

JULY 2020



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

Letter from the Editor

Dear Link readers,

July sees another first for the Link publication. Normally July/and August are combined as a single edition. However, as the restrictions of lockdown start to ease I decided to do July only - in the hopes that by the end of the month we may actually have some diary dates for August!. Wouldn't that be nice.

Once again we have a wide selection of articles for you this month including the follow up articles on the Loweswater Care Programme and A Glimpse of Heraldry from Les Collins and Alan Gane respectively. Chris Edmunds has written an update on life at Lorton Tennis Club and there are also updates from the Lorton and Buttermere Parish Councils. For budding cake-makers we have the all important answers to the ingredients of The Scripture Cake - along with 2 photos of cakes succesfuuly made.

Last month we reported the death of Malcolm Ibbertson and this month Roland and Chris Knight have sent in more memories of him. Sadly we also have to report the death of another past resident - David Herrod - and a moving tribute has been written by Michael Geoffrey Baron.

I was thrilled to discover that our modest publication is read as far afield as British Columbia in Canada and that reader - Dave Whalley - has sent us is memories of trips to Cumbria. Do let me know if we have other readers living in far-flung places.

I'm glad to say that we are able to deliver almost all copies of the Link this month - but it will of course also be available on The Melbreak Communities website

Rosemary
07885 360353

Our front cover is a photo of the ever-popular Crummock Water by John McFarlane. This stone structure has started appearing in a number of photos.

VICAR'S LETTER



Dear Friends

We are still living in a strange new world although some of the Lockdown restrictions are being removed on a daily basis and one good aspect is that Churches are open again for private prayer.

“The government recognises the spiritual and mental health benefits for people being able to pray in their place of worship, and that for some people this cannot be replicated by praying at home”.

We can also hold small funerals in Church again but currently not weddings. Public worship will be later, and we do not yet have a date for this. However, it will be different – the ‘new normal’ and not ‘the old normal’.

The complexity and difficulties of conforming with the detailed and potentially onerous advice and requirements which would enable us to open our Churches in a safe and secure way for all of us in our communities, and any visitors have limited our opening times.

Uppermost in our thinking was the age of many of our church members, who being 70 years plus are considered to be among the most vulnerable people in this Lockdown situation we find ourselves in. In addition there were and are other practical matters that have contributed to this decision to only

partially open. Not least how many people would be needed to facilitate the opening up of our buildings, bearing in mind the health and age of our members. Social distancing and hygiene restrictions will be in place and numbers will be limited. People who visit for private prayer must bring their own prayer books and there will be no access to books, toys, paper, pens etc. There will be notices and facilities in the Churches for sanitizing hands and the routine for prayer. The purpose behind the supervision of private prayer is about safety and not placing others at risk. Please also note that the current reopening will only be for individual private prayer. The government announcement does not include prayer as part of a group, led prayer or a communal act.

The decision was not taken lightly and we will review this on Saturday 4th July, notwithstanding further advice from both the Church of England and the Government in the meantime.

Continued overleaf

Cont. From previous page

We realise this may be disappointing to some of you but hope you will understand that we preferred to err on the side of caution, as indeed many of our sister churches have also decided – some not opening at all. Our hope is that in the near future we will be able to open up, not just for private prayer but regular Sunday worship in some form soon and adhering to whatever safety advice we may receive.

Feel free to pass this information to anyone else. Particularly, those without internet by phoning them.

Please continue to pray for those who offer official advice and have to make what can be hard decisions to bring us into a so called 'new normal' and hopefully a return to corporate worship. Also, do not forget to pray for those who are in ICU in hospital suffering from Covid19, and medical staff caring for them and all other Key workers keeping our communities going.

Loving God,
thank you for this house of prayer
where we praise and thank you
for all you have given us.

Help us to go out into the world,
refreshed by your Spirit,
to do what you have called us to do
in Jesus Christ our Lord. Amen.

God bless and have a good summer wherever you may be.

Revd. Sandra

CHURCHES OPEN

ST. CUTHBERT'S LORTON MONDAY 10-12
ST. JAMES BUTTERMERE WEDNESDAY 10-12
ST. BARTHOLOMEW'S LOWESWATER FRIDAY 10-12

Contact details:

Revd. Sandra Ward 01900 85237
revd.sandra@gmail.com

Churchwardens:

Lorton:

Roger Peck 01900 85236
Keith McNeil 01900 85383
Loveswater with Buttermere
Barbara Robinson 01900 85234
Eleanor Ella 01900 821180



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Virtual W.I. report no. 3. This month would have seen the June National Annual General Meeting in London. It is a yearly ritual for the W.I. Women gather from all over the country, meeting old friends and making new friends, discussing and voting on key issues for our country with which to lobby the government. We have our local W.I. rituals too – the yearly Christmas Party, the Birthday Party, the A.G.M., often a summer walk finishing with a meal. Our monthly meetings usually have a set pattern which we come to expect. Many of us have our personal rituals in our families. Our four grandchildren's birthdays are well spaced out during the year, and with Christmas added we all have a reason to meet up every few months for chat, hugs and laughter. In another time we have always had our weekly routines of exercise classes, helping out in charity shops, meeting friends. The church, clubs and organisations, we all have our rituals, the events which we set up to enable us to meet regularly, to celebrate, to comfort, to do things together. They are the warp and weft which we weave into the fabric of our lives to give them meaning.

This year it is all different, and for many this has been hard. There is a sense of disconnect in our world. A friend's daughter has had to postpone her June wedding, and funerals have had to be organised differently.

Last Monday was the funeral of Mary Wallace, our longest serving member. Many of us were unable to attend, as even to watch from the road would have meant

being too close to too many people. But we, as a group, still celebrated Mary's life and said what she had meant to us. Very soon after the news of her death there were numerous emails exchanged between members, with photos and memories of this lively, funny woman, so we had our own small celebration online!

My strongest memories are of her teasingly lapsing into impenetrable Cumbrian on first meeting this "off-comer" but then having a friendly chat in Sainsbury's a week later. I have included a photo of Mary and Carolyn, as our longest serving and newest members, cutting our Birthday Cake in 2013.



Many of our rituals are on pause, but we have found ways to come together again. We have our weekly rituals of online meetings with friends and family, exercise and Art Groups, Book Club and so on. And then there are the arrangements for small garden catch ups, taking our own chairs and thermos of coffee. We are getting through and an end may be in sight.

Stay Linked!

UPDATE ON THE LOWESWATER CARE PROGRAMME – PART 2

by Leslie Webb

In the first part of this article, I mentioned that artificial fertilisers began to be used in the catchment in the post-war years. This is almost certainly the single most important factor in the higher levels of algae evident in the lake over the last 50 years or so. As well as requiring carbon dioxide, water and light, the growth of algae requires an adequate supply of other nutrients and, from many studies around the world, it is usually the level of one of these nutrients (phosphorus in phosphates) that controls how much algae grow. The importance of phosphorus to algae is confirmed by the substantial increase in its level in the lake sediment core taken in 2000 - there's now 4 times as much phosphorus in what's deposited in the lake sediment as there was 1000 years ago.

It's impossible to prove where this increased phosphorus comes from, but the most likely source is residual fertiliser-derived phosphates washed out of the soil by the rain. In lakes like Bassenthwaite, a major source of phosphates is the treated sewage from towns (in this case, from Keswick), although, like Keswick today, the sewage can be treated chemically to reduce this if needed. In Loweswater of course, there is no centralised sewage treatment as all the properties have their own small treatment plant.

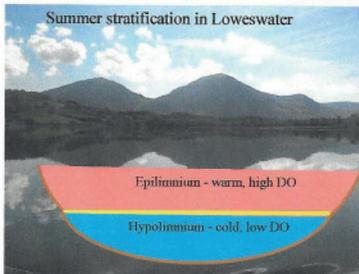


In another mini-study in the original LCP, I carried out a small project to do something that I didn't envisage doing when I moved here in 2006, which was to study all the sewage treatment plants in the Loweswater catchment to see how they were working and also to see how many people

were using phosphate-free detergents. This was quite interesting and allowed me to get to know people in a completely new way. The treatment plants ranged from old septic tank systems (some not having been touched for many years) through to modern fully-mechanised plants (like the one shown here) and a reed bed. The trouble with all such plants is that they are not designed specifically to remove phosphorus, although some does get transferred into the "sludge", but this still has to be disposed of. Quite a few people were using phosphate-free detergents, but a lot of dishwasher powders still contained high levels of phosphates at the time.

This study estimated that the various sewage outlets contributed around 15% of the phosphorus input to the catchment. One of the other sources of phosphorus is the lake sediment itself. In the Summer, deeper lakes like Loweswater stratify into two layers due to the warmer water of the incoming becks being unable to mix with the cold, denser water already there (see picture). Shallower lakes like Bassenthwaite don't do this as normal mixing (such as by the wind) prevents this occurring. The bottom of Loweswater loses its dissolved

oxygen (DO) at this time, becoming virtually anoxic for a few weeks - this very poor water quality is the main reason why the lake is only classified as of moderate quality. The low DO allows phosphorus in the bottom sediment to be re-dissolved which returns to the main body of water once the lake re-mixes itself in the Autumn. In the last LCP project, the University of Liverpool were able to calculate that, in 2013, this recycled phosphorus was a minor contribution (<10%) to the lake's total input and that over half of the total incoming phosphorus remained in the sediment (rather than leaving in the Dub Beck outflow).



A £325k DEFRA grant funded this last LCP project "Improving water quality in Loweswater", which we carried out after we became part of the local Rivers Trust. The bulk of the money was spent on improving the infrastructure at various farms with the objective of reducing their phosphorus input to the lake catchment. This gave the project a strong link back to a farmer's group in 2002 that kick-started efforts to improve the environment in Loweswater. As the University-led project in 2007-10 had concentrated on sociological aspects arising from the lake's problems, we were determined that this new project would get its hands dirty by focussing on practical measures. Here's a photo-montage of some of the farm projects:



In part 3 of this article in September, I will describe the monitoring that we started in the DEFRA-funded project and which we are continuing today and possible plans for the future.

Penny's Piece

Ah, thanks to the rain which has finally arrived, the grass has suddenly had a growth spurt. This is great on the fields, slightly less so in the garden (unless you like mowing the lawn) and an absolute pain on the side of the road. Yes, we have returned to the season where the roads are apparently a maximum of 7 feet wide at any point. The desire to buy something ridiculously huge like a monster truck is quite high. All the years at university in York and completing the journey over the A66, I never once saw a tank crossing at Warcop but I imagine it is an impressive and intimidating sight. People might be surprised how far over they could move if they thought a tank was coming at them. They may also be able to reverse. I am still annoyed as I have not cracked the stereo code and more so as I am driving daily now. I have been back into school this week as we try to safely take back as many children as we can safely fit and allow for time outside too. Having been working from home for 3 months, returning to school poses a few problems. Mainly the end to all day grazing and a constant flow of tea! I'm going to have to reacquaint myself with either; being fine with a lukewarm brew or re learning how to 'down' a fresh one in around 2 minutes. I did have that down to a fine art before lockdown, but may have to re train my mouth to recognise this is acceptable. For health and safety, we are allowed to dress more casually as we have to have completely new clothes every day. I am thinking that the pairs of cargo pants and shorts are going to come in very handy for holding additional snacks to keep me going.

So, more of the shops are open and like the Boxing Day sales the queues were massive. I saw this on the news. I did not feel the need to join in. Especially not for Primark. Queuing inside to pay is bad enough. This thought has just made me realise that, if you have queued for grocery shopping in you have literally started queuing for the till outside!

Another thing I have noticed now we have had some rain is snails. Where were they when it was really dry?

I was sitting on the sofa one day doing some bits of work when a very strange sight appeared outside the window. It was my mum carrying a child's fishing net and clambering onto the rim of the net was a mouse! Mum's face registered disgust, the mouse didn't look bothered. She'd caught it in house having watched it casing the living room. Given she only put it across the road I'm guessing that if it didn't beat her back into the house, it would be back that night. There are a lot about but I saw our local tawny owl one dusk so hopefully it will keep things under some control.

Lockdown has meant I have been taking a daily walk- something I want to continue even after being at work. Walking in the evenings has two bonuses, fewer people and more wildlife. I have seen deer, foxes, lots of hares and now many different fledgling birds- the woodpeckers are doing well and I have a pied wagtail above the front door. Keep right if you don't want an unwanted addition to your hair-do!

Keep safe and well. Penny

NOTES FROM ST. BARTHOLOMEW'S AND ST JAMES

Following recent relaxing of lockdown measures our churches are now able to open for short periods for private prayer for our congregations. This is an encouraging start. Supervised opening will take place at Loweswater on Fridays 10 - 12 am, Buttermere on Wednesdays 10 - 12 am. This subject has been covered in great detail in Sandra's letter so no need to elaborate here.

It has almost felt wrong to enjoy May's extraordinary hot sunny weather in the midst of the pandemic. It resulted in a large number of visitors, very noticeable after the quiet times, with some congestion on the Buttermere road. The last two weeks have seen fewer visitors with the arrival of the long awaited rain to the great relief of farmers and a bonus for gardeners.

These unusual times have been something of a wake up call, a time to reset the compass. There has been a welcome renewed interest in the natural world and its restorative powers. It has been lovely to see deer most

mornings in the fields beside the Cocker and a delight to have a red squirrel back most mornings after a gap of three years. The earth must be breathing a great sigh of relief with cars in driveways and planes left on runways. Whilst this will change one can only hope that we don't return to the "old normal" which wasn't exactly good for the planet.

The feast day of St. James is celebrated on 25th July. His symbol the scallop shell represents pilgrimage with its association with Santiago de Compostela the place of his burial.

With all good wishes for the best that July 2020 can offer.

Eleanor Ella

Needless to say, the sons of illustrious and armigerous fathers were anxious to adopt their parental arms and so heraldry became hereditary. It is sometimes assumed that heraldry is boastful, but in fact it is nothing of the sort. Heraldry does not boast, it aspires and inspires; it is the mark of chivalry, the nine virtues of which were laid down in the Book of St Albans as follows :-

1. Honour thy God in Heaven.
 2. Honour thy father and mother.
 - 3 Be merciful to all people.
 4. Do no harm to the poor.
 5. Do not turn your back on the enemy.
 6. Keep all promises – to friend and foe alike.
 7. Keep hospitality, especially to strangers.
 8. Uphold maidens' rights.
 9. Protect widows.
- and to these were added
10. Exhibit prowess in arms.
 11. Be steadfast in loyalty.

The embodiment of a gentleman in fact, the overall aim of which is “honour in this world and salvation in the next”.

Heraldry is part of State Ceremonial and although it is rooted in the past, it is not an anachronism, on the contrary, it has been and is still continually updated. Far from being in the past, it is interesting to note that more new coats of arms were granted in the 20th than in any previous century. Similarly, the general interest in heraldry is evidenced by the considerable number of books published on the subject. Probably the most outstanding classic is “Boutell’s Heraldry” which ran to no less than eight editions between 1954 and 1983. The more recent editions were edited by the late John Brooke-Little, (illustrated), who became a Herald in 1956 and rose to become Clarenceux King of Arms and the most widely known Herald of the century. He also founded The Heraldry Society which is still flourishing today.

In England, the first step for someone wishing to obtain a Grant of Arms is to make their wishes known at the College of Arms in London, (illustrated). Established in 1555, the College is not funded from the public purse but is a royal corporation and is financially self-supporting, with jurisdiction over England, Wales, Northern Ireland and some Commonwealth countries. It is also the seat of the Court of Chivalry which still exists to this day. The Heralds, as they are commonly referred to, or more properly Her Majesty’s Officers of Arms, are members of the Royal Household. The term “Herald” comes from the French “herault”, meaning “messenger”, although in fact the duties of the early Heralds were more akin to those of ambassadors. The most senior officers are the Kings of Arms, Garter Principal King of Arms who is head of the College, Clarenceux King of Arms who rules over heraldic matters in England south of the Trent, and Norroy and Ulster King of Arms who rules in England north of the Trent and in Northern Ireland. Scottish heraldry is quite separate and is under the jurisdiction of Lord Lyon, King of Arms, in Edinburgh. Next in order of seniority are the six Heralds of Arms, Windsor, Chester, Richmond, Somerset, York and Lancaster and then the four Pursuivants Rouge Croix, Bluemantle, Rouge Dragon and Portcullis. Additional Heralds Extraordinary are appointed from time to time, who are not members of the corporation, with the titles such as Norfolk, Arundel, and FitzAlan Howard. The officers take it in turns to serve as “duty officer” at the College and whichever officer happens to be on duty when an enquiry arrives will serve as “Agent” to the applicant for the duration of that particular case.

The next step is for details of the applicant to be submitted to the Earl Marshal, His Grace the Duke of Norfolk, who is directly responsible to the Queen for all State Ceremonial, with a plea for him to issue an appropriate Warrant, without which the Kings of Arms cannot grant.

Generally speaking, to be successful an individual applicant must hold a professional qualification, a University degree, a Commission or Membership of an Order of Chivalry. Many coats of arms are also granted to counties, corporate bodies, societies and so on. Once a Warrant has been granted the process of designing the arms may begin. Each design must be unique and must, of course, comply with the rules of heraldry. It may comprise "anything in the world, anything in the heavens and anything in the imagination". The newcomer to heraldry should be warned of, but not put off by, the fact that heraldry has its own terminology, much of which is in Norman French, although pronounced in English, something to which the student soon becomes accustomed.

To be continued.....

Alan Gane.





Anyone for tennis ? Best be quick.

I write this in mid June 2020 reflecting on what has been an unprecedented time for us all. On the evening of 23rd March 2020 we all went into lockdown and life changed in an instant. We closed the Club on 24th March 2020 at a similar time the Lawn Tennis Association (LTA) issued guidance; not only was this absolutely the right thing to do for the safety of our Club members and guests, but we wanted to ensure that we were doing the right thing for all in the village.

Roll on to 12th May 2020 when following updated Government guidance, we reopened the tennis club with limited play. Since then in line with Government guidance we have gradually built back up; we are now back up and running albeit it with social distancing and COVID 19 measures in place. The LTA are now actively encouraging people to play via their Play your Way <https://www.lta.org.uk/play-compete/back-to-tennis/>.

The Lorton Tennis Club Committee team has pulled together exceptionally well throughout the pandemic (even with online meetings) and we have been busy working behind the scenes on a number of projects.

Re-branding

We have just completed a rebranding exercise and we hope you like it. The rebranding includes a brand new logo and website - <https://clubspark.lta.org.uk/LortonLTC>. We will soon be making available personalised Lorton Tennis Club merchandise so watch this space.

Membership

If you are looking to become a new member please get in touch with Gill White on lortontennis@gmail.com but be quick as we are seeing a renewed interest in Tennis at the moment and in such a wonderful location who is going to argue with that ? The online court booking system is often busy but there are still opportunities to play; best be quick.

Coaching

We have started coaching again, to cater for all abilities and levels – please contact Chris Lockyer (07900286909) in the first instance or Rob Cruikshank (07594541788). Enjoy, take care & stay safe from us all at Lorton Tennis Club.

Chris Edmunds, Chairman, Lorton Tennis Club

07740865147
18th June 2020

SCRIPTURE CAKE ANSWERS

Here are the answers to the Scripture Cake

Judges 5:25, last clause = unsalted butter, softened, Jeremiah 6:20 = light brown muscovado sugar, 1 Samuel 14:25 = honey, Jeremiah 17:11 = medium free range eggs, at room temperature, beaten, 1 Samuel 30:12 = raisins, Nahum 3:12 = soft dried figs, Numbers 17:8 = blanched almonds, roughly chopped, 1 Kings 4:22 = light brown plain flour, 11 Chronicles 9:9 = ground mixed spice, Amos 4:5 = baking powder, Leviticus 2:13 = salt, Judges 4:19 = milk

Here are images of 2 cakes made from the recipe - Jan Evans' on the left and Lorna Meadley's on the right



When will the Yew Tree Hall Reopen?

Current guidance is that community buildings will be allowed to open again from 6th July. The Committee is monitoring Government guidance and if that date is confirmed will set up arrangements to ensure the Hall complies with social distancing and cleaning. All regular users have been sent copies of the advice, so clubs and societies can plan how or if they might meet again.

Derek Poate, Chairman.

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Kate

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ZOOM Parish Council Meetings

Corvid 19 may have furloughed many and stopped normal life in its tracks with self-isolating and social distancing, but the three parish councils at Lorton, Loweswater and Buttermere have not used the coronavirus pandemic as an excuse to cease to function. How you might wonder a parish council can meet and not infringe public gatherings exceeding the head count of 2 plus social distance. One Lorton councillor did suggest it met in a big field and everyone shouted, but as clerk to the three parishes I noticed that the Cabinet Office Team in Downing Street Zoomed, so good enough for them, certainly good enough for 3 of the Melbreak communities parish councils.

I discovered that in Lorton there was a weekly quiz run using Zoom, at Loweswater when I ran it past that parish council, I realised that certain grannies were already using the platform, Buttermere was the least conversant parish of the facility. However all three parishes opted to take the Zoom track and at all parishes we did a dummy run which ironed out the problems and convinced first time users that once they had mastered mute/unmute, video on/off and importantly discovered “gallery” view, it was easy.

So members of the public you are not excluded from attending virtual meetings, just contact me via my clerk’s email address, on the Melbreak Communities Website at the relevant parish homepage by 4pm on the day of the meeting and I will provide you with an emailed link. You can also phone in from a land line or mobile, I will provide those details. Ideal you need a desk or laptop, but a good tablet is fine and if you use a smart phone you are restricted on the number of people you can see. Be reassured that we are using the paid for Zoom Pro system so end to end encryption is guaranteed. Do not be shy come and Zoom with your parish council. Lorton next meet Wednesday 1st July and Loweswater on Thursday 2nd July both meetings start at 7.30pm and the waiting room opens at 7.20pm. Want to know what the waiting room is, come along.

Mike Milner, parish clerk

FRESH YELLOW PAINT

For 3 years as clerk to Buttermere I have been trying to draw attention to the traffic chaos at holiday times, especial Bank Holiday week-ends. Also, other traffic pinch points in Loweswater and Lorton. Numerous complaints and photographic evidence were as much use as the proverbial chocolate fireguard. Once the tourists depart, the roads are easy to travel and parishes move on to pothole problems, broken street lighting and blocked drains in the world of the parish complaints calendar.

On Spring Bank holiday Friday, I had to drive to Buttermere to get accounts documents signed. The trip there and back was a nightmare, as many of you are probably very aware. The stretch of road by Crummock Water being a notorious hazard. Twelve months ago I purchased a dash cam, it proved a 5 gold star purchase that day. On my return home I downloaded all the video and picked 9 frames that highlighted the inconsiderate parking by furloughed folk both ignoring social distancing, double yellow lines and actively practising obstructive parking.

I forwarded a very “bothered of Buttermere” email to the Cockermouth Police Inspector that evening and copied it to LDNP. Much to my amazement on Saturday, police took action at Crummock Water, tickets issued. Back to normal Sunday, but national TV were on to the issue. Ever since then things have moved in an incredibly positive manner. Double yellow lines are being remarked, enforcement teams will attend to issue tickets, vehicles causing an obstruction will be removed and there are meetings planned with NT and LDNP teams to move quickly this summer. If you see double yellows that means their directions are being enforced and not hidden by inconsiderate motorists.

Mike Milner, parish clerk.

Memories of Malcolm Ibberson

We read in this months Link of the passing of our old neighbour, we having lived at Trevene until 2003.

I have attached a couple of pictures associated with Malcolm, one of Buttermere Pines painted by him, and one entitled "Abdul" of him painting his house opposite us. Mike Kyle chose the title.

Could you include these in the next Link as an appreciation of our friend.

Regards, Roland and Chris Knight.





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Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st June 2020

1st prize of £25	No 2	Anne Style
2nd prize of £10	No 25	Frank Judd
3rd prize of £5	No 66	Sue Hulme

Congratulations to the winners and thanks to all our supporters.

The Gift

Here's a great reminder to make those small cracks of time count.

Imagine there is a bank that credits your account each morning with £86,400. It carries over no balance from day to day. Every evening the bank deletes whatever part of the balance you failed to use during the day.

What would you do?

Draw out every penny, of course.

Each of us has such a bank.

Its name is TIME.

Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours.

There is no going back.

There is no drawing against the "tomorrow". You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success.

The clock is running.
Make the most of today.

To realize the value of ONE YEAR, ask a student who failed a grade.

To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE, ask a person who missed the train.

To realize the value of ONE SECOND, ask a person who just avoided an accident.

To realize the value of ONE MILLISECOND, ask the person who won a silver medal in the Olympics.

Treasure every moment that you have.

And remember that time waits for no one.

Yesterday is history.
Tomorrow is mystery.
Today is a gift.
That's why it's called the present.



Red Squirrel Conservation Update

June 2020

Dear Friends & Supporters,

As you are probably aware, during the COVID19 lockdown restrictions through March, April and May we were unable to carry out much of our red squirrel monitoring and none of our grey squirrel control activities.

As a consequence, the grey squirrel populations in west Cumbria have been able to breed and successfully raise their young with very little interference by humans or predators, greatly increasing the population and spread of greys in the area. So, now that we are once again permitted to be out and about controlling grey squirrel numbers, we are going to be very busy.

The financial implications of the Covid restrictions on our ability to carry out this work are also proving to be quite severe. A number of large organisations who formerly sponsored or assisted with the costs of feeders on their land holdings have had to withdraw this assistance due to their own funding hardships. In normal circumstances we may have been able to accommodate the withdrawal of this corporate assistance for a short time by a combination of reducing the number of active feeders, using a slightly cheaper (but slightly less effective) feed mix and suspending all non-feed purchases.

Unfortunately, this situation is being exacerbated by a number of factors. Firstly, is the fact that the majority of the places where we site our collecting tins are currently closed or people are being encouraged to use contactless payment methods so they don't have a few coins in change to drop in the tin. We would normally also raise a little funding by selling things and running raffles at village fetes, country shows and other events which are also being cancelled this year.

We are fortunate that our dedicated team of volunteers all give their time free of charge and cover all their own travel and equipment costs; none of the team or the co-ordinators take any remuneration from the group funds. However, as you can see in the paragraphs above, our income has been greatly reduced but fixed costs such as group insurance and accountant fees will still need to be paid, so the amount of feeders we can manage to run will need to be reduced significantly if the group is to survive. Given that we were unable to undertake our usual control activities for the key period when young greys were first emerging from their nursery dreys and are currently spreading out and establishing new territories, we are finding that the majority of our feeders are seeing grey activity, so this is something we would like to avoid as far as possible. As an indication of the scale of our operation, we are currently monitoring around 70 feeders across Allerdale and Copeland and have an annual turnover of around £6-7k.

We believe that our relationship with you as residents and property owners has always been of a benefit to both parties. We are only able to further our aim of protecting the native red squirrel due to the permission granted by landowners and we hope that you feel that you also gain from this arrangement, whether it be for the betterment of the situation for red squirrel survival or just to keep grey squirrels from destroying your bird feeders!

After all that explanation you probably won't be surprised to now read that we are putting out our begging bowl. We don't want to charge for the work that we do, we do it purely to try and protect our endangered red squirrels, but if you did feel that you could help by making a monetary donation towards our running costs, it would be greatly appreciated and could help our group get through these testing times.

Should you be prepared to help, donations can be made in several ways.

By Paypal to: WLSI@hotmail.co.uk

By Bank Transfer to: Sort Code 55 81 37 Account No. 90233298

Cheque Payable to: West Lakes Squirrel Initiative
Postal Address: 51 Seaton Road, Seaton, Workington. CA14 1DZ

With best wishes and thanks for your ongoing support from,

Peter & Steve at West Lakes Squirrel Initiative

The Cocker Watershed

Here I am in British Columbia, thousands of miles from my favourite place, that is to say, The Lake District; but with restrictions on travel due to COVID-19 I find myself unable to visit just now— However, I can still search my memories for visits to those valleys and fellsides, not forgetting the 77 Wainwrights already under my belt, so with my journals, vast photo collections and Ordnance Survey Maps, have a very clear picture of all my past adventures in the area.

Reviewing all this information made me realise how many Wainwrights are either fully or partially inside the Cocker watershed; 34 of them.

The highest fell in that group being: 20 Grasmoor at 2795ft. and close by under the shadow of Grasmoor is 209 Rannerdale Knotts at 1165ft. being the lowest. Of all the 214 Wainwrights: 1 Scafell Pike 3210ft. being the highest and Borrowdale's 214 Castle Crag 951ft. being the lowest, you can see that the watershed has a nice range of fells for the visitor to consider.

Rannerdale Knotts never fails to enthrall me with it's easy ramble, the spectacular position and wonderful views all around, not to mention the bluebells in their magnificence which have been drawing crowds for generations, protected in a mountain environment by the bracken before showing off in grand style then once more seeking the cover of same. On reaching the summit it is possible to believe that you're on top-of-the-world with Crummock Water twinkling below. On the left Buttermere with it's iconic line of Scots Pines and to the right just beyond Melbreak lies Loweswater.

Many of those fells in the watershed are visible from Rannerdale Knotts including; just across the valley above Buttermere, 131 Haystacks at 1959ft. which sits nicely in the middle of the highest and lowest fells in the 2000ft. range and was of course Alfred's favourite fell and where his ashes lie scattered today. In Buttermere Village, it was great to discover St.James' Church window memorial to Alfred Wainwright and the engraved slate with the inscription which directs you to, 'lift your eyes to Haystacks', his favourite place.

Another thing, when it rains— and it will, all that water flows through these lakes and along the Cocker down to Cockermouth where it joins the Derwent. When I finally return to the Lake District, all these hills and valleys will be there for me to leave my footprints, take more photographs and enjoy more fells which have eluded me in the past .

Dave Whalley
Oliver, BC
Canada

We spent a few days in Delhi to see some of the city and so I could acclimatise and prepare myself for heading out on the journey proper on the bikes.

One evening we went out to a restaurant for a meal, we ordered Malai Kofhta, the meal came, two sausage like things looking very lonely on a plate, we thought there must be something else coming, so we waited and waited, asked if something else was coming and just got this head wagging from side to side, did it mean yes or did it mean no? Then after half an hour or so, got tired of waiting and ate the things and then out came the sauce! This was good training, in India one needs to develop patience, as we found during the rest of the trip!

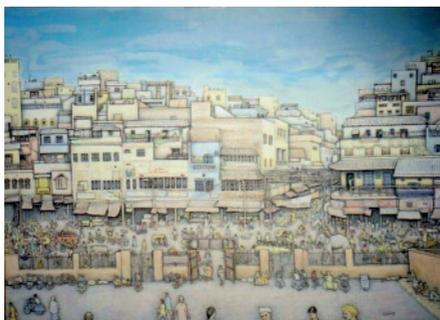
Back to the bikes, two cheap mountain bikes, two panniers carrying spare parts for the bikes, a change of clothes, washing and shaving kit and I had my art gear. We were travelling really light! No tent or cooking gear as we would just stay wherever we found and eat whatever was around! More on this subject later!

We set off to cycle through the city, straight into an enormous traffic Jam, heading to a cross roads where no one was giving way, everyone just squeezed through when they could, it was utter chaos! We were jam packed in with all the traffic and slowly carried along, but Andrew was getting swept away whilst I was stationary, then one of my panniers dropped off, perhaps I should of tested them before setting off on such an adventure!

There was a tall brick barrier running down the centre of the highway, I dragged myself and the bike onto the barrier, fixed the pannier back on and ran like a mad thing after Andrew on top of the barrier, crying wait for me! Everyone was looking at me, I leapt back into the crowd having finally caught up with Andrew, who was quite oblivious to my panic, he was used to all this chaos, whereas I thought I was going to be lost in India forever and then a Sikh in a nice coloured turban tried to drag my bike away from me, I clung on for dear life, but then he let go, laughing his head off, he was just having a joke, I was not amused!

And then it started raining, well it was the end of the monsoon season and it poured, and my enthusiasm for the adventure felt to be going with the rain, down the drain, but all of a sudden the rain stopped, the sun came out and we started to move, got through the crossroads and pedalled on through the city, we had made it we were at last cycling in India! We pedalled on towards the Yamuna river where, so our info said, that the city ended, only it didn't! And over the bridge we entered somewhere called East Delhi!

The city of Delhi from the Jama Masjid Mosque. - Paul Cowling



David Herrod. 1936-2020,

I awoke on 31 May with two thoughts. One was that my old friend David Herrod had just died and ,two, that I ought to write ,as I now do, so that David's passing may be remembered in the valleys - in Mockerkin, Lorton and in the many places that his art as a photographer , a walker , and his presence as a good human being ,once shone for many years.

I don't know exactly where in 1936 David was born but it was in Nottinghamshire of which he and Peg were natives and where they met. My late wife , Hetty and I knew this delightful couple and their children from early on in our life at Watergate . Maybe, I met them both on the first fell walk that Alan Gane organised . Out of those regular walks and scrambles in the fells came the Mockerkin Mob , and then a luncheon group which Pat Highton started after a meeting at a Loweswater Show in 1995.

At its peak we gathered together for lunch, Tom Bird, renowned for his Swiss roll for all, Mary Alderman (where ten people crammed into her tiny cottage), Among them, Peg and David, Alan and Marian Gane,- their cottage at Mockerkin had a big front room -,Pat and John Highton, originally in Mockerkin and then at Seldom Seen Cottage in Thornthwaite, The lunchtime get together was an exclusive affair ! But as members left the valley or died ,it too passed away.

So there were many get togethers and early on I came to know that David was a qualified engineer and had worked at times for the local authority and for BNFL. He was always defensive about nuclear power, and certain on the pessimistic findings of the Club of Rome in 1976 on population and resources, and Hetty and I were aggressive about its many failings of the nuclear industry But that never stopped or affected our friendship or the fun of those around the houses lunches ,the meals we cooked and the conversations. Both David and Peg were good hosts and owned the most interesting house of all of us , with David's paintings and photographs on the walls. And when I met the poets Carol Ann Duffy and Sean O'Brien leading a course at Higham Hall, I tried to persuade David to photograph them as the beginning of a series of visiting poets in Cumbria. But got no farther than pictures of O'Brien and the famous Australian Les Murray. By then David was honing his genius as a portrait photographer since he went on to capture images of Willie Whitelaw, Colin Welland and other notables . His fine collection was the subject of an exhibition at the harbourside gallery in Whitehaven .

As a great craftsman and author of two books on photography,- David has two photographs in London's National Portrait Gallery – let us remember the pleasure of the waterscapes, the fells, the nestling pears, the trawler leaving harbour. David captured many classic Lakeland images . So that years later ,given his love for the Cumbrian poet Norman Nicholson's poetry , we had the idea of a collaboration. I would select the poems and David would create new images to reflect his interpretations. But that grand and still relevant idea ran up and failed against the publisher's commercial interests. Nicholson's executor was not keen to oppose Faber and Faber.

For the years in Mockerkin ,David was a keen and strong walker ; and for many years a volunteer ranger for the Lake District National Park. It was David who devised the idea of A and B walks as walkers aged with a few hours (and not too steep) being their time limit The A's would climb the fells which we did when younger and fitter; and the B's would stop at lunchtime for a beer and a sandwich, and then go home. A typical Herrod compromise. A well loved and fine man. We shall miss him , MB

Michael Geoffrey Baron

MEADOW UPDATE

Thought you might like to hear I've just seen one of our rarer bumblebees, Bilberry bumblebee - *Bombus monticola* feeding on clover in the meadow circles at Crossgates Crossroads this morning! Please see pic attached, sorry about quality it was quite lively, and moving fast! Also saw quite a few moths in amongst the grasses.

Despite weeks of rain followed by weeks of drought it's good to see some of the flowers and grasses that we sowed last year flowering - meadow buttercup, yellow rattle, white clover, sorrel, sweet vernal grass are all appearing.

The perennials will take a few years to establish, so will the meadow but it's off to a good start considering...

Tanya



LORTON NOTES

Our church is open. At least, by the time you are reading this, I hope it will be open. The government's restrictions on the opening of churches were relaxed on Saturday 13 June, but our diocesan requirements to ensure that all is as safe as it can possibly be are so comprehensive that it has taken some while to get everything in place. I am sorry that the time we are open 24/7 (in the modern parlance) may be some while away, but at least 2/1 is better than 0/7. Also, Revd. Sandra has very kindly offered to be in church when it is open and it will be a chance to see her again. I hope you will be able to come along on Monday between ten and twelve and I hope you will not mind following the requests displayed on the notices.

I also hope that by the time the next Link is printed we shall be enjoying public worship. I have missed our services and look forward to their restarting. I can

understand that some may be apprehensive about joining us, but I feel that all can take reassurance from the diocesan approach to the opening of churches. Everything will be as safe as it can possibly be and it will be an opportunity to start our return to how everything used to be. I am afraid that the problems facing the Church as a consequence of covid 19 could be severe and I hope we shall do all we can to ease the situation. When we know the date of the restart of services I shall be printing the usual rota to be distributed at the first service. I should be grateful if you could let me know on 85236 if this time you do not want your name to appear.

From St. Cuthbert's Church Registers:
June 15: Burial: Mary Wallace.

Roger Peck.



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The Melbreak Communities

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

The Steering Group has met via Zoom. We discussed the following items which may interest you:

YOUTH AWARD SCHEME

There will be an annual award scheme from 2020/21 onwards, primarily for young people aged 16 to 25 undertaking ventures such as World Challenge Expeditions – though other ages and types of activity will be considered. The awards will be around £200 each but could vary depending on demand and the availability of funds. When the trip is over, or the activity complete, recipients will be expected to make a presentation to a local group. Applications should be made, in writing, to Chris Poate at chrispoate@gmail.com.

COVID 19

To date there have been next to no calls made directly to the numbers we circulated or directed to us by Allerdale County Council. We know that neighbours have been looking out for each other and Lorton Shop has been an invaluable resource. We have also been lucky with the weather. But check that you still have your copy of the Handbill with the phone numbers we circulated just in case circumstances change and you need help with shopping, posting letters, dog walking, lawn mowing etc. You might even just feel like a chat.

LOCKDOWN 'SCRAP BOOK'

In the July Link, Pip Wise wrote about a project she is leading, inviting 'multi-media' contributions from residents illustrating their lockdown experience – she is keen to receive photos, poetry, prose, drawing, painting, audio, video, jokes etc. The plan is to compile an electronic 'Melbreak Communities Lockdown Scrap Book' or 'Experience Capsule' which will be shown at an exhibition or slide show when we can freely associate again. If you would like to take part, please phone Pip on 0772 900 4943 or 01900 85561. You can also send a What's App message to her mobile number or email her at pip.wise@hotmail.co.uk

AGM

We are deferring the AGM which was due to take place in July. Ideally, we would like to hold a socially distanced meeting at Yew Tree Hall once we can meet there again.





Cockermouth

Emergency Response Group

Shopping service available, simply call 07517 519377

"Therefore I live for today - certain of finding at sunrise guidance and strength for the way, power for each moment of weakness, hope for each moment of pain, comfort for every sorrow, sunshine and joy after the rain!" ~ Billy Graham



Join us live Sundays @11AM on Youtube, King's Church Cockermouth

Apologies to Wordsworth ~ Author Unknown

I wandered lonely as a cloud Two metres from the madding crowd When all at once my name was called To enter Sainsbury's hallowed hall.

This was the pensioners' special hour. I'd gone to get a bag of flour. But I forgot, when through the door, What I had gone to Sainsbury's for.

The Sainsbury's staff were extra kind. I told them it had slipped my mind. They asked what else I had forgot They clearly thought I'd lost the plot.

I phoned my wife again to ask. She reminded me of this special task: "I need some flour to bake a cake with all the cream you made me take.

"Ah yes, I recall" I had to lie. I dared not ask what flower to buy But then I saw them next the tills a bunch of golden daffodils.

Solve these visual word puzzles by looking for clues in the placement, colour or number of words. Have fun!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat & a
5. Bush	6. 1. Blame 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER

ANSWERS: 1. Adding insult to injury 2. A bit under the weather 3. The ball is in your court 4. Let the cat out of the bag 5. Beat around the bush 6. No one to blame 7. Yellow belly 8. Take from the rich and give to the poor 9. Three blind mice 10. A green-eyed monster

Relentless, insatiable deadlines! This manuscript's still full of red lines. First I'll sweat through the edits and check all the credits then chill with my favourite red wine. By Monica Sharman

Editor in Chief: Chris Robins Editor not-so-in-chief: Gail Robins Junior Editor: HRHettie Robins

The government has now issued guidance advising that people should aim to wear a face covering in enclosed spaces where social distancing is not always possible, for example, on public transport and in some shops. Medical grade masks should be left for key-workers but you can buy cloth masks or make your own.

Which? has done a great article about what you need to know about buying, wearing, making a face mask. It also talks about how to use a face mask properly and how to wash them - worth a read.

Deadline for August is Fri 24th July, all articles to lortonvalelink@gmail.com by this date. A continuing plea to all for some interesting articles/recipes/letters etc please to replace all the items that will be missing.