



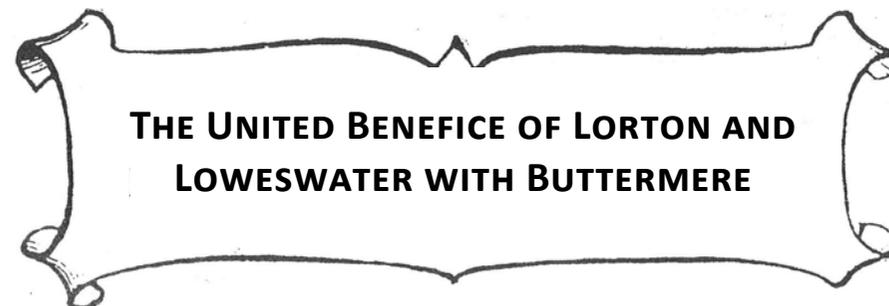
# DECEMBER 2019/ JANUARY 2020

## Church Services December 2019

<b>1<sup>st</sup> December</b>	<b>Advent Sunday</b>		
10.30am	<i>Mission Community Service, Lorton Street</i>		
<b>8<sup>th</sup> December</b>	<b>2<sup>nd</sup> Sunday of Advent</b>		
10.30am	<b>Matins</b>	Lorton	BCP
3.00pm	Holy Communion	Buttermere	CW
<b>15<sup>th</sup> December</b>	<b>3<sup>rd</sup> Sunday of Advent</b>		
10.30am	Holy Communion	Loweswater	CW
<b>22<sup>nd</sup> December</b>	<b>4<sup>th</sup> Sunday of Advent</b>		
<b>10.30am</b>	Holy Communion	Lorton	BCP
6.00pm	<b>Benefice Carol Service</b>	Loweswater	
<b>24<sup>th</sup> December</b>	<b>Christmas Eve</b>		
5.30pm	<b>Crib Service &amp; Christingle</b>	Lorton	
11.30pm	Midnight Service (HC)	Lorton	CW
<b>25<sup>th</sup> December</b>	<b>Christmas Day</b>		
10.30am	Family Communion	Loweswater	CW
<b>29<sup>th</sup> December</b>	<b>1<sup>st</sup> Sunday of Christmas</b>		
10.30am	Holy Communion	Lorton	CW
3.00pm	<b>Informal Carols</b>	Buttermere	

## Church Services January 2020

<b>5<sup>th</sup> January</b>	<b>Epiphany</b>		
9.00am	Holy Communion	Lorton	BCP
10.30am	Holy Communion	Loweswater	CW
<b>12<sup>th</sup> January</b>	<b>Baptism of Christ</b>		
10.30am	Holy Communion	Lorton	CW
3.00pm	Evensong	Buttermere	BCP
<b>19<sup>th</sup> January</b>	<b>2<sup>nd</sup> Sunday of Epiphany</b>		
10.30am	Holy Communion	Loweswater	CW
<b>26<sup>th</sup> January</b>	<b>3<sup>rd</sup> Sunday of Epiphany</b>		
<b>10.30am</b>	Holy Communion	Lorton	CW
3.00pm	<b>Holy Communion</b>	Buttermere	CW



Deadline for February is Fri 24th January , all articles to [lortonvalelink@gmail.com](mailto:lortonvalelink@gmail.com) by this date.

**DIARY DATES - CONTINUED ON INSIDE BACK COVER****DEC**

2	Mon	Keep fit LVH 9.30-10.30
3	Tue	Locals Night at The Kirkstile, 6.30p.m
4	Wed	Table Tennis, YTH, 7-9pm
5	Thu	Arts Society Cumbria Xmas Lunch and talk about Edward Hopper, Hundith Hill Hotel
6	Fri	Keep fit LVH 5.30-6.30
8	Sun	Mockerkin Mob Christmas Walk (A and B Combined)
9	Mon	Community Lunch, Lorton School, 1.15pm. Call Helen on 07790 459064
9	Mon	Farmers Discussion Group - Christmas Dinner - Kirkstile Inn - 7.30pm
9	Mon	Keep fit LVH 9.30-10.30
10	Tue	Hundith Hill ~ 12.00 for 12.30 ~ Lorton W.I. ~ Christmas lunch
11	Wed	Table Tennis, YTH, 7-9pm
11	Wed	Loweswater Ladies Christmas Buffet - Wild Zucchini C.mth - 7pm
12	Thu	Lorton Garden Club - "Planting and care of an arboretum " 2.00p.m YTH
13	Mon	Community Lunch, Lorton School, 1.15pm. Call Helen on 07790 459064
13	Fri	Keep fit LVH 5.30-6.30
14	Sat	Coffee & Cakes hosted by Yew Tree Hall Committee, YTH 10.30am to midday
14	Sat	77 Club Christmas Party. Entertainment by Peter Wilson (Singer and Guitarist). 3pm LVH
16	Mon	Christmas Carol singing - High Lorton
16	Mon	Keep fit LVH 9.30-10.30
17	Tue	Mulled wine & mince Pies with Vale of Lorton First Responders, YTH, 6-8pm
17	Tues	Christmas Carol singing - Low Lorton
18	Wed	Table Tennis, YTH, 7-9pm
18	Wed	Celtic Christmas Strings, LVH, 7.30p.m
19	Thu	Christmas Carol singing - Mockerkin
20	Fri	Christmas Carol singing - Loweswater
20	Fri	Keep fit LVH 5.30-6.30
23	Mon	Christmas Carol singing - Buttermere
23	Mon	Keep fit LVH 9.30-10.30
30	Mon	Keep fit LVH 9.30-10.30

**DIARY DATES - CONTINUED FROM INSIDE FRONT COVER****JAN**

1	Wed	Table Tennis, YTH, 7-9pm
2	Thu	Loweswater Parish Council, Loweswater Village Hall, 7.30pm
3	Fri	Keep fit LVH 5.30-6.30
6	Mon	Keep fit LVH 8.45-9.30 and 9.30-10.30
7	Tue	Table Tennis, YTH, 7-9pm
8	Wed	Loweswater Ladies January Meeting - LVH - 7.15pm
8	Wed	Lorton Parish Council, Yew Tree Hall, 7.30pm
9	Thu	Film Double Bill part 1 - Rocketman, YTH, 7.30pm, Doors at 7pm
10	Fri	Film Double Bill part 2 - Yesterday, YTH, 7.30pm, Doors at 7pm
10	Fri	Keep fit LVH 5.30-6.30
11	Sat	Coffee & Cakes hosted by The Melbreak Communities, YTH, 1030am to midday
12	Sun	Mockerkin Mob A Walk. Cogra Moss and Blake Fell.
13	Mon	Keep fit LVH 8.45-9.30 and 9.30-10.30
14	Tue	YTH ~ 7.15 ~ Lorton W.I. ~ Talk about autism ~ Amanda Denwood
15	Wed	Table Tennis, YTH, 7-9pm
16	Thu	A Kelmscott Chaucer for our times, Arts Society Cumbria, 10.45 am & 2 pm, Hundith Hill Hotel
16	Thu	The Sound of his Horn: John Peel, the man and the song, Dr Sue Allan, LDFLHS, 7.30 pm, YTH
17	Fri	Keep fit LVH 5.30-6.30
18	Sat	Ceilidh and Supper, Ullock village hall 7.30pm
19	Sun	Mockerkin Mob B Walk. Liza Beck Walk.
20	Mon	Keep fit LVH 8.45-9.30 and 9.30-10.30
21	Tue	77 Club. Talk by Tim Chittenden on the Workington Lifeboat. 7.30pm. LVH.
22	Wed	Table Tennis, YTH, 7-9pm
24	Fri	Film Night "Mrs Lowry & Son" Ullock village hall 7.30pm
24	Fri	Keep fit LVH 5.30-6.30
27	Mon	Keep fit LVH 8.45-9.30 and 9.30-10.30
29	Wed	Table Tennis, YTH, 7-9pm
31	Fri	Keep fit LVH 5.30-6.30

**Cover picture of Loweswater Church in snow courtesy of Roger Hiley**



LINK ARTICLE DECEMBER 2019

CELEBRATE CHRISTMAS WITH VALE OF LORTON  
COMMUNITY FIRST RESPONDERS

After a gap in 2018, we will be holding our traditional Mulled Wine and Minced Pies evening this year at Yew Tree Hall, High Lorton on Tuesday, 17 December, 6-8pm. Entry is £5 per person and there will be a raffle. If you haven't had a chance to practise CPR (cardio-pulmonary resuscitation) with our new Smart manikin, do come along and have a go (preferably before the mulled wine!).

Although the number of callouts in the valley is on the low side compared to other teams, the range of skills that we have learnt only goes on one direction, ever upwards. The main focus of our callouts is heart problems, such as cardiac arrests, where the heart loses its normal sinus rhythm and gets stuck in a chaotic state. Dealing with this as expeditiously as possible is the reason why all CFRs have defibrillators and why we have installed four public access, community defibrillators across the valley. Applying a shock via the defib stops the heart and allows it (hopefully) to re-start itself. The likelihood of the defib achieving this is much helped by first applying CPR to the person.

One of the new things that we have started to use this year is an early warning system to identify persons that are or are becoming acutely unwell. This applies to conditions like sepsis, which can develop rapidly unless recognised early and treated accordingly. To this end, we are now able to measure body temperature (by a simple ear thermometer) and blood pressure (by a battery-operated, automated arm-cuff device) in addition to the tests (pulse rate, blood oxygen saturation) that we have been doing for many years.

Although the achievements of CFR teams doesn't get the headlines that Mountain Rescue teams often receive, we do get a tremendous personal satisfaction from helping people in this way and being part of a team effort. Anyone interested in joining us, please contact me by phone or email as below to have a chat about what's involved.

Hope to see as many as possible on 17 December at Yew Tree Hall. If we don't see you there, a peaceful Christmas and healthy New Year to everyone from the CFR team.

Leslie Webb, Vale of Lorton CFR Team Leader, 01900 85609 or email [les@damsonghyll.co.uk](mailto:les@damsonghyll.co.uk).



**VICAR'S LETTER**

Dear friends

Well, as I write this England did very well in the Rugby World Cup but just missed winning. However, their progress was especially due the tremendous evidence of teamwork throughout the competition. Based on this teamwork they did deserve to win. We can all learn from them and develop a greater understanding of, and belief in, each other.

Teamwork will be important in our new Mission Communities as we all work together on an ecumenical basis using our special gifts or talents as part of that team. Teamwork is important in church as we work together all year to ensure that regular and occasional services are available. We must thank the team of volunteers who work hard for this. Thank you all. Also, to those who put together the 'Link' so that we all are updated with local news and events taking place. I am looking forward to the Lorton Christmas Fair and thank you to those who have worked to plan and prepare for the event.

**Advent is when we prepare for the coming of Christ. We hear in scripture that John the Baptist strides out of the desert, calling people to respond to God's great new action,**

*"Repent for the Kingdom of heaven is near.*

*This is he who was spoken of through the prophets Isaiah: "A voice of one calling in the desert, prepare the way for the Lord, make straight paths for him"*

which is his eternal action of love for what he has made. We must not forget this action – done for us.

Teamwork is also important now as we prepare for Christmas – in our families we need to organise as a team Christmas day schedules, lunch and presents. Once again as

church we will need to organise and prepare for the Christmas services. Our Christmas story has much evidence of teamwork. Mary and Joseph, as a team, took baby Jesus to Bethlehem and then worked hard to keep him safe by avoiding Herod's slaughter of infants by returning via Egypt. This was teamwork as both cared for baby Jesus. The angels appeared in a 'shining throng' to the shepherds as the hymn tells us and yet more evidence of team work – here it was to spread the good news of Jesus' birth to others. Then we hear how the three wise men or kings decided to travel together and work as a team to visit Jesus.

Don't forget this Christmas just how important team work is and whether you are planning and preparing Christmas with others in a team of two, three or more (or even one perhaps) you are never alone – after all it is at Christmas that we celebrate the birth of Jesus Christ – when God came to be with us so that we may never be alone but always working with God as a team for the glory of his Kingdom.

Let us remember the words of a well-known hymn, "Hills of the North rejoice.....he comes in righteousness and love, he brings salvation from above.....hope of a world's new birth: in Christ shall all be made anew, his word is sure, his promise true."

I wish you all a blessed Christmas and my very best wishes for the new year.

God bless  
Revd. Sandra Ward

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

## Loweswater Village Hall

In association with Art Out West we are pleased to introduce:

### Celtic Christmas Strings

Wednesday 18<sup>th</sup> December, 7:30pm

There's something magical about harps, and particularly at Christmas, though Máire and Chris's alchemy on harp and guitar creates a very special magic at all times. Individually famed for originality, innovation and virtuosity on their respective instruments, together they have created one of the most distinctive voices in modern acoustic music and brought their unique musical vision to venues large and small in twenty-two countries on five continents.

Their new Christmas show features a breathtaking blend of traditional Irish music, swing jazz and bluegrass, plus festive favourites given a fresh voice with arrangements that are intricate, inventive, moving and beautiful, and performed in their characteristically heart-warming style – a spellbinding treat for mid-winter.

“A delightful... satisfyingly original, often refreshingly unpredictable take on festive favourites... Joyful, gorgeous and uplifting” *THE LIVING TRADITION*

“Both are in the virtuoso class” *THE GUARDIAN*

“Masterful playing... (ranging from) the entrancing and delicate to the wildly celebratory...”

\*\*\*\* *FOLK WALES*

“(Their) mastery and magic... produced a rapt response” *THE GUARDIAN*

<http://www.maireandchris.com/abouttheirceltic.html>

Tickets £10 for adults, £5 for children including a mulled wine (alcoholic and non-alcoholic) on the way in.

For tickets email: [loweswaterevents@gmail.com](mailto:loweswaterevents@gmail.com) or phone

Penny on 01946 862200.

## Loweswater Ladies November 2019

We were entertained for our November meeting to a musical evening with local valley resident Ann Peck. Ann has a vast array of talent, utilising numerous musical instruments and also accompanies her performances with singing. As many valley folk will be aware, Ann works with dementia and other groups of visually and sometimes auditory impaired people, as well as with children and residents in local homes in both Keswick and Cockermouth. She introduced us to many songs and encouraged us to accompany her using a huge variety of hand-held percussion instruments that she had brought along, a different but nonetheless interesting evening.

Our next meeting will be a Christmas Buffet at Wild Zucchini, Station Street, Cockermouth (opposite Firns Home

Hardware) on Wednesday December 11<sup>th</sup>, 7pm for a 7.30 start. Please bring a 'Secret Santa' gift along on the evening. Loes will be presenting the raffle. We will be at our usual venue, Loweswater Village Hall for the start of the New Year. Gary Maxwell will be giving us a talk on World War 1, so please join us on Wednesday January 8<sup>th</sup> at 7.15 pm. Subscriptions for 2020 will be due on that date, a slight increase over previous years but still a modest sum of £12 for the year's meetings and activities. Supper hostesses that evening will be Ann Sands, Madeleine and Margie. Alison will be presenting the raffle. Ann Hiley

### Plant a tree in the valley before Christmas

Two acre site between Thackthwaite and Loweswater - 800 native saplings donated by The Woodland Trust and West Cumbria Rivers Trust. These will slow down flooding and provide new habitat for red listed birds.

Planting dates:

Tuesday 3rd December

Saturday 7th December

Tuesday 10th December

Please contact: Liz Crocombe for further information

Mobile 07884583117

email: [lizcrocombe@btinternet.com](mailto:lizcrocombe@btinternet.com)

## COOKERY CORNER

From Ann Hiley



### Goats Cheese, Onion and Potato Bread

Brilliant on the table as an  
accompaniment to soup  
or casserole, as it has bread and  
cheese all in one !

#### Ingredients

4oz 110g Firm Goat's Cheese cut into small cubes  
4-5 Spring onions finely sliced  
6oz 175g 1 medium potato  
6oz 175g self raising flour  
1 level tsp salt  
Pinch of cayenne pepper  
1 rounded tsp chopped thyme leaves  
1 large egg  
3 tbsp milk  
1 rounded tsp whole grain mustard  
Flour for dusting.

**Preheat the oven** to 375f. 190c. Gas Mk 5.

#### Method

Peel and grate potato into a large mixing bowl and sift over the flour, salt and cayenne. Add spring onions, thyme and two thirds of the cheese and blend the mixture.

Blend then add the egg, milk and mustard into the bowl and mix into a loose rough dough using a spatula rather than hands.

Turn the mixture out onto a well greased baking sheet and form a 6inch (15cm) round.

Lightly press the remaining goats cheese gently into the top, dust with a little flour and bake for 45 mins till golden brown.

Remove to a cooling tray but serve warm if possible.

## LORTON NOTES

Weather-wise, December is the gloomiest month of the year and as we reach the end I am always longing for more sunlight. There is always the thought of Christmas to brighten our mood and the High Street is certainly ablaze with lights and decorations well before the Christmas period begins; however, I do appreciate the more solemn and contemplative mood associated with the Church season of Advent and find it a leavening to the glitz of the High Street. The only decoration in church is the Advent ring and celebrations do not start until later on Christmas Eve. On the fourth Sunday in Advent the Carol Service will be at Loweswater and we shall be holding a said BCP service of Holy Communion at 10.30am. So that this service may reflect the mood of Advent we shall be decorating the church at 10.00am on Monday. The School does hold its Christmas concert in our church, this year on the eighteenth, and this is always very popular. The evening performance has to be restricted to those associated with the School, but there is a dress rehearsal at 10.00am. to which everyone is invited. Come along and see the

children enjoying themselves and I'm sure you will enjoy it too.

Christmas Day, like Easter and Pentecost, is a Principal Feast in the Church's year, and also included in this category is Epiphany, which falling so soon after Christmas tends to get overlooked. As we are celebrating it on the first Sunday in January the 10.30 will be at Loweswater, but we are having a said BCP service at 9.00. It is an important occasion, celebrating among other things the manifestation of Christ to the gentiles. It would be encouraging to see a fair congregation.

It has recently come to our notice that there is some confusion regarding the reservation of burial spaces in the churchyard. Whilst this has been possible in the past, it has been decided for a number of reasons that it would be preferable for this policy to be discontinued. The reservations already made will be honoured.

Roger Peck.

Loweswater with Buttermere PCC  
100 Challenge Club

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

1st prize of £25 No 53 Chris Judd  
2nd prize of £10 No 107 Eleanor Gardiner  
3rd prize of £5 No 51 Rev Margaret Jenkinson

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

The Coffee and Cakes morning in November hosted by the Mockerkin Mob together with John and Rosamund Macfarlane's photographic exhibition was a great success. Around a hundred people joined us and we nearly but not quite ran out of cakes! We raised the magnificent sum of £665 which will be shared between Cumbria Wildlife Trust and Cockermouth Mountain Rescue. Thank you to the Melbreak Communities and everyone who helped with and supported the event.

Judy Hudson and Joan Warren

"Bells are the voice of the Church, a loud voice certainly, and, we hope, a tuneful one ...." Thus started the introductory pamphlet to bell ringing supplied by our speaker, Joan Ingrams.

11 members and one 1 guest were welcomed by President Ann R on 12<sup>th</sup> November. There was a business meeting which included Village News, and news from County and Federation. At the Federation AGM in London in June, Lorton will represent 4 W.I.s in our area and Kris was chosen as our representative. She will report back to us as well as the other 3 groups. Our next meeting, our Christmas Lunch at Hundith Hill, was discussed and any members who have still not indicated their menu choices are asked to contact Ann R.

After the business we settled down to Joan's talk. She had first become "hooked" on Church bell ringing as a 15 year old but had given it up when she married. After 53 years she resumed when she was widowed and is now as passionately enthusiastic as she had been as a teenager. She brought a metal and wooden model of a bell and two bell ropes with their customary plump, coloured ends. Joan explained the mechanism which worked the bells and told us about the history of the type of church bell ringing which is prevalent in the UK and nowhere else except where the Anglian church has spread to former British principalities. For example, often, church

bells were constructed on site with the aid of deep "bell pits" dug into the churchyard. During the Commonwealth, Oliver Cromwell, who abhorred bell ringing as "popery", required churches to submit their bells to be melted down. However, only a tiny proportion suffered this fate, usually the most cracked, and the rest were buried in churchyards, to be dug up and restored after the Commonwealth.

Joan talked about the strength and precision needed to perform with the bells and explained how important technique is to produce the best sound and avoid accidents! Bell ringing is an activity which everyone can enjoy from teenagers to pensioners and has the advantage of helping to develop core strength and stability as well as toning arms and shoulders.

Judith B gave our thanks for an interesting and enlightening talk, after which we enjoyed cakes and tea and the opportunity to talk more to Joan. Our next meeting is our Christmas lunch at Hundith Hill at 12.00 for 12.30 on Tuesday 10<sup>th</sup> December. Our first 2020 meeting will be on Tuesday 14<sup>th</sup> January at 7.15 at the Yew Tree Hall, when Amanda Denwood will talk about autism. Welcome to another interesting talk, refreshments and chat.

# COFFEE MORNING

## Yew Tree Hall Saturday 11th January 10.30am to 12noon



Hosted by  
**The MelbreakCommunities**



Learn about our recent involvement in various environmental projects: Hydro Scheme, Dark Skies, Eco church wildflower seed-sowing.



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



**Walk 350**

<p><b><u>CHRISTMAS WALK</u></b></p> <p><b>Combined A &amp; B Walk</b> And afterwards to <b>James &amp; Polly Lusher's,</b> <b>Kirkfell Cottage, Lorton</b> for <b>Light Refreshments &amp;</b> <b>Christmas Cheer.</b></p>	<p><b><u>SUNDAY 8<sup>th</sup> DECEMBER 2019</u></b></p> <p><b><u>Meet:</u></b> 10am Kirkfell Cottage, High Lorton <b><u>GR:</u></b> 164259 <b><u>Route:</u></b> A local walk around Lorton <b><u>Estimated Time:</u></b> 2hrs (Easy) <b><u>Leader:</u></b> James Lusher <b><u>NB:</u></b> No lunch needed but there will be a coffee stop so you may like to bring a hot drink.</p>
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**Walk 351**

<p><b><u>A Walk: Sunday 12<sup>th</sup> January 2020</u></b></p> <p>Intended for experienced walkers</p> <p><b><u>Meet:</u></b> 10am Felldyke CP <b><u>GR:</u></b> 086198 <b><u>Route:</u></b> Cogra Moss &amp; Blake Fell <b><u>Estimated time:</u></b> 3½- 4hrs (Moderate) <b><u>Leaders:</u></b> Joan &amp; Judy</p>	<p><b><u>B Walk: Sunday 19<sup>th</sup> January 2020</u></b></p> <p><b><u>Meet:</u></b> 10am Bowness CP nr Ennerdale <b><u>GR:</u></b> 110153 <b><u>Route:</u></b> Gillerthwaite, Liza Beck and back <b><u>Estimated Time:</u></b> 4hrs (Easy/Moderate) <b><u>Leaders:</u></b> Judy &amp; John Hudson</p>
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Walkers participate at their own risk. We welcome new walkers: if you are interested phone Joan, 01900 85637 or Judy, 01946 861555.

*Penny's Piece*

I visited the Christmas section at Hayes Garden Centre in Ambleside at half term. Oh my! I don't know what surprised me the most the prices or the selection of items for sale. For those of you who don't have exposure to kids between the ages of 4 to about 10, unicorns are in. So, you can buy unicorn decorations for your tree in a range of colours. From 9 upwards there is also a trend for flamingos. On a Christmas tree? Really? Then there was the enormous model polar bear sitting as we might, holding out a paw. The 5-year-old I was with could sit on the paw. How do you get that home and where do you put it? I can imagine being up the hill round the back side of Rydal Water and seeing a polar bear going past tied to the top of something ludicrous like a VW beetle. Then you must remember your £6 bag of pot-pourri made with 10 fir cones, some dried orange peel and a cinnamon stick shoved in for the festive smell. That's without getting to the crackers- the ones with the bang, not for cheese. I like a cheesy cracker. Bad joke, naff plastic toy and a hat that doesn't fit anyone's head. You've missed out if at some point in your life you have not had the fake 'tache, tiny nail, tiny comb, spinner, hoppy frog, mini pack of cards or magic rings- these are a slight step up. One of the boxes I looked at the back of had prizes like mini executive desk toy- the swinging balls thing. You can't even have a laugh with that. I think if you're going to have expensive crackers, they should have chocolates in, specifically after dinner mints. Pull the cracker, eat the turkey, have the mints after pud. Job's a good un.

There is a poem by the wonderful Spike Milligan entitled Granny. The first two lines are: Through every nook and every cranny  
The wind blew in on poor old Granny. I know how

she feels. You see my brand-new classroom comes with draught inclusion. I discovered this when I bent to get something out of the cupboard under the window and realised I could see daylight and not through the window. A horrible windy day earlier in the week had an horrendous breeze funnelling in. It would have been better if the LA had bought Lego and had the kids build it. Lego doesn't do unplanned gaps. On the plus side, having an upstairs is keeping everyone fit as the stairs are at either end. Cue the Benny Hill music when you find you are the length of the corridor away from the person you want to speak to as they disappear to the stairs at the other end. There is a lift but I've already given up with that.

I went to see the Welsh comedian Rhod Gilbert in Carlisle. He was very funny and tissues were required as crying laughing did happen. The problem was the seats. We were on the walkway upstairs which meant great legroom but a slight problem with vision. One of our group couldn't make it which turned out to be a good thing or one of us would have had a wonderful view of a vertical pole. The rest of us just had to deal with the smoked glass. Why does it need to be smoked? We are supposed to be able to see the stage after all.

The panic happened today. That point where you are in a queue at a checkout when you remember you forgot to put the parking disc on. Last week I parked in Wilkos and went to pay on the way out only to find it hadn't registered my reg number- it showed one with one letter different. Clearly a lucky blob of muck can work wonders.

Best wishes to all and Happy New Year. Penny

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

At Buttermere on 10th November we united with the rest of the country for the 100th Remembrance Sunday remembering the dead and injured of the 2 World Wars and the many subsequent conflicts. The significance of the occasion seems undiminished with the passing of the years.

At the end of October a large congregation gathered at St. James for the Memorial service for Gwyn Evans. The occasion was a fitting tribute to a well loved and respected member of the community who had directed so much of his energies into the refurbishment of St.James and Buttermere Old school in his capacity as churchwarden.

This year it is Loweswater's turn to host the Carol service on Sunday 22nd December at 6pm and the 10.30 HC service on Christmas morning. As usual all service details to be

found at the back of the Link. The ever popular informal Carol service at Buttermere will take place on 29th December at 3pm.

I share with you the following as it seems relevant to the season:-

Yesterday is history  
Tomorrow is a mystery  
But today is a gift  
That's why it's called the present

Eleanor Roosevelt

The Wardens wish you a Happy Christmas and fruitful New Year

Eleanor Ella

### CHRISTMAS LUNCH

AT THE BRIDGE INN, BUTTERMERE, CA139UZ

#### STARTER

Traditional Vegetable Broth  
Crab and Smoked Salmon Tian,  
*with Chilli and Citrus Dressing*  
Goats Cheese Mousse, Pickled Pear,  
*Candied Walnuts and Aged Balsamic*  
Chicken Liver Parfait,  
*Fig Chutney and Toasted Brioche*

#### MAIN COURSE

Roast Topside of Cumbrian Beef  
*with all the traditional trimmings*  
Roast Lakeland Turkey  
*with cranberry and orange stuffing, pigs in blankets and with all the traditional trimmings*  
Festive Nut Roast  
*with all the traditional trimmings (v)*  
Pan Seared Halibut  
*with sauce veronique, spinach and a king prawn skewer*

#### DESSERT

Mincemeat Frangipane,  
*Chefs Secret Brandy Sauce*  
Warm Chocolate Fondant,  
*Clotted Cream and Caramel Sauce*  
Pimm's Jelly,  
*Cucumber Sorbet*  
Buttermere Ayrshire Ice Cream  
Selection of Cumbrian Cheeses (£4.50 supplement)  
*Gluten-Free Available*

Adults £39.95 and Children £19.95

Bookings Essential

CALL 017687 70252 TO MAKE A BOOKING

\*Lunch is served between 12-2.30pm on 25th December 2019\*



Lorton Film Club

2 Films / 1 Week / 9th & 10th Jan

Rocketman ★★★★★

Yesterday ★★★★★

Yew Tree Hall- Film 730pm- Bar opens 7pm - £5 each or both nights for £8

Rocketman Screening Thursday 9th - The " Fact meets fiction" life story of Elton John . Featuring a terrific performance by Taron Egerton in the title role and also starring Jamie Bell and Richard Madden , it is " a fantastical account of the highs and lows of Elton Johns wild ride rise , told in frenetically full-blooded musical form " ( Mark Kermode The Guardian , 5 Stars )

Yesterday Screening Friday 10th - In contrast written by Richard Curtis and directed by Danny Boyle is a romantic comedy.

A freak occurrence creates a world in which no one remembers the Beatles !

Except Jack ( Himesh Patel ) a warehouse worker and unsuccessful musician who realises he can pass off the Beatles songs as his own and becomes a megastar . Also starring Lily James and Ed Sheeran the film is a sort of reverse Notting Hill and is " as fab as it could reasonably be expected to be " ( Peter Bradshaw The Guardian , 4 Stars )





On 21 November we enjoyed a Pie and Peas supper followed by a talk from Rob Lucas, who two years ago enthralled us with his account of his ascent of Mount Everest. After that achievement Rob set himself the task of climbing the remaining six of the “seven summits” - the group which consists of the highest mountain on each of the world’s seven continents. This talk was a progress report in which Rob described his recent ascents of Carstensz Pyramid in Indonesia and Denali in Alaska. Rob vividly described the excitements, difficulties and dangers he encountered, illustrating his account with excellent photographs. We extended our good wishes to Rob for safe and successful completion of the challenge he has set himself, and we look forward to a further account of his adventures in due course. The annual Christmas Party will be held at 3pm on Saturday 14 December in

Lowswater Village Hall. There is no charge for members, but we need to know the numbers for catering, so if you didn’t sign the list at the November meeting, please give me a call on 01946 861555 by Wednesday 11 December. Everyone is asked to bring a wrapped present for Secret Santa. Entertainment will be provided by Peter Wilson (singer and guitarist).

The first meeting of the New Year will be on Tuesday 21 January at 7.30 pm in Lowswater Village Hall when we will hear a talk by Tim Chittenden on the Workington Lifeboat.

John Hudson.

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

As we all start to stoke up our log fires for winter this poem submitted by Jan Evans, who found it among Gwyn’s papers, seems most appropriate:

*Beechwood* fires are bright and clear,  
If the logs are kept a year;  
*Chestnut* only good, they say,  
If for long it’s laid away;  
Make a fire of *Elder* tree,  
Death within your house shall be;  
    But *Ash* new or *Ash* old  
    Is fit for Queen with crown of gold.

*Birch* and *Fir* logs burn too fast,  
Blaze up bright and do not last;  
It is by the Irish said  
*Hawthorn* bakes the sweetest bread;  
*Elmwood* burns like churchyard mould -  
E’en the very flames are cold;  
    But *Ash* green or *Ash* brown  
    Is fit for Queen with golden crown.

*Poplar* gives a bitter smoke,  
Fills your eyes and makes you choke;  
*Apple wood* will scent your room  
With an incense-like perfume.  
*Oaken logs*, if dry and old,  
Keep away the winter’s cold;  
    But *Ash* wet or *Ash* dry  
    A King shall warm his slippers by.

EARLY BIRD KEEP FIT  
LOWESWATER VILLAGE HALL  
Monday 8.45-9.30  
COMMENCING ON 06.01.2020

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email: swinsideend@hotmail.com**

**News from the Yew Tree Hall**

Users of the Hall might have noticed we've had a new coat of paint in the main hall and supper room, with a change of colour away from the old blue/grey paintwork. Local decorator Spencer Ivison and his team did a great job in good time and the Hall remained in use throughout the work.

Thanks to all users for coping with any disruption and to members of the committee for a post-paint clean-up and rejuvenated curtains. Check the dates for upcoming events in the Hall including our Coffee Morning on Saturday 14th December, two Films on 9th and 10th January, and a Valentine's Night Fundraising Supper to warm everyone up on Friday 14th February.

Use of the hall has increased significantly on weekday evenings, and weekends are becoming popular for private events. If you are thinking of holding an event, day time/evening or weekends please contact Derek Poate or Bob Baird as soon as possible to avoid disappointment. You can check the availability of the Hall via the MBC website, if you follow the link from Lorton Parish to the Yew Tree Hall.

**Walkers Way - Number 198**

As always, the view from the top of the hill before dropping down into Ennerdale, was breathtaking. The great bulk of the mountains from Crag Fell to Pillar, a little sombre perhaps, but with Angler's Crag and Steeple protruding just enough to catch the morning sun, and the glistening expanse of Ennerdale Water stretching away into the distance. The approach to Bowness Knott was magical. Of all the crags in Lakeland, Bowness Knott could be considered supreme in its range of colours and at this time of year, it is at its best, often looking as though it is lit from within – glowing with warmth and detail. Nestling below the fells bordering the northern side of the Valley, Great Bourne, (or Herdus, to give it its preferred name), Starling Dodd, Red Pike, High Stile and High Crag. In younger days, every one tramped many times, not least that lovely stretch from Red Pike to Herdus, or, across the Valley, along that truly magnificent stone wall over the ridge from Crag Fell to Haycock – surely one of the very finest walls in Cumbria.

But to lesser adventures. A few hundred yards along the forestry road from Bowness Knott is the start of the Smithy Beck Trail, a simple track leading just a little way up through the forest and eventually back to the road, a couple of miles in extent. On the approach there were still hawthorn berries, those masses of purple/red berries so loved of birds, especially fieldfares and redwings as their mixed flocks fold their way westward across the country every Autumn. And the scarlet of rowan berries too, many still hanging in tight bunches on the trees, but many more now scattered on the ground beneath. The silence, the dappled light, the gentle breeze, the smell of Autumn leaves – peace. Yes, all's quiet and still – until one plays the age-old trick. Select a tree, lean back against its trunk and move not. A minute, perhaps two and yes, birds begin to flit across the treetops once more, regaining confidence after your recent intrusion. Bring binoculars to bear and there are bluetits, coal tits, chaffinches – and in this area always the possibility of buzzard or even goshawk. The pure gold of the oak, the lighter, brighter yellow of silver birch, the dark green of the pines and in contrast the stark naked limbs of the ash, now denuded of every leaf and nursing their black buds in readiness for Spring. The track gently wanders upward, among a variety of trees, many of which

host a range of mosses and lichens on their trunks. One moss is particularly prevalent, consisting of "fronds" some two inches long, which are reminiscent of miniature flattened Christmas trees. This is the Common Tamarisk Moss (Thuidium tamariscinum). It forms dense mats on the ground and over rocks but particularly on tree stumps and around the bases of tree trunks, almost like a sock, and some bright orange fungi (Peziza sp.) on the stems of gorse.

As the walk proceeds there is the introduction and gradual increase in intensity of background noise, the sound of rushing water, and, sure enough a footbridge is reached which crosses Dry Beck. Obviously, something of a misnomer, although it must be admitted that the beck is rather small, little more than a trickle at the moment. Soon after this, the track goes quite steeply downhill for a little way during which the sound of rushing water increases. Rounding a bend, another footbridge is reached. This crosses Smithy Beck – a very different proposition to the previous one. This is a rushing beck and within full view of the bridge is a substantial waterfall over which pours a dashing torrent of white water, over three or four steps to the pool beneath, before flowing under the bridge and making its way noisily down to the lake. A lovely, lively spot, – pretty as a picture. Over the bridge and up a short rise, and another track is reached running at right angles. Turning left up the hill is another story, but turning right leads down to the forestry road with the beck audible and mostly visible all the way. The track emerges immediately opposite the site of the mediaeval bloomery, where there was once a furnace for the production of iron. From here it is just a matter of returning to the Bowness carpark by the forestry road, lined with trees and with superb views across the Lake. This beautiful, virtually traffic free Valley is the subject of a substantial rewilding project being carried out jointly by the National Trust, the Forestry Commission, United Utilities and National England "to allow the evolution of Ennerdale as a wild valley for the benefit of people, relying more on natural processes to shape its landscape and ecology". May their efforts be generally supported and meet with unqualified success. Alan Gane

**Ullock Village Hall**



**Saturday 18<sup>th</sup> January 2020 at 7.30pm**

***Ceilidh and Supper***

With music by Alison Riley

***Hot Supper and Homemade Puddings***

**BYO Drinks**

**Tickets: £10 Children £5.00 (Booking Essential)**

**Please call 01946**

**862300 or 861458**



\*\*\*\*\*

***Cine North - Bringing Cinema to your doorstep***

***Mrs Lowry and Son (PG)***

***Friday 24 January 2020 at 7.30pm***

The film tells the story of one of the 20th century's great artists, Lancashire-born **L.S. Lowry**, whose difficult relationship with his domineering mother Elizabeth, comes to define his early life and work. **Timothy Spall** and **Vanessa Redgrave** give exceptional performances, in a lovely film that despite its subject matter manages to find the humour in adversity.

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

Tickets £5 (child £4) BYO drinks Come along and enjoy this first film of the Season on our 5m screen. Tickets are £5.00.

For Tickets please call 01946 862300 or 861458

**Wine Tasting**  
7pm Friday 7<sup>th</sup> February  
Loweswater Village Hall

Food to accompany

£15 per ticket. available from

David & Barbara Robinson 0190085234



**NSPCC Carol Singing**

Do come and join us on these evenings – it's great fun, very enjoyable and all are welcome!

Date	Time	Where	Contact
Monday 16 <sup>th</sup> December	6 for 6.30pm	Tenters Cottage High Lorton	Ann Roberts 01900 85333
Tuesday 17 <sup>th</sup> December	6 for 6.30pm	Low Mill Low Lorton	Ann Roberts 01900 85333
Thursday 19 <sup>th</sup> December	6pm	Merrighyll Mockerkin	Kathryn Mitchell 01946 861928

After a majority vote, carol singing at Mockerkin is returning to the traditional door to door style. For those who would prefer collection only, this will take place in the few days prior to the 19<sup>th</sup> December.

Friday 20 <sup>th</sup> December	6pm	Littlethwaite – for Loweswater	Ann Hayton 01900 85606
Monday 23 <sup>rd</sup> December	6.30pm	Scalehill – for Buttermerer	Ann Hayton 01900 85606

...the coffee  
is ready, and the  
cakes are baked

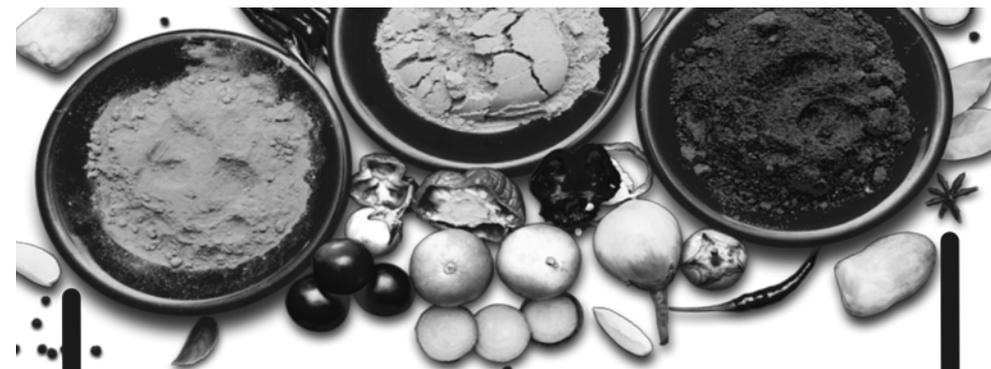
hosted by the  
Yew Tree Hall  
Committee

COFFEE  
MORNING  
£2.50

Saturday  
14th December  
10.30am - 12noon

**YEW TREE HALL**

A Melbreak Communities Event



Fancy something *hot* and *spicy* on Valentines Night

An Evening of

# ASIAN FLAVOURS

at the Yew Tree Hall.

with an after dinner Valentine's Quiz

Tickets £15  
on sale in advance

- includes canapés and welcome drink
- vegetarian dishes available
- Cash Bar – Lucky Ticket Draw – Raffle Prizes

-Fund raising in support of the Yew Tree Hall-

Friday 14th February 7.00 until late.

TICKETS available from 1st January, from  
Derek Poate 85265, Eleanor Gardiner 85035,  
Nev Mills 85301 and Lorton Village Shop

On Thursday 7th Nov, we enjoyed a firecracker of a talk, called "Camassia, Chelsea, Chris (and chaos!)" from Stella Exley, who on a dark and dirty night, came all the way from Alne near York. Stella grew up in Barnsley where her father and grandfather were allotment holding miners and grew show chrysanthemums. In the middle of a successful career in Local Government, she took a daring leap into professional gardening, and eventually set up a commercial nursery - Hare Spring Cottage Plants. She has National Collections of camassia and sidalcea, as well as a range of hardy perennials. She began to breed new camassia varieties, and to exhibit at garden shows. At one show, the star turn was Chris Beardshaw, and stall holders were invited to meet him.....a fortnight later an email arrived from Chris, saying that he was designing a garden for Chelsea, that camassia would be strongly featured, and please could she supply 2000. She already had 10,000 of her own, but decided that she'd better do 4000 for Chris, to be on the safe side. Camassia are very hardy, bees love them, but slugs and snails don't, they are happy in pots, but...they are fresh air fiends, and don't thrive under cover. The problem is that they had to be in flower precisely for the week of Chelsea, and the vagaries of Yorkshire weather (2 sessions of late spring snow) made this tricky. Stella had a spell of rotating the

pots in and out of the greenhouse on a 3 hour cycle, 24 hours a day, 7 days a week....followed by an unusually warm spell, when they had to be moved in and out of shade. At last, with 2000 safely in flower, they then had to arrive at the Show ground in a one hour slot, and if late, would have to stay packed on the truck until the next day, and camassia will not stand being under cover. All ended happily - a Chelsea gold, and the inner city garden created is still going. Stella is still supplying camassia for Chris, and he now admits that her advice of 3 in a pot, rather than the 1 that he insisted on, is correct. There should be plenty of camassia in Lorton gardens next year, as most of us rummaged through the tempting trays of pots that she brought with her. She has 3 open days at the nursery next year - check the website for dates.

The next meeting is on **Thurs 12th December at 2.00pm, in the Yew Tree Hall**, when Hugh Povey will speak on "**Planting and care of an arboretum**".

There is a rival event scheduled for the Yew Tree Hall that day, but the polling station will be at the kitchen end, and we will be able to use the main hall. Note that this is an afternoon meeting. Members, new members, visitors welcome.

Please note that the Winter Party date for members and guests is

**Thursday 23rd Jan 7.30 Yew Tree Hall.**

## Lorton & Derwent Fells Local History Society

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

### The Sound of his Horn: John Peel, the man and the song

by Dr Sue Allan

Yew Tree Hall, High Lorton on  
Thursday 16 January, at 7.30pm

Who was John Peel?  
How did a song written about him  
become a national favourite?

Sue Allan relates the story of the  
man and song, tracing its journey  
over almost 200 years, from rural  
Cumbria to London, the world...  
and back again

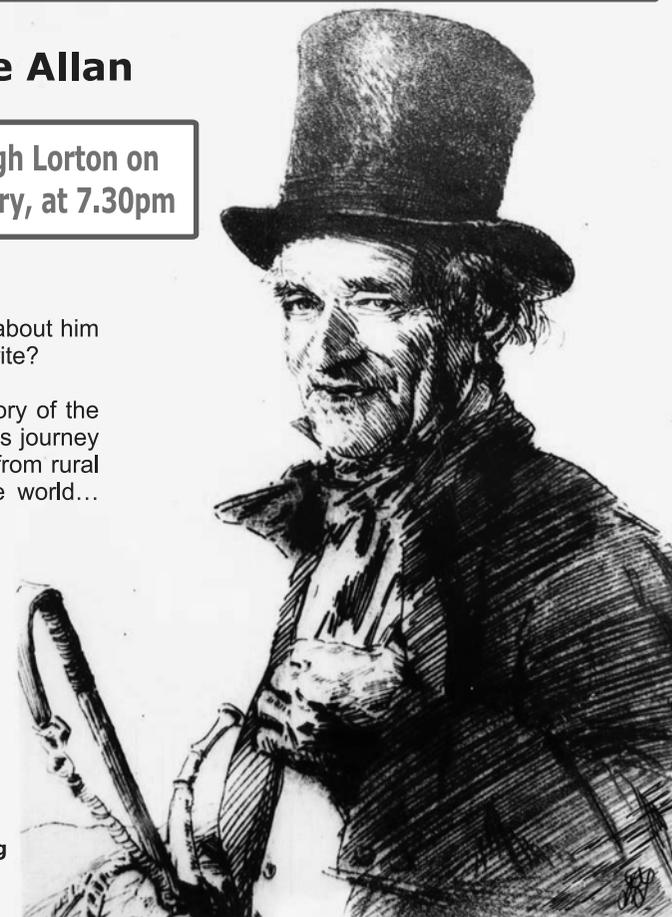


Image: John Peel, engraving  
by Joseph Simpson

Visitors are welcome at £3, refreshments included

Next talk 12 March 2020, Mark Hatton; *Mining in the Derwent Fells*

## ECO PROJECT UPDATE

A meeting has been held with Cumbria Woodland and there is a chance of a grant to plant some small native trees around the perimeter wall. Permission may be required from the Diocese before this can go ahead - we will keep you updated.

Unfortunately we are still awaiting the report from the Energy Survey as the company that provides this service free of charge has other (paid) deadlines that need to be met by the end of November. We are expecting the report early in December and once this has been reviewed we will continue to work towards our Gold Eco Church Award.

Don't forget that early in 2020 (possibly February) we will be holding a Recycling/Swap Shop event so if over Christmas you receive any gifts that you'd be happy to recycle or swap please save them for this event.



Hedgelaying - Hedge and Tree Planting - Habitat Management - Monitoring - Soil Testing - Hay Meadow Restoration - Plug Plants and Planting

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