

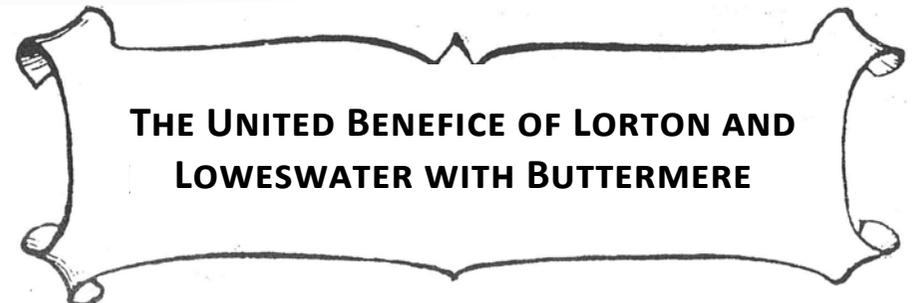
Church Services October 2019

6th October	16th Sunday after Trinity			
*9.00am	Holy Communion	Lorton	BCP	
10.30am	Harvest Festival (HC)	Loweswater	CW	
13th October	17th Sunday after Trinity			
10.30am	Matins	Lorton	BCP	
6.00pm	Holy Communion	Buttermere	CW	
20th October	18th Sunday after Trinity			
10.30am	Holy Communion	Loweswater	CW	
27th October	19th Sunday after Trinity			
10.30am	Holy Communion	Lorton	CW	
*3.00pm	Thanksgiving Service	Buttermere	BCP	
	A memorial service for the life of Gwyn Evans			

* **Note change of time**

Deadline for November is Fri 26th October , all articles to lortonvalelink@gmail.com by this date. Please do send through your favourite recipes for Cookery Corner and any ideas you have for the Eco Project.

OCTOBER 2019



DIARY DATES

OCT

- 2 Wed Table Tennis, YTH, 7-9pm
4 Fri Keep fit LVH
7 Mon Keep fit LVH
7 Mon Harvest Supper, LVH, 7p.m
8 Tue Lorton WI Open Meeting: Pam Jaques on Costa Rica, YTH 7.30pm. All are welcome (members' short business meeting 7:15).
9 Wed Table Tennis, YTH, 7-9pm
9 Wed Loweswater Ladies Open Meeting "Antiques Roadshow" LVH.
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
11 Fri Keep fit LVH
13 Sun Mockerkin Mob A Walk
14 Mon Community Lunch, Lorton School, 1.15pm. Call Helen on 07790 459064
14 Mon Keep fit LVH
14 Mon Farmers Discussion Group - 1st meeting of new season - Kirkstile 8pm
15 Tue 77 Club AGM and talk from Karen Whitehouse "The Life and Times of a Crafty Woman"
15 Tue Film, Woman at War, YTH, 7.30pm, doors at 7pm
16 Wed Table Tennis, YTH, 7-9pm
17 Thur Arts Society Cumbria lecture 'Caravaggio. Murderer or Genius?', 10.45 am and 2 pm, Hundith Hill Hotel, £6
18 Fri Keep fit LVH
19 Sat Coffee and Cakes, 10.30-12am, LVH (not YTH!), hosted by First Responders
20 Sun Mockerkin Mob B Walk
21 Mon Keep fit LVH
23 Wed Table Tennis, YTH, 7-9pm
28 Mon Keep fit LVH
28 Mon Farmers Discussion Group - Kirkstile 8pm
30 Wed Table Tennis, YTH, 7-9pm

NOV

- 9 Sat Coffee and Cakes, 10.30-12.30pm, LVH (not YTH!), hosted by Mockerkin Mob
11 Mon Community Lunch, Lorton School, 1.15pm. Call Helen on 07790 459064
21 Thu 77 Club Pie and Peas Supper followed by talk from Rob Lucas on mountaineering. 7pm LVH.

ADVANCE NOTICE – DATE FOR YOUR DIARY

COFFEE AND CAKES MORNING and A LOCAL PHOTOGRAPHIC EXHIBITION

SATURDAY 9th November 2019 10.30am to 12.30pm

LOWESWATER VILLAGE HALL



Enjoy *real coffee*, delicious *home-made cakes* and *conversation*
View an *exhibition* by Loweswater-based photographers, Rosamund and John Macfarlane, of photographs featuring our Local and British Wildlife, and Lake District Pots, Becks and Falls - but unusually, viewed from under the water surface.

For sale: *Local and British Wildlife 2020 Calendars, Prints, Red Squirrel Christmas cards, and gift packs of Lorton Vale Wildlife cards*

ALL WELCOME – C & C £2.50

Hosted by The Mockerkin Mob, for the Melbreak Communities

Proceeds to Cumbria Wildlife Trust and Cockermouth Mountain Rescue Team



VICAR'S LETTER

<p>A Walk Sunday 13th October 2019</p>	<p>B Walk Sunday 20th October 2019</p>
<p>Intended for experienced walkers Meet: 9.30am Honister Hause NTCP GR: 225136 Route: Grey Knotts, Brandreth, Green Gable, Windy Gap, Styhead, Gable South Traverse, Beck Head, Moses Trod, back to Honister Estimated Time: 6-7hrs (Strenuous with some difficult ground on South Traverse) Leaders: Elly & Bev Rowlands 0190085094</p>	<p>Meet: 10am Aira Force CP GR:401200 Route: Aira Force, Gowbarrow Estimated Time: 4hrs (Easy/Moderate) 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.

Update on the Yew Tree Hall

Visitors to the Hall in October will notice two changes. The stage has been removed to free up space, very welcome to everyone especially for Bowls and Table Tennis. The main Hall and Supper Room are being painted starting Monday 14th for about two weeks. The Hall will remain in use for evening events but please excuse any disruption from tools and equipment during this time.

Demand for evening events in the Hall is rising, which is good to see, so please book early if you want to ensure your dates are available.

Derek Poate, Chairman Yew Tree Hall Management Committee

Dear friends

As you aware we now have Bronze Eco Church status at St. Cuthbert's Lorton and last month's Link had a centre section with lots of advice. Autumn is a time to reflect on our world and how we use it in harvesting food.

The bible is clear that although planet earth is our home, at the same time the earth is the Lord's. This planet does not belong to us. It belongs to God. It does so, because first and foremost God created it in the first place. He made it out of nothing and so it is his by ownership and right. Also, he looks after it. God isn't the sort of artist who makes something and then gets bored and leaves it, moving on to his next project. The bible is very clear that God continues to care for this world – for every mountain and forest, for every bird and animal, for the changing of the seasons and the ebb and flow of the tides. God made it, and God cares for it, but who did he make it for?

According to Colossians 1.15-17, God made this world not for human beings in the first place, but for Jesus. *"All things were made by him and for him"*. All that this world contains – the land that produces fertile crops, the seas full of marine life, the forests bursting with biodiversity ... and all the resources – the oil, the gas, the iron-ore, the diamonds were not created for you and me in the first place. They were created by and for Jesus Christ.

In fact, scripture states

over and over again that God retains his ownership rights over this world. Psalm 24.1 *'The earth is the Lord's and everything in it'*; Psalm 50.10 *'Every wild animal of the forest is mine and the cattle on a thousand hills.'* If we look around at the state of the planet today, we can see how totally we have ignored the clear fact that this is God's world. We have treated it as our world – a 'natural resource' for us, rather than a natural treasure for God. Worse, we have treated it as expendable, something that is only valuable when we chop it down, dig it up, or turn it into a commodity – rather than something that has intrinsic value because God made it, God cares for it, and it finds its value in relation to Jesus Christ. Therefore, if the earth is God's not ours – how are we supposed to live on it? This is a key question, and a key part of the answer is that the earth is on loan to us. Psalm 115 states *"The highest heavens belong to the Lord, but the earth he has given to the human race."* At first sight, this might seem to contradict what I've just said – that the earth is the Lord's, if we think a little deeper it makes perfect sense. Whilst it is 100% God's world not ours, there is a secondary sense in which God has given us this world – not to use and abuse, but as a precious gift on loan.

Continued overleaf

Vicar's letter continued

We can understand this by looking at the story of the people of Israel in the promised land. You might think that, if there were ever a case of people owning land it was surely God's chosen people in their promised land, but God tells quite clearly that they are but 'aliens and tenants' within 'my land. In other words they – and we for that matter – are not owners of this earth outright. We have it on loan from God.

To put it another way, it's a bit like being lent a valuable piece of property by a friend – perhaps a precious piece of jewellery, or even their car or house. It is ours ... to use and to enjoy, but also to protect and look after on behalf of the true owner. In the Gospels Jesus again and again compares the Kingdom of Heaven to a landowner who leaves his estate, or his vineyard, in the hands of tenant farmers – stewards. Their stewardship is about how they care for the landowner's estate. We are called to be responsible stewards of planet earth – using it well and wisely, and answerable to God as owner for how we treat it and this is very relevant at present as it is our harvest season. We do need to think

carefully about how we treat the world to receive a sustainable harvest.

We have just had our Harvest Services at Lorton and Buttermere and as usual I believe many people have been generous in supplying produce for auction and preparing food for the harvest supper. Thank you. Bishop James wrote to the churches recently asking us to support his appeal for projects in Malawi and Zululand; projects to assist farmers in growing crops for food. All over the world we need to think about how we treat God's world. To remind you that on a local basis we can use our LOAF principles and buy locally, organically and use animal friendly foods.

There is a Harvest Service at Loweswater 6th October 10.30am You would be most welcome and please do bring something for the Food Bank. Harvest Supper will be at Loweswater Village Hall on 7th October.

God bless

Revd. Sandra Ward

01900 85237

revd.sandra@gmail.com



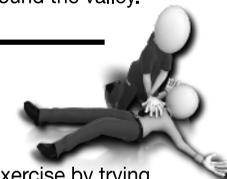
Hosted by Vale of Lorton
Community First
Responders



Coffee and Cake
£2.50

"Come and enjoy coffee and cake with your local first responders."

"We will also be demonstrating how to do CPR, and the use of public access defibrillators similar to those around the valley."



"Get a little exercise by trying out CPR on our new, high-tech dummy."

A Melbreak Communities Event



The first meeting of the new season of the 77 Club will take place on Tuesday October 15 at 7.30pm in Loweswater Village Hall. After a brief AGM we will hear a talk from Karen Whitehouse – *The Life and Times of a Crafty Woman*. At the meeting, annual subscriptions (£10) will be collected. You don't have to live in Loweswater to belong – Lorton and Buttermere residents are of course welcome as well. Those who do not wish to join the Club for the year are asked to pay £2.50 per meeting. Please bring a prize for the raffle.

Date for your Diary: On 21 November at 7pm we are holding 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. The cost is £8. So that we know numbers for catering, please sign the list on 15 October.

John Hudson



The Autumn season of films continues with *Woman at War* (cert 12A), showing on Tuesday October 15th 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. NB the film is going ahead despite the hall being painted. Don't be put off!

Woman at War is an Icelandic film (with sub-titles), set in absolutely stunning Icelandic scenery. It is a black comedy about an environmental activist, Halla, who is also the leader of a local choir and, at the same time, is trying to adopt a child. When Halla fires an arrow over a power line, causing a power cut, these worlds collide. Giving it 4 stars Mark Kermode in the Guardian says that in the film "which takes as its catastrophic subject matter the despoliation of planet Earth, there is a warmth, wit and wisdom that transcend national and cultural boundaries, making this a truly universal treat.

LORTON NOTES

There have been mentions in previous Links of the BCP service of Holy Communion in future being said on the first Sunday in the month at 9.00am from October. Well, October is now with us and I hope those who would like this service to continue will make every effort to attend. Unfortunately I shan't be there as I shall be in Australia visiting our eldest daughter and her family, but at six in the evening of the sixth out there I shall be thinking of you.

I have been reading the Lorton Notes for last October and I mentioned that events seem to occur in clusters and a lot was happening this time last year. We are now in a period of comparative calm as a Church and perhaps that is just as well, as that certainly could not be said of the political life of the nation. One theatre of excitement is enough. Sundays after Trinity continue throughout October with

the green altar frontal, though we did enjoy the splash of white on September 8 when we celebrated our patron saint.

Even though the traditional holiday months are July and August, many of our regular congregation have been taking a break in September. It will be good to see most of them return and our numbers back to normal.

One other thing to remember is that there will be no service of evensong at Buttermere on October 27 as there will be a Memorial Service for Gwyn Evans on that day.

From St. Cuthbert's Church registers:

Funeral and burial: 10 September:
Thomas William Baxter.

Roger Peck

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**

LORTON WOMEN'S INSTITUTE
SEPTEMBER 2019 Meeting



There were 11 members welcomed at the W.I. meeting on the 10th September. We were glad to see Agnes back after her foot operation. Ann R conducted a short business meeting, including reporting invitations to two birthday parties, to Dean and Bothel, items from County News and that subscriptions for 2020 will rise to £43, split almost 50/50 between National and our own funds. The final item was not welcomed with unalloyed joy!

Ann then welcomed Pam Norbury, who has been a physiotherapist for over 40 years. She regaled us with amusing anecdotes of her experiences. On one occasion she was taking two life size child dolls to a meeting to demonstrate new procedures in child therapy. They were strapped in, on the back seat of her car. It was a hot day. When she stopped to buy a coffee, an overwrought member of the public approached two policemen in the queue to report two children expiring in the heat, locked in a car in the car park. Some of her visits to give talks were unexpectedly exciting. During a visit to a Mothers' Union with an average age of over 85, it was demanded she play the piano, (she couldn't), two elderly ladies physically fought over the collection plate and another lady loudly commented that several members of the audience had gone to sleep! There were stories of amusing mistakes she had made in her training.

Despite these she did qualify and spent many years working with children in a deprived area with many immigrant families. Her stories varied from humorous to harrowing but certainly she seems to have had an interesting and worthwhile career during that period. Her final story related a particularly eventful day trip with 5 child wheelchair users and their carers taken on a train, where they succeeded in being the most disruptive group ever to use British rail! Liz led the vote of thanks for a lively, interesting and humorous talk. There followed some discussion about recent unwelcome changes in Pam's profession, as in many professions, where procedures seem to be governed by health and safety rules, time pressures and box ticking. The evening finished with cake, tea and chat.

Next month is an Open Meeting, where all are welcome, and Pam Jaques will be giving another illustrated talk about her travels, this time in Costa Rica. It will be on 8th October, in the Yew Tree Hall, starting with a short business meeting at 7.15 for members, followed by the talk at 7.30, when we hope we will be joined by visitors. There will be a more substantial spread than usual. So come and enjoy the evening.

Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st September 2019

1st prize of £25 No 38	Sheila Thompson
2nd prize of £10 No 25	Carol Priestley
3rd prize of £5 No 18	Eleanor Ella

Congratulations to the winners and thanks to all our supporters.

KEEP FIT
LOWESWATER VILLAGE HALL
Monday 9.30-10.30
Friday 5.30-6.30
£3.00

All proceeds go to Loweswater village hall funds

These sessions are aimed at all ages and abilities.

Ring Val Bell on 01946 861643
Or email vebell2911@gmail.com



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Ullock Village Hall



Penny's Piece

Cine North - Bringing Cinema to your doorstep
Film Nights return for the autumn season at Ullock Village Hall

"Fisherman's Friends" (cert 12A)
Friday 11th October 2019 at 7.30pm

A fast-living, cynical London music executive, (*Danny Mays*) heads to a remote Cornish village on a stag weekend where he's pranked by his boss into trying to sign a group of shanty singing fishermen. He becomes the ultimate 'fish out of water' as he struggles to gain the respect or enthusiasm of the unlikely boy band and their families, who value friendship and community over fame and fortune. As he's drawn deeper into the traditional way of life he's forced to re-evaluate his own integrity and ultimately question what success really means.

Come along and enjoy this film on a five metre wide screen, giving a top quality cinematic experience

Tickets £5 (child £4)

BYO drinks

For Tickets please call 01946 862300 or 861458

Back in October Jo's popular *ZUMBA* Class
Re-starts Tuesday 1st October at 7.00pm

Facebook.com/ullockvh

There are two types of car that seem to habitually parked badly, wherever you see them. The first type is the shiny, brand new, merc/ audi/ BMW/ some breed of range rover or American import. I can only assume these are parked in two- four spaces because they are new and they do not want the doors to be banged into by other people or they are so wide that you can't open the doors to get out if you do park properly. The other type is the ones you hear well before you see. The ones with the drainpipe exhaust, tinted windows that have been stuck on and a sound system which has clearer audibility from outside the car as opposed to inside it. Aka the boy racer. They do still exist but I have to say the number of them in Cockermouth is considerably lower than when I was learning to drive. I think the speed bumps and traffic lights have put them off. It might be that they are parking well but everyone just tries to avoid them in case they decide to do donuts or something else stupid. Party games can be still be fun as adults but they can also be a nightmare. Where can you get enough chairs to play musical chairs? How can you make pass the parcel last longer than 30 seconds without playing every music track right through? My friend has found the solution. For musical chairs, you need pairs of cushions/ pillows instead. Everyone gets a partner and partners have matching cushions. They all get thrown in a pile and you dance about. When the music stops, you and your partner have to get a matching pair of cushions within 10 seconds (a cushion will have been removed). Sounds easy but, there are a few issues, one: alcohol on board and two Peter Kay's favourite 'Uncle ****head'. You see when the music stops, said Uncle (who has been perfectly quiet and normal up to this point) will launch himself onto the pile of cushions making it practically impossible to find a pair. This Uncle is never a small person either, heavy and large in area. It is one of those times where you find yourself having an out of body

experience and wondering what on earth a group of usually sane adults are doing rolling on the floor, yanking soft furnishings out of each other's hands from beneath someone else's overweight relative! Then there's the pass the parcel. This version is not environmentally friendly at all I'm afraid but it is tricky. The whole parcel is wrapped in layers of cling film. Every now and then there are little prizes on your way down to the centre. You can only use your hands, no scissors, teeth, knives and you are just trying to unwrap it, so if more than one layer comes off, that's ok. The way it works is that you roll two dice. If you get a double you begin unwrapping while the dice are passed down the line. You get one roll. If it's not a double, pass it on, if it is, get unwrapping. This too descended into grabbing and shoving towards the end as consecutive people got doubles. Mental. Anyone who does a spot of bird watching knows that hides are great as the birds can't see you but you also understand that you still need to be quiet. Bitterns are notoriously difficult to spot and are shy. One had been spotted at Leighton Moss on the day we went but we had little chance of seeing it as the RSPB volunteer in the hide was actually shouting about it and asking everyone if we wanted to see her picture of it. No love. You pipe down and we'll all have a chance of seeing it for real ourselves ta. I'm hoping she was hard of hearing because there really was no need. Penny

NOTES FROM ST. BARTHOLOMEW'S AND ST JAMES

A glorious penultimate week's weather in September prompts thoughts of an Indian summer however by the time this is read it sounds as if that will have changed. The gorgeous autumn colours are just around the corner.

Loweswater Harvest festival to be held on Sunday 6th October preceded by decorating the church on Saturday. Our Harvest Supper, steak pie and peas, on the next Monday 7pm will be followed by auction of produce with Andy Burr at the helm. Places may be booked from Jan Collins-Webb, see elsewhere in this issue, and payment of £9 at the door.

The August bank holiday teas took place on the Saturday this year and proved very successful once again making over £500 for the church. At our recent PCC meeting it was decided to continue on the Saturday next year. Many thanks to Jan and all the helpers and those who made scones and cakes.

The railings at St. James have been repaired this week and the new notice board has been completed. A work party undertook a thorough spring clean of the Buttermere Old School two weeks ago. Internal painting has been completed and plans are afoot to paint the exterior adding railings for ease of access. A sub-committee has been appointed to plan for the future; two members attended a Parish Council meeting where members expressed interest for local use.

On 27th October at 3p.m.a Memorial service will take place for Gwyn Evans at St.James Buttermere.

On Sunday 15th September the Baptism of Archibald Raymond Beard took place at Buttermere; a lovely celebration for a long standing local family.

Eleanor Ella

ECO PROJECT UPDATE

The working party for the wildflower areas in Lorton is happening on Sunday 29th September (after the October Link has gone to press) so a full update will appear in the November Link. However, we are well prepared - with lots of seeds and plug plants ready to be planted both in the churchyard and at Crossgates Crossroads - a joint venture of St Cuthbert's, Lorton Parish Council and the Melbreak Communities.

Earlier this month an energy survey was conducted at all the benefice church buildings - the 3 churches, the vicarage and Buttermere Old School. We are very much looking forward to receiving the report to see where we might be able to improve (reduce) our energy consumption.

On Sunday 22nd September we celebrated the Harvest Festival at St Cuthbert's Lorton. Sandra's Sermon included an introduction to the principles of LOAF, focussing on food that is locally sourced (like the locally baked loaf used during Holy Communion) thereby reducing air miles and supporting local farmers and businesses; organically grown (using natural composts and reducing use of fossil fuels); animal friendly - buy free range produce from local suppliers; and fairly traded, whether that is paying a fair price for produce from UK farmers or ensuring that products from overseas are not from exploited farmers. We will try to adhere to these principles at all future church events and hope you will all try to do this in your homes as well.

We do now have a web page on the Melbreak Communities site - <https://melbreakcommunities.wordpress.com/community-issues/eco-church/> which is still evolving. We will soon add all the links already mentioned in these pages but please do post your ideas about how we can make Lorton a greener place.

LORTON VALE CALENDAR

Once again St Cuthbert's will be selling a Lorton Vale Calendar featuring local views taken by local photographers. The calendar will be available during October so if you would like to pre-order please phone Rosemary on 01900 85072 or email her at rriley@rileyitsolutions.co.uk. We will also be selling a new pack of Christmas cards with a variety of designs.



HARVEST PRAYER

You crown the year with your goodness,
And your paths overflow with plenty.
May the pastures of the wilderness flow with goodness
And the hills be girded with joy,
May the meadows be clothed with flocks of sheep;
And the valleys stand so thick with corn
That they shall laugh and sing

Lorton &
Derwent Fells Local History Society

Brackenthwaite Buttermere Embleton Loweswater Mockerkin Pardshaw Wythop

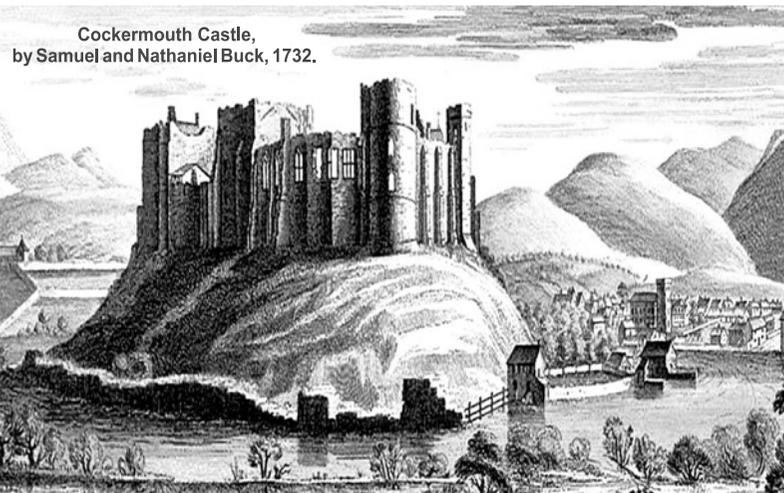
www.derwentfells.com

**Lordship and Manor: the
Norman imprint on the Society's area of interest**

25
YEARS

by Professor Angus Winchester
anniversary
lecture

**Yew Tree Hall, High Lorton
Thursday 10th October, at 7.30pm**



Angus Winchester has been the honorary President of the Society since its inauguration in 1993, and will give this lecture in celebration of our 25th Anniversary. The Norman Conquest of Cumberland in 1092 created the framework for the local history of our communities. Two new great lordships, the Honour of Cockermouth and the Barony of Egremont, or Copeland, controlled our area. Grants of land created many local manors. This lecture will explore this formative phase in the history of land tenure, and the relationships of manors, parishes and townships.

Visitors are welcome at £3.00, refreshments included
Next talk 14th November, Dr Paul Hindle: Roman roads through the Lake District.



November 1 - 4, 2019
Brantwood · Lake District

Hanna Somatic Education Weekend

www.defenzimovement.co.uk

At this unique Brantwood weekend you will be taught the seven key Hanna Somatic Movements that enable you to release yourself from the effects of injury and stress and develop comfortable, efficient and graceful movement patterns.

You will focus on making very slow movements, which provide sensory-motor feedback and increase your awareness of habituated neuromuscular contraction patterns, so you can gain new freedom in how you move, think and respond to situations in life.



In learning how to sense where you are holding neuromuscular tension, you enrich your self-knowledge and actively create voluntary control of a formerly involuntary process. You are effectively integrating emotional, psychological and physiological aspects of your functioning.

You widen the scope for continuous improvement and free yourself from constraint no matter the external situation. Hanna Somatic Education maintains high level performance and heightens your sense of what is important and right for you through the rest of your life.

Rate ~ 3-day Residential ~ £425

Rate ~ Non-Residential ~ £225

Karen Douglas de Fenzi · 07515 884 640 · karen@defenzimovement.co.uk



Harvest Festival

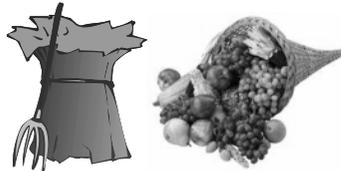
*St Bartholomews' Loweswater
with St James Buttermere*

Supper & Auction

*Monday October 7th 2019
Loweswater Village Hall 7.00 pm
Admission £9.00 Children £4.50*

*Profits shared between Bishops Harvest appeal
and St Bartholomews' Church vestry roof fund*

*For catering we need to know numbers to order
meals. To reserve your place please ring
Jan Collins-Webb on 01900 85609*



Kirkstile Inn

Job vacancy

Aged 16 or above?

We have a part time housekeeping job every Sunday
from 11am to 3pm

Please send your C.V. to admin@kirkstile.com

Loweswater Ladies September 2019

Our first meeting of the new season was a full house of enthusiastic members who enjoyed plenty of chatting and catching up before we sat down to listen to our invited speaker for the evening. On this occasion it was Manon Plouffe who owns 'Wild Zucchini's', a lively Bistro in Station Street, Cockermouth. She gave us a talk about her life and her abiding ambition to own and explore her love of food by opening a café/bistro.

Manon is a flamboyant French Canadian lady who spent many years as a psychotherapist prior to opening her Bistro here in town. Her talk was interspersed with humour along the way, as she described not only her enjoyment of running her business, but also the trials of tribulations which she encounters on a daily basis.

During our refreshment time, the raffle, presented by Yvette was won by Judith. Alison also discussed our Christmas buffet with members.

As the Fish Hotel in Buttermere is changing ownership, sadly we are unable to be sure of our annual December event

this year. Therefore it was proposed that we shall hold our Christmas buffet at Wild Zucchini's on Wednesday evening December 11th. Partners will be welcome and further details will be given at our next meeting when names will be taken for this event. May I take this opportunity to thank Jean and John Richardson their family and staff who are retiring from The Fish, for their wonderful buffets that we have enjoyed for many Christmases over the years. You will be sorely missed.

The next Loweswater Ladies meeting will be held on Wednesday October 9th at 7.15pm in Loweswater Village Hall. The evening will be our own "Antiques Road Show" event and our host will be Richard Harrison from Mitchell's Auctions. This will be an open meeting for members, friends and any other valley ladies who wish to attend. Please join us if you are interested and bring along some item for Richard to discuss and evaluate.

Our supper hostesses that evening will be Ann Sands, Karen, Pam and Ros. I shall be presenting the raffle prize.

Ann Hiley

Loweswater Village Hall News

Unfortunately, the Ballroom Dancing Classes will not be running before Christmas as we have been unable to secure a teacher/ coach who is able to do at least 5 or 6 consecutive weeks. We continue to look for the New Year.

P. Leck

COOKERY CORNER

Loweswater Beetroot Pie (V)

Ingredients for pastry:

4 oz self raising flour

4 oz wholemeal flour

4 oz butter or margarine

¼ tsp salt 4-6 tsp cold water

Ingredients for filling:

6 oz cheddar or well flavoured cheese

6 oz cooked fresh beetroot

1 medium onion

1 tsp wholegrain honey mustard

2 tbsp thick mayonnaise

1 tbsp Branston Pickle

Oven temp 200c / Gas mk 6

(Salt & Pepper to taste)

Mix pastry in the normal way and line a 7 inch flan dish, reserving half for the topping. Bake blind for a 5 mins or so in the hot oven.

Meanwhile course grate the cheese, cooked beetroot and onion in a food processor (or by hand). Mix all filling ingredients in a large bowl and fill the lined flan dish. Cover with remaining pastry and cut hole to let out the steam. Decorate with off cuts if desired. Cook for 30 to 35 mins, or until crisp.

Can be eaten cold but we always serve hot with seasonal green beans or veg of your choice. Cutting the full pastry topping reveals the gorgeous red filling which always delights.

Roger and Ann Hiley

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

Rosie Watson (Loweswater) - climate action run from UK to Asia

Rosie Watson from Loweswater is running all the way from UK to Asia to raise awareness of the Climate Emergency and more ambitious Climate Action. Having set out on 17th August from her front door, she is running solo and unsupported and has crossed England via Hadrians Wall, traversed Holland and is now into Germany. On the way she is meeting and talking with people and projects who are trying new ways of living, working and innovating to tackle the climate crisis. She is sharing these inspirational stories on her website and blog www.newstoryrun.wordpress.com - well worth a read! (Click box top right to find The New Story Portfolio). For day to day news on Twitter, Google: #newstoryrun. Rosie is showing the diversity of people, ages, personalities, who are trying to make a difference for a sustainable world - she is telling their stories in a personal way that we can connect to - so we can be inspired and spurred on to act more ambitiously ourselves.

If you would like to get involved and support her on her journey she is grateful for contacts who may have a hot shower and tent space to put her up, or for donations for more porridge and running shoes! See website.

"The greatest danger to our future is apathy" *Jane Goodall* From New Story Run website



LORTON VALE GARDENING CLUB

We had a really good garden visit on our last outing of the summer - to Matson Ground, near Bowness. This is a large estate with 2 farms, one of them organic, several letting cottages and houses, and at the Matson Ground site, a range of 4 connected houses, with a fine 2 acre garden. We were shown round by the very hardworking gardener - no help except a student on training 1 day a week. He comes originally from Connecticut, but has worked at Levens and at Holker, as you can see from the topiary and the trapeolum growing through the hedges. It's a sloping site with a damp area at one side - a fine old circular pond and plenty of interesting herbaceous planting. The kitchen garden is magnificent, and the potting shed is one of those picture book ones with dozens of clean bright garden implements, each on its hook.

The next event is our AGM in the Yew Tree Hall at 7.30 on **Tuesday 22nd October**. After a brief meeting, Josephine Peel will give a talk on Secret Gardens. Membership is a modest £10 per year, for 5 talks, 2 parties, followed by various summer outings. An absolute bargain! Come and renew / join - current members, please bring your application form from the Newsletter which you should receive before the meeting. You can collect your winter programme card at this meeting. Visitors welcome too. If you can't get to this first meeting, but would like to join, contact Sheila Mills on 01900 85301, or sheilamills35@gmail.com.



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