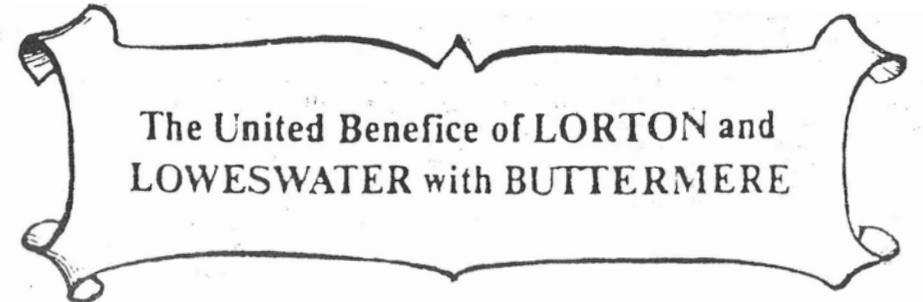




## Church Services April 2019

<b>7<sup>th</sup> April</b>		<b>5<sup>th</sup> Sunday of Lent</b>	
10.30am		<b>Matins</b>	Loweswater BCP
<b>14<sup>th</sup> April</b>		<b>Palm Sunday</b>	
10.30am		Holy Communion	Lorton CW
6.00pm		Evensong	Buttermere BCP
		<b>HOLY WEEK</b>	
<b>18<sup>th</sup> April</b>		<b>Maundy Thursday</b>	
7.30pm		Stripping Altar HC	Lorton CW
<b>19<sup>th</sup> April</b>		<b>Good Friday</b>	
11.00am		Devotional Service	Buttermere
2.00pm		Devotional Service	Loweswater
<b>21<sup>st</sup> April</b>		<b>EASTER SUNDAY</b>	
10.30am		Holy Communion	Loweswater CW
<b>28<sup>th</sup> April</b>		<b>2<sup>nd</sup> Sunday of Easter</b>	
10.30am		Holy Communion	Lorton CW



Deadline for May is Fri 19th Apr 2019, all articles to [lortonvalelink@gmail.com](mailto:lortonvalelink@gmail.com) by this date.

## DIARY DATES FOR APRIL & EARLY MAY

### APR

- 1 Mon Keep fit Loweswater VH, 9.30-10.30 AM  
1 Mon Lent Discussion Group, Muncaster House, Loweswater, 10.30-12.00  
1 Mon Bowling 7-9 YTH  
3 Wed **VENUE CHANGE** Lent Lunch, 12-2p.m, **Yew Tree Hall, Lorton**  
3 Wed Table Tennis, 7-9pm, YTH  
5 Fri Keep fit Loweswater VH, 5.30-6.30 PM  
8 Mon Keep fit Loweswater VH, 9.30-10.30 AM  
8 Mon Lent Discussion Group, Muncaster House, Loweswater, 10.30-12.00  
8 Mon Bowling 7-9 YTH  
9 Tue Lorton WI Open Meeting - Alan Cleaver on Corpse Roads, 7.30pm, YTH  
10 Wed Table Tennis, 7-9pm, YTH  
10 Wed Loweswater Ladies, 7.15p.m LVH  
11 Thu 77 Club Lunch Hunday Manor 12.30pm. Then talk by Andy Beck *The Wainwrights in Colour*.  
11 Thu **POSTPONED** - Lorton History Society Lecture  
12 Fri **DATE CHANGE** Lent Lunch, 12-2p.m, Loweswater Village Hall  
12 Fri Keep fit Loweswater VH, 5.30-6.30 PM  
13 Sat Coffee and Cakes hosted by the United Benefice of Lorton & Loweswater with Buttermere, YTH, 10.30am to 12am  
14 Sun Mockerkin Mob Joint A&B Walk  
15 Mon Keep fit Loweswater VH, 9.30-10.30 AM  
15 Mon Community Lunch, Lorton School, 1.15pm. Call Helen on 07790459064  
15 Mon Bowling 7-9 YTH  
17 Wed Table Tennis, 7-9pm, YTH  
22 Mon Bowling 7-9 YTH  
24 Wed Table Tennis, 7-9pm, YTH  
25 Thurs Print to Pixels - JMW Turner's painting of Buttermere and Crummockwater revisited. Talk by Prof John Macfarlane, Arts Society Cumbria, Hundith Hill Hotel, 11 am, £6.  
26 Fri Keep fit Loweswater VH, 5.30-6.30 PM  
26 Fri Film Night 7.30pm *The Wife* UVH  
29 Mon Keep fit Loweswater VH, 9.30-10.30 AM  
29 Mon Bowling 7-9 YTH  
30 Tue Film Robert Redford double bill, YTH, 6pm, doors 5.30pm

### MAY

- 8 Wed Lorton Parish Council AGM and parish council meeting 7.30pm YTH  
9 Thu Loweswater Parish Council AGM and parish council meeting 7.30pm Loweswater village hall

## COOKERY CORNER

### Chocolate, Orange & Brandy Mousse

Serves 6-8

- |   |   |
|---|---|
| 8oz plain chocolate, broken into pieces                     | 5 tbs water                               |
| zested rind and juice of 1 orange (1 tbs of juice required) |   |
| 4 whole eggs  | 2 additional egg yolks                    |
| 3oz caster sugar  | ½ oz gelatine                             |
| 2 tbs brandy  | 10fl oz whipped cream, half of it whipped |

Place the chocolate and water in a small pan and heat gently until melted, then cool. Whisk the eggs, egg yolks, sugar and orange zest in a bowl over a pan of boiling water until thick and mousse-like. Soak the gelatine in a bowl with the orange juice and brandy. Place this over a pan of simmering water and stir until dissolved, and then add to the mousse mixture with the chocolate, stirring well. Fold in the whipped cream and pour into a large serving bowl and leave in the fridge to set. Serve with the remaining whipping cream.



The first time I made this I whisked the egg & sugar mixture for ages, worrying it was not 'mousse-like' enough. This is not necessary – just make sure the mixture increases in volume and is nice and fluffy. Also make sure the water in the pan only simmers as you do not want to 'cook' the eggs.

This recipe is taken from the Lorton Vale Souvenir Cookery Book. Copies can be obtained either from the Lorton Village Shop or from Rosemary Riley (01900 85072. Price £5.00

If you have a favourite recipe please send it to the Lorton Link (details on back cover). Ed.



## VICAR'S LETTER

Dear friends,

I am writing this letter in the middle of March and I know that you will not read it until April and I wonder what will have happened between now and then. Will we have more snow or warm sunny weather? What will have happened to the Brexit negotiations? What is our current relationship with the EU? Not even the weathermen can predict exactly what weather will come; there is nobody who can be sure what Brexit will bring and yet it is so easy to spend time being anxious about the future, our personal future as well as the future of our society. Of course, we all have concerns but to be anxious about things which may not ever happen or about events over which we have no influence does us no good and stops us from enjoying the present.

Much of Jesus' teaching is about wrong priorities, about rich men spending all their time and energy to amass great fortunes only to die before they could enjoy them, about setting your heart on gaining riches, respect, influence in this world instead of loving God and your neighbour and giving generously to the needy. The latter part of Matthew chapter 6 is all about trusting God to provide for your needs instead of spending all your time worrying about material things. The last verse of this Chapter tells us,

*"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

I don't think that any of us would want to take no thought for tomorrow and what it may or certainly will bring. The emphasis in the Bible is

on not worrying about the future, rather than on not making sensible preparations for it. Stress and worry are some of the major health problems of our day and age. Even in our primary schools children feel the pressure to succeed and feel stressed and worried. What is being introduced into many schools is the practice of "mindfulness", which encourages children to have times of stillness and calm when they can learn to be aware of their bodies, of the things around them, can learn to concentrate on the present and to acknowledge the thoughts and feelings they have without allowing these to overwhelm them. It's a practice which is helpful for everyone, but Christians can go beyond this by being conscious that they are being still in the presence of God. The advocates of mindfulness stress the importance of practising it every day just as Christian teachers all emphasise the need for regular times of prayer if we are to grow in our faith. If our prayer starts by our being still, by acknowledging that God is with us, even if we do not feel this, by being mindful of our bodies and our surroundings, of the present, then perhaps we shall find it easier to be regular in prayer and to listen to God as well as to speak to God. Shall we all, Christians and non-Christians alike, give mindfulness a go? I practice it with the patients at Penrith Day Hospice every week and it is one of their favourite parts of the day.

God bless

Revd. Sandra Ward

Email: [revd.sandra@gmail.com](mailto:revd.sandra@gmail.com)  
Tel: 01900 85237

# Coffee Morning

**Yew Tree Hall**  
Saturday 13th April  
10.30am to 12noon

Coffee & Cake  
£2.50

Hosted by  
The United Benefice  
of Lorton  
and Loweswater  
with Buttermere.

A Melbreak Communities Event

Loweswater with Buttermere PCC  
100 Challenge Club

### The prizewinners for the draw held on 1st March 2019

1st prize of £25	No 41	Betty Coulthard
2nd prize of £10	No 98	Jennifer Kirwan
3rd prize of £5	No 77	Nora Forster

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

## NOTES FROM ST. BARTHOLOMEW'S AND ST JAMES'S

After an unseasonably spring-like February, March has come in like a lion and we hope will go out like a lamb. The cheering sight of daffodils certainly counteracts the effect of the dismal weather.

The Revd. Sandra's licensing service went off well in February. The occasion was enjoyed by many and it was good to meet a large contingent from Revd. Sandra's previous parish. Our thanks to Carole and Robert Baird for their work in organising and preparing most of the food for the reception.

Lent lunches are already underway and the Lent Study Group meets weekly. Some dates for lunches have been altered due to changing circumstances. The revised dates are detailed below and listed in Diary Dates.

A most enjoyable concert, of local musicians, took place in Loweswater church. A profit of approximately £300 was made for church funds. Our thanks to Jan Collins-Webb for organising the event.

Dates and times for Easter services appear in this issue. We hope to have an Easter Egg hunt for children following our Easter Day service at St. Bartholomew's. So please bring all the family.

Decoration of Loweswater church will take place on Saturday morning on Easter Eve.

The wardens wish everyone a joyous Easter.

Eleanor Ella

**\*\*\*\*\*STOP PRESS\*\*\*\*\***

### LOLOBU LENT LUNCHES UPDATES

The Lent Lunch on **Wednesday 3<sup>rd</sup> April** will now be held in **The Yew Tree Hall, Lorton, 12-2p.m** as usual

There has also been a date change for the last Lunch which will now be held on:

**Friday 12<sup>th</sup> April, 12 noon - 2p.m** - Loweswater Village Hall

## Lorton WI Open Meeting

theWI  
INSPIRING WOMEN

Tuesday 9th April, Yew Tree Hall, 7.30pm

# The Corpse Roads of Cumbria

**Their history, and the superstitions, legends and ghosts surrounding them.**



Alan Cleaver and Lesley Park will give an illustrated talk on the corpse roads of Cumbria.



These paths were used in medieval times to carry the dead from remote parishes to the mother church. Many still survive in Cumbria as public footpaths.

There is no admission fee for non-members but donations are welcome.





## CUMBERLAND STOVE SERVICES

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Tel: 01900 268737 Mob: 07702112406



# Lorton & Derwent Fells Local History Society

Brackenthwaite Buttermere Embleton Loweswater Mockerkin Pardshaw Wythop

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

## Cancellation of meeting on 11 April

We regret that we have to cancel our 25<sup>th</sup> Anniversary lecture, which had been re-arranged for 11 April from the original 14 March. Our speaker and President, Professor Angus Winchester, continues to suffer from a back problem which is causing a sustained lack of mobility, and we could not be confident that he would be able to attend. We apologise for the inconvenience and we hope to reschedule this event for the Autumn, when we expect Angus will be able deliver another of his lectures which have proved so popular since the creation of the Society.

Derek Denman

Secretary

[derekdenman@btinternet.com](mailto:derekdenman@btinternet.com)

## Loweswater Ladies March 2019

At our March meeting our guest speaker was Jenny Knox. She is a well known water-colour artist and teaches classes in our area.

After an introduction to her work, Jenny demonstrated various techniques, such as how to prepare paper for a watercolour painting. She explained the difference between wet and dry backgrounds, showing us how to lightly pencil in the foreground (in Jenny's case, some beautiful pansies).

The room has been set out so that all of us could have a go at painting. We were given the outline of either a tulip or a snowdrop on paper, plus paints, palettes and brushes of various sizes. With some trepidation from the non-artists amongst us, we painted away happily with a great deal of concentration until 8.45 when I suggested

that we had better stop and have a cup of tea. Many of us bought cards that Jenny had brought of her paintings.

Thanks particularly to Madeleine for organising the evening and providing the materials along with Ann Sands. The raffle was coincidentally provided by Ann Sands and won by Madeleine, Poetic, or should that be artistic, justice. It was lovely to see so many talented artists in our group.

Next month's meeting at Loweswater Village Hall will be held on Wednesday April 10<sup>th</sup> at 7.15pm and the topic will be "Finding Fashion". Our speaker for the evening will be Maggie Toner-Edgar. Margie will be providing the raffle and our supper hostesses are Joan, Judy and Carolyn.

Alison Greer

## LORTON NOTES

As I write these notes the sun is shining, daffodils are in bloom and, even though there is a patch of snow on the fells, spring is arriving. Spring is associated with Easter and as Easter is later this year, when it arrives winter should really be behind us. Daffodils could be behind us too, as some this year were in bloom for Ash Wednesday. Other flowers will be abundant, however and the church will be resplendent for Easter Day. There is no service at St. Cuthbert's on Easter Day itself, but I am sure many visitors will drop in and we should like them to see the church at its best. It is customary to feature lilies in the decoration and if you would like to donate a lily in memory of a friend or relation please inform Keith or myself. Cost is , as yet, unknown.

Leading up to Easter we have Palm Sunday to commemorate Jesus's triumphal entry into Jerusalem, followed by Holy Week. This is a particularly solemn week in the Church's year when we remember the events leading up to Christ's Passion and Crucifixion and services will be held at different churches across the Mission Community. The service I find particularly poignant is the one on Maundy Thursday

which commemorates the Last Supper and the institution of the service of Holy Communion. It ends with the Stripping of the Altar and we are privileged that it will be at Lorton in the evening. I find that the significance of the joyous triumph of Easter can be better appreciated by going to one or more services in Holy Week. I do hope you will be able to come on Thursday. There was a large congregation for our Ash Wednesday Mission Community service.

Mention has already been made of the resplendent church on Easter Morning and we shall need helpers on Easter Saturday to bring this about. We shall be arriving at 10.00am for an hour's fun followed by coffee and biscuits. Could there be a better way of spending a Saturday morning? If you bring raw materials you will be doubly welcome.

The Lent study group continues to meet on Mondays and the Lent Lunches are on most Wednesdays. These occasions are well worth attending and keep me aware that Lent is different from the rest of the Church's year.

Roger Peck.

### A Note from The Coles Family

Janet Coles, her daughters, Liza and Polly and their families thank those of you who sent such kind messages of sympathy on the unexpected death of Roger. It was comforting to share your memories of someone so special to us.

Thank you

A 97<sup>th</sup> Birthday is not that common, but that is as long as Lorton W.I. has existed. It was formed in the aftermath of one World War and survived through a second, when the women of the village came together to contribute to the war effort, from making jam from foraged hedgerow fruit to making gloves from rabbit skins. We sailed through the austerity years of the 40s and 50s, often cycling to meetings and social events. The 60s must have seen a few mini-skirts (amongst the younger members anyway, and there were quite a few of them in those days!). Did the Lorton W.I. know anything of the hippy era of the 70s? Certainly, neighbouring towns on the West Coast experienced the closure of factories and mines in the 80s and 90s, with the resulting unemployment and poverty. When I joined W.I. in 2001, the ladies still addressed each other as Mrs! Despite changes, Lorton today looks a peaceful, timeless place. However, Lorton W.I. has had its 97<sup>th</sup> birthday, which 11 members celebrated in style at Portofino's Italian restaurant in Cocker mouth on Tuesday 12<sup>th</sup> March.

President Ann R led a short business meeting. Included was an invitation to an "Egg-citing" evening from Cocker mouth W.I. on April 1<sup>st</sup> and the Federation A.G.M., the details of which are in the County News. It was agreed to pay for 2 new chairs for the Yew Tree Hall, at a cost of £40 per chair, from funds. Following the meeting we settled to enjoy delicious Italian food and toasted our W.I. with Prosecco. When we thought we were full, a beautiful birthday cake, ablaze with candles and baked and iced by Kris appeared, whilst we sang Happy Birthday. We departed into the dark and windy night, warmed by the food and friendship we had enjoyed, but perhaps wondering, with falling numbers, how many more birthdays we will enjoy. Our next meeting is at 7.15 for 7.30, on 9<sup>th</sup> April, at the Yew Tree Hall, with Alan Cleaver and Lesley Park talking about The Corpse Road. It will be an Open Meeting so all are welcome. There will be food following the talk, for which a donation would be appreciated.



## Walkers' Way No. 194

My most regular walking these days is along the Solway shore, which is an unexpectedly happy hunting ground for a wide range of wildlife.

There is, of course, a regular population of a number of species of gulls, including the lesser blackback, and a host of oystercatchers too. Then there are a few crows, which have developed a crafty technique for gaining food. Watch carefully and you will see one retrieve a wrinkle or similar small shellfish, fly up very steeply to a height of 20 or 30 feet with it in its beak, drop it, follow it down as it falls on the rocks beneath and if it breaks open, devour the tasty morsel within. If it does not break, the process is repeated.

At this time of year there are a number of great crested grebes along the coast as well, often quite close inshore, birds which spend the summer months on fresh waters. Their long necks, double crests and white breasts are a striking sight.

Only the other day there was a red throated diver, a bird which nests among the Scottish islands and Highland lochs, but which does appear on our coastal waters just now. Those lucky enough to be able to see one in detail cannot but be struck by the long, pointed bill and the highly streamlined grey head. The red throat patch from which it gets its name is present only in the summer.

Another species spotted recently was the common scoter. This is a visiting duck which is to be seen in our waters in winter months having come down from its breeding grounds in Northern Europe and the Arctic. The drake is particularly striking as it is entirely jet black except for a small orange patch on its bill; the duck is dark brown with pale cheeks. This is not to be confused with the closely related velvet scoter, which is larger and in which the drake

has a white eye patch and the duck a pair of white cheek patches.

More commonly seen in the same location are cormorants, often in ones or twos, diving into the water, flying only a foot or two above the surface and standing on the rocks, drying their wings. Just occasionally there are some hundreds in flight.

Few things in Nature gladden the heart more than signs of spring, which now abound. On 19<sup>th</sup> February, I was alerted by one of my favourite sounds – the distant honking of geese! They took a bit of spotting, but eventually there they were, a substantial skein flying North- a true sign of Spring. And talking of "skeins" or flocks, I was delighted recently to see a flock of lapwings, a bird which has become something of a rarity having declined tremendously in recent years as a result of changes in agricultural practice.

The 20<sup>th</sup> February saw the first two clumps of frog spawn arrive in the garden pond and within four days the number had risen to nine! Anyone with an interest in the natural world and/or photography and who has the opportunity would be well advised to visit the Wildlife Photographer of the Year Exhibition currently at the Natural History Museum. There were 45,000 entries from 49 countries of which the judges chose the 100 now on display. The range of subjects is vast and the quality of the work is breath taking.

It clearly demonstrates the excellence of the equipment available these days, from outstanding lenses to the quite extraordinary efficiency of camera traps, such as that which succeeded in capturing a superb head on shot of a fast approaching tiger only a few feet away. These images may be seen at [www.nhm.ac.uk/visit/wpy/gallery/2018](http://www.nhm.ac.uk/visit/wpy/gallery/2018). Alan Gane.

# CINE NORTH

## Film Night Double Bill in Lorton

On Tuesday April 30<sup>th</sup> we have our first Lorton Double Bill. We're showing two Robert Redford films, Butch Cassidy and the Sundance Kid, and The Old Man and the Gun. Butch Cassidy is at 6pm, doors at 5.30pm, with a bar. The Old Man and the Gun will start at 8.30pm. Each film is £5 as usual, but for a £10 advance ticket, hot food in the interval between the films will be included in the price. Please do think about the advance tickets – it makes planning the evening so much easier. Tickets available from Lorton village shop, Eleanor Gardiner (01900 85035), Nev Mills (01900 85301) and Derek Poate (01900 85265).



Butch Cassidy and the Sundance Kid really needs no introduction. First shown in 1969 (so this is the 50<sup>th</sup> anniversary year), it is loosely based on the true story of notorious outlaws Robert Leroy Parker (Butch) and Harry Alonzo Longabaugh (Kid) and stars Paul Newman, Robert Redford and Katherine Ross. The film won 4 Oscars including Best Song for Raindrops Keep Falling on my Head and Best Original Screenplay and was nominated for Best Director and Best Picture.

The Old Man and the Gun is again about bank heists. Based on the astonishing true story of Forrest Tucker, a lifetime crook and prison-escaper who, in his 70's conducted a series of bank robberies, often accompanied by two other old-timers. They became known as the Over-The-Hill-Gang. This is a bitter-sweet comedy, and in his last acting role, "Redford's farewell is a sad, sweet moment" (Peter Bradshaw, The Guardian).



## Penny's Piece

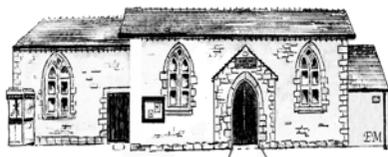
Just occasionally something that is a problem in one area becomes the solution to another. The recent storms (of various names) proved without doubt that the draught excluder at the living room door was actually more of a draught indicator. It would be kicked back against the door as I resumed sitting on the sofa. Then out of the corner of my eye I would see it move a good 6 inches away as soon as the first gust came through the hall from the front door, thus indicating it was windy. Pretty pointless. At the same time 2 pairs of jeans went done on the right knee. Then I looked at several pairs of my work trousers and noticed that they too were also going thin on the right knee. I have looked at my knee and can't see any particular knobbliness, but clearly whatever it is I do, I use my right knee more. I have a new draught excluder, made from an old pair of trousers (which due to my leg length means it fits the door), stuffed with other shredded trousers so it is heavy. If any wind moves that one, we are in trouble. I always make a point of going to the staffroom for my lunch- not eating at my desk as others do. Sometimes, as in restaurants, I get dinner envy. That feeling you get when you can see someone has got something that looks or smells much better than whatever you've thrown together. Other people's spare roast dinners are the best. That would not happen in my house. You don't have spare dinner, that's just seconds they didn't tell anyone about. Too many people I work with are on calorie counting or whichever fad is in currently so there are a lot of crackers, rice cakes and Ryvita about. But this did raise an interesting discussion; which side of the

Ryvita do you put your topping on? Having sat next to my friend for most of a week watching her spread her cream cheese on the wrong side, I had to ask her why she wasn't putting the topping on the side with the holes. I then pointed out you can have more topping if you put it on the other side as it goes into the holes. She's been doing it right ever since.



At the Oscars this year we had the slightly kooky Olivia Coleman bagging herself a gong and wearing a nice dress and several metres of seemingly superfluous fabric. On the Red carpet the paps always ask 'who are you wearing?' A rather odd question if you think about it further. We know they mean the designer but it does sound like you've turned cannibal and rocked up like Lady Gaga and her meat dress. They can't ask 'what are you wearing?' as that would sound like a slight against whatever lampshade/ loo roll holder/ curtain was on display. I know jewellers loan jewellery for the ceremony. What happens to the frocks? None of us could afford (or probably want) one and the celeb can't be seen in it twice. Total waste. At least the men (apart from the one in the frock) can wear their suits again and again.  
Penny

## Ullock Village Hall



**Film Night – Friday 26<sup>th</sup> April at 7.30pm**  
**“The Wife”**

Starring Oscar-nominated **Glenn Close**

When Joseph Castleman (**Jonathan Pryce**) wins the Nobel Prize for Literature the first person he shares the news with is his wife Joan (**Glenn Close**). However, what should be the culmination of a great literary career proves to be the unravelling of a relationship built around a carefully and deliberately maintained secret. **Pryce** and **Close** are in career-best form in this gripping drama.

Tickets £5 (child £4)

BYO drinks

01946 862300 or 861458

Join [Facebook.com/ullockvh](https://www.facebook.com/ullockvh)

### Lorton Bowling Club

Later this year we shall be celebrating the club's thirtieth birthday, but unless we get more members there won't be many more. I did not play at all before coming to Lorton but thought it worth having a go to find out what it was like and I was hooked. I didn't get on well with ball games at school as I was never very good at following a moving ball, but with bowling there are no such worries, you have the bowl in your hand and release it. It is very easy to play but at the highest level there is a great deal of skill. And the factor which prevents you getting too serious is that luck plays a significant part, so that even if you are having a bad evening luck can smile and turn it around. It is important for us to attract at least two new members and I cannot believe that there aren't two out there who would enjoy it. Do come and give it a go, as I did. Give yourself a chance to find something you are good at and enjoy even if you aren't.

**Mondays 7-9p.m at YTH. Open Evenings 8<sup>th</sup> and 15<sup>th</sup> April**

Roger Peck Telephone 85236



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

Walk 342



SUNDAY 14TH APRIL 2019	<u>JOINT A &amp; B WALKS</u>
<p><b>ALL WALKERS</b></p> <p><b>Meet:</b> 10am Bus Shelter, Lorton</p> <p><b>GR:</b> 153257</p> <p><b>Leaders:</b> Joan and Judy</p>	<p><b>Route:-</b> Low Lorton, High Side, Kirkfell</p> <p><b>From the summit of Kirkfell:-</b></p> <p><b>A Walkers:</b> Graystones, Scawgill Bridge, High Lorton and back to bus shelter 4½hrs</p> <p><b>B Walkers:</b> Descend to Terrace Farm, Lorton Church &amp; back to bus shelter. 3½hrs</p>

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



On 19 March we heard a most entertaining talk from Michael Cowan on the infamous Earl of Lonsdale, otherwise known as the Yellow Earl. Michael painted a picture of a rogue, but for the most part a likeable rogue. Michael had a personal connection, as when the Earl died, leaving huge debts, his family was one of those who purchased the farm that they had previously tenanted from the estate. Michael's talk provided a facinating account of an unusual character in recent Cumbrian history.

The next meeting will be the Club lunch party on Thursday 11 April at Hunday Manor Hotel, 12.30 for 1.00pm. After lunch we will hear a presentation from Andy Beck entitled *The Wainwrights in Colour*. If you didn't sign the list on 19 March please give me a phone on 01946 861555 by 8 April to reserve your place and indicate your menu choices.

Date for you diary: Coffee evening, Thursday 23 May 7.00pm Loweswater Village Hall.

John Hudson.



**11<sup>th</sup> Loweswater  
Beer Festival  
at the Kirkstile Inn  
April 25<sup>th</sup> to 27<sup>th</sup>  
Open 11am – 11pm**

20 real ales  
Free entry, everyone welcome!  
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LORTON TENNIS CLUB – A CLUB FOR YOU

**Lorton Tennis Club News April 2019**

I'm writing this in March - because the horror that is Spring Cleaning looms on the calendar and I'd rather have a pen than a broom in my hand as I think forward to those ghastly tasks! And it's not even home that I'm worried about (we always give the house a clean before relatives or guests arrive - furniture polish, Fabreze, fresh flowers, etc?!) No - it's the tennis club Spring Clean that really haunts. Where should we start? ("When" is easy - Noon on 6th April.) Perhaps, first, we should tackle our relatively new artificial grass carpeted courts. Not quite a year old but they've had to experience the Cumbrian Russian Roulette climate. Maybe we could sweep any debris under said carpet? Would anyone notice the lumps? A Hoover with a long lead might do it? Actually, not far from the truth - we have a petrol blower/vacuum. It's not too hard to work so long as, when kitted out, you are happy with the look of an alien from a horror movie! Next, a big tidy-up of the changing rooms. Players do change in them but storage seems to be an "accidental" use too. So a good sort/clear out is needed. The grass cutting/strimming is straight forward.....until you get to the moss....I'm feeling weak! That's enough thinking for now. There's always a good number of helpful volunteers at our self-help days and I might be able to get away with making tea and handing out biscuits. Ah! But the crumbs....the washing up....aaargh.

No wait - summer is round the corner. Warm days of tennis with that unbeatable view from the Tennis Club down Lorton Vale. It will all be worthwhile.

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Our club is on your doorstep - always friendly helpful and clean! Please call us or call in - any age, any ability. I'm sure you'll have a great time at LTC.

Upcoming events: Nature Valley Big Tennis Weekend days: Saturday 18th May & Sunday 21st July

And every Saturday morning 10am - Noon: Club Morning - a chance for members to mix/play/practice and for new members to meet everyone; for potential members to experience the club.

Come and join us on our new clean courts.

Dave Hulme  
Chairman



# LORTON VALE GARDENING CLUB

On Feb 28th, Grainne Jakobson, one of our club members, gave us an excellent talk on the history of the National Garden Scheme, for which she is a volunteer. This splendid organisation, which last year raised the astonishing sum of £3.1 million for health related charities, has its origins in 19th century district nurse training. William Rathbone, a Quaker philanthropist, was looking for a well trained nurse to look after his dying wife, and following his experience, realised the need for nurses to look after patients in their own homes. With other campaigners for nurse education, a school for training rural district nurses was set up. The garden element was the brilliant idea of Elsie Wragg in the 1920s. In 1927, she persuaded 609 garden owners to open to the public for 1 day and raised £8191. She had excellent contacts, and with King George V and Sandringham in the lead, the great and the good followed. Today there are 3552 owners participating, although Grainne is keen to see some new gardens in Cumbria. There are group openings of neighbouring gardens, allotments, grand gardens, small gardens, pop up gardens etc. - it's quality and character that she's looking for.

The last meeting of the winter season was on March 19th, when Kevin Preston gave a talk on

"Growing for perfume" Kevin is a professional gardener from Carnforth whose passion is growing sweet peas. He admits it was a hobby that has now got out of control! He is a champion sweet pea grower sowing up to 7000 seeds a year and potting on 2500. He has been the national champion and received a gold medal last year at Tatton. He talked about the importance of using good quality compost and only planting on seedlings that are healthy and robust. His enthusiasm for his favourite flower was quite infectious and the amount of care and detail he puts in is to be admired. Sweet peas are the most demanding plants to grow especially in the summer when picking the flowers (1200 stems a night) and tying them to canes (300 a night) becomes a full time job. He owned up to having a very understanding wife! The perfume radiating from his garden must be wonderful. He brought along a large selection of other aromatic plants to sell which were very popular with the members. Lots of carrier bags were being taken home.

The first summer outing will be on **Thursday 16th May to Deer Ruding, Heskett Newmarket**. Details in the May Link.



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