

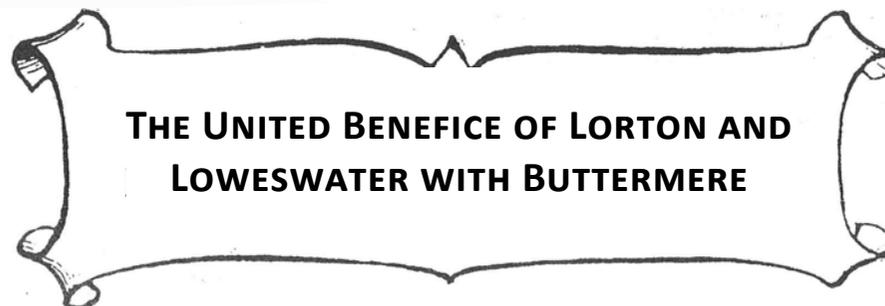
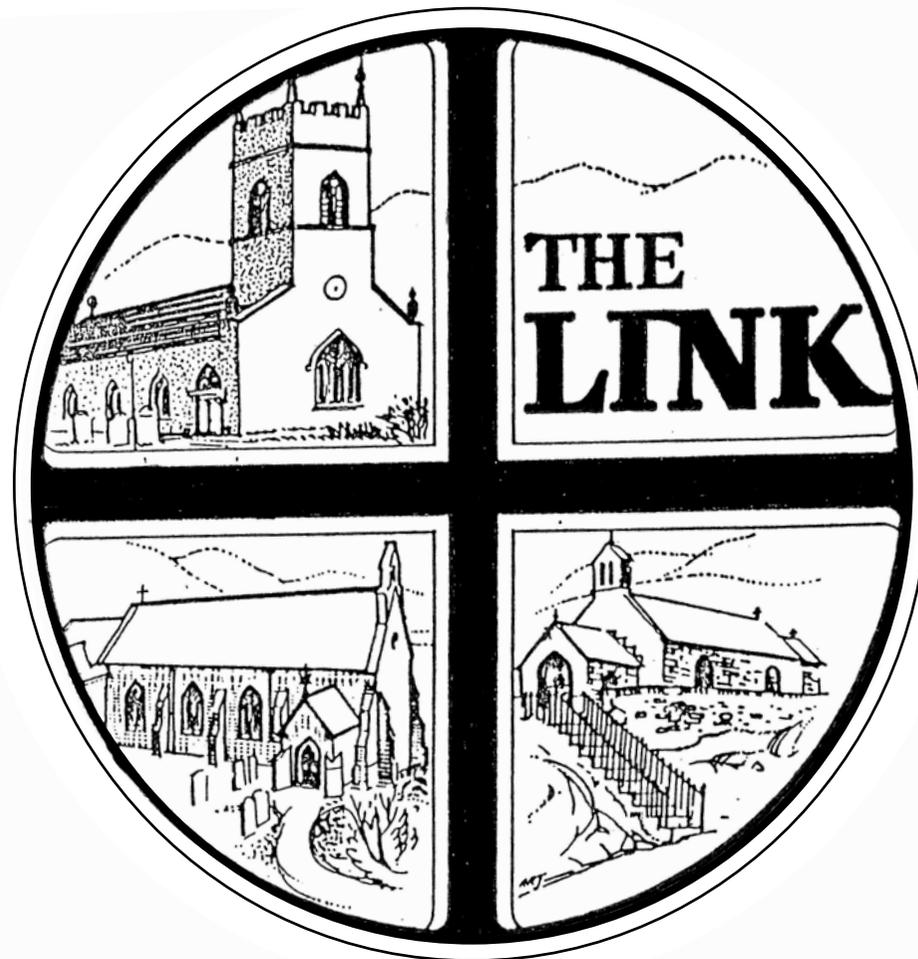
**Church Services July 2019**

<b>7<sup>th</sup> July</b>	<b>3<sup>rd</sup> Sunday after Trinity</b>			
10.30am	Holy Communion	Loweswater	CW	
<b>14<sup>th</sup> July</b>	<b>4<sup>th</sup> Sunday after Trinity</b>			
10.30am	<i>Eco Service</i>	Lorton	CW	
6.00pm	Holy Communion	Buttermere	CW	
<b>21<sup>st</sup> July</b>	<b>5<sup>th</sup> Sunday after Trinity</b>			
10.30am	<i>Matins</i>	Loweswater	BCP	
<b>25<sup>th</sup> July (Thursday)</b>	<b>St James Day</b>			
7.30pm	Holy Communion	Buttermere	CW	
<b>28<sup>th</sup> July</b>	<b>6<sup>th</sup> Sunday after Trinity</b>			
10.30am	Holy Communion	Lorton	CW	

**Church Services August 2019**

<b>4<sup>th</sup> August</b>	<b>7<sup>th</sup> Sunday after Trinity</b>			
10.30am	Holy Communion	Loweswater	CW	
<b>11<sup>th</sup> August</b>	<b>8<sup>th</sup> Sunday after Trinity</b>			
10.30am	Holy Communion	Lorton	CW	
6.00pm	Holy Communion	Buttermere	CW	
<b>18<sup>th</sup> August</b>	<b>9<sup>th</sup> Sunday after Trinity</b>			
10.30am	Holy Communion	Loweswater	CW	
<b>24<sup>th</sup> August (Saturday)</b>	<b>St Bartholomew Day</b>			
7.00pm	Holy Communion	Loweswater	CW	
<b>25<sup>th</sup> August</b>	<b>10<sup>th</sup> Sunday after Trinity</b>			
10.30am	Holy Communion	Lorton	CW	

# JULY/AUGUST 2019



Deadline for September is Fri 23rd August 2019, all articles to [lortonvalelink@gmail.com](mailto:lortonvalelink@gmail.com) by this date.

**DIARY DATES FOR JULY, AUGUST & SEPT (CONTINUED ON INSIDE BACK COVER)****JULY**

- 1 Mon Keep fit LVH 9.30-10.30
- 2 Tue Table Tennis, YTH, 7-9pm
- 3 Wed Lorton Parish Council meeting 7.30pm YTH
- 3 Wed Midsummer Service, 6pm, St Michael's Fell Church, Mosser
- 3 Wed Sewing group 1pm -3pm, LVH
- 4 Thu Loweswater Parish Council meeting 7.30pm Loweswater village hall
- 5 Fri Keep fit LVH 5.30-6.30
- 6 Sat Blindbothel Parish Walk & Picnic, St Michael's Fell Church, Mosser, 10p.m - picnic at 6p.m
- 8 Mon Community Lunch, Lorton School, 1.15pm. Call Helen on 07790459064
- 8 Mon Keep fit LVH 9.30 -10.30
- 9 Tue YTH ~ 7.15 ~ Lorton W.I. ~ Talk ~ Sue Buckwell, Citizens' Advice Bureau
- 10 Wed Table Tennis, YTH, 7-9pm
- 11 Thu LDFLHS talk 'Cumbria's explosive coast', 7.30 pm, YTH
- 12 Fri Jazz Festival, from 7.30pm, The Kirkstile Inn
- 12 Fri Keep fit LVH 5.30-6.30
- 13 Sat ECO Launch Open Day, 10.30am-3.30p.m, St Cuthbert's Church, Lorton
- 13 Sat Roman Blind Sewing course 10am -4pm LVH
- 14 Sun Mockerkin Mob A Walk
- 15 Mon Keep fit LVH 9.30 -10.30
- 17 Wed Sewing group 1pm -3pm, LVH
- 17 Wed Table Tennis, YTH, 7-9pm
- 19 Fri Keep fit LVH 5.30-6.30
- 21 Sun Mockerkin Mob B Walk
- 21 Sun Nature Valley Big tennis weekend, Lorton Tennis Club 2-5p.m.
- 22 Mon Keep fit LVH 9.30 -10.30
- 24 Wed Sewing group 1pm -3pm, LVH
- 24 Wed Table Tennis, YTH, 7-9pm
- 25 Thu Lorton Garden Club vist to The Ryebeck Hotel, Lyth Valley Road, Bowness on dermere LA23 3JP. 2p.m
- 26 Fri Keep fit LVH 5.30-6.30
- 29 Mon Keep fit LVH 9.30 -10.30
- 31 Wed Sewing group 1pm -3pm, LVH
- 31 Wed Table Tennis, YTH, 7-9pm

**DIARY DATES FOR JULY, AUGUST & SEPT (CONTINUED FROM INSIDE FRONT COVER)****AUGUST**

- 7 Wed Table Tennis, YTH, 7-9pm
- 10 Sat Coffee and Cakes, YTH, 1030-midday, hosted by Lorton Tennis Club
- 12 Mon Keep fit LVH 9.30-10.30
- 14 Wed Sewing group 1pm -3pm, LVH
- 14 Wed Table Tennis, YTH, 7-9pm
- 15 Thur Curtain making Course 10am- 4pm LVH
- 16 Fri Keep fit LVH 5.30-6.30
- 19 Mon Keep fit LVH 9.30 -10.30
- 21 Wed Sewing group 1pm -3pm, LVH
- 21 Wed Table Tennis, YTH, 7-9pm
- 23 Fri Keep fit LVH 5.30-6.30
- 25 Sun Cream teas at Loweswater Village Hall 2-5pm
- 28 Wed Sewing group 1pm -3pm, LVH
- 28 Wed Table Tennis, YTH, 7-9pm

**SEPTEMBER**

- 1 Sun Loweswater Show
- 9 Thur Cushion making Course 10am- 4pm, LVH



<b>A Walk</b> <b>Sunday 14<sup>th</sup> July 2019</b>	<b>B Walk</b> <b>Sunday 21<sup>st</sup> July 2019</b>
<p>Intended for experienced walkers  <b>Meet:</b> 19.45am New Dungeon Ghyll NTCP  <b>GR:</b> NY 294063  <b>Route:</b> Harrison Stickle, Thunacar Knott, High Raise, Sergeant Man, Blea Rigg, Stickle Tarn, Dungeon Ghyll Force.  <b>Estimated Time:</b> 7hrs (Strenuous)  <b>Leaders:</b> Alan &amp; Barbara Riddiough                      07816 495 638/01946 862 483</p>	<p><b>Meet:</b> 10.00am Drigg Coast SSSI CP  <b>GR:</b> SD 049985  <b>Route:</b> 6 mile walk on the sand dunes, along the beach and around the W. Cumbrian coastal village of Drigg  <b>Estimated Time:</b> 4hrs (Easy/moderate)  <b>Leader:</b> Joan &amp; Judy</p>

**AUGUST WALKS** will take place on Sunday 11<sup>th</sup> (A) and Sunday 18<sup>th</sup> (B). Details of the Walks will be sent to all members by email later on in July. If anyone else would like to join either of these walks they should contact Judy or Joan

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

**LORTON TENNIS CLUB** is taking part in the LTA initiative to encourage new players into tennis.

If you fancy joining us on SUNDAY 21ST JULY from 2.00pm – 5pm for the Nature Valley Big tennis weekend, we'd love to see you.

It's FREE!

There are free coaching sessions for children and adults – All you need to do is sign up online to take part in a session at Lorton by visiting <https://clubspark.lta.org.uk/OpenDays>.

See you on the 21<sup>st</sup> July!

**VICAR'S LETTER**



Dear friends

It is time for a summer holiday (well I am not sure about the 'summer' word as it is raining quite heavily as I write this). It is a time for a well-deserved rest and break. However, not all people can have a break during the summer and there may be some who cannot get away for many different reasons. This is where, as neighbours and community, we need to step in and practice some pastoral care of others. What is pastoral care? According to Google it is "an ancient model of emotional and spiritual support that can be found in all traditions and cultures". Of course, in our modern context it is described as, "trained carers that support people in their pain, loss and anxiety, and their triumphs, joys and victories." To put in my own



words and experience, it is walking alongside and being with people in times of sadness or of joy. By being with someone or listening to them is important for that person. There are many different types of care, but pastoral care is the activity that erupts from the attitude of loving one another, "A new command I give you: Love one another. As I have loved you, so you must love one another. By this all people will know that you are my disciples, if you love one another." (John 13: 34-35)

It is not easy to be a disciple of God but through our baptism we are all called to be disciples and part of the discipleship is God's call to us to be part of His restoring work. We are all pastoral carers of each other, family, friends, neighbours, colleagues or the community. Although I am Chaplain at Penrith hospital, I do not carry out this role alone. I have a wonderful team of volunteers who regularly visit hospital to administer Holy Communion by the bedside or visit patients at other times to talk and listen to them. This is just part of who they are, carers for others, disciples of God and this is their mission. However, let us remember that it is not just those who wear the badge or who have a particular job role who are the pastoral carers. As part of our discipleship we are all carers of each other. Remember this when you are next visiting a neighbour and bringing the joy of the Gospel to them or perhaps praying for someone. Frank Wright in his book, Pastoral Care Revisited, said, "The enduring feature of pastoral care for Christians is the motivation to reflect God's unconditional love to others and it is the most effective evangelistic tool we possess."

You are a pastoral carer and an evangelist. Pastoral care is not just about ministering to one another but about revealing Jesus and ultimately co-operating with God's mission of love through Christ and His Spirit. It is not just the 'Vicars' job! Therefore, when I am away it is your job, but I do hope that you have a good summer.

God bless  
Sandra

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

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

Having passed the season of the great Festivals Easter, Ascension, Pentecost and Trinity we are now in what the Church of England describes as “ordinary time”. A refreshing addition to our services has been the introduction of Compline for one week in June, 12 days before Pentecost, in our 3 churches. This was well received by a small group of regulars.

The church wall has been well repaired at St.James's and the bottom step secured so now all that remains is the repair of the railings. Travelling down to Buttermere has become quite a feat now that summer has arrived with a lot of queuing traffic. Whilst this is not such an issue for many it must be very frustrating for Buttermere residents trying to get around their day to day business.

Initial discussion has taken place on the service rota from September to Christmas; whilst there will be another meeting to confirm these it looks as though we may have more services at Buttermere which will be well received.

**August Bank Holiday, Sunday 25th Cream teas at Loweswater Village Hall 2-5pm proceeds in aid of church funds.**



Wishing everyone a wonderful summer and good holidays.

Eleanor Ella



View from the top of The Hows

### **Brackenthwaite Hows (Scale Hill) National Trust Evening Walk and Consultation.**

As many of you are aware the National Trust have acquired Brackenthwaite Hows and feel very proud to have done so; apparently there has been a real outpouring of support, making it obvious just how much the place – and its view – means to people both locally and further afield. The National Trust are really keen to engage with local residents about the Hows, about what there plans are, what you know about it, and how they might manage the access in. They therefore hosted an evening walk for locals on Friday 28th June. If you weren't able to attend the walk but would like to make your views known then please contact Tom Burditt, National Trust General Manager, North Lakes ([NorthLakes@nationaltrust.org.uk](mailto:NorthLakes@nationaltrust.org.uk)). More information can also be found at: <https://www.theguardian.com/uk-news/2019/jun/05/national-trust-adds-lake-district-vista-painted-by-turner-to-portfolio> and <https://melbreakcommunities.wordpress.com/message-board/>



A Turner painting of Buttermere inspired by the valley



On 20 June thirty-eight of us enjoyed a trip to Holker Hall. At Holker we met up with Carol and Peter Ford who now live nearby, and they joined us for an excellent lunch provided for our group in a private room. The weather was kind, and we had ample time to look round the Hall and the magnificent gardens. We then went to Grange over Sands, where tea, tea cakes, ice creams, etc. were consumed. The trip was much enjoyed by all, and I am grateful to Yvette, Loes and Andy for all the work they did to make the day such a success.

After the summer break our first meeting of the new season will be on Tuesday 15 October at 7.30pm in Loweswater Village Hall. Come along to renew your membership - new members are welcome. After a brief AGM we will hear a talk from Karen Whitehouse entitled *The life and times of a crafty woman*.  
John Hudson.

## LORTON NOTES

There will be much elsewhere in this Link about a new venture for our Church in helping to make Lorton a greener place. We are hoping it will attract a lot of interest. Ever since the human race evolved mankind has behaved as if the world were a vast creation upon which human activity could not have any effect and some thought that everything had been provided solely for the benefit of mankind to be exploited as he wished. Over the relatively recent past and particularly during the last twenty years or so we have realised how wrong this approach has been. We know that unless big changes to our way of life are quickly made the viability of the Earth as we know it is threatened. We are told that God loves us but sometimes I wonder why He should when we are destroying so much of what He has made. Come along on the thirteenth to see how we are trying to stem the destruction of the recent past.

July and August are the traditional holiday months when the numbers of visitors to

the parish are at their highest. It is pleasing to see some at our services and to welcome the annual returners. It is also pleasing to be told how they like our church and how well it is kept.

Thanks to all who help in this. Sandra herself will be taking a holiday in August and Margaret will be taking our service on August 11. Let's do our best to welcome her.

Until five decades or so ago all the regular services in the Anglican Church were based on the Prayer Book of 1662, with some revisions made in 1928. It was then felt that the language was so different from that of everyday that new service books were introduced but the 1662 Prayer book continued to be used at some services. Unfortunately, since Carole Ford left last autumn we have not been able to enjoy the magnificence of its language, but I am pleased to tell you that from October 6 we shall be having one Prayer Book service a month, on the first Sunday at 9.00am. It would be lovely to see all the regular nine o'clockers at this service.

Roger Peck.





**CUMBERLAND  
STOVE SERVICES**

- Stove and Fireplace Installation
- Flue Lining
- Chimney Sweeping
- Stove Maintenance and Repair
- FREE NO OBLIGATION SURVEY AND ESTIMATE

Email: [enquiries@cumberlandstoveservices.co.uk](mailto:enquiries@cumberlandstoveservices.co.uk)  
Tel: 01900 268737 Mob: 07702112406



**LORTON WOMEN'S INSTITUTE  
JUNE 2019 Meeting**



Our numbers on June 11<sup>th</sup> were only 7, with 2 visitors apart from the speaker and colleague, so the meeting was held in the Supper Room. President Ann R welcomed Dennis Lyndon who has twice visited the Giri Girls' Orphanage in Kerala and Bev Horne, President of Workington and Derwent Rotary for 2019 – 2020. Dennis told us that the orphanage was established 50 years ago by the parents of Dr Sugarthan, who became a GP in Workington. They were fairly wealthy residents of the Kerala area who wished to give something back to the community. Initially it started as a girls' orphanage but over the years has become much more than that. Over 100 women and girls now benefit from the establishment, entirely managed by women. It houses handicapped and elderly women as well as girls. There is a primary school funded by the Government which also educates boys and girls from the surrounding villages. Older girls are bussed into surrounding towns for Secondary and Further Education and University. There are production units where the residents are trained in tailoring, printing, baking and curry powder production. The goods they make are used at the house and also sold in local markets. Some of the girls who have attained degrees and other qualifications have returned to the Orphanage as teachers. They produce their own food from the

farm. There is a project to build a new accommodation block which Rotary are about to sponsor. Dennis enthralled us with slides and relating his experiences of his visits. It was a thoroughly interesting talk and discussion about a worthy cause. We all expressed interest in learning of the Rotary events planned in support. Ann R gave a heartfelt vote of thanks. Following a social time with tea and cake we had a short business meeting. Village News from the Link was reviewed. There will be a quiz night at Lamplugh W.I. on 21<sup>st</sup> June which Judith B and Gill agreed to attend. They are looking for 2 more people to join them. Judith B reported she had visited Mary with a large bunch of flowers from us with which she was very pleased. She also reported that Pat had celebrated her 90<sup>th</sup> birthday surrounded by her family. It was agreed we had enjoyed the format of having the business meeting following the speaker and will consider this for future meetings. Hilary won the competition for "something Indian" with her collection of tiny Indian dolls. The next meeting will be in the Yew Tree Hall at 7.15 on Tuesday 9<sup>th</sup> July. The speaker will be Sue Buckwell from the Citizens' Advice Bureau. Come along for an interesting talk.

Loweswater with Buttermere PCC  
100 Challenge Club

**The prizewinners for the draw held on 1st June 2019**

1st prize of £25	No 72	William Steel
2nd prize of £10	No 28	Maud Vickers
3rd prize of £5	No 21	Walter Head

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

Mockerkin Educational Foundation invites applications for financial grants in line with its aims in "promoting the education (including social and physical training) of persons under the age of 25 years who are resident in Loweswater Parish ....have been resident for not less than 2 years and are in need of financial assistance."

Applications, with a short explanation, can be submitted by email to [graeme.sparke@talk21.com](mailto:graeme.sparke@talk21.com) or by letter to Graeme Sparke, Mockerkin Educational Foundation, Tarn View, Mockerkin, Cockermouth, CA130ST

**CHRISTIAN AID – THANK YOU**

A final sum of £1108.44.

Many thanks, to everyone who worked hard and gave their time to deliver and collect and to all who donated so generously.

Jan Collins-Webb

Lorton Valley Organiser - 23.6.19

Lorton &  
**Derwent Fells Local History Society**

Brackenthwaite Buttermere Embleton Loweswater Mockerkin Pardshaw Wythop  
www.derwentfells.com

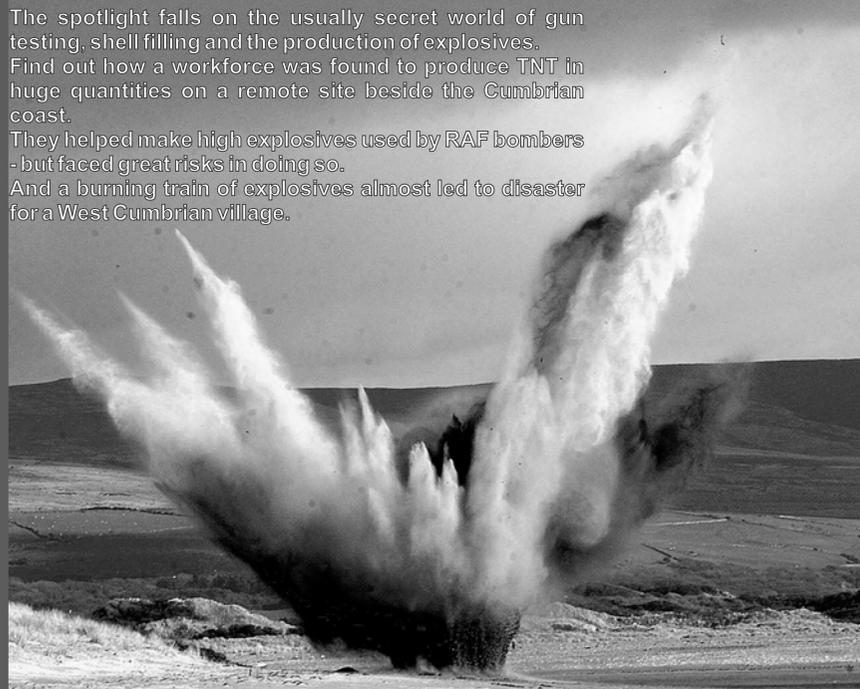
## Cumbria's Explosive Coast

by **Bill Myers**

**Yew Tree Hall, High Lorton on Thursday 11th July, at 7.30pm**

The spotlight falls on the usually secret world of gun testing, shell filling and the production of explosives. Find out how a workforce was found to produce TNT in huge quantities on a remote site beside the Cumbrian coast.

They helped make high explosives used by RAF bombers - but faced great risks in doing so. And a burning train of explosives almost led to disaster for a West Cumbrian village.



Bill Myers has been a journalist for 35 years and writes daily local history pages for The Mail at Barrow-in-Furness.

**Visitors are welcome at £3.00, refreshments included**

Next talk 12 September, Stuart Eastwood; The 1st Battalion of the Border Regiment at Arnhem, 1944 .

## Penny's Piece

Most of you who know me, know that I have long hair. When it comes to washing it, I do get through more shampoo than most will but not, it appears as much as some. My colleague has always had a short, cropped style and her daughter had, at longest, a bob. Now at secondary school the daughter has grown her hair longer. Her mum has been helping her wash it by washing the top and then putting more shampoo on the lower part and washing that! It blew my mind that she had not thought to pile the hair on top of her head and wash it altogether! These are people with degrees I am talking about. The same people who can't put a cup in a dishwasher, but dump it in the sink hoping it gets cleaned by magic. The colour run is the new 'fun' way to raise money and we have been taking part to raise money for Hospice at Home for the past couple of years. The only issue we had this year was a lack of playing field to do it on- building site. So, Whitehaven Academy kindly agreed we could use theirs. As H&S Officer, walking 390 kids up there filled me with dread. Thankfully the fire brigade saved the day when they came out and stopped traffic to help us cross the road. It didn't stop some drivers being generally rude but at least they didn't run anyone over.

I still can't decide how healthy inhaling powder paint is but it does make the shower water rainbow coloured for a while. Recently I went on a residential with some of the older children. One of the activities we do is to climb Catbells. Many of you will know that there are several false summits. 'Are we nearly there yet?' and 'Is this the top?' are very popular questions. Most

managed ok- the weather meant some did not attempt the very top, but I discovered something I've never seen before. A child who walks as slowly downhill as he does up hill. Very odd. The rest of the group were slipping and sliding down- through sheep poo and having a laugh and we were plodding along miles behind. I don't even understand why he was so slow. He is shoulder height on me and was striding out at the front once we were on the flat.

It is lovely to see the young birds around at this time of year and laugh at several of them. There was a great tit chick sat in the feeder, next to fat balls, still shouting for someone to feed it. But we do have a problem. A crafty sparrow hawk is very



much in the area and is making daily kills in the garden. Do we stop feeding the other birds to try to protect them or just accept the circle of life?

I wouldn't mind if the hawk decided to take something bigger and jackdaw-like as they have decided to fight their reflections in the skylight at stupid o'clock in the morning again. I can do without that wake-up call thanks. Best go and re-apply my window stickers in the hope it frightens them off. Perhaps I need a scarecrow in the garden for the hawk. I have a feeling they are cleverer than to fall for that though. Have a great summer. See you at the Show.

Penny.



# Making Lorton a Greener Place Eco Church/Eco Community

**STOP PRESS:**  
We have just been awarded our  
Eco Church/Eco Community Bronze Medal

**Launch Open Day  
St Cuthberts Church, Lorton  
Saturday 13th July 2019  
10.30am-3.00pm**

You are all invited to our Open Day Programme of events

- 10:30 Coffee and Cakes (complimentary)
- 10:50 Welcome, Introduction & presentation of Bronze award
- 11:00 Just what is Eco Church/Eco Community?
- 11:30 Churchyard tour and results of initial wildlife surveys
- 12:15 Community picnic, if wet in Church. Please bring own picnic
- 1:00 Presentation – by Allerdale Waste Prevention Officer
- 1:30 Placement of some of our bird boxes
- 2:00 The work of Christian Aid and how we can support it
- 2:30 What happens next & final Q & A



**SEE ARTICLE IN LINK FOR FULL DETAILS**

### Also various displays around the Church:-

- Calculate your own carbon footprint\*
- Find out how to 'twin your toilet'
- Suggestion box for your ideas
- St Cuthbert's Merchandise stall



\* "Carbon footprint" - Please bring details of recent flights, car mileage, details of trips on public transport, annual usage of electricity and other fuels in the home.

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. We would love as many of you as possible to come along for the community picnic. Please remember bring rug/chair and own 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.



# BLINDBOTHEL PARISH WALK

AND PICNIC

**SATURDAY 6TH JULY**

You are all invited to stretch your legs, and explore the delightful countryside of Blindbothel Parish (see flyer for full details)



### CHOOSE YOUR WALK

- Mini walk 4 miles 2 hrs
- Midi - 7 miles 4 hrs
- Maxi - 12 miles 7 hrs



**10 AM START FROM  
MOSSER CHURCH**  
GRID REF: 115247

**6PM PICNIC/MUSIC MOSSER CHURCH**

Walk will be followed by picnic  
(please bring your own food/drink)

## Himalayan balsam pull

Come and help us control this invasive plant which is choking our rivers and eroding our riverbanks.

**New dates!**

We're meeting at **Yew Tree Hall** in **High Lorton** :

Every Monday from 17th June to 22nd July **10-12 am**



West Cumbria Rivers Trust  
32 Lake Road  
Keswick CA12 5DQ

Please bring a **drink** and wear **sensible clothing**  
and **sturdy footwear**.

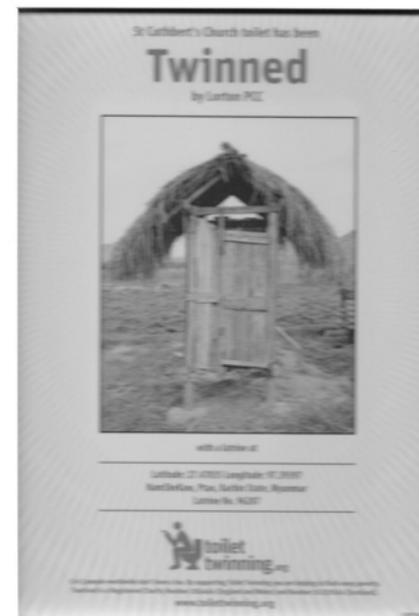
See you there! Jo

For more info, please contact:  
Phone: 017687 75429  
Email: [jo@westcumbriariverstrust.org](mailto:jo@westcumbriariverstrust.org)

## STOP PRESS - More about Twinning your toilet

Did you know that 2.3 billion people don't have somewhere safe and hygienic to go to the loo?

We have mentioned this in other publicity about our Eco Launch day - but the Eco Committee is pleased to announce that St Cuthbert's Church toilet has now been twinned, and here is it's 'twin' in Myanmar.



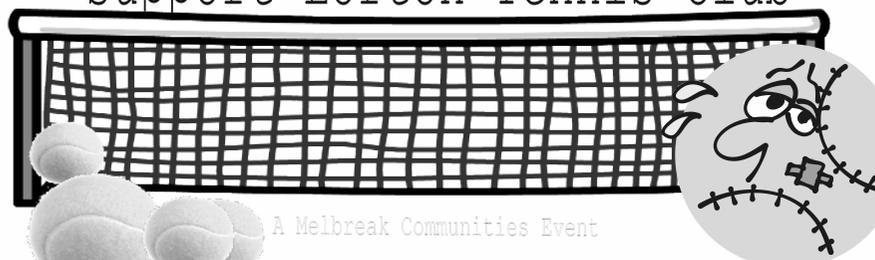
It may not look much, but just imagine if you'd never had access to a toilet before! Toilet twinning raises funds to support water and sanitation in some of the poorest countries on earth and we hope you will twin your toilet soon - ideally on 13<sup>th</sup> July.

# COFFEE MORNING

**Saturday 10th August  
10.30am to 12noon  
Yew Tree Hall**



drink coffee, eat cake and  
support Lorton Tennis Club



## Loweswater Ladies June 2019

On a damp and drizzly June evening that felt more like autumn than early summer, four intrepid Ladies from our group set out on our annual walk around the local lanes. On their return to the Hall they were greeted by a couple of dozen of their fellow Ladies who had laid out a wonderful feast of food and drink in the supper room. It was comprised of a huge array of savoury dishes and salads, all made by our members, and an equally delicious selection of desserts. More than one lady member was seen helping themselves to seconds of the latter !

The raffle on the evening, presented by Pam, was won by Madeleine. Thanks to everyone for their contributions to the supper and for their company. It was certainly a lovely evening. Wine, women . . . and no song, but plenty of chatter ! Alison gave us details of our annual Summer trip which is to be held on Wednesday July 10<sup>th</sup>. This year we are visiting the Windermere Steam Boat

Museum and apart from viewing the exhibits, a 'Conservation Conversation' will be included, as well as a Heritage boat trip on Windermere aboard a Steam Launch. Lunch is also included in the price of the trip which will be £25 for members, £28 for non-members. Friends are welcome to join us and the meeting place will be Mitchells Auction car park on the outskirts of Cockermouth at 9.30 am. The coach will pick us up and return us at the end of the day. Anyone wishing to be included please phone Alison on 01946 861147

There will be no meeting in August; our next meeting date is Wednesday September 11<sup>th</sup> at 7.15 pm at Loweswater Village Hall. Our guest, Manon Plouffe, will be speaking about 'Café Life.'

Supper hostesses are Jenny, Lyn, Val and Pauline and the raffle prize will be presented by Yvette.

Ann Hiley

## Loweswater Village Hall News

We managed to avoid most of the rain for the Sponsored Walk and Cream teas on Sunday the 2<sup>nd</sup> June. Thank you to everyone who attended or made a donation of cakes and scones. The event made £175 from the people who walked and £340 from teas.

Our next event will be in December. More to follow nearer the time.

P. Leck

## COOKERY CORNER

### GRILLED PEPPER SALAD



Quarter as many peppers – green, red, yellow – as you need and remove the seeds. Pre-heat the grill thoroughly and grill the peppers skin-side close to the heat until the skins are completely blackened and blistered. Drop the peppers into a plastic bag, knot the end and leave until peppers are cool enough to handle (the captured steam loosens the skins).

Remove the skins and cut peppers into strips, place in a dish with any juice they have given out. Drizzle over some olive oil, add a little crushed garlic if you wish, season with salt and freshly ground black pepper. Leave to cool and then scatter over a little chopped fresh parsley and roughly torn basil leaves.

Anchovy fillets pitted black olives or strips of sundried tomatoes in olive oil are all good additions. Also a teaspoonful of balsamic vinegar.

Jan Evans

### Roman Blind, Curtain and Cushion making courses.

I shall be running 3 courses on soft furnishings, If you would like to learn how to achieve a stunning professional look to your furnishings then these courses are for you.

The courses will be on the dates below and run from 10am to 4pm at Loweswater Village Hall.

Lunch and other refreshments will be included and all materials provided. All abilities are welcome as there is always something to learn.

There are 10 places available on each course, please ring me on 01900 85718 to book a place. The price is £40 per course.

- Roman Blinds 13th July
- Curtains 15th August
- Cushions, Plain and Piped 19th September

### 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

### Loweswater and Brackenthwaite Show

**LOWESWATER  
SHOW**

HELP WANTED. The show is on Sunday 1st September and as ever we are looking for volunteers to help out taking money on the gates or with parking.

If you are willing and able to help for an hour (or two) please contact Penny on 01946 862200. If I don't answer, do leave a message. Please leave name and number so I can get back to you. Or email [penny.lecksta@gmail.com](mailto:penny.lecksta@gmail.com)

Penny

# LORTON VALE GARDENING CLUB

It's Summer Social time again on **Thursday 4th July at 6.30** at Sheila and Nev Mills's house, Scales Farm, High Lorton. The usual arrangements - bring finger food, with extra if you have a guest, a chair if required, spare plants for the Plant Stall, and cross your fingers for good weather.

**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, through the yard and park in the field.

**Thursday 18th July** is the coach trip, which is now fully booked. We will be leaving Mitchell's Auction Mart at 8.30 - collect a slip for your car from Lois when you park. We expect to be back in Cockermouth at about 7.00pm.

On **Thursday 25th July at 2.00pm** we have a garden visit to The Rybeck Hotel, Lyth Valley Road, Bowness on Windermere LA23 3JP. This is a 5 acre garden, originally set out in Edwardian times, with formal lawns, beds, rockeries, shrubs etc., plus a wildflower meadow and a view of the lake. There are steps and slopes in some parts of the garden.

**Directions:** Take the A591 from Keswick to the A592/Rayrigg road to Bowness. Turn left on to the A5074 and continue for approx 1.5 miles. The hotel is on the right before reaching the B5360 junction.

**Cost:** £7.50 to include tea and scone.

Please contact either Fiona Lambrick 01900 85710 [fionalambrick@btinternet.com](mailto:fionalambrick@btinternet.com) or Nicola Laws 01768 776483 [lawses@btinternet.com](mailto:lawses@btinternet.com) if you would like to go on this visit.



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