



Church Services June 2019

2nd June 10.30am	7th Sunday of Easter Holy Communion	Loweswater	CW
9th June 10.30am 6.00pm	Pentecost Matins Holy Communion	Lorton Buttermere	BCP CW
16th June 10.30am	Trinity Sunday Holy Communion	Loweswater	CW
23rd June 10.30am	1st Sunday after Trinity Holy Communion	Lorton	CW
30th June 10.30am	2nd Sunday after Trinity Benefice Service HC	Buttermere	CW

Some useful Helpline numbers:

Alcohol Advice	0800 9177650
Allerdale Bulky Items Collection	0303 123 1702
Alzheimers Society	01900 607280
Childline	0800 1111
Citizens Advice	01900 604 735
Crimestoppers	0800 555 111
Cruse Bereavement care	0844 4779 400
Cumbria Health on Call (CHOC)	111
West Cumbria Domestic Support	01900 67167
Samaritans	01946 694266



Sunrise over Whiteside. John Macfarlane

The United Benefice of LORTON and
LOWESWATER with BUTTERMERE

Deadline for July/August is Fri 21st June 2019, all articles to lortonvalelink@gmail.com by this date.

Note from Ed: We hope you can read the diary - a busy month! Cookery Corner will be back next month.

DIARY DATES FOR JUNE & JULY

JUNE

- 2 Sun Sponsored Walk (1:30pm) Cream teas 2:30pm at LVH
- 3 Mon Bowling YTH 7.00pm
- 3 Mon Keep fit LVH 9.30am
- 3 Mon Ballroom dancing LVH 2.30-4pm
- 4 Tues Loweswater Farmers Summer Trip, Ulverston. Meet 8.30am Mitchell's.
- 5 Wed Table Tennis, 7-9pm, YTH
- 5 Wed Himalayan Balsam Control, 7-9pm, YTH
- 7 Fri Keep fit LVH 5.30pm
- 8 Sat Arts out West "The Chef Show" Ullock vh 7.30pm
- 8 Sat Coffee & Cakes and Duck Race, hosted by Friends of Lorton School (FOLS), 10.30am to 12 noon, YTH

- 8 Sat Coffee & Cakes and Duck Race 10.30 to 12 noon, YTH, hosted by FOLS.
- 9 Sun Mockerkin Mob A Walk
- 10 Mon Community Lunch, Lorton School, 1.15pm. Call Helen on 07790459064
- 10 Mon Bowling YTH 7.00pm
- 10 Mon Keep fit LVH 9.30am
- 10 Mon Ballroom dancing LVH 2.30-4pm
- 11 Tue YTH ~ 7.15 ~ Lorton W.I. ~ Talk ~ Dennis Lyndon: Gigri Girls' Orphanage
- 12 Wed Himalayan Balsam Control, 10am-12pm, YTH
- 12 Wed Table Tennis, 7-9pm, YTH
- 12 Wed Loweswater Ladies Walk 6pm followed by Supper 7.15pm LVH
- 13 Thu LDFLHS AGM followed by talk 'A social history of Loweswater', 7.30 pm, YTH
- 14 Fri Keep fit LVH 5.30pm
- 16 Sun Mockerkin Mob B Walk
- 17 Mon Bowling YTH 7.00pm
- 17 Mon Keep fit LVH 9.30am
- 17 Mon Ballroom dancing LVH 2.30-4pm
- 19 Wed Table Tennis, 7-9pm, YTH
- 20 Thu A Provocative Beauty. The Art of Grayson Perry. Arts Society Cumbria, 10.45 am and 2 pm, Hundith Hill Hotel, £6.
- 20 Thu 77 Club Coach Trip to Holker Hall and Grange over Sands. Open to Non-Members
- 21 Fri Keep fit LVH 5.30pm
- 24 Mon The Melbreak Communities, AGM, 7.30pm, LVH (not YTH!)
- 24 Mon Bowling YTH 7.00pm
- 24 Mon Keep fit LVH 9.30am
- 24 Mon Ballroom dancing LVH 2.30-4pm
- 25 Tue Film, Cold War, YTH, 7.30pm, doors at 7pm
- 26 Wed Table Tennis, 7-9pm, YTH
- 28 Fri Keep fit LVH 5.30pm

JULY

- 3 Wed Lorton Parish Council meeting 7.30pm YTH
- 3 Wed Midsummer Service, 6pm, St Michael's Fell Church, Mosser
- 4 Thur Loweswater Parish Council meeting 7.30pm Loweswater village hall
- 8 Mon Community Lunch, Lorton School, 1.15pm. Call Helen on 07790459064
- 11 Thur LDFLHS talk 'Cumbria's explosive coast', 7.30 pm, YTH
- 12 Fri Jazz Festival, from 7.30pm, The Kirkstile Inn
- 13 Sat ECO Launch Open Day, 10.30am-3.30p.m, St Cuthbert's Church, Lorton

Walkers' Way No. 195

"Bits an' Pieces about This an' That".

- The unprecedented amount of work currently taking place on nature conservation and climate change, is resulting in an equally unprecedented volume of reports and comments on such matters that is appearing in the general and scientific press. The following are a few examples which may be of interest:-
1. There is much controversy over the ethics of bird and animal pest control. It is all very well to protect everything, but since the balance of nature has been steadily upset by Man for centuries, life is just not that simple. Reintroduce animals or birds, the predators of which have long been exterminated – and there will be trouble. For example, wolves were extinct in Germany for most of the 20th century; they were then reintroduced and protected by legislation. As a result, in 2017 they carried out 472 attacks – a 66% increase on the previous year. The number of livestock killed or maimed, mostly sheep and goats, surged by 55% to 1,667. (The Week).
 2. Twenty years of study of the ring ouzel has shown exactly the mix of tall heather and grassland this bird needs to survive and this is now being provided at appropriate Reserves. Further studies are in hand on the current losses of young. (RSPB).
 3. Readers of this page may well recall that more than once, attention has been drawn to the proven fact that the culling of badgers is unlikely to be effective in controlling TB, and that in fact it has been shown to SPREAD the disease by causing mass movement of infected survivors. This has recently been emphasised yet again by Cumbria Wildlife Trust, when culling was proposed by DEFRA on the outbreak at Shap. (CWT).
 4. The importance of trees is well known, but it is perhaps less well known that the Woodland Trust, a highly active charitable body, owns and cares for more than 1,000 publicly accessible woods. (Woodland Trust).
 5. We are – or should be – well aware of the

problem of plastic waste, but did you know that a recent study found that there are 29.5 shards of plastic pre litre in Ullswater, compared with 2.4 in Loch Lomond; even this is dwarfed by the 1,000 micro plastic particles per litre in the River Tame at Manchester. (The Week) In spite of all the publicity people are STILL dumping plastic in our woods and on our foreshore.

6. Our first frog spawn appeared on the 14th March this year – but did you know the earliest on record? – 1st November 2004! (Countryfile Magazine).
7. Researchers at Edinburgh Zoo have concluded that true Scottish wildcats are now virtually extinct in the wild, due to inbreeding with domestic cats. (British Wildlife).
8. While so many scientists are concentrating on the conservation of known species, there are still many others seeking the unknown. In Myanmar for example they have recently discovered no less than 24 new species of geko, with a further 14 currently in the pipeline. (Flora and Fauna Int.)
9. A joint Chinese and Australian study, has concluded that a third of insect species are endangered and that they are declining eight times more rapidly than mammals, birds and reptiles.
10. It is estimated that the weight of the world's concrete now surpasses the biomass of every tree, bush and shrub on earth put together, as the built material outgrows the natural world, threatening water supplies, flood defences, biodiversity and pretty much every other ecosystem service that undeveloped land provides (R Soc Biol.)
11. Oystercatchers are often to be seen along our coasts, but have you ever wondered how long such birds might live? One oystercatcher ringed in Lincolnshire marshes in 1970 was re-caught by a ringing group in 2010! – making it at least 40 years old. (Nature's Home RSPB). Alan Gane.



VICAR'S LETTER

Dear friends
 Congratulations to St. Cuthbert's, Lorton on becoming a bronze level (nearly a silver level) Eco Church. Thank you, Rosemary Riley, for your hard work in applying for this status. We will follow our work on this by having a special weekend at St.Cuthbert's in July (13th and 14th July) dedicated to our environment. Please do come to the events and service (full details elsewhere in The Link) to see what we are doing, saying and how you too can join in our efforts to become more environmentally friendly and *strive to safeguard the integrity of creation and sustain and renew life on earth.* (Mark 5 of the Church of England's Five Marks of Mission). From Ascension Day on 30th of May for 11 days until June 9th when we celebrate Pentecost within the church calendar for three years now the Archbishops of Canterbury and York have established 11 days of prayer named **Thy Kingdom Come**. Thy Kingdom Come is a global prayer movement that invites Christians around the world to pray for more people to come to know Jesus. During the 11 days of Thy Kingdom Come, it is hoped that everyone who takes part will

- Deepen their relationship with Jesus Christ
- Pray for God's spirit to work in the lives of those they know
- Come to realise that every aspect of their life is the stuff of prayer

After the very first Ascension Day the disciples gathered with Mary, constantly devoting themselves to prayer while they waited for the outpouring of the Holy Spirit at Pentecost.

"When the day of Pentecost had come they were all together in one place... All of them

were filled with the Holy Spirit... and that day about three thousand persons were added." Acts 1,2

Through the centuries Christians have gathered at that time to pray for the coming of the Holy Spirit. 'Thy Kingdom Come' picks up this tradition. We are praying that the Spirit would inspire and equip us to share the Good News of Jesus Christ with our friends and families, our communities and networks. It has been amazing how many varied ways there have been in which people from every tradition have taken up this challenge. The effects have been remarkable. Whether you have joined in 'Thy Kingdom Come' before or not, you are invited to take part this year – along with churches from over 65 different denominations in 114 countries around the world. Please do visit the churches – we may be small but we are part of a much wider world. There will be a small personal prayer card available for you to use personally during this period or if you would like to join us at one of our services (details overleaf) please do. Compline is a short said service with a brief reflection on the bible reading. We look forward to seeing you.

"In praying 'Thy Kingdom Come' we all commit to playing our part in the renewal of the nations and the transformation of communities." Archbishop Justin Welby

God bless
 Revd. Sandra Ward

Email: revd.sandra@gmail.com
 Tel: 01900 85237

Lorton & Derwent Fells Local History Society

Brackenthwaite Buttermere Embleton Loweswater Mockerkin Pardshaw Wythop

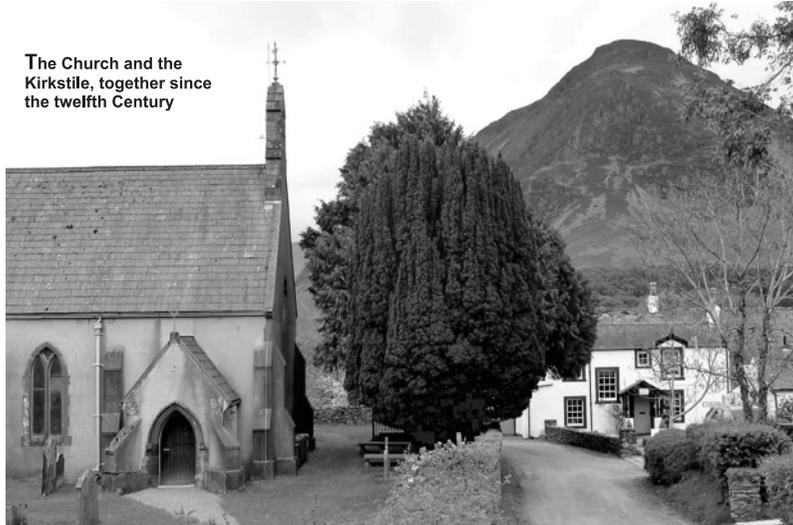
www.derwentfells.com

A social history of Loweswater: through three periods of change

by **Dr Derek Denman**

**Yew Tree Hall, High Lorton on Thursday 13th June, at 7.45pm
 (preceded by our AGM at 7.30pm)**

The Church and the Kirkstile, together since the twelfth Century



For a sleepy picturesque village, Loweswater has a surprisingly eventful past. This talk will address the history of Loweswater through the experience of its inhabitants over three periods of change. From feudal Loweswater, through the reformation period, and lastly in the nineteenth Century. Derek Denman is Secretary of L&DFLHS and a past Chair. He has been researching the history of this area and region for twenty years, and studied at Lancaster University.

Visitors are welcome at £3.00, refreshments included

Next talk 11th July, Bill Myers: Cumbria's explosive coast.

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

Since returning from a weeks holiday in Shetland in early May experiencing three seasons in a day and wildly fluctuating temperatures late spring has seems firmly established here with the verges a riot Queen Anne's Lace and the hedges white with May. With the good weather come our visitors many often looking perplexed as they gaze at maps - at different times in life we all need guides.

Along with the rest of our Benefice St.Bartholomews and St. James will be embracing the Eco Church already underway in Lorton under the guidance of Rosemary. The idea is for churches to work towards gaining a bronze, silver or gold award by satisfying a number of environmental criteria. St. Cuthberts has just achieved the bronze award. Our churchyard in Loweswater already offers a haven for wildlife with natural grasses

and wild flowers.

Loweswater continues to be a very popular venue for weddings. We have already had four since the end of March. We wish all our couples much happiness in their marriages and would love to see them again in church in the future.

We are grateful to those who regularly look after the church flowers and there are still spaces on the rota.

Our good wishes go to Nancy Fearon as she recovers from an operation.

Eleanor Ella

SERVICES FOR THY KINGDOM COME

- 30th May Ascension Day Service Lorton 7pm
- 31st May Compline Loweswater 7pm
- 1st June Compline Lorton 7pm
- 2nd June Compline Buttermere 7pm
- 3rd June Compline Loweswater 7pm
- 4th June Compline Lorton 7pm
- 5th June Compline Buttermere 7pm
- 6th June Compline Loweswater 7pm
- 7th June Compline Lorton 7pm
- 8th June Compline Loweswater
- 9th June Pentecost - Matins Lorton 10.30am
- 9th June Holy Communion Buttermere 6pm

A Melbreak Communities Event

ALL PROCEEDS TO LORTON SCHOOL

Coffee Morning and Duck Race!

Saturday 8th June, 10.30am-12.30pm
Yew Tree Hall



Coffee & Cake £2.50
Duck race starts 12 noon

Ducks can be purchased on the day or in advance from Lorton shop and/or pub.

Friends of Lorton School (Charity No. 1010913)



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LORTON NOTES

We all know that Easter is a movable feast, Easter Day, I believe, falling on the Sunday following the first full moon after the spring equinox. Or some such simple determinant. Fortunately the date itself is easy to remember as the associated Friday and Monday are bank holidays so we are not likely to forget. The dates of other festivals in the Church's year are determined by the date of Easter, notably Trinity Sunday and Pentecost or Whit Sunday. I expect most of you reading this can remember when Whit Monday was a bank holiday, which consequently meant that everybody knew the date of Whit Sunday. I can appreciate the advantage of having holidays on fixed days, but the disadvantage is that Pentecost can slip by unnoticed. I do not think this should happen. I am no expert in the beliefs of other religions, but I should be surprised if they do not seek after the influence of someone or something beyond themselves. Pentecost celebrates the coming of the Holy Spirit with the red altar frontal symbolising

the tongues of fire which rested on the disciples. To this extent, I do surmise that Pentecost could be celebrated by people of many faiths and I do believe it celebrates a very important happening. Do not let it slip by unnoticed, come along on June 9th.

The following Sunday is Trinity Sunday which is another Principal Feast, like Christmas, Easter and Pentecost. I have not found it easy to grasp what it does celebrate. The best thing to do is come along and perhaps find out.

From St. Cuthbert's Church records:

15th May:

Burial: Monica Elizabeth Hadley.

Roger Peck.

Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st May 2019

1st prize of £25 No 88	Lorraine Dickson
2nd prize of £10 No 109	Mary Baker
3rd prize of £5 No 37	Michael Thompson

Congratulations to the winners and thanks to all our supporters.

Loweswater Ladies May 2019

Our speaker at our May meeting was local resident Karen Windfindale. She talked about her life experiences in primary school teaching, running her own interior design and decoration business, as well as her work with fabrics. She illustrated her talk with an excellent presentation relating to her business, which was named "Home Sweet Home".

She talked about her interesting background where she was born into a family full of practical skills. Her grandparents were tailors, her mother sewed all her life and her father worked for the Singer Sewing Machine Company. Karen's first employment was also with Singer in Birmingham. Karen's own business covered the whole gambit of house renovations and improvements, from DIY work, interior design, re-decoration and soft furnishing, the latter encompassing curtains, blinds and cushions amongst other things.

Karen undertook a 14 year woodwork class during which time she made all the major items of furniture including the doors, windows, furniture and fittings for her own family home

which she ended up totally renovating. Her presentation included illustrations of this and other projects she accomplished, including many with additional difficulties and challenges.

Our Ladies were in awe of the many and varied activities that Karen had excelled at over her lifetime. Alison thanked her for a most inspiring talk and many of our group showed an interest in the craft skills that she is hoping to share within the valley.

The raffle on the night was presented by Nancy and won by Mary. Next month's meeting will be on Wednesday June 12th and is our annual walk around the lanes towards Crummock, followed by supper at the hall. Would everyone please bring a savoury or sweet contribution towards the meal. Members wishing to walk should meet at 6pm at the Loweswater Village Hall where plates of food can be left prior to the start. Other members should aim for 7.15pm as normal. Pam will be presenting the raffle and supper hostesses that night are Margaret T, Pat and Ann Hayton.

Ann Hiley

The Melbreak Communities

An Action Plan for the 4 Parishes of Buttermere, Loweswater, Blindbothel and Lorton

AGM Monday 24th June, Loweswater Village Hall, 7.30p

All are welcome!

There will be an update on the Dark Skies project following the "lights out" event held on 30th March at Yew Tree Hall. Please come along and join the discussion. If you would like to read the minutes of last year's Melbreak Communities' AGM and the two Steering Group meetings held since you will find them on the Melbreak Communities website:
<https://melbreakcommunities.wordpress.com>

There were 4 Apologies for Absence for the Annual General Meeting on the 14th May. Ann R welcomed 9 members and 1 visitor to the meeting, who enjoyed a fish and chip/pie and peas supper, before the preliminary business meeting.

First there was discussion and voting on the 2 Resolutions for the National AGM in June:-

1. To urge all W.I. members to help raise awareness of the Campaign "Don't Fear the Smear". Attendance by women at smear tests are falling alarmingly low. Members are asked to take opportunities to talk to other women – friends, neighbours, daughters and granddaughters to encourage attendance and to highlight the importance of monitoring, to prevent cancer and/or detect it early.

2. To ask government and councils for the extension of rural bus services, which are in serious decline – impacting on communities at risk of loneliness, declining access to shops, health care and employment. Members supported both resolutions unanimously. Our delegate to the meeting from Embleton W.I. will listen to the discussion at the AGM and vote on our behalf.

It was reported that the Coffee and Cake event made £126.00. It was agreed that Judith B will investigate whether to give a donation to Bethany House in Workington – a safe haven for troubled youngsters. The future programme was discussed briefly. It is increasingly being put together

by individuals and the 2019/20 programme is nearly complete, but if you have ideas or contacts for future meetings please approach a committee member.

In the AGM, Judith B gave her report on the Federation AGM which sounded like a very interesting meeting with several excellent speakers, particularly those from "Safer Families". Carolyn's Financial Statement and Kris's Committee Report were given and adopted. In her President's report Ann R thanked the Committee and others for their support. The present Committee remains unchanged Ann R was reinstated as President, as were those appointed to Special Duties. It was agreed that, because of declining numbers, we will have more open meetings and where it is likely we will have small numbers we will use the Supper room. We look forward to working towards celebrating our 100th birthday in 2021.

The next meeting is at 7.15 on Tuesday 11th June in the Yew Tree Hall. Our Guest Speaker will be Dennis Lyndon. Dennis and his wife Sandy have been visiting and supporting the Giri Girls' Orphanage in India for several years. The orphanage has grown over the years to include a self-sufficient farm, school and workshops. Dennis will be bringing slides and telling us about the work of the Orphanage. So come along and enjoy an interesting talk, a cup of tea, cake and craic.

MAKING LORTON A GREENER PLACE: ECO CHURCH - ECO COMMUNITY

LAUNCH OPEN DAY ON SATURDAY 13TH JULY 2019, 10:30-15:00
AT ST CUTHBERT'S CHURCH LORTON

Progress on our Eco Church/Eco Community initiative has been going really well and we are pleased to announce that we have already successfully achieved our Bronze status. We now have support from the Melbreak Community Steering Group, Cumbria Wildlife Trust, Lake District National Park and Christian Aid. We are also very pleased to announce that Lorton School has agreed to be involved with the children carrying out some wild life surveys for us. More details on all of these exciting developments will be presented at our Launch Open Day on Saturday 13th July, the timetable for which has now been finalised:

10:30	Coffee and Cakes
10:50	Welcome, Intro & presentation of Bronze award
11:00	Presentation – Just what is Eco Church/Eco Community?
11:30	Tour of the churchyard and results of initial wildlife surveys plus identification of likely spots for bird boxes, hedgehog houses etc
12.15	Community picnic, outside if the weather is fine, in Church if wet. Please bring your own picnic and a rug/deckchair
13:00	Presentation – Allerdale Waste Prevention Officer – Just what happens to our waste?
13:30	Back outside to put up some of our bird boxes etc
14:00	Presentation – The work of Christian Aid and how we can support it
14:30	Wrap up (what happens next) & final Q & A

In addition to the formal presentations there will be various displays around the Church including the chance to calculate your own carbon footprint* and find out how to 'twin your toilet' to provide sanitation in poorer parts of the world. There will be a suggestion box for **your** ideas on how to make Lorton a greener place. We will also have the St Cuthbert's Merchandise stall – all proceeds to go towards the ECO project.

We do hope you can come for the whole day, but if not please drop in for the presentations and activities that appeal to you but we would love as many of you as possible to come along for the community picnic.

On Sunday 14th July at 10.30 there will be a special environmental service in St Cuthbert's on the theme - **'To strive to safeguard the integrity of creation and sustain and renew life on earth'**. **We hope many of you will attend.**

*Bring details of recent flights, car mileage, details of trips on public transport, annual usage of electricity and other fuels in the home



Penny's Piece

Film Night in Lorton

The Spring season of films comes to a fine close with Cold War (cert 15), showing on Tuesday June 25th at 7.30 in Yew Tree Hall. Doors are at 7pm, entrance is £5 on the door and there will be a bar. As it's the last of the season we are offering a FREE glass of prosecco or elderflower presse with every ticket. Come early and have a drink before the film starts. For further information call 0190085035.

Cold War (Oscar nominated for Best Foreign film, winner of Best Director at Cannes) is set in Poland in the post-war 1940s. The film was very highly rated by reviewers (4* The Telegraph, The Independent, 5* The Guardian). Shot in black and white (in Polish with sub-titles), the film tells the story of a musician and a broadcaster who tour rural Poland looking for young people to recruit for a show of traditional Polish song and dance. The potential recruits live together in a house for a month, where the musician Wiktor begins a passionate affair with one of the girls who is not as authentically rural as she appears. The film is full of musical set pieces which are "staggering, mysterious and strange" (Peter Bradshaw, the Guardian).

It appears that Bank Holidays and bins don't work either. After a bursting barn our recycling was more than overflowing so it was suggested that since I was heading to Workington, I could pop to the tip. The bag came home with me. The queue for the tip was back to Matalan. Everybody else's bin rota is stuffed too then I guess!

Sitting here on a lovely sunny Sunday, wanting to look at the view and listen to the birds. This is achieved in no more than 2-minute blocks when it is interrupted by volleys of 'CAR!' from the participants of the Fred Whitton Challenge as they pass by. I'm not sure where they thought the cars would be or why there wouldn't be any on the road but they always sound surprised. It might help if a number of them weren't trying to go around our bend 2 or 3 abreast but that would be common sense. The temptation to stand behind a bush in the garden and shout random things like 'sheep!', 'shopping trolley!' and 'clown!' as they passed by grew stronger as the day went on. If the latter had been shouted, they may have thought it was a reference to themselves but I think a scarecrow- clown in the hedge would have been brilliant- especially if it looked like Pennywise from the horror film It. Someone remind me of this next year.

Over the Easter weekend I began to wonder how many square miles of burnt skin there must be across the country, how many gallons of ice-cream were eaten and how many BBQs were had. Move forward a fortnight and I could barely wrap my head

around it being nearly 20 degrees colder. Welcome to Britain.

I am a big tea drinker- quantity not variety of. That being said, I do like my loose tea and, having been brought up on it, I like Coop 99 tea. The problem has been, getting hold of it. I was running low and went to get some, but the shelves were bare. This continued for a number of weeks. I asked mum to keep her eyes open when in town and get me 2 boxes if she found some. The long and short of that is, I now feel like I have more tea than China as mum got some and so did the husband and I purchased a box- all from 3 different branches. Some people complain about floating tea leaves but I think at least it looks like tea. Tea bags are suspicious. You can't see what is in them until they are wet, then it could be too late. There is a 'dust' that comes out of tea bags. That can't be good. Having said that in a choice between tea bag and no tea, tea bag will of course win- quantity remember.

A little experiment for you to try. If the last text you sent was to be the title for your autobiography, what would it be? When I saw this idea, I checked my texts. My autobiography would be: Are you ok? How's that for a 'deep' title? It would be more likely to be: Crap in the Cutlery Draw and Other Miscellany if this piece is anything to go by. See you at the teas on the 2nd June. If you don't feel up to walking and would like to sponsor me doing the walk, let me know. Penny.

The
Annual General Meeting
of the
Yew Tree Hall
Registered charity No. 223947
will take place on
Thursday, 27th June 2019
at the Yew Tree Hall, High Lorton, commencing at 7.30 pm.

The purpose of the meeting is:

1. To present to the Meeting the Report and accounts of the Charity for the preceding year; and
2. To elect the Elected Members of the Committee of Management.

The remaining members are Representatives of local organisations or bodies or are Co-opted Members.

If you would like to be become an Elected Member, please ask the Secretary, Robert Baird (01900 85343) for details.

All inhabitants of 18 years and upwards residing in the area of the Parish of Lorton are entitled to attend and vote at the meeting.

but all are very welcome to attend

Ullock Village Hall



In association with *Arts out West*

The Chef Show **Saturday 8th June** **7.30pm**

A fusion of play and cookery demonstration. *The Chef Show* takes its audience behind the scenes on a busy Saturday night in the local curry house. Two actors play father and son, Abdul and Khalid, who are struggling to keep their restaurant running. The cast of two also play other staff in the kitchen and all of the customers out front – including a couple on a first date, drunks and a hen party! The unique thing about *The Chef Show* is that the cast are joined by local chef *Toral – Toral's Kitchen*, who is cooking live on stage throughout the performance. The actors break out of the story of the play at several points for lively conversation with the guest chef about their food and working lives.

Tickets: Adult £10, U18 £5, Family 2+2 (£22)
01946 862300 or 861458

BYO Drinks

Online: kirkgatearts.org.uk

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

Announcement of an extra church service

A Midsummer Service of Words and Music
with Lorton Valley Church Choir and readers from the parishes
St Michael's Fell Church, Mosser, Wednesday 3rd July, 6 p.m.

All Welcome



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

Walk 344



A Walk Sunday 9th June 2019	B Walk Sunday 16th June 2019
<p>Intended for experienced walkers Meet: 9.30am Pelter Bridge CP nr Ambleside GR: 365059 Route: Nab Scar, Heron Pike, Gt Rigg, Fairfield, Hart Crag, Dove Crag, High Pike, Low Pike Estimated Time: 8hrs (Strenuous) Leaders: Hudsons 01946 861555</p>	<p>Meet: 10am Foulisye, Loweswater GR: 142215 Route: SAround Mellbreak. Mosedale, Scale Force, & back beside Crummock Water Estimated Time: 4hrs (Easy) Leaders: Joan & Judy</p>

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



LORTON VALE **SQUIRREL SPRING WATCH** **2019**



The LVSS survey in May 2018 was very successful with over 30 valley residents taking part.

Since then, anecdotal observations suggest the number of Red sightings have increased, and those for Greys reduced. The volunteers of the West Lakes Squirrel Initiative have continued their excellent work with local land owners, including the National Trust.

We plan a repeat simple, short, squirrel survey in the later part of June. Numerous local households have already 'signed up'.

If you are interested, drop us an email!

John & Rosamund Macfarlane jtmacfarlane@gmail.com



Loweswater 77 Club

On 23 May we enjoyed a coffee evening with entertainment provided by the Cockermouth Ukulele Band. The enthusiasm with which they performed had us all foot-tapping, and they clearly had as much fun performing as we had listening. This is the second time they have played for us, and we will surely have them again.

Thursday 20 June. Trip to Holker Hall and Grange over Sands. Please see separate notice for details.

John Hudson.

77 CLUB TRIP VISIT TO HOLKER HALL AND GRANGE OVER SANDS THURSDAY 20 JUNE OPEN TO NON-MEMBERS

On Thursday 20 June there will be a coach trip to Holker Hall and Grange over Sands. The coach will depart from Mitchells Auction Cockermouth at 9am. We will stop for coffee and biscuits at Grasmere, and lunch will be provided at Holker. There will be ample time to look round the Hall and gardens before we make the short journey to Grange over Sands. We arrive back in Cockermouth at 6.45pm. The cost is £30 to Club members and £35 to non-members. This includes coach travel, coffee and biscuits at Grasmere, entry to Holker Hall and gardens, a two course lunch at Holker, and tips. Any refreshments at Grange over Sands must be purchased privately. If you wish to come and have not yet signed up please phone John Hudson on 01946 861555 by **Sunday 9 June at the latest** to reserve your place and make your choices for lunch.

Loweswater Village Hall News

Ballroom Dancing with a qualified coach, is taking place in the Village Hall on the following Mondays: June 3rd, 10th, 17th, 24th June with dates into July possible Sessions run from 2.30pm-4.00pm at a cost of £3 per person.

A reminder that the annual Sponsored Walk and Cream Teas are on Sunday 2nd June. The walk starts from the Hall at 1:30pm. There will be a check point and refreshment stop at Waterend.

Teas begin at 2:30pm and any donations at the hall on the day of plain scones or cakes are welcome.

P. Leck

LOWESWATER SEWING CLUB

Following a very successful talk at the Loweswater Ladies, I have been encouraged to set up my decorating and soft furnishing business. A very popular suggestion was running a sewing group to assist individuals in their own projects or to make something suggested by myself. I will also endeavour to run courses on curtain, Roman blind and cushion making.

The group will be held at LVH on Wednesdays, 1pm until 3.30 pm the cost is £5 per session with refreshments provided. All abilities are welcome.

Several of us are going to make Rag dolls and a soft Moses basket with bedding for the doll.



Classes will start on 22nd May, look forward to seeing you then

Karen from LVH 01900 85718

Jazz Evening

at the
Kirkstile Inn
Loweswater

An evening of Jazz, blues and ballads with Stan Foster on piano, sax and vocals.

Friday 12th July 2019
from 7.30 pm

Telephone 01900 85219

LORTON VALE GARDENING CLUB

The June outing is on **Tuesday 11th June at 2.30 to The Tithe Barn, Laversdale, Carlisle CA6 4P**. This is a south facing thatched cottage, owned by Christine and Gordon Davidson. Willow arches, a pond, woodland, hostas, ferns, hydrangeas, herbaceous borders. **Cost: £6** to include tea. **Directions: 8 miles east of Carlisle**. Take the A689 past Crosby on Eden towards Carlisle airport. Shortly before reaching the airport western boundary, turn left onto the minor road towards Laversdale. On reaching the village, park on the roadside. Please let either Fiona - fionalambrick@btinternet.com 01900 85710, or Nicola -

lawses@btinternet.com 01768 776483 know if you would like to come. **Advance notice...** Sheila and Nev Mills are hosting the Summer Social and Plant Sale, at Scales Farm, High Lorton, on **July 4th**. 6.30 start, bring finger food plus extra if you bring a guest, something to sit on, and any spare plants. Wine provided. **Directions:** from the Yew Tree Hall, take the Boonbeck and Scales road, turn right after 1/4 mile and follow the road round to the right. Go past the house and through the yard into the field to park. There are still a few places left on the coach trip to the borders, on **18th July**. If interested, contact me, Elly Rowland - ellyandbev@btinternet.com. 01900 85094

Himalayan balsam control

I would like to introduce myself : my name is Josephine McCurrie and I am a project officer at West Cumbria Rivers Trust. I would like to let people know that I will be organising regular Himalayan balsam pulls during June and July throughout the Cocker catchment to try to control the spread of HB. The first events will be in Lorton, on the 5th June at 7-9 pm and on the 12th June at 10-12 am. Meet at Yew Tree Hall. For more information, please contact me at jo@westcumbriariverstrust.org



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