorton	BCP
* 8.00am	Holy Communion	Loweswater	CW
11th September	16th Sunday after Trinity		
8.00am	Holy Communion	Loweswater	BCP
10.30am	Holy Communion	Lorton	CW
10.30am	Ⓢ Club – Lorton Tennis Club		
6.00pm	Holy Communion	Buttermere	CW
18th September	17th Sunday after Trinity		
8.00am	Holy Communion	Lorton	CW
10.30am	Matins	Loweswater	BCP
6.00pm	Evensong	Buttermere	BCP
25th September	18th Sunday after Trinity		
8.00am	Holy Communion	Loweswater	CW
10.30am	Harvest Festival (HC)	Lorton	CW
6.00pm	Evensong	Buttermere	BCP

* **Please note change of service time**

WHAT TO DO IN CASE OF A MEDICAL EMERGENCY

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

Advice supplied by Lorton First Responders

Please send your articles by e-mail to **lolobulink@gmail.com** by the
23rd Sep 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.