

**MAY 2020**



**THE UNITED BENEFICE OF LORTON AND  
LOWESWATER WITH BUTTERMER**

## Letter from the Editor

Dear Link readers,

This month marks a milestone for The Link as we produce our first ever electronic only edition in full technicolour. Last month I asked you all to send in contributions as most of our normal copy would not be available - and how well you have responded - hence a bumper 38 page edition. A few of our old favourites remain - Sandra's Letter, Penny's Piece, 77 Club, WI, 100 Club & Lorton, Loweswater & Buttermere Notes, but the rest is all new.

I hope you love our cover picture - Chris and Derek Poate came across these leverets hidden in a clump of daffodils in their orchard on Easter Saturday. Unlike rabbits, the baby hares are born ready to go and are not born in burrows, just out in the fields.

Our content this month includes a number of informative pieces from the Melbreak Communities Steering Group, 1<sup>st</sup> Responders, YTH Committee, Parish Councils, Village Shop etc but also more creative items including poems, quizzes, a 'virtual' coffee morning, hedgehog boxes and Easter gardens to name but a few and we end with a timely prayer.

A number of readers have asked me to pass on their thanks to Lee and Arwen at the village shop for their sterling support of our community. Lee is there every

morning, having collected supplies in Cockermouth. Open 10- 5, there is almost nothing they do not stock ! Appropriate social distancing is in place, and take away coffee and ice cream an added bonus. The valley is so lucky to have this brilliant resource, shopping is a pleasure in such an environment. When he finishes at 5.00 Lee is often to be seen loading up orders to deliver to those unable to collect.

A BIG THANK YOU.

The Parish Councils also want to thank the many residents who have been doing litter picks when out walking. The roads that are often so busy, and difficult to negotiate with a black bag, are now traffic free. The dry weather has also meant that rubbish lying hidden in the grass, is no longer hidden, and easier to see. What is disappointing is that 'new rubbish' seems to still be accumulating - do some people not have a rubbish bin back home ?

A thank you also to Ann Roberts who, right at the start of the lockdown, sent thoughtful notes to everyone on the Electoral Roll.

This is a fantastic and supportive community that we are all lucky to be a part of. I hope you all continue to stay safe and healthy in these unusual times and enjoy the diverse and talented material contained in the May Link. Who knows what June will bring.

Rosemary



Dear friends,

What a difference a day makes. I apologise as my letter last month indicated that the churches were still open for private prayer but the day after submission of the Link for printing, we were asked to close them for the foreseeable future. We have never not been able to pray in a church building. However, is church a building? Although our buildings are beautiful reminders of architecture but are, they essential for church? Coronavirus/COVID-19 has already changed our lives and will do so in the future. We have been able to view streamed services from homes and some have been very grateful for these. Thank you to those who have the resources and ability to do this. It is still an evolving situation and day by day we are given further guidance or advice.

The radio and television have also given us access to services. I have been grateful for LW radio as the Daily Service plays perfectly and does not let me forget when it is scheduled. As we are aware large gatherings are prohibited and our schools and universities are closed. There are many questions and so far, the NHS is coping well but it is such an unknown. Could the coronavirus cause as many deaths worldwide as the "Spanish flu" epidemic at the end of the 1<sup>st</sup> world war. A question to which nobody knows the answer, what a lot we could be worrying about. Currently social distancing may be in force until a vaccination is available and this may be some time in the future.

*Matthew 6: 25-27 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes. Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"*

This is a well-known passage when Jesus tells the disciples they must not spend their lives worrying about what they should eat or where, because there was more to life than food and clothes. He illustrates it with the birds of the air being fed even though they do not reap or store food, the lilies of the field neither labour nor spin but they are dressed more beautifully than Solomon in all his splendour. He urges his disciples to seek God's kingdom and his righteousness rather than thinking only of material things. However, I am sure that Jesus would have wanted us to plan for this pandemic to avoid the pain it is causing so many. We do need to think seriously about what future problems may arise, whether it be a global pandemic or devastating climate change, we should then decide what we can do to help avoid the most disastrous scenarios and act on our decisions. When we have done this, then we can get back to living in the present, to coping with today's problems and enjoying today's pleasures, to being good neighbours, friends, parents, grandparents, children, always remembering that there is a spiritual dimension to life and that is what is most important is that we need to keep seeking the kingdom of God – God's rule in our daily lives

Clergy still cannot visit people and I have phoned or e mailed people instead. However, I have a limited number of phone numbers and e mails so please do phone me if you would like to talk. I am not ignoring you – just unable to contact you as I do not have your contact details. Please know that you are in my thoughts and prayers.

Although we were not able to meet at Easter remember the hope of the resurrection. *Christ is risen! He is risen indeed! Halleluia!* I leave you a Bible promise: Hebrews 13: 5 "He himself has said. 'I will never leave you or forsake you.'"

Take care and stay safe  
God bless

Revd. Sandra Ward

07946633334

revd.sandra@gmail.com

A little something to make you smile;



### **Yew Tree Hall Beckside**

Big thank you to the group of helpers who turned out to clear the scrub and brambles behind the Hall. This will make it easier to tackle the Himalayan Balsam that started to appear last year. The opportunity was then taken to plant a small collection of wildflowers including Scabious, St John's Wort and Melancholy Thistle, hoping they will provide an attractive source for butterflies and insects. We think they will thrive in the poor stoney soil. Thanks especially to Tanya St.Pierre for her help and advice. We are using the lockdown to do a deeper clean of the building and make a few improvements to the electrical systems including a better heater in the toilet area so we will be ready for business as soon as we can reopen.

Yew Tree Hall Committee



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## Keeping in touch during the Coronavirus emergency

People in the community can help with:

- Shopping
- Posting letters
- A friendly phone call
- Urgent practical jobs

If you use email or the internet and would like to share information, provide practical help to neighbours or ask for assistance, the Melbreak Communities suggest you sign up to **Nextdoor.co.uk** and we will organise dedicated groups for the valley. Anyone can share information and offer help or advice; or just read messages if you prefer. [James Lusher can provide help and advice about Nextdoor on 01900 85335]

*The Melbreak Communities has an Emergency Plan for the parishes of Blindbothel, Buttermere, Lorton and Loweswater, which includes a Telephone Tree to help contact everyone.*

*If you don't use the internet you can phone the contacts listed here for information and support.*

Penny Poole (Blindbothel)	01900 85722
Richard Kahane (Buttermere)	01768 770249
Ian Aitken (Lorton)	01900 85787
Chris Poate (Lorton)	01900 85265
Carolyn Davis (Loweswater)	01900 85708

You can also check for information in the diary and message board on the Melbreak website.

<https://melbreakcommunities.wordpress.com>

LORTON WOMEN'S INSTITUTE  
APRIL 2020



Given these strange times, here is your correspondent back with a “virtual” W.I. report for April.

First though, here is a short report from BC (Before Corona) of an event which was passed on to me by Carol but missed from last month's Link:- “The Darts Team entered the first round of the Cumbria-Cumberland Federation Darts Tournament at Aspatria Bowling Club on the 17<sup>th</sup> February. The team of five had carried out a series of practices at the YTH. Although playing very well and with the top score of the evening of 99 by Ann P, we won 2 and lost 2 games, meaning Bothel, who won 3, went through to the next round. Two of our games were finished brilliantly by Sheila hitting the necessary double.” Now, just think back – 5 people, meeting, at the YTH for convivial chat and the occasional throwing of darts, sustained by crackers and wine, followed by meeting with another 20 people, plus supporters, milling around a hall, playing darts and eating a finger buffet, 15 miles away from Lorton. Now what seems to be strange! Do you, like me, see people on TV in groups and crowds BC and feel a bit anxious? Apparently some professional darts players are trying to set up virtual darts matches online. The internet seems to be the

answer to everything at the moment! Hope they can locate some virtual beer. If we had met on the 14<sup>th</sup> April as planned, we would all have heard a talk giving an update on the red squirrel situation in our area, enjoyed some refreshments and a chat with friends. So you can imagine that. Virtually. News from friends seems to indicate that there are still red squirrels in our gardens but I'm not sure if any greys have been spotted.

Next month would have been our AGM with a fish and chip supper and left-over Birthday Cake. I don't know what would have come after that as we haven't had the Committee meeting to finalise the programme for the rest of the year yet! Who knows - next month's report will probably focus on wild flowers spotted on walks round the village (with appropriate social distancing) and birds and animals spotted in our gardens. A village friend has forwarded on a charming picture of a pair of leverets (baby hares), snuggling in the long grass of her field above Thackthwaite. Who knows what there will be to write about next month but I will have a go. As long as you don't expect me to give recipes for cakes and jam: I think there may be other pages in the Link for that! Keep Linked.

## *Penny's Piece*

What curious times we live in. At time of writing (and I suspect at time of your reading) we are still in lockdown. This has changed all kinds of things for all of us in different ways. For some of you it may be your approach to eating. A proportion of you will still be functioning as normal on three meals a day, punctuated by a beverage and a biscuit when required. Some people may have reverted to student style meal consumption. This is where, due to not having to travel, you are gradually staying in bed later and later, getting up just in time to log-on. This means you function until lunchtime on caffeine alone. A good lunch means you need nothing else until tea/dinner later on. You have cut your meal intake to two meals a day. You may also have cut the quality. By the end of the week you are throwing all the leftovers into one pan and masking them with Bolognese sauce, tinned tomatoes or failing that (and true student levels) a tin of baked beans. It looks disgusting, tastes ok-ish and will never be served to anyone outside your house. Only once so far has this technique given rise to a meal worth repeating- no sauce needed and mixed with rice. Then there are those of us who are slowly turning into hobbits. Not retreating underground and growing hairy feet but in our eating habits. We get up and have breakfast. Nothing wrong there. But it is then followed by second breakfast, elevenses, brunch and lunch. Then, three o'clock tea, four o'clock tea, five o'clock tea, tea/dinner proper, supper and pre-bedtime snack. And if you get up in the night, possibly a biccy then too. I have found, of course, this only lasts until you have run out of things and have to either brave going to town or try to

get a delivery slot/order into Caterite.

Technology has become key; I'm hoping this crisis will be another help for us at our end of the lake to get superfast broadband. It has been tricky trying to get little video messages and instructions for the kids uploaded with the poor internet speed I have. For some reason they like hearing my voice. Surprising given the amount some of them hear it repeating their name and an instruction! We were tasked with ringing our class over the Easter hols to check all is ok and ask what they've been doing to keep busy. Some were excited to speak to me and others less so. One boy literally asked in an accusatory tone: "Why are you ringing my phone?" I explained and he did chill out and tell me some of the things they had done. Across the class there has been lots of baking, gardening and den making which I was very impressed with. As most of them live in Whitehaven the cycle path is being well used. I am just a little jealous that some of them got to see the final part of the old school being dismantled. A mum did post a little video on the school Facebook page so I did see a little bit.

I hope everyone here is keeping well and family and friends dispersed around the word are also well. Take care and stay local. Penny.



### Shop update:

We are currently open 10:00am-5:00pm Mon-Sat, and closed Sunday. We're running a system where we can allow only one customer at a time inside, the garden is closed, and coffee is take-away only (please bring a reusable cup to save waste).

We're still getting fresh milk and eggs, and Coffee Kitchen Bakery bread daily.

Most of you will know that Lindsay's have closed to the public but are supplying a few trade outlets. We are able to get Lindsay's meat most days. We are taking orders for meat, but are not able to get deli items.

We've got availability on most things, but we have quite limited stock on the stuff everywhere else has ran out of too! We've implemented a '1 item only' purchase for pasta and flour (when we can get it).

The crafts area is closed but there are a few crafts and cards on display in the main shop so we can still help you with gifts and try to support our crafters. Orders are being taken by phone or email - 01900 85102 / [lortonvillageshop@gmail.com](mailto:lortonvillageshop@gmail.com) but as we are incredibly busy we might not reply straight away. Bear with us and we will get to you. Lee is working flat out and long hours to stay on top of all the orders and make sure we can provide a good service for the community.

We can arrange deliveries in the valley to people self-isolating; a big thank you to the wonderful team of volunteers who are taking these deliveries out. These are all people who live in the village, giving their time to help others in need - a wonderful community response.

Lee and Arwen

## NOTES FROM LOWESWATER & BUTTERMERE

It is now several weeks since all churches were locked and services have taken to radio, tv,online YouTube etc often with a lone vicar in a church or kitchen and individuals taking part in homes and gardens. Many have been very good including our Mission Community who provide a Sunday morning celebration. For those without internet the Church of England offers a phone service with prayer the Daily Hope.

Much has been written and commented on the amazing selfless work of our NHS in it's entirety and care home workers sometimes at great personal cost. The work of the Food Bank volunteers has never been more vital and the general public have offered help in thousands in anyway they are needed. It is a completely different existence home working and particularly closed schools necessitating parents having to step into the role of home teaching.

One of the positives that has come out of this is the increased sense of neighbourliness ,helping each other out with shopping and an appreciation of the services we normally take for granted shop workers, posties, wheelie bin men delivery people and many more. The global nature of our lives has been identified

and the interdependence of the world particularly now we stand on our own.

We have experienced some exceptional sunny weather throughout April with a vibrant spring offering hope and optimism. Walks have been unusually peaceful with celandines and primroses giving way to violets and bluebells. The swallows are back and the spotting of a pair of ring ouzels on the side of Melbreak was exciting. There is no doubt about the restorative aspects of the natural world on the spirit. I recently heard a Benedictine saying " nature is the second scripture " I am sure Wordsworth, whose anniversary we are currently celebrating, would have agreed " Nature never did betray the heart that loved her ". We should spare a thought for high rise inner city dwellers often in economic hardship living with very little access to green space.

Sadly we have to report the death of David Burridge after a long illness. We send our sympathy to Julie, Joseph, Matt and the extended family.

We send our good wishes to everyone - keep safe and well.

Eleanor Ella

Loweswater with Buttermere PCC  
100 Challenge Club

### **The prizewinners for the draw held on 1st April 2020**

1st prize of £25 No 60 Rev Margaret Jenkinson

2nd prize of £10 No 15 Christine Walmsley

3rd prize of £5 No 86 Richard Kahane

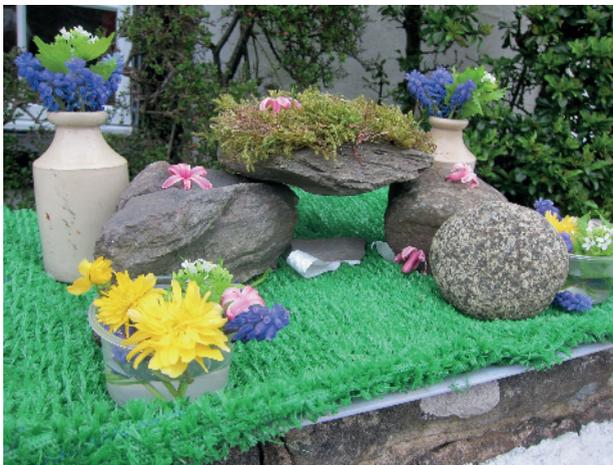
*Congratulations to the winners and thanks to all our supporters.*

## EASTER GARDENS

Some LOVELY Easter Gardens appeared in Lorton over the Easter weekend, one in particular stood out, created by Esme Williamson - very many thanks and well done Esme! So many people walking through the churchyard on their daily exercise marvelled at the lovely details you included when it was on the seat by the church door over Easter.



Here is another lovely garden which could be found in High Lorton



## Who Is The Illuminated One?

Who is The Illuminated One?  
Looking down your  
Eye,

Who paints this Perfect Earth  
In various impressions of like and dislike.

Who is The Speechless One?  
Moving your mouth to kindness,  
Whose lips are rich with  
Unspoken wisdoms.

Who is The Beloved One?  
Pulsing in the heart of Man,  
The one responsible for all Nature,  
And so, gives His crown to all  
Creatures.

You, I, and The Sun have joined hands  
Whose inconceivable union  
Can never be broken,

Regardless of how hard you try to remain  
So beautifully sad when dripping with brilliant light,

We play in the rivers of freedom.

Jaspar

### Parish Council Meetings

As a public gathering of more than 2 people is currently forbidden, parish council meetings are no longer possible in a public building with the public in attendance. However, as the clerk for Lorton, Loweswater and Buttermere parishes I have signed up to use modern technology, video conferencing, for all meetings commencing from May until we can return to using the normal meeting venues. Meeting dates and times as per existing schedules.

Agendas will be issued as normal, but only on display at the individual parish council pages of the Melbreak Communities website. All parishes will use the Zoom hosting facility and members of the public will be able to view the meetings and take part at the appropriate public participation agenda item. Please though view the individual websites for details on how members of the public register their intent to attend the meeting and as clerk I will contact them. Public cannot just join the meeting; it will require a link and a password from myself. I will require more than 24 hours' notice prior to the meeting to make the appropriate arrangements with members of the public.

I did consider making the invite link and a password freely available on the agenda, however although we could cope with up to 100 attendees, it could be open to abuse, so I have chosen to invite the public through myself only. It is, I am sure all will agree, a compromise appropriate to the nature of the meeting and the times we are in. Better a controlled and workable parish meeting within the community rather than no meetings at all.

Mike Milner, clerk to Lorton, Loweswater and Buttermere Parish Councils.

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Sadly it will not be possible to hold any more Club activities in the current season. At the time of writing nobody knows when things will return to normal, but in a spirit of optimism we have arranged an AGM and booked speakers for Thursday 22 October. In the meantime the important thing is for everyone to take care and stay healthy. Don't hesitate to get in touch with me or another Committee member if you need any assistance.

John Hudson, 01946 861555



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## A poem of thanks from Ann Peck

### **I feel a song coming ....as my friends will know that's not unusual!**

*'I see trees of green' – the oak trees just coming into flower and leaf are wonderful..  
and lambs with ewe,- what a delight to see nature unaffected here  
Flowers that bloom – the yellow poppies are now taking over from the daffodils  
'For me and you'-we're all in this together  
'And I think to myself ,What a wonderful world.'*

*'I see skies of blue' -certainly been that!  
'And clouds of white' -not many of those around!  
'The bright blessed day' -wall to wall sunshine aren't we lucky  
'The dark sacred night '- amazing star gazing skies  
'And I think to myself' – there's been plenty of time for thinking  
'What a wonderful world.'- the bird song alone is beauty to behold*

*'The colours of the rainbow'  
So pretty all on view  
On windows and in homes  
Saying NHS -Thank you.....*

**..Thank you to everyone in this valley for the wonderful community spirit ever present and especially at this time..**

*from phonecalls to neighbours, shopping done and delivered, medicines delivered to the door, Lorton Village shop for their invaluable service , personal cards hand written and posted through doors and much needed chats (at a distance ofcourse) as we exercise through the valley.*

### **THANK YOU**

*PS: I'm sure someone more talented than me could finish this song off with relevant lyrics!?! Over to you!*

*Note from Ed - please send your final lines to [annrogerpeck@yahoo.co.uk](mailto:annrogerpeck@yahoo.co.uk) - the best entries will be published in the June Link*

## LORTON NOTES

Well, things are certainly different, but things haven't stopped. We can join with the Cockermouth area team on line with their Sunday morning service at 10.00. It's not really like joining together in a community and meeting and sharing with everybody, but we are grateful to the Cockermouth people for organising this. It is much better than nothing. Also, there were two Easter gardens outside the church door, one placed by a child in the village. We were so glad to see this.

For many life is very different from how it was before the restrictions on meeting people were introduced, but we are fortunate in that they have not restricted Ann and myself greatly. Social activities are curtailed, but realistically we can still go out as and when we like and cycling is even more enjoyable than it used to be. There is no traffic! Cycles out number all other vehicles many fold. I still go shopping, this lockdown isn't going to stop me doing that. And the weather has been

kind. The lady behind me in the Sainsbury's queue this morning said she was glad it wasn't raining. It must be so different for families with children in towns and cities with no gardens. We are lucky.

I regularly listen to A Point of View on the Today programme and this morning the Revd. Sam Wells got me thinking. He said that after this crisis is over things can never return to how they were before. In many ways I hope he is right. There could be a reduction in commuting and as I mentioned in April's Notes our behaviour might become more environmentally friendly. But I do hope life in Lorton returns to exactly as it was before. I do not want anything here to change.

From St. Cuthbert's Church Registers: 21 April, Burial: Colin Pooley.

Roger Peck.



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# A GLIMPSE OF HERALDRY

While to most people, heraldry simply means “coats of arms”, it originally encompassed all the duties of a medieval herald, which involved serving their masters as messengers between rulers and other dignitaries, and the marshalling of tournaments and great ceremonies, such as coronations. The introduction and use of coats of arms came about as a matter of necessity with the introduction of the great helm, a helm which completely covered the head, thereby making it impossible to identify the wearer. Clearly this could lead to dangerous confusion in tournament and battle, and to overcome the problem knights began to display distinctive devices on their shields, horse trappings and surcoats, hence the name “coat” of arms. However, it soon became obvious that for such devices to become effective, there needed to be some form of central control, or duplication was bound to occur, in which case the value of such a system would be lost. Since the heralds constantly travelled and visited dignitaries, and were therefore most likely to be aware of the “marks” already being borne, they were brought together and given the task of recording and granting arms, and it was decreed by Henry V in June 1417 as follows:- “Whereas in recent expeditions abroad many persons have taken to themselves arms and tunics called cotearmours when neither they nor their ancestors used such in times past, proclamation should be made that no man, of whatever status, rank or condition he might be, should take to himself arms or tunics of arms, unless he possess, or ought to possess the same by ancestral right or by grant of some person having authority sufficient thereunto. And that all, except those who had borne arms with us at Agincourt, should on a certain day declare their arms or by what grant they had them, on a fixed day to persons named or to be named for the purpose, under pain of exclusion from the expedition then about to start, loss of their wages and defacement of their said arms and tunic called cotearmours.” This proclamation led to the Visitations of the Heralds – and if the arms had been carved on a stone facing of a fine building, having them hacked off by a troop of soldiers, was clearly a serious matter. It is worth

noting, in particular, “except those who had borne arms with us at Agincourt” this clearly refers to Henry V's promise in the famous address to his followers before the Battle of Agincourt, an address graphically recalled by William Shakespeare in his “Henry V” :- “We few, we happy few, we band of brothers, for he that sheds his blood with me shall be my brother, be he ne'er so vile, this day shall gentle his condition”. “Gentle his condition” meant make him a true gentleman – which in turn meant that Henry would make every man involved in the Battle, eligible for a coat of arms. The heralds were incorporated by Richard III in 1484 and were housed at Derby House, which stood on the site of the present College until destroyed by the Great Fire in 1666. Once being granted by the Sovereign, the bearing of a coat of arms became a lesser honour and a privilege. The idea of heraldry spread rapidly throughout Europe. In the beginning it was solely associated with horsemen and the nobility. It was born in the Age of Chivalry, and is known as “the Mark of Chivalry”, which in turn is rooted in cheval, the French for horse, since initially it was only the mounted knight and above who needed this form of identification.

But heraldry also became invaluable in other ways, such as on seals; since seals impressed with a coat of arms on one side and perhaps a badge or crest on the others, were infinitely more difficult to forge than a mere signature. It was of great value too in identifying the fallen on the battlefield. Another of the heralds duties, exemplified in an extract from Geoffrey Chaucer's “The Knights Tale” :- “crawling for ransack among heaps of slain, and stripping their accoutrements for gain, the pillagers went busily about after the battle, on the field of rout. And so befell among the heaps they found thrust through with bloody wounds upon the ground, two pale young knights there, lying side by side, wearing the self-same arms in blazoned pride. By coat of arms and crest upon the head, the heralds knew, for all the filth and mud, that they were princes of the royal blood”.

To be continued.....Alan Gane.

# Birds in our area

E O U O C Q G F Y N O D T U A T G L O Z R C G G J J V Q P T S J S V J A F F V V Z F O W S W I  
 O J Z Y V O V R N R N W C U L I A T N N O G A W Y E R G K B P P R R R J V S I C Q A G W R J I S K Q Y  
 V M W R O N R N N M C Q N G T H R U S H R U O D Q P J L T G X X Q A G W R J I S K Q Y  
 K Y F J Z Z P S O N G T H R U S H R U O D Q P J L T G X X Q A G W R J I S K Q Y  
 O W L P W K T F U R R J U E F N W V W V I K K V V N K D A U E B W Y C M I N T Q  
 S E F M R P P B D E A U B H T B O L Q L N M F S V R Q O C Z D Q R R R G E V B R E G R  
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 A D R G R E A T C R K E S T E D E G R E B E W H I A Q U Q S P Y J L Z D A C P Z O H T  
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 M D S R K S L L H I C A B X U Q P N J H M J T L D I N V H C U E Y L G Y Q O M K  
 Q L I E C A T P Q C Z A U R C R S H K K E L C G Z G K G K V F P M O J M F U V V  
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 B G X E S X G F C Y C W X W M M N V R Q L Y T X T T A O H Q A V U O I S Z Q C G  
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 N E L S B R N W I R N T P O E X D V P H Z R K C X W H A J P Q N C L D X R W Q O L  
 P S G F G W E F E X G E Y S V J H H L P N Y V Q B U O T D D C W P V Q V P R  
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BLACK BIRD  
 BLACK CAP  
 BLUE TIT  
 BULLFINCH  
 CHAFFINCH  
 CHIFFCHAFF  
 COAL TIT  
 COLLARED DOVE  
 COMMON BUZZARD  
 COMMON REDSTART  
 CORMORANT  
 CROW  
 CUCKOO  
 DUNNOCK  
 FERAL PIGEON  
 GOLDENEYE  
 GOLDFINCH  
 GOOSANDER

GREAT CRESTED GREBE  
 GREAT SPOTTED WOODPECKER  
 GREAT TIT  
 GREENFINCH  
 GREEN WOODPECKER  
 GREYLAG GOOSE  
 GREY WAGTAIL  
 HOUSE MARTIN  
 HOUSE SPARROW  
 JACKDAW  
 JAY  
 KESTREL  
 LESSER REDPOLL  
 LONG TAILED TIT  
 MAGPIE  
 MALLARD  
 MUTE SWAN  
 NUTHATCH

PHEASANT  
 PIED FLYCATCHER  
 PIED WAGTAIL  
 REED BUNTING  
 ROBIN  
 ROOK  
 SISKIN  
 SONG THRUSH  
 SPARROW HAWK  
 STARLING  
 SWALLOW  
 TREECREEPER  
 TREE SPARROW  
 TUFTED DUCK  
 WILLOW WARBLER  
 WOOD PIGEON  
 WREN  
 YELLOWHAMMER

## CHRISTIAN AID WEEK - MAY 10 – 16 SADLY CANCELLED

Dear supporters.

As all of our thoughts are on the Covid-19 situation, we wanted to share an update on Christian Aid's response. We value our volunteers enormously and want to ensure you all keep safe when fundraising for Christian Aid Week. The health and safety of our community, including loyal supporters like you, is of the utmost importance to us.

### **Advice for Christian Aid Week**

**Many of you will have been planning house-to-house collections and events. Under the current circumstances, sadly, house-to-house collections and delivery-only collections should not go ahead. In particular, along with many churches, events such as Big Brekkies or Lent lunches cannot go ahead.**

Instead, Christian Aid Week is moving online! We are building a vibrant, virtual Christian Aid Week so you can take part with our online community. We would love you to join in to show love for our neighbours near and far, as a global family.

It's more important than ever that we come together as a community to worship and to share fun and fellowship. That's why during Christian Aid Week we will be live-streaming worship each day, and hosting a fun daily quiz to join and raise funds. Sign up using the links below to take part.

- [Daily live-streamed worship](#)
- [Daily fun quiz](#)

Above message from Christian Aid UK

Jan Collins-Webb, Lorton Vale Organiser



HA HA

Janet :- Red hair runs in our family.

John :- Yea, it's the cheap dye which you use.

## THE GARDEN.

What bliss it is, in lockdown days  
To sit amid our garden ways,  
Where gentle breezes softly blow  
Amid the blossom, white as snow,  
Sweet flowers bloom, to scent the air  
And blackbirds sing, without a care  
And float into the arbour where  
Their chicks demand an equal share  
Of worms and grubs and other fare.  
While tadpoles wriggle in the ponds,  
And bracken spreads its fan-like fronds.  
The 'pecker in the distance drums,  
A bumble bee around us hums,  
Where brilliant butterflies parade  
And scamper to and from the shade.  
Where all is still, in perfect peace,  
And all our troubles quickly cease.

Alan Gane.

## **Balsam pulling**

Garden perfect? DIY jobs boring? What about a healthy and useful bit of outdoor exercise? Himalayan balsam has had a delightfully mild winter and damp early spring, and is flourishing in all the usual places. I've been at it since the start of April, but there's plenty for everyone. You probably won't ever be able to completely clear an area, but you can reduce the balsam to the point where other more mixed vegetation survives. There's a quiet satisfaction in freeing a large patch of golden saxifrage and knowing that the saxifrage should now keep going for another year. Weeding is curiously hypnotic, and you may find that two or three hours flash by in a twinkling. Can be done solitary or in your household group. This stay at home spring could be an excellent opportunity to knock back this corona virus of the plant world.

Elly Rowland

## **ALL ASPECTS OF TREE WORK & LANDSCAPING UNDERTAKEN**

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| HEDGE CUTTING | GRASS CARE |

| FENCING | BLOCK PAVING |

| DIGGER WORK | DRAINAGE | WALLING |

**The Melbreak Communities**  
**An Action Plan for the four parishes of Buttermere, Loweswater,**  
**Blindbothel and Lorton**

**COVID 19**

The Melbreak Communities is now registered as a COVID 19 Local Community Resilience Group within the wider Allerdale district and Cumbria County Council networks. We distributed handbills to households shortly before lockdown with names and phone numbers of contacts to call if any resident is in need of help with shopping, posting mail, urgent practical jobs (which might include dog walking, lawn mowing etc) or would simply like to chat. You will find a copy of the handbill elsewhere in this 'LINK'.

**SWIFT PROJECT**

Back in January, The Melbreak Communities hosted a coffee morning where various community projects were showcased. The Lorton Wildflower Project had inspired interest in other possible community wildlife projects especially helping species such as hedgehogs and swifts. In March, we applied to the Lake District Communities Fund for funding for 'The Melbreak Communities Swift Project'. However due to the uncertainty caused by Covid-19 the LDNPA has applications on hold. The project, which will be led by Tanya St Pierre, will ask residents to help monitor swift screaming parties and protect nest sites. There will be talks, information leaflets and swift box building workshops. We will be encouraged to build, or purchase, swift nest boxes and brick for our properties. The project also aims to create specific 'swift hubs' at key community sites where information about swifts will be provided, so that locals and visitors alike can learn about and enjoy these iconic summer visitors and find out what can be done to help them. Whilst the project is not yet active, Tanya would still be keen to hear reports of swifts in the area; some have already arrived south of the county. Please contact her at [tanya.stpierre@outlook.com](mailto:tanya.stpierre@outlook.com) with your sightings.

*If in doubt, swifts are dark all over whereas swallows and martins have whitish patches. Swifts never perch so a bird on a wire is not a swift! Swift nests are hidden in the eaves and crevices of buildings so a bird seen on a nest will not be a swift!*

**COFFEE & CAKES HOSTED BY LORTON AFTERNOON BOOK GROUP: SEPTEMBER 2019 AND FEBRUARY 2020**

Carol Priestley would like you to know that these events together raised £430. The beneficiaries were The Melbreak Communities, The Royal Agricultural Benevolent Association, Cumbria Community Fund's Winter Warmth Appeal, Lorton Pre-School, and Lorton School - who spent their donation on a bookcase and more books for younger readers. Thanks to those who made the donations possible by coming along and buying books and raffle tickets. The Melbreak Communities Steering Group is very appreciative of the donation, especially as donations from Lorton Oil Group are now our only source of regular income.



## Local losses due to Covid 19

Many of us in the area who are members of U3A and art classes, musical or members of the Church will have known these lovely people lost to the virus. The memorial in the churchyard before Easter helped us all to remember these folk and to extend our caring for their families and friends and the marvellous lives they led:

Alan Davis-Johnston chairman of Cockermouth U3A

Chrisy Donaldson -art teacher in Eaglesfield

Paul Sanders from Cockermouth

Keith McLennon - member of Wordsworth Singers and Janet his wife.

The Notice on the tree said

'Please pray for these people known to many of us in Lorton who have died recently with the virus.

Please pray for their families and friends'

You are all forever in our thoughts.'



## Corona, early days

The novelty will fade, will disappear;  
Let's get this straight, you ain't seen nothin' yet:  
Those quickening, warming feelings that we get  
When Skyping those we treat as near and dear  
Will grab the centre stage ~ this much is clear ~  
We'll Cherish. Every. Call.

But do not let  
The folk who are alone slip through the net,  
~ No sounding board to josh their rational fear ~  
Do not abuse the privilege we hold:  
Share thoughts and news and jokes with all we know;  
Such minutes brush the shadow hours away.  
A friendly word from you will be as gold,  
A thoughtful jewel for someone feeling low;  
And this will bond a mutual human day.

John Scrivens

## Coronavirus jokes

Day 2 without sports - found a young lady sitting on my sofa yesterday.  
Apparently she's my wife. Seems nice.

Kid: Mum, when is this coronavirus thing going to be over?

Mum: Just shut up and eat you toilet paper

Really wish we had a dog right now but then I remember that old slogan.. a  
dog is for life, not just for a global pandemic.

The year is 2075 - Grandma - why do you like sitting outside?

Answer - there was a time this was illegal

# Something new (actually old!) to try, courtesy of Walter Head, Hopebeck House

## SAP WHISTLES.

As young village lads in the 1950's we all carried pocket knives which were used for a variety of purposes and in Spring our thoughts turned to Sap whistles.

### MAKING A SAP WHISTLE.

Sap whistles are best made in spring or early summer when the tree sap is rising up the tree. This makes it easier to separate the bark from the wood.

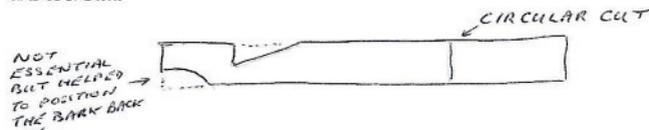
The best wood to use is from the Sycamore tree with the Ash tree the second best.

The thickness of the branch is not critical but a branch approximately 12mm diameter is ideal, all the measurements quoted are as a guide only.

The whistles only last for approximately two days as they will not work once the bark and wood has dried out.

1 Select the branch and cut from the tree then cut to about 100mm in length.

2 Make three cuts as shown below. Later the bark will be withdrawn so the cuts need to be made at the thinner end of the piece otherwise the bark will split as it is withdrawn. Make one cut approximately 80mm from the thin end through the bark full circle round the wood and the others cuts as shown.



3 Wet the length of the whistle, saliva is best, and tap along and around the full length of the whistle for approximately 2 – 3 minutes to free the bark from the wood. We did this by holding the knife blade and using the handle to tap the wood.

4 Slide off the bark with a slight twisting movement, if the bark is reluctant to move repeat item 3.

5 Cut out the chamber and mouth piece as shown below.



6 Wet the whistle body, again saliva is best, and slide the bark back onto the wood and align the cuts.

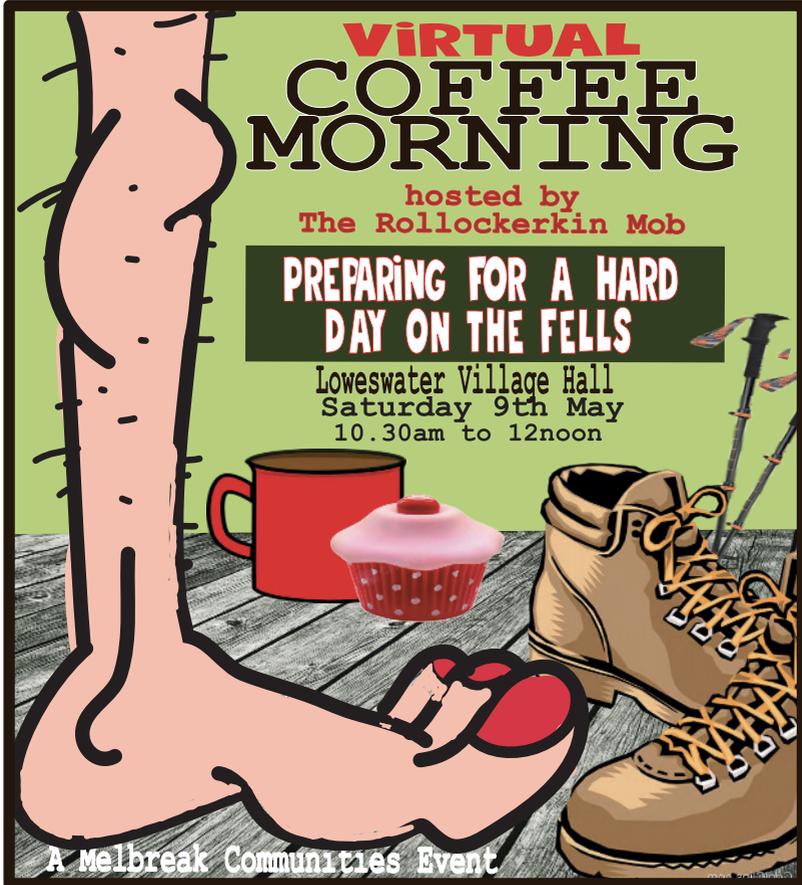
7 Put to mouth and blow.

8 If there is no whistle noise then remove the bark sleeve and deepen the chamber then repeat steps 6 & 7.

Walter Head

On Saturday 9th May sit yourself down with a nice piece of cake and cup of coffee. Imagine you're at Loweswater Village Hall, catching up with friends and eating that lovely Lemon Drizzle Cake.

PLEASE POST YOUR COFFEE MORNING PHOTOGRAPHS ON NEXTDOOR neighbourhood app.



**DISCLAIMER:**

"This poster is based on fact. Any similarity with fictitious events or characters was purely coincidental"  
Nev Mills

## A Classic Car Story

### Flames – and what to do when you see them

Classic cars - the reek of maintenance can be detected at fifty paces – but it's what some of us enjoy doing .....well most of the time.

Don't let anyone kid you – owning one is no walk in the park but it is an experience not to be sniffed at if you're the sort of person who likes to live dangerously. "Life on the edge" is a much overused trendy expression which means "to have an adventurous or perilous lifestyle which creates risk to oneself". Bit like living in London. Now, the husband is clearly one of those people so there we were, me riding shotgun, the husband in charge of the "GO" pedal, hurtling up the A66 towards Keswick in the newly acquired 1972 MG Midget. I say "hurtling", it was probably less than 50mph, however the racket from the engine sounded like we had engaged Warp Factor One. The Cibie spotlights were all lit up at the front and it was pitch black dark at the back, apart that is, from the sparks coming from the rear end like fireworks and the small problem of no brakes. That's correct – no brakes – that's the "perilous lifestyle" bit. The fact that the back wheels were on fire as well only added to the overall excitement and frantic swearing going on in the driver's seat. The husband managed to stop just short of the flyover across the ravine by engaging 2<sup>nd</sup> gear and mounting a 6 inch high kerb with the nearside wheels while the bottom of the offside suspension gouged a neat groove in the tarmac pavement and brought us to a satisfactory halt thereby avoiding a certain and untimely exit from this world. Not to mention the headlines in the Times and Star.

I was now at a disadvantage being at 45 degrees to the perpendicular but, believe it or not, managed to exit the car uphill on all fours carrying a fire extinguisher which the previous owner had thoughtfully positioned in the foot well. Quite a feat for a well upholstered woman of a certain age with a door the size of a letterbox between her and relative safety. But it is amazing what can be achieved under the imminent threat of being burnt to a crisp.

So the flames were out before Keswick Fire Brigade arrived, all six of them, ever so slightly crestfallen to have their evening disrupted by a singularly unremarkable incident. I could see they were hoping to be able to unleash full power on the hoses but instead had to make do with a rather disappointing dribble focused on the back wheels. By now the bottom lip was wobbling (mine, obviously) – I was covered in white dust and black smuts and the hair wasn't looking so good either. In the meantime, the husband had risked life and limb to rescue my handbag and the two plastic covers off the spotlights.....

Next day, the damage investigation team gathered for the inquest but not before the laws of physics had intervened with a vengeance whilst getting the Midget off the rescue trailer. No brakes, remember. It was like giving a three year old child a tomato to hold – it was never going to end well. Simple harmonic motion is quite interesting to observe when witnessed at close quarters – it went like this: Midget descends from trailer rather more quickly than anticipated, runs backwards into hedge, hedge acts as catapult and sends Midget back up ramps but with not quite sufficient speed to reach the top, Midget descends rapidly again into hedge, and then back up ramps – you get the idea – eventually coming to rest several minutes later in what remained of the shrubbery.

So we got it on the four poster lift eventually and swiftly came to the conclusion that the brakes had been binding on – simple really. And the only thing to be a total write off in the whole unpleasant episode was the husband's trousers..... No surprise there, then.

Cheers! Marian Sloan

# FLOWER QUIZ

## Answers next month

### Hitchin Bridge Club

#### ISOLATION FLOWER QUIZ 2020

#### Do you know your flowers?

All of the answers can be found in a garden (even if not yours)!

1	A bovine mishap (7)	
2	A very proper flower (8)	
3	Sounds like herds of sheep (5)	
4	Kept in a warehouse (5)	
5	This saves you money (6)	
6	Sad sight at a dance (10)	
7	You will drop this quickly (3,3,5)	
8	Keeps his paws warm (9)	
9	Sounds like he hates you (7)	
10	Hard working girl (4,6)	
11	Avalanche (8)	
12	Dear Bill (5,7)	
13	Kentish ringing (10,5)	
14	Country of drivers (9)	
15	Sugary veg (5,3)	
16	It led the kings (4,2,9)	
17	Mythical beast that bites (10)	
18	Hello Cynthia (8)	
19	Mix up and hide in plum (10)	
20	Canine stood up (7)	
21	Soccer is confused when U replaces E (6)	
22	Avaricious mother's advice to daughter (8)	
23	Said to a departing sweetheart (6-2-3)	
24	Sanguineous sign of broken heart (4,4,8)	
25	Not shaving, Granddad? (3,4,5)	
26	Alone, but surrounded by onions (7)	
27	Modestly recoiling in the woods (6)	
28	Sounds as if the water in my home is vanishing (9)	
29	Confused? Gum in ear will help (8)	
30	Nancy or Mary? (5)	

31	Hidden in Mordor, chiding Frodo (6)	
32	Chain on your bike (5)	
33	I can't believe it's not a mug (9)	
34	Foggy passion (4,2,3,4)	
35	Flying around in Eden (4,2,8)	
36	Not a sour pasture (11)	
37	Sprightly dancer (8)	
38	Pink inventor of a medicinal compound (4)	
39	One in the eye (4)	
40	Sounds like neither the past or present (7)	
41	Mixed wear, is it? (8)	
42	Edna's favourite (8)	
43	Schubert's Operetta Time (5)	
44	Tea on the lawn (8)	
45	Pull up in a lay by to find the answer (5)	
46	Ali had become all puzzled (6)	
47	Nana's hat (9)	
48	You need these to frame your teeth, I hear (5)	
49	He really fancied himself to death (9)	
50	Prickly wine (9)	



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## LORTON VALE “STAY NEAR HOME” WILDLIFE SURVEY APRIL 2020

Thank you so much to the households who volunteered to participate in this survey and completed returns over two weeks in April. We used a simple sighting code for how frequently sightings occurred (or did not) each day.

The chart shows the most common wildlife we saw. There was some geographical variation.

Exciting other sightings included: Stoats, Treecreepers, Sparrow hawks, Owls (barn and tawny), Hare, Dippers, Curlew, Housemartin, Yellow hammers, Osprey, Peregrine, Otter, Ring Ouzels - and *stop press* - Merlin. Interestingly, a good number of red squirrel sightings and very few greys.

We hope you find the results interesting. My sense is that the wildlife is enjoying the peace and quiet and “lack of human chatter” – and dogs. Bird song is almost deafening, but in a lovely way!

If you are interested in getting involved in a local survey, Dave Smith, who helped with this study, lives locally and is Group Leader of RSPB West Cumbria Local Group suggests joining BTO Garden BirdWatch to contribute to our understanding of Britain's birds [www.bto.org](http://www.bto.org). For local information, check out RSPB West Cumbria Local Group [www.facebook.com/RSPBWestCumbria](https://www.facebook.com/RSPBWestCumbria).

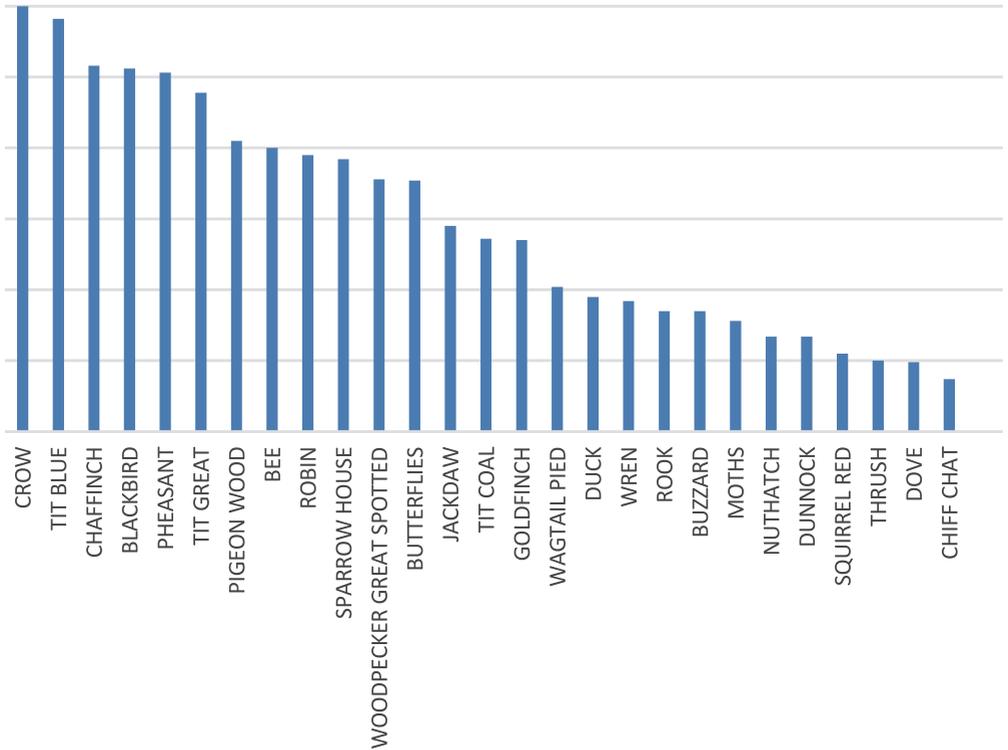
Thanks again to those residents who took time to record their sightings.

John Macfarlane ([jtmacfarlane@gmail.com](mailto:jtmacfarlane@gmail.com))

26.4.2020

Version 3

**LORTON VALE WILDLIFE SURVEY 2 weeks APRIL 2020**  
**Most common sightings - based on agreed sighting code**



## LYCID METEORS and SATELLITES over LORTON VALE

I wonder how many managed to see the **lycid** meteorite streaks over north Lake District last week. The skies were very clear and the moon was new so the stars were spectacular with a bright Milky Way. We are very lucky to live somewhere with relatively little light pollution. Well done to FRIENDS OF THE LAKE DISTRICT for their effective Dark Skies Cumbria campaign (<https://www.friendsofthelakedistrict.org.uk/pages/site/dark-skies-subsite/category/dark-skies-cumbria-homepage>).

One new challenge for a natural sky is the dramatic increase in satellites in our skies. The satellites appear as bright dots moving across the night sky in a perfect line as they orbit the Earth. These human drawings on our night skies are already very visible. There are currently 420 Starlink satellites in orbit and SpaceX (the company, founded by billionaire Elon Musk) plans to put **12,000** up there eventually. Some one must have agreed?

A short video of our Lorton Vale night skies last week can be watched on <https://www.instagram.com/johntmacfarlane/>

The attached image probably shows mainly satellite trails over Grasmoor, but with good Milky Way.

John Macfarlane 27.4.20



### **The Old Farm Labourer**

His hands are gnarled and knotted  
Like an ancient apple bough,  
Brown as acorns, these are hands  
That held the straightest plough.

Pleached the neatest winter hedge  
And dug the cleanest ditch,  
Cleared long rows of cabbages From  
thistles, weed and twitch.

Once they toiled with thatch and peg  
To roof the trimmest stack,  
Built the firmest dry-stone wall With  
hillsmen's ageless knack.

Coaxed the milk from nervous cows  
Reluctant in the byre,  
Helped the struggling lamb to birth  
Or calmed a wayward Shire

Swept the surest scythe-blade  
Through dewy grass at dawn,  
Clipped the quickest fleece and  
Stooked the longest standing corn.

His skills are not recorded  
In diplomas and degrees,  
But in the hands now folded  
On the stick between his knees.

Marion Holden



**We won't give you a blue flashing light . . .**

**but we will give you the opportunity to help a friend, a neighbour or visitor when they are most in need.**



## **Your Vale of Lorton Community First Responders Group are looking for new members . . . can you help ?**

After nearly fifteen years all of our initial volunteers have retired or moved away, but now four of the current 2020 team have also indicated that they wish to retire from active service, so we need new members to keep up the good work.

As a volunteer group we are affiliated with the North West Ambulance Service (NWAS) and are called out by them to offer assistance locally within the valley. We are only called out to help with life threatening problems where prompt action could help save lives. An ambulance is always sent to all callouts that we respond to (in recent years that number has varied from fifteen to thirty callouts a year) but of course in our rural setting that could take quite some time for them to arrive. Living locally you could offer that prompt first response and be on-scene much more quickly and be making a real difference when it really matters.

We offer full training to members, through the ambulance service to start then locally afterwards, in order to keep our CPR and simple diagnostic skills up to date. You will be provided with all necessary kit, a defibrillator and oxygen. You will need a mobile phone or be given a pager in order to receive any urgent calls.

You should be over 18yrs old, have your own transport and live within the Lorton, Loweswater or Buttermere Valleys. We don't have rotas as we regard ourselves on call at all times. Individuals respond as and when available. Being part of a team means that you can back each other up and, should you be unavailable, hopefully other member of a full sized team can attend. This could be your chance to make a difference here in the valley, so if you would like to be part of the group we look forward to hearing from you now, or as soon as you feel you are ready.

Finally, turning to the current situation, we are still turning out to callouts through NWAS, but only to those that are known to be not related to Covid. Not surprisingly, the majority of callouts (ca 80%) are virus-related, so, given our low number of callouts anyway, we have only had to attend 2 callouts this year. However, the majority of the team (including me) have been stood down for various reasons, leaving only 2 active CFRs. We will do our best to attend any non-Covid callouts as we do have adequate PPE just in case the virus is present. I won't repeat the government mantra, but hope that everyone is doing their best to keep safe and minimising inter-personal contacts.

**Leslie Webb, Team Leader, 01900 85609 or [les@damsonghyll.co.uk](mailto:les@damsonghyll.co.uk)**

**1 view of Loweswater Church (Roger Hiley) and the view from the Churchyard (John Macfarlane)**



THE NONSENSE INVENTOR

Have you seen my new Fangled Dangle ?  
Will you over and give it a try ...?  
I'm still sorting out the fourth angle  
Before recommending to buy.

I'm consulting more experts in't morning,  
Though' last lot left scratching their heads.  
When I queried their qualifications,  
They answered, quite leaving me struck:  
SEVEN years the apprenticeship took em;  
They'd ne'er even looked at a book!  
They knew about rhombus, & ragwort  
But knew now't about what they'd been taught ...

So I'll keep to myself my invention  
Until I can fathom out why,  
My reluctance to share revelations  
Stays with me 'Til that day I die ....

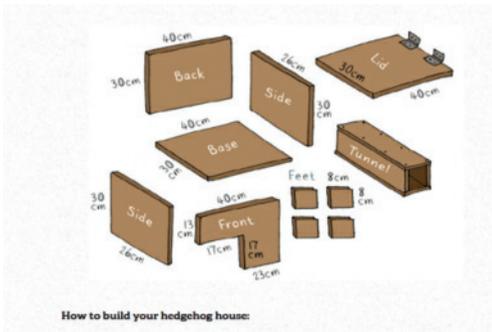
Chris Goode  
Cockermouth

Heaven's Grocery Store

I was walking down life's highway a long time ago.  
One day, I saw a sign that said "Heaven's Grocery Store.",  
As I got a little closer, the door came open wide,  
And when I came to myself, I was standing inside.  
I saw a host of ANGELS. They were standing everywhere.  
One handed me a basket and said, "My child shop with care".  
Everything a Christian needed was in the Grocery Store,  
And all you couldn't carry, you could come back the next day for more.  
First, I got some PATIENCE, LOVE was in the same row,  
Further down was UNDERSTANDING, you need that everywhere you go.  
I got a box or two of WISDOM, a bag or two of FAITH.  
I couldn't miss the HOLY GHOST for it was all over the place.  
I stopped to get some STRENGTH and COURAGE to help me run this race.  
By then my basket was getting full, but I remembered some GRACE.  
I didn't forget SALVATION for SALVATION is free,  
So I tried to get enough of that to save both you and me.  
Then I started up to the counter to pay my grocery bill,  
For I thought I had everything to do my MASTER'S will.  
As I went up the aisle I saw PRAYER and I just had to put that in,  
For I know when I stepped outside, I would run right into sin.  
PEACE and JOY were plentiful; they were on the last shelf.  
SONGS and PRAISES were hanging near so I just helped myself.  
Then I said to the Angel, "Now, how much do I owe?"  
He just smiled and said, "Just take them everywhere you go".  
Again, I said, "How much do I really owe?" He smiled again and said:  
"MY CHILD, JESUS PAID YOUR BILL A LONG, LONG TIME AGO!"

Another practical project - this time from Roger Hiley:

"This month I had an email from Cumbria Wildlife Trust suggesting a whole host of things I could do to pass the time during this current lock-down. As retirees we don't normally find problems filling out time, but one project they suggested did catch my eye as we have two visiting hedgehogs again this year."



I had a look around the shed and couldn't really find that much nice wood of the right size, but I did find the items in the second picture. The plastic box in their diagram made me think of an old blue animal feed bucket behind the shed that had until recently been littering a farm field. Add two rotten fence posts and a scrap of board and cover with turf. You get a cosy igloo for two, for use by the local hedgehogs . . . that is, if their present home isn't up to par.



My constructional photos can be found @ [http://www.loweswatercam.co.uk/200419 Latterhead & Whinny Ridding.htm](http://www.loweswatercam.co.uk/200419_Latterhead_&_Whinny_Ridding.htm)

More ideas @ <https://www.cumbriawildlifetrust.org.uk/actions>

Stay home ... stay safe ... keep busy !

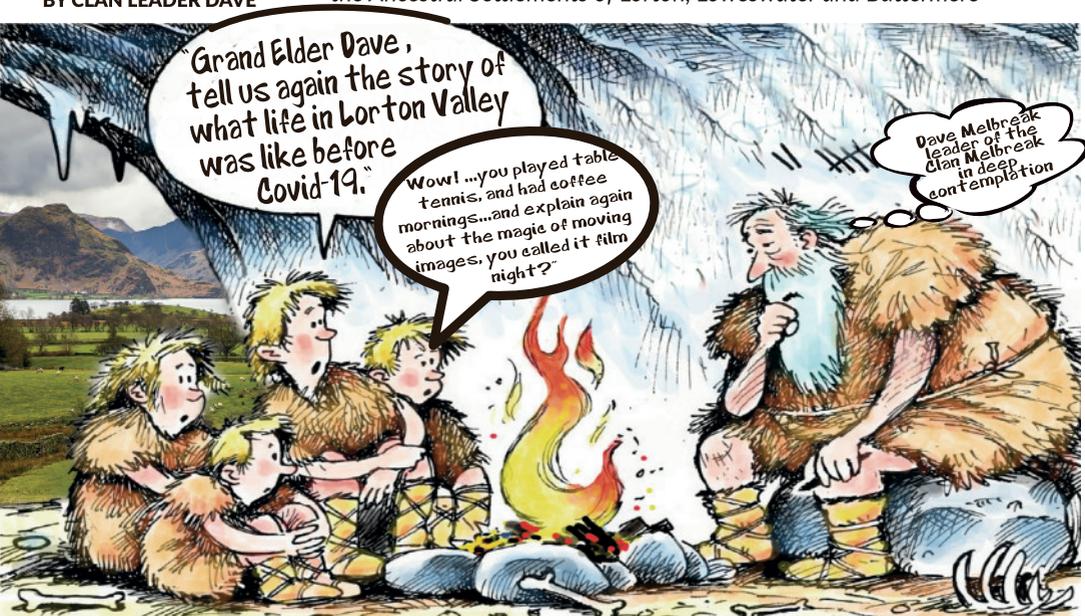
Roger Hiley

A view of the future - thanks Nev

# Lorton Valley Community Centre 2039

NOTICE OF NEXT MEETING  
AUTHORISED  
BY CLAN LEADER DAVE

*Clan gathering at Midsummer Solstice with a ritual walk between the Ancestral Settlements of Lorton, Loweswater and Buttermere*



## Community share

Chris and Frank Judd have a large cot and an ancient but still functioning high chair which they are happy to share.

They also have more than 80 terracotta pipes 30cm x 12cm (the result of dismantling a wine store). If anyone could find use for some or all of them, they would be most welcome.

### More local talent:

Paul Cowling is an artist living in Littlethwaite who has been exhibiting art as a guest artist in Carlisle Contemporary Art Gallery in the Old Fire Station in Carlisle. Someone, ( name not known ) working in the British embassy in Beijing and on lockdown saw his paintings online and one of the paintings caught his attention, he said it was the only thing keeping him cheerful and reminded him of home so he decided to buy it and have it delivered in the diplomatic bag to the embassy, however due to the escalation of things here in Uk it's being held here till things improve and he can collect it or have it posted out later.  
This is the painting - called English Oak with Trompe L'Oeil frame.



Paul has also been commissioned locally and some time ago painted some images of Chris and Derek Poate's house - here they are;



A final prayer - a favourite of Gwyn Evans'

"Do not look forward to what might happen tomorrow; the same Everlasting Father who cares for you today, will take care of you tomorrow and every day. Either He will shield you from suffering or He will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginings"

St Francis de Sales



Deadline for June is Fri 22nd May, all articles to [lortonvalelink@gmail.com](mailto:lortonvalelink@gmail.com) by this date. Keep sending those interesting articles/recipes/letters etc please to replace all the items that will be missing.