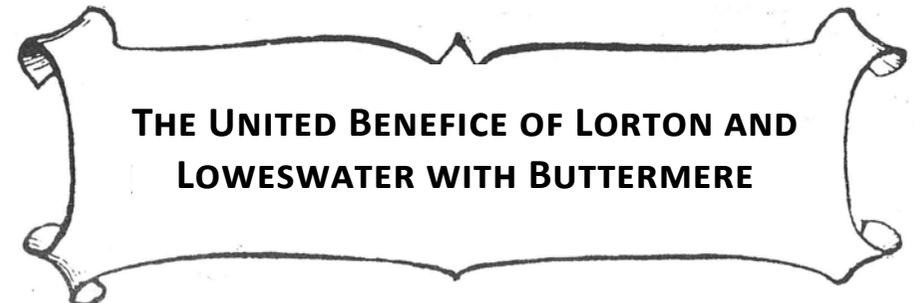
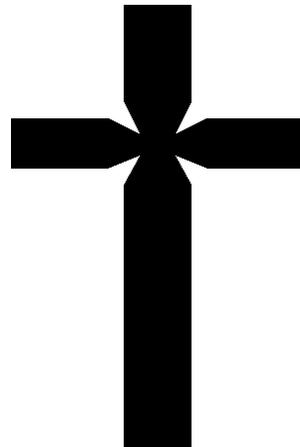




Church Services September 2019

1st September	11th Sunday after Trinity			
9.00am	Holy Communion	Loweswater	CW	
8th September	12th Sunday after Trinity			
10.30am	Holy Communion	Lorton	CW	
6.00pm	Holy Communion	Buttermere	CW	
15th September	13th Sunday after Trinity			
10.30am	<i>Matins</i>	Loweswater	BCP	
1.00pm	<i>Baptism</i>	Buttermere		
22nd September	14th Sunday after Trinity			
10.30am	<i>Harvest Festival</i> (HC)	Lorton	CW	
6.00pm	<i>Harvest Festival</i>	Buttermere	BCP	
29th September	15th Sunday after Trinity			
10.30am	<i>Benefice Service</i>	Loweswater	CW	



DIARY DATES FOR SEPT & OCT

SEPT

- 1 Sun Loweswater Show
- 2 Mon Keep fit LVH 9.30-10.30
- 3 Tue Buttermere parish council meeting 7.30pm Old School Room
- 3 Tue Table Tennis, YTH, 7-9pm
- 4 Wed Lorton parish council meeting 7.30pm YTH
- 5 Thur Loweswater parish council meeting, Loweswater village hall 7.30pm
- 6 Fri Keep fit LVH 5.30-6.30
- 8 Sun Mockerkin Mob A Walk
- 9 Mon Keep fit LVH 9.30-10.30
- 10 Thur Arts Society Cumbria lecture 'The Hidden History of the English Harp' incl. musical performance by Sarah Dere-Walker, Royal Academy of Music, 10.45 am and 2 pm, Hundith Hill Hotel, £6
- 10 Tue YTH ~ 7.15 ~ Lorton W.I. ~ Talk ~ Pam Norbury, Working as a Physio
- 11 Wed Table Tennis, YTH, 7-9pm
- 11 Wed Loweswater Ladies 7.15pm LVH.
- 12 Thur LDFLHS talk 'The 1st Battalion of the Border Regiment at the Battle of Arnhem, 1944', 7.30 pm, YTH, £3
- 13 Fri Keep fit LVH 5.30-6.30
- 14 Sat Coffee & Cakes, YTH, 10.30-12am, hosted by Lorton Afternoon Book Group
- 15 Sun Mockerkin Mob B Walk
- 16 Mon Keep fit LVH 9.30-10.30
- 17 Tue The Melbreak Communities Steering Group meeting, YTH, 7.30pm. Visitors welcome
- 18 Wed Table Tennis, YTH, 7-9pm
- 19 Thur Cushion making Course 10am- 4pm, LVH
- 20 Fri Keep fit LVH 5.30-6.30
- 23 Mon Keep fit LVH 9.30-10.30
- 24 Tue Film, The Runaways, YTH, 7.30pm, doors at 7pm
- 25 Wed Table Tennis, YTH, 7-9pm
- 27 Fri Jazz Festival, Kirkstile Inn, 7.30p.m.
- 30 Mon Keep fit LVH 9.30-10.30

OCT

- 8 Tue Lorton WI Open Meeting: Pam Jaques on Costa Rica, YTH 7.30pm. All are welcome.
- 10 Thur LDFLHS 25 Anniversary Lecture 'Lordship and Manor: the Norman imprint on the area covered by the Society' by Prof. Angus Winchester, 7.30 pm, YTH
- 11 Fri Film Night Ullock Village Hall Fisherman's Friends 7.30pm
- 17 Thur Arts Society Cumbria lecture 'Caravaggio. Murderer or Genius?', 10.45 am and 2 pm, Hundith Hill Hotel, £6
- 19 Sat Coffee and Cakes, 10.30-12am, LVH (not YTH!), hosted by First Responders

Films in Lorton this Autumn

Our new film season opens in September. We have a very varied programme, chosen from the wide selection available from Cine North. This season we will be having not one but two double bills, with different formats. Read on! Most showings are on Tuesdays in Yew Tree Hall.

We will be showing 6 films, starting on Tuesday September 24th with The Runaways, a very British film, filmed in North Yorkshire (see the separate article in the Link for more details). In October we have Woman at War (October 15th) which is an Icelandic black comedy concerning a woman who is both an environmental activist and a choir leader. Our first double bill comes on November 19th, when we will be having a loosely "games"-themed evening. The first film will be Sometimes, Always, Never, a sad and funny story starring Bill Nighy with a Scrabble theme. This will be followed, after an interval (with food) by The Keeper, the story of Bert Trautman. Trautman was a German soldier in the second World War and went on to play in goal for Manchester City. Our second double bill musically brightens up the dull evenings of January. We will be showing the Elton John bio-pic Rocketman on THURSDAY Jan 9th, followed by Yesterday (featuring Beatles music) on FRIDAY Jan 10th. A joint ticket will get you a discount over the price of the individual films.

We would like to collect your email address, to be used ONLY for film reminders. To this end, there will be a sign-up sheet at the showings. This is entirely voluntary and your email will not be used for other purposes

Next Film Night in Lorton

The Autumn season of films opens with The Runaways (cert 12A), showing on Tuesday September 24th at 7.30 in Yew Tree Hall. Doors are at 7pm, entrance is £5 on the door and there will be a bar. Come early and have a drink before the film starts. For further information call 0190085035.

The Runaways is a British film, billed as an updated type of the classic children's adventure film but "with a modern aesthetic". After the death of their father three children go on the run with two donkeys from the family donkey business to escape from social services and find their estranged mother. Shot on location in North Yorkshire and Lancashire, the film stars Tara Fitzgerald (Waking the Dead) and Mark Addy (The Full Monty). Although there are no professional reviews available, the film is rated 9/10 by IMDb based on audience response. Previously we've had children running from authority in New Zealand (Boy) and gloom in Yorkshire (Dark River) - come and see the lighter side of Yorkshire!

Saturday Somatics in September
with *Karen Douglas de Fenzi*
Beacon Portal · Whitehaven

www.defenzimovement.co.uk

Hanna Somatic sessions are filled with comfortable, gentle, slow-motion movements that enable you to recognise where you might be unconsciously holding yourself tightly in reaction to injury or trauma and stress.

Hanna Somatic Education teaches you how to transform uncontrolled passive movement into controlled active movement. In this way you can release chronic neuromuscular contractions and free yourself from constraint in how you move, think, feel and act.

14, 21, 28 September, 2019 ~ 9.30 am to 12.30 pm
Total ~ £117 ~ Per person

+ 44 (0) 7515 884 640 · karen@defenzimovement.co.uk

Loweswater Village Hall News

Prior warning for your diary: Ballroom Dancing Classes will be running again, starting at the beginning of November. Confirmation of the dates will be in the October Link. If you would like more information about the classes call Val on 01946 861643.

If you would like to run a weekly club or workshop in LVH, we have a price deal for you: for a minimum 6 week block the whole hall will be available at £10 an hour. Please contact Peter and Karen at the Hall to book: 01900 85718.

P. Leck

VICAR'S LETTER



Dear friends

I hope that at some point over the summer you have had a good break with some fair weather. Autumn is approaching fast and it is a time to continue with our Eco Church principles. With so many intertwining and complex issues surrounding the environment and sustainability it's all too easy to feel overwhelmed and unsure where to start. However, we need to remember that,

The earth is the Lord's and the fullness thereof, the world and those who dwell therein, for he has founded it upon the seas and established it upon the rivers. (Psalm 24)

Please read our Eco pages in the middle section of this edition of the Link and join in some of the planned activities or look at your personal impact on our environment and please act!

We have some very sad news this month regarding the death of Gwyn Evans (please see the Loweswater with Buttermere notes). Although I have not been in the valley very long, I came to know and respect Gwyn. His advice and guidance were indispensable, and I know that many of you will miss him very much. He was so much part of the community. We give thanks for this life and I know that heartfelt condolences are with Jan and family.

As I prepared for this Sunday's sermon (Luke 13: 10-17 where Jesus heals a woman and is criticised for healing on the Sabbath) I thought about all the rules we are given in life. I imagine that, like me, most of us rarely give much thought to the Magna Carta. We may have a vague memory that it had something to do with King John, that is about freedom and liberty and the rule of law and that it was signed an awfully long time ago.

We just sort of take it for granted - it is there - foundational to our laws, built on the premise that everybody has the right to a fair trial, that nobody, even the King, has the right to imprison anybody without them having a fair chance to explain themselves in court. In addition to this, and foundational to this document, is that we should all have the right to follow our religion.

Are we not so fortunate? The news is full of the most terrible atrocities. People all over the world

are having these 'rights' totally ignored. We hear daily of summary executions in countries where there is no right to trial by jury, where rulers are those who can impose the greater fear; where violence and money dictate the fate of ordinary men and women.

The Magna Carta was created with the advice of two Archbishops and seven bishops. One of the foundational figures in the writing of the Magna Carta was Archbishop Stephen Langton. He was an inspiration. He had not had an easy life having been exiled in France. There he had worked his way in a foreign land to become a famous teacher of the Old Testament. He could have stayed away and enjoyed the hard-won fame, but instead he returned to England to try and reform his homeland.

Taking the Old Testament laws of Deuteronomy from the Bible he reframed them using the same principles of justice. It should be illegal to show favouritism or to take a bribe to obtain a false judgement as it asserts in Deuteronomy 16: 18-19

"Appoint judges and officials for each of your tribes in every town the Lord your God is giving you, and they shall judge the people fairly. Do not pervert justice or show partiality. Do not accept a bribe, for a bribe blinds the eyes of the wise and twists the words of the innocent."

So over eight hundred years later this document is still the foundation for laws that secure the rights of every individual in our country to enjoy religious freedom. It safeguards the institutional independence of religious organisations, and the two billion people in the world who live in common law jurisdictions can trace their heritage to this document and modern constitution has adopted these basic premises.

However, it was no accident. It took the bravery of a man like Stephen Langton and his fellows to make it happen. Across the world today men and women of courage are working to establish these basic rights. Surely there can be no peace until there is justice. We must pray with them and for them.

God bless

Revd. Sandra Ward

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

We haven't had rain everyday since St. Swithun's (15/8) however, there is a distinctly autumnal feel offset by lovely purple heather. As I write we are promised a warm sunny Bank Holiday weekend.

The Sunday services have been decided for the period up to the end of December. A welcome addition is the extra service at Buttermere every month - the 2nd and 4th Sundays. We are grateful to the Revd. Margaret Jenkinson for taking our services on two consecutive Sundays whilst the Revd. Sandra has been on holiday.

By now most people will have heard the sad news of the death of Gwyn Evans earlier this month. His funeral took place in Chester in their former parish church. Gwyn and Jan have had an association with this valley for over 50 years. Following their move to Palace How they became Church Wardens at Buttermere where they gave many years of devoted service during which time they achieved a complete refurbishment of the vestry and a comprehensive renovation of the rest of the church standing it in good stead for the future. Gwyn also devoted his energies into Buttermere Old School preparing plans for improvements to make it a potential venue for a variety of events. He will be missed and we send our sympathy and love to Jan and their family.

Day Cummins architects have visited Loweswater and inspected the vestry roof which is in a poor state of repair and leaking. They are currently producing a

report of their findings and a plan to complete the work for which they are responsible. Our church architect Chloe has been appointed and she will be responsible for next stage of our renovations as well as conducting our 2 Quinquennials next year.

St. Bartholomew's has become a Food Bank collection point. We now have a bin for collection at the back of church with information leaflets informing people of the most suitable donations. We plan to proceed with plans for Loweswater and Buttermere becoming Eco churches.

The new visitor book in Buttermere started at the beginning of August has already 124 entries which reveal how St. James's continues to attract and entrance visitors. Most visitors do not write in the book so who knows how many have passed through the doors. A constant theme is one of thanks for the church being open, some comments - words fail .., peace and beauty, breathtaking a holy place.. 35 years ago I slept on the floor in the first pew after a stormy night...peace at last.

Loweswater show takes place on 1st September and the service of Holy Communion at Loweswater will be at 9am. Harvest Festival at Loweswater is on 6th October followed as usual by harvest supper and auction on the following Monday 7th. Andy Burr has kindly agreed to act as auctioneer again.

Eleanor Ella

Loweswater Ladies August 2019

Our annual summer trip on Wednesday July 10th was a great success. Alison Greer reported that twenty three members and guests travelled by coach to visit the Steamboat Museum at Windermere Jetty, near Bowness.

"The newly opened museum was a beautifully designed building full of various types of boat, maritime artefacts and interactive displays for us to look at and play on. After coffee on arrival, Tracy Chapman, the events organiser, explained the timetable for the day and we strolled around both inside and out, admiring the stunning views over the lake. After a sandwich lunch, provided for us in the restaurant, we divided into 2 groups for the

sail down Windermere in a restored steamboat gondola launch. This was the highlight of the day, a quiet, peaceful sail for just over 50 minutes with the sun on our faces. I think everyone enjoyed the day and co-incidentally learned a lot about the history of the people and boating in our area."

Our next meeting date is Wednesday September 11th 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



Your chance to have your favourite local views hanging on your wall all year round and to support a good cause at the same time.

Yes . . . for this year's **12th Loweswatercam Calendar** we have been looking back at the year to bring you twelve months of local Lakeland scenes.

A3 (with appointments) £10 per calendar . . . same as last year.

£14 posted within the UK (special offer "Two for £24")
Idea for presents. Overseas rates on request.

£1 from each calendar sold will be shared between local Mountain Rescue charities and the Air Ambulance.

Now on sale . . . at Lorton Shop or direct from us.

Details at http://www.loweswatercam.co.uk/2019_Calendar_Offer.htm
or phone , Roger and Ann Hiley on **01-900-85040**

Jazz Evening

at the
Kirkstile Inn
Lowswater

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

Friday 27th September
2019
from 7.30 pm

Telephone 01900 85219

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LORTON NOTES

September is perhaps the month which makes us particularly aware of the inexorable passage of time. Summer, regrettably, is over and we are into autumn, the season most associated with gales. Though after what we have experienced in August, heaven forbid that we should suffer worse. There are, however occasions to look forward to. A major community event is the Lowswater Show on the first, about which I am sure you do not need reminding.

You may have noticed St. James, Buttermere and St. Bartholomew's, Lowswater have recently held patronal festival services. Our patron saint is St. Cuthbert and St. Cuthbert's patronal festival is not until 20th March.

When Margaret visited us in August she preached on the Transfiguration and mentioned that had we been at a service the previous Tuesday we should have enjoyed a white altar frontal, a welcome change from the prevailing green. The celebration of the patron saint also warrants a white frontal unless the saint was a martyr such as St. James and St. Bartholomew were. We look forward to a white frontal on 20th March next year when we will celebrate St. Cuthbert.

And we have our Harvest Festival a fortnight later. The church will be decorated the preceding Saturday, the twenty first at 10.00. I always mention how enjoyable these occasions are. If you don't believe me, come along and be convinced. If you can bring autumn flowers and foliage you will be doubly welcome. The Harvest Supper will be at the Yew Tree Hall on the Monday at 7.00pm. This is a village occasion and many beside our usual congregation attend to tuck into tatie pots and apple pie and cream. Auctioning of the gifts follows the meal. Any gifts can be left at church on Saturday, brought to the service on Sunday or to the Supper on Monday.

Finally, further advanced notice of a said BCP service of Holy Communion at 9.00am on 6 October. We do hope the old regulars and perhaps a few more will come along.

From St. Cuthbert's Church Registers:

Marriage: 20 July: Matthew Clark and Sarah Elizabeth Stamper.

27 July: John Benedict Gingell and Katharyne Elizabeth Revell.

Roger Peck.

Skiddaw U3A: Retired or semi-retired and want to stay active, learn new things and make new friends? Join Skiddaw U3A. With over 50 activity groups, there is something for everyone. To find out what's on offer, visit our website www.skiddawu3a.co.uk or contact Debbie Morgan 017687 8010.

**LORTON WOMEN'S INSTITUTE
JULY & AUGUST 2019 Meetings**



What do you know about the Citizen's Advice Bureau? Certainly, the talk given by volunteer Sue Buckwell at our July meeting convinced us that its work is wide-ranging and increasingly necessary in the light of present cuts to services and legal aid. Sue explained that the Bureau is a network of 316 independent charities throughout the UK that gives free, confidential information and advice to assist people with money, legal, consumer and other problems. Issues on which advice is given include debt and money management, understanding benefits and entitlements, employment issues, consumer rights and housing problems. CAB are also able to collect statistical data which can be used as evidence to encourage changes within big companies right up to government level. The Bureau Witness Service also provides practical information about the often daunting court process as well as emotional support to help witnesses feel more confidence when giving evidence. Sue's talk was lively and enthralling. She welcomed questions and much discussion took place amongst the 10 members and 2 visitors. After tea and cake President Ann led a brief business meeting, which included an invitation to a pie and poetry evening at Lamplugh W.I. on 20th September. Please let Kris know if you wish to go. Details of the next meeting were finalised and is reported next. 15 members and friends went down to Irton on a very showery August day to walk from St. Paul's church to Irton Hall, along the corpse road. We were very ably lead by Alan Cleaver, who had previously given a very well attended

talk earlier in the year. Apparently, Irton is the "Spaghetti Junction" of corpse roads in Cumbria. Alan lists 4 of them in his very entertaining book, "The Corpse Roads of Cumbria". This path was the subject of a great nineteenth century legal battle between the villagers and the then owner of Irton Hall, Sir Thomas Brocklebank, which the villagers won! There was coffee and cake to enjoy at Irton Hall and on returning to the church we admired the beautiful stained glass windows by Burne-Jones. Thanks were given to Alan and Carolyn for arranging this enjoyable excursion. The next meeting is at 7.15 on Tuesday 10th September, at the Yew Tree Hall. The speaker will be Pam Norbury, who will be telling us about her work as a physiotherapist. Early notice is given of our Open Meeting at 7.15 on Tuesday 8th October, at the Yew Tree Hall, when Pam Jaques will be giving a talk about her trip to Costa Rica ~ two more meetings at which you are welcome to join us and enjoy an interesting talk, tea and cake.



'Why are we here?'

A note from our Mission Community Leader – Canon Godfrey Butland

This is not really an existential question – although is it?! I apply it to the Church. Or more particularly the *local* church. The present Archbishop of Canterbury is on record as saying that the Church exists fundamentally for 2 reasons: first, to worship and praise God; second, to live the Christ-life, bringing the good news of God's love to the world. (I paraphrase.)

I guess no one would argue with either of these contentions, but what might they mean in practice? I suggest it has much to do with blessing: praising God for his blessings towards us, and blessing the world in Jesus' name.

As our Grasmoor Mission Community has taken shape, one by one our 14 Anglican, Methodist and URC churches (from Bridekirk in the north, through Cockermouth to Buttermere and the Valley churches) have been contemplating their local church life using a resource called *Sharing God's Blessing* - a book by Robin Greenwood. The process described there invites us, via a series of conversations, to consider how God has blessed us individually and in our churches in the past; to look at where the need for blessing can be discerned in our local community now ('where are the hurting places?', is one question we ask); and to dream some dreams about how our church might work for good and for God in our neighbourhood in the future. In so doing, those churches which have used the material have become more prayerful, more hopeful, more intentional. And more people have come forward, with purpose and vision, to help their church flourish in new ways.

I have met with some members of the two Church Councils of Lorton and Loweswater/Buttermere to talk about this. There was some real interest in doing this exercise, but it was felt more people should know about it, so they could either be part of a prayerful 'conversations group' or be one of those consulted along the way.

The hope would be to start in September/October, with Canon Wendy Sanders – known to many in the Valley churches – as the 'companion' or facilitator. Each session is begun with prayer and Bible study, and one of the great emphases is 'there is always enough': God provides what is needed for his work to be done. Interested? Please contact your priest-in-charge, Sandra. Thank you for reading this.

Godfrey Butland



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

Walk 347



A Walk Sunday 8th Sept 2019	B Walk Sunday 15th Sept 2019
<p>Intended for experienced walkers Meet: 10am Spout Force CP (a turn off the Whinlatter Pass). GR: 182255 Route: Graystones, Broom Fell, Lord's Seat, Whinlatter Centre Estimated Time: 4hrs (Moderate) Leaders: Joan Warren</p>	<p>Meet: 10am Telephone Kiosk nr Waterend Farm. GR: 118224 Route: Darling Fell, Low Fell Estimated Time: 4hrs (Moderate) Leader: Hudsons</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 SURVEY 2019

Very many thanks to those households who completed the survey.

Sightings for approximately 11 days, end of July/ early August 2019

Area		Number of Red sightings	Number of Grey sightings	Number of days of observation
Buttermere		65	1	22
Loveswater		67	5	55
Mockerkin		0	0	8
Thackthwaite		0	0	8
Lorton + Hopebeck + Rogerscale		25	1	40
	Hopebeck	5	0	19
	Rogerscale	19	0	11

Do drop into the West Lakes Squirrel Initiative (WLSI) stand at the Loveswater Show to find out more about their work locally, and view their Red squirrel cards and very popular (2020) calendar. John and Rosamund Macfarlane August 2019

Penny's Piece

Such a lot can happen in a couple of months. And at the same time, nothing can happen too. Having spent 2 full days packing an entire school into crates to move into the new build, an email was sent mid-August telling us that the build is behind and we won't be moving until October half term. We now have to go in to unpack the things we will need for 6 weeks of teaching before re packing again. It all started like a Carry On film but has turned into Gone with the Wind. Clark Gable's final line is becoming more apt as time goes on and will echo my feelings by the time we do get in. Having had a lovely walk with a friend up Melbreak one evening, we went to the pub for tea. Upon entering I met someone else I know who had a bandaged foot. I enquired how the injury had occurred and she replied 'I kicked him', indicating husband, 'too hard.' My friend piped in like a flash, 'No. You weren't kicking him hard enough, you just had the wrong shoes on!'

I went on a driving experience last month- a genuine one with supercars, not a hair raising one on our roads. The result of this experience is that I now need a Lamborghini. Of course, I know that is impossible and impractical but the drive was amazing. When you are used to driving a car that doesn't really like bends and definitely not at speed, it is exhilarating to feel the grip in a car that can.

The Lambo was not the fastest vehicle there, that was the Ariel Atom (I was not signed up for a drive in that). It does go like stink but it is also a jet powered go-cart. It is impressive



when it flies past you but when stationary it looks rubbish. That's the thing with super-cars, they look as good stationary as in motion. I can't grumble. My ol' lass has done over

150,000 miles- petrol-and has managed to pass its MOT again. It owes me nothing. Finally got the honeymoon in. We went to Aruba. It is a Dutch Colony in the south Caribbean, 18 miles north of Venezuela. It has a sub-tropical climate and a desert environment. Not a lot of green happening and all the plants outside the hotel areas are spikey and violent. The sand was white, the sea was blue and warm and the sun shone brightly until the last 3 days when Aruba had its first rain of the year- on average they only get 18 inches a year. If you go, you need to know the beaches are owned by the government and anyone can use any beach, anytime so if you want a lounge under a shade, between 6:30 and 7 am is a good time to get your towel out there or between 2 and 3pm when there seemed to be a shift change. Snorkelling was great and I saw lots of interesting multicoloured fish of all shapes and sizes and there were lots of colourful birds too. On the beach it really did not matter what size, shape or colour you were. All shades from Daz white, through and including ginger to 17th century court cupboard were represented in some questionable selections of swimwear. I have also found the only vehicle that has four wheels and is not a quad bike that could consistently get along Mosser Fell Road. The jeeps they use for tourist trips in the National Park are unreal and they need to be. The guide joked that we'd all need chiropactors at the end of the trip, he wasn't far wrong. I'm still not fully back on the right time zone. Caribbean time works like delivery drivers. As long as it happens sometime on the day specified, that's fine. Oh well it was fun while it lasted. I'd better get back to getting some blood into my rum system.

Penny

LORTON VALE GARDENING CLUB

We enjoyed 3 events in July - the summer social at Sheila and Nev Mills', the coach trip to the borders, and a visit to the Rybeck Hotel garden, near Bowness. The weather was partially cooperative....dry but surprisingly cold for the social, and showery for the other two, but the showers kindly placed themselves conveniently. Quite a few of us went to Holehird before the Bowness trip - always a pleasure - in weather so hot that we found a shady tree and languished under it. At the Rybeck, the gardener was very keen on creating good habitat for wildlife. There should be an article by him in the Cumbria Wildlife Trust magazine later in the year. The scones and tea were excellent and were ready for us just as the rain started again. The September outing, the last of the summer trips, is on Tuesday 10th

September at 2.00pm, to Matson Ground Windermere LA23 2NH This is a 2 acre mature south facing garden with a mix of formal and informal features, rose garden, rockery, developing arboretum, large pond, kitchen garden etc..

Directions: head towards Windermere on the A591, and at the junction with the A592 turn right for Bowness. In Bowness, take the A5074, then left on the B5284. After aprox half a mile, turn left towards Matson Ground / Heathwaite. Ample parking at Matson Ground.

Cost: £4.50, but tea not available. Please let Fiona (01900 85710 fionalambrick@btinternet.com), or Nicola (01768 776483 lawses@btinternet.com) if you would like to come.



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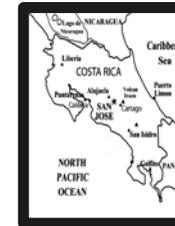
Twitter and Instagram: @WildLakeland



Lorton WI Open Meeting



Yew Tree Hall, Lorton

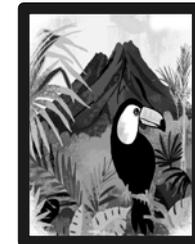


Pam Jaques will be talking to Lorton WI at YTH on Tuesday 8th October about **COSTA RICA**

It will be an Open Meeting so all are welcome.

Talk starts at 7.30pm.

Admission free but donations gratefully received.





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Dates for your Diary: The new season kicks off on Tuesday 15 October at 7.30pm in Loweswater Village Hall when after a brief AGM we will hear a talk from Karen Whitehouse entitled *The life and times of a crafty woman*. So come along and renew your membership – new members are welcome. On 21 November we are planning a Pie and Peas supper followed by another talk from Rob Lucas on his mountaineering experiences. Many will remember his enthralling account at a previous meeting of his ascent of Everest. On 14 December we are holding a Christmas party with an entertainer.

Among the events planned for the New Year is a presentation from Rosamund and John Macfarlane on their trip to Mongolia. The annual subscription is only £10, and you don't have to live in Loweswater to belong – Lorton and Buttermere residents are of course welcome as well. So we look forward to seeing as many people as possible on October 15.
John Hudson.

A THANK YOU

Recently, on a Sunday afternoon, two respected churchwardens approaching my door, each of them carrying a stout and seemingly heavy carrier bag. Strange! But soon all is revealed. Three bottles of vintage wines, expertly chosen, in each bag, and to go with them a handsome, rather expensive looking, device, which will enable me to draw off just as much of the wine as I need at the time without removing the cork or in any way affecting the wine that remains in the bottle. And this, I was told, as a thank you for past services within the benefice. Well, what a surprise (I had been thanked enough already many times) but a truly heart warming one. My sincere thanks to everyone who contributed to such a very kind and generous gift. It was deeply appreciated.

Bob Watkins

PS. I trust it is not implied that I should only drink on my own from these lovely bottles and I still hope to be of some use to the benefice for some while to come. B.

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Hosted by LORTON AFTERNOON BOOK CLUB

Coffee Morning

Yew Tree Hall, Lorton



**SEX
DRUGS
Rock
N roll**
just coffee,
cake and a good book
for me,
thanks

£2.50

Saturday 14th Sept.
10.30am - 12 noon

A Melbreak Communities Event

Thank you!

A little note to say a big thank you again to all the people who volunteered to help on the gate and in the car park at Loweswater Show. Not being able to commit myself this year, it was good to know you were there. It simply wouldn't happen without you. (If you know people who helped who are not in The Link readership, please pass on my thanks). See you next year. Penny

Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st July 2019

1st prize of £25 No 84	Diane Hayton
2nd prize of £10 No 26	Carol Priestley
3rd prize of £5 No 98	Jennifer Kirwan

The prizewinners for the draw held on 1st August 2019

1st prize of £25 No 52	Chris Poate
2nd prize of £10 No 34	Derwent Thompson
3rd prize of £5 No 100	Sandra Meier

Congratulations to the winners and thanks to all our supporters.



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www.derwentfells.com

**The Border Regiment at the
battle of Arnhem, 1944**

by Stuart Eastwood

Yew Tree Hall, High Lorton on Thursday 12 September, at 7.30pm

This lecture covers the role of the 1st Battalion of the Regiment leading to and during the battle or Arnhem in September 1944.

The 1st Battallion joined the British Airborne Division, becoming glider-based soldiers. After D-Day their role was to facilitate the advance of the main forces by securing the route.

The lecture focuses on 1st Border role in the Battle and in particular on the men involved, many of whom came from Cumbria and northern England.



Image: a three-inch mortar team in action, September 1944

Stuart Eastwood is a military historian, author, and lecturer. His expert knowledge of the history of the Border Regiment is well known. Since 1992 he has been the Curator of Cumbria's Museum of Military Life, at Carlisle Castle.

Visitors are welcome at £3, refreshments included

Next talk 10 October, Professor Angus Winchester; *Lordship and Manor, the Norman imprint on the Society's area of interest*

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



THE ARTS SOCIETY CUMBRIA

19 September
The Hidden History of the English Harp
Sarah Dere-Walker incl. performance

17 October
Caravaggio. Murderer or Genius?
Julia Musgrave

21 November
The History of Cartoons.
From William Hogarth to Private Eye
Ian Keable

10.45 am and 2 pm at Hundith Hill Hotel, Lorton Vale
All welcome, £6 payable at the door, members free.



THE ARTS SOCIETY CUMBRIA is a member of The Arts Society, a nationwide arts education charity, which brings people together through a shared enjoyment of the arts. We meet eight times a year to hear art historians, curators and artists share their knowledge.

Our illustrated lectures are held on the third Thursday in the month at 10.45 am and at 2 pm at the Hundith Hill Hotel. Attendance at lectures is £6 or by annual subscription. We welcome new members. Contact us at info@theartsocietycumbria.org.uk. Follow us on Facebook or visit www.theartsocietycumbria.org.uk.

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with *Karen Douglas de Fenzi*
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Hanna Somatic Education teaches you how to transform uncontrolled passive movement into controlled active movement. In this way you can release chronic neuromuscular contractions and free yourself from constraint in how you move, think, feel and act.

14, 21, 28 September, 2019 ~ 9.30 am to 12.30 pm
Total ~ £117 ~ Per person

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The Melbreak Communities

An Action Plan for the four parishes of Buttermere, Loweswater, Blindbothel and Lorton

We held our '10th anniversary' AGM on 26th June at Loweswater Village Hall. The meeting was well attended and we were pleased to welcome a number of interested local residents who were able to find out the latest news about the projects and activities The Melbreak Communities are currently supporting including:

- The Community Local Energy Project
- The Dark Skies project (initiated by Friends of the Lake District)
- The 'Fork to Fork' poly-tunnel project at Lorton School
- The 'Make and Mend' series of workshops
- Monthly Coffee and Cakes
- The Eco-Church project in Lorton

Chris Poate, Acting Chair, thanked Richard Easton for continuing to maintain The Melbreak Communities' website; Liz Roberts for administering the Lorton Oil Group (donations from which are now our only source of regular income); and Steve Irlam for co-ordinating the Emergency Plan.

You can read the minutes of the meeting at <https://melbreakcommunities.wordpress.com> where you will also find an electronic copy of the most up-to-date Emergency Plan. If you would like a hard copy of either document please contact Carolyn Davis, Acting Secretary, on 01900 85708 or at carolynmarydavis@gmail.com

Visitors are welcome to attend our next Steering Group meeting which will be held at **Yew Tree Hall on Tuesday 17th September, starting at 7.30pm.**

WALKERS WAY NO 196

One of the many delights of glorious Summer days, is surely the sight of butterflies and moths, sometimes leisurely flitting and sometimes dashing about, often displaying dazzling colours in brilliant sunshine. This year we seem to have seen more butterflies than usual, although in fact, as is the case throughout the insect world, all is not well, in that over 50% of our native species of butterflies have declined over the last 10 years, due to habitat loss, tidier gardens, intensive agriculture and of course, climate change. While in some cases, such as that of the Red Admiral, the extension of the northern boundary through higher temperatures can be taken full advantage of, some species are hit particularly hard by the spells of severe weather which climate change also induces. When egg laying is disrupted by bad weather, some species are capable of a second attempt, but sadly not all – with disastrous results. Against the background of adverse changes in the countryside, private gardens are an increasingly important habitat and a few simple steps can make them even more butterfly friendly. They depend upon liquid food in the form of nectar, so an abundance of flowers is a great help, as is the provision of a wild area, nettles, and of course Buddleia – the butterfly bush. For example, we have five Buddleias here, and a couple of days ago, on one of these bushes alone there were eight Painted Ladies, three Peacocks, two Red Admirals and two Large Whites. The Painted Lady (*Vanessa cardui*) seems particularly plentiful just now. With a wing span of five to six centimetres and its orange wings with black and white spots, it is colourful indeed when "expanded"; less colourful when at rest, but then it show five eye spots on the under wings.

Another colourful sight of late, has been the caterpillars of the Cinnabar moth (*Tyria jacobaeae*); the Cinnabar moth lays its eggs on Ragwort, and it is therefore here that the caterpillars are to be found. They are quite strikingly ringed with gold and black and as a result are sometimes referred to as 'football jerseys'. The fact that the caterpillars feed on Ragwort, a pernicious and poisonous weed, resulted in an attempt some years ago in America and Australia to use them as a bio-control for this species - albeit unsuccessfully. The moth itself is day-flying and is pinkish red with some buff areas – the colour of the Cinnabar mineral, once used by artists, from which it gets its name. While in the garden recently I was fortunate enough to have a Light Emerald moth (*Campaea margaritata*) alight on my hand; in fact it obligingly stayed long enough to allow close inspection and to have its picture taken. It has a wing-span of some five centimetres and the most delicate patterning of the palest green and white; its host plants are oak, beech and hawthorn. While we normally associate butterflies with halcyon Summer days, there are a few species that fly about in frosty weather, while others have to survive the Winter months in other ways. Some spend the Winter in the winged or imago state, when they will seek out sheltered places such as in hollow trees, in crevices in woods or copses, garden sheds or outhouses. In a spell of relatively mild weather, they do sometimes emerge and fly about a little. Red Admirals, Painted Ladies and Tortoiseshells are among those known to behave thus, while others may overwinter as caterpillars, pupae or even eggs.

Good hunting - Alan Gane

ECO PROJECT NEXT STEPS TOWARDS THE GOLD AWARD + HINTS AND TIPS:

Our top priority is to start work on the wild flower area so we are having a working party on Sunday 29th September at 2p.m. We have managed to source a scarifier so we won't have to rake by hand but it would be lovely to see members of the community coming along to scatter seed and plant small plug plants.

We are also investigating the possibility of having a bog area as we feel this will be safer and easier to maintain than a pond but which will still attract more wildlife.

To cut down on mains water usage we are installing a water butt* which can be used for church and graveside flowers. We have also installed a pouch in the church toilet cistern which reduces the amount of water used every time it is flushed. These are available free of charge at United Utilities at <https://www.unitedutilities.com/help-and-support/save-water/save-a-flush-pack/>. If you have a toilet that is rather more up to date than the one in church, i.e dual flush or toilets installed after 2000 you can find product to save water too - at <https://www.savewatersavemoney.co.uk/unitedutilities/free-water-saving-products>

For those of you who cycle to church we are installing a bike rack* so your bikes can be more secure - perhaps that will encourage more of you to cycle to church rather than using the car - and don't forget to car share wherever possible.

We have also commissioned a (free) energy survey to see if there are ways in which we can reduce the energy consumed and our carbon footprint. This survey is being carried out in all the church buildings including Loweswater and Buttermere. We hope to publish the results in the October Link.

We also thought the idea of having a food bank collection point was a brilliant one - thank you Loweswater - so a collection point will be appearing soon at the back of St Cuthbert's

Did you know you can now recycle all your crisp packets thanks to a scheme set up by Friends of Lorton School. You do not need to wash the packets and any brand is accepted (no popcorn or pringle tubes). Pop in outside school hours and deposit them in the school shed on the playground.

Did you also know that you can take any clean container with a lid into Lindsay's butcher, Sainsbury's, Fyne Fish and Booths to buy your meat, cheese, fish etc.

*Awaiting Dioceses permission

MORE NEWS NEXT MONTH (including the launch of our Web page on the Melbreak Communities site) - THINK GREEN

ECO PROJECT PULL OUT Please keep for future reference

ECO PROJECT LAUNCH:

Our Eco Project got off to a really good start with our Launch Open Day at St Cuthbert's on 13th July. We had lots of interested attendees to listen to some fascinating talks about climate change, waste prevention and the work of Christian Aid. We all enjoyed a community picnic and explored the diversity of wild life in the churchyard. Here are a few highlights:

We have successfully achieved the Bronze Award from the charity Eco Church - you can see the plaque in the church porch



Did you know that Cumbria County Council take absolutely no waste to landfill sites? Instead it is all processed at 2 huge plants and what can't be recycled is used to provide fuel for businesses. The county council also has a number of initiatives including:

Food (love food hate waste) -

<http://www.recycleforcumbria.org/attheshops/lovefoodhatewaste.asp>

Composting and food waste digesters - <https://www.cumbria.gov.uk/planning-environment/waste-management/foodwaste.asp>

Nappies - <http://www.recycleforcumbria.org/Realnappies/default.asp>

By paying £63.00 you can twin your toilet in order to provide a toilet in deprived areas of the word - find out more at <https://www.toilettwinning.org> - flushing away poverty, one toilet at a time

Check your Carbon Footprint at <https://footprint.wwf.org.uk> and learn about ways to reduce or offset it.

We now have 2 hedgehog houses tucked away in the shrubs around the edge of the churchyard and have finalised our plans for a wildflower area. We also have a number of bird boxes to put up ready for the Spring breeding season.

AND NOW WE ARE GOING FOR THE GOLD AWARD - FIND OUT MORE ON THE 4th PAGE OF THE PULLOUT

ECO SERVICE:

Following on from the Launch Open Day we had a lovely environmental service on Sunday 14th. All the hymns celebrated the glory of the earth and Sandra preached an interesting and thought provoking sermon. Many members of the congregation asked if key parts of the sermon could be re-produced in the Link which started with this interesting 'chat' between God and St Francis:

"God said to St. Francis, you know all about gardens and nature. What is going on down there? What happened to the dandelions, violets, thistles and stuff I started eons ago? I had a perfect, no-maintenance garden plan. Those plants grow in any type of soil, withstanding drought, and multiply with abandon. The nectar from the long-lasting blossoms attracts butterflies, honey-bees and flocks of songbirds. I expected to see a vast garden of colours by now. But all that I see are those green rectangles."

"It's the tribes who settled there, Lord. They started calling your flowers 'weeds' and went to great lengths to kill them and replace them with grass."

"Grass. But grass is so boring. It is not colourful. It does not attract butterflies, birds and bees, only grubs and worms. It's temperamental with temperatures. Do these tribes really want all that grass growing there?"

Apparently so, Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing it and poisoning any other plant which crops up in the lawn."

"The spring rains and cool weather probably make the grass grow really fast. That must make them happy."

Apparently not, Lord. As soon as it grows a little they cut it, sometimes twice a week."

"They cut it? Do they then bale it like hay?"

Not exactly, Lord. Most of them rake it up and put it into bags."

"They bag it? Why? Is it a cash crop? Do they sell it?"

"No, Lord, just the opposite. They pay to throw it away."

"Now let me get this straight. They fertilize the grass so that it will grow. And when it does grow, they cut it off and pay to throw it away."

"Yes, Lord."

"They must be relieved in the summer when we cut back on the rain and turn up the heat. That surely slows the growth and saves them a lot of work."

"You are not going to believe this, Lord. When the grass stops growing so fast, they drag out hoses and pay more money to water it so they can continue to mow and pay to get rid of it."

"What nonsense! At least they kept some of the trees. That was a sheer stroke of genius, if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn they fall to the ground and form a natural blanket to keep moisture in the soil. It's the natural circle of life."

"You had better sit down, Lord. As soon as the leaves fall, they rake them into great piles and have them hauled away."

"No! What do they do to protect the shrub and tree roots in the winter and keep the soil moist and loose?"

"After throwing away your leaves, they go out and buy something they call mulch. They haul it home and spread it around in place of the leaves."

"And where do they get this mulch?"

"They cut down trees and grind them up."

"I have heard enough! I do not want to think about this anymore."

AND CONTINUED AS FOLLOWS WITH SOME KEY POINTS:

"The Anglican Communion has 5 Marks of Mission and the fifth is – To strive to safeguard the integrity of creation, and sustain and renew the life of the earth. How can we support this? St. Cuthbert's has become part of the Eco Church scheme and obtained the bronze award but is not planning on stopping there – we hope to continue to silver and hopefully gold one day in the future.

We want to equip our church to express our care for God's world in your worship and teaching. Eco Church covers everything from how you look after your buildings and land, to how you engage in individual lifestyle changes, with your local community and in global campaigns. These were some of the ideas we hoped to communicate to everyone at our Eco Church weekend in May.

As Christians we worship the God who is creator and sustainer of the universe. His planet needs the Church to lead the way on these issues as stewards of what God has made, loves and cares for. As his children, we are called to value what he values and mobilise ourselves in prayer and action on the unfolding environmental catastrophe.

There is a question hanging over planet earth – a question caused by our species and their use of the earth's resources, by the rapidly increasing footprint of 6 billion + human beings. And the question is actually quite a simple one.

Whose world is it anyway? A very simple question, and one we desperately need to ask ourselves, because it holds the key to the survival of human life on this small blue globe.

What does the Bible have to say about the subject 'Whose world is it anyway?'

Firstly, the bible teaches us that the earth is our home. The bible is clear that this earth is our home – that God made us to inhabit it and to spend our lives here. In Genesis 1, the first human is named 'Adam' which is related to the Hebrew word for soil or earth, 'adamah'. God is saying that human beings are earthlings, made from dust, carbon-based life-forms. We are part of this planet and made from the same as everything else. This is our home.

In fact the Greek word for home 'oikos' is the root word for both 'ecology' and 'economy'. The science of ecology is about house-keeping – about protecting and preserving the complicated web of relationships that make our home function. And economics should be about home-economics – carefully stewarding the limited resources of our home planet.

In Acts 17 St Paul says that God who made the world and everything in it, also made the nations of the world, including 'the boundaries of the places where they would live' (17.26), and he did this, 'so that they would search for God and perhaps reach out for him and find him' (17.27). You see, places are important – throughout the Bible God reveals himself to people in particular places, and he calls us to live in and look after those places. So ... the earth is our home, but it doesn't end there. That doesn't mean it's ours to use and abuse as we wish rather like a sullen teenager saying 'It's my room and I'll mess it up if I want to'"

On **Sunday 22nd September** we are holding our annual **Harvest Festival Services** at Lorton (am) and Buttermere (pm) where will find out more about it means to use products that

adhere to the principles of **LOAF:**

Local, Organic and Animal Friendly