

AUGUST 2020



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

Letter from the Editor

Dear Link readers,

Our August edition sees the return of 2 old friends - diary dates (albeit a small one) which has now moved to the inside back cover, and details about church services - which is back in it's own spot on the back cover. You will also find detailed guidance there about safe worship.

We do seem to be beginning to return to normal, with both Loweswater Village Hall and Yew Tree Hall in Lorton talking about re-opening in a limited fashion over the coming months, and church services re-starting. I'd therefore like to take this opportunity to thank all those who have contributed material to keep The Link a full and interesting read and I'd also like to thank everyone for their positive comments during these difficult times.

Some of the articles have been a challenge to reproduce, especially those where the only option was to scan in a printed copy and then reduce to fit! I'm sorry if some of you needed magnifying glasses - but I feel the items were always worth the effort. Perhaps now would be a good time to remind all contributors that articles are ideally written in Calibri 10 font and limited to around 500 words.

As well as the two returning items mentioned above and our old favourites such as Penny's Piece, Walkers Way and the Parish Notes we once again have some very interesting articles for you this

month. There is a third instalment from our local Littlethwaite artist about his travels in India and the final part of the Loweswater Care Programme from Les Webb (not Collins!). He has asked me to remind you all that the full version of the article (where you can see the text and photos more clearly) can be seen on the LCP page of the Melbreak Comms website here, <https://melbreakcommunities.wordpress.com/activities/loweswater-care-programme/>. On page 18 you will find a poster about eradicating balsam - it only worked in landscape format so you will have to twizzle your copy round (or your head if you're viewing it online)!

We have been treated to 4 more lovely poems - all written by local residents - who knew we had so much poetic talent in the valley.

I was chatting to Lee at Lorton Village Shop the other day and he and Arwen are obviously still delivering (literally in some cases) a great service to the valley. He mentioned that his back fridge was full of orders for locals and that he was operating an extensive 'click and collect' service - Caterite watch your backs! You will see that we also have a poster from County Fruit Stores in Cockermouth who continue to deliver to Lorton every Friday. We are so lucky to live in such a supportive community.

Rosemary
07885 360353

Our front cover is a photo of the early morning milk run in Buttermere by Roger Hiley.



VICAR'S LETTER

Dear friends

'They think it's all over' might have been the words exclaimed by many in the UK as the pandemic, which has dominated our lives in the past few months, potentially comes to an end with many lockdown restrictions eased. We of course know that it is not the end, but to quote Winston Churchill:
'Now, this is not the end. It is not even the beginning of the end. but it is, perhaps, the end of the beginning!'

This quote was made by him during World War 2 after the battle of El Alamein and General Montgomery's victory over the Afrika Korps in the desert. In other words, even though the situation has been going on for a long time, the situation has changed but there is still a long way to go.

That is true for us as we all adapt to a new and less restrictive way of life. It is a bit 'normal' but not completely, as we feel vulnerable in venturing outside of our Lockdown situation and we still must observe social distancing and wear face coverings in shops etc. and if fortunate gather in 'bubbles' or extended groups. Each of us will in our own way make the best of it. However, many will not be able to through bereavement, particularly families of those who died from COVID-19, loss of income or loss of jobs, mental health issues, domestic abuse, and others who are vulnerable or slipped through the social care net.

The joy of an eased lockdown may be tempered by these factors and may not

be easily resolved or significantly reduced due to the consequences of those circumstances. Our help, support and prayer are needed at this time, both in general, and for anyone known personally to us in our community who has been or is still suffering. For them it will not be over, and as the Bishop of Carlisle, Rt Revd James Newcome, said when he preached at an online service some weeks ago, we must be compassionate as Jesus himself was, in relating to people's lives and situations. Jesus recognised the spiritual lostness of those around him who were longing for security and meaning in life. Likewise, he responded to people's physical pain and emotional sorrow. He healed and comforted them, giving them hope, and continues to do so in this world as we experience all the uncertainties that have surrounded us. Jesus' life and teaching taught us much and provides an example of how to live with our neighbours and love one another. But what makes him more than just another good man and teacher with good ideas and philosophy of life, is that Jesus offered a meaning and purpose for our existence, best exemplified in his resurrection from the grave to that glorious hope of eternal life, and a deep relationship with our Creator God. In that resurrection, God, through his Son Jesus, showed that his death on the cross was not the end. There was more, another goal! And for us all there is more, and, not least, as our church buildings have been allowed to open and resume services of worship.

Continued overleaf

Cont. From previous page

For us that will start on the 16th August (subject to Risk Assessments and all preparations made and ready with social distancing and advisory numbers in place) at St. Bartholomew's, Loweswater 10.30am for said Holy Communion and at St. Cuthbert's, Lorton 10.30am the following Sunday August 23rd. St. James, Buttermere will remain closed for Public Worship as the building is too small with the social distancing and risk assessment requirements. However, it will remain open for Private Prayer on Wednesday mornings 10-12. The Churches will be ready to receive all members of our community to join with us in worship. If however you are not feeling quite comfortable and secure about coming back or attending church for the first time, that is absolutely fine. Certain groups of people may be at increased risk of severe disease from COVID-19, including people who are aged 70 or older, regardless of medical

conditions. Individuals who fall within this group are advised to stay at home as much as possible and, if they do go out, to take particular care to minimise contact with others outside of their household. Come when it suits and not before. A warm welcome awaits you, whenever that might be.

The Grasmoor Mission Community online services will continue at 10am each Sunday via the Mission Community web site link.

In the meantime, may I wish you all good health and all God's blessings as we continue to journey together through this pandemic and with trust in God through to the other side. God will lead us through these times.

God bless
Revd. Sandra

Guidance on public worship and details of the services for August can be found on the back cover.

Next sunday:



We have had an email through this week to say that there are moves afoot to resume W.I. meetings. Having celebrated a significant birthday yesterday, most of my friends and I are not in a hurry to re-join the outside world just yet. Have you been to a pub or a restaurant? Have you been shopping with impunity? Have you exchanged sleepovers with multiple family members yet?

If so, you are probably below a certain age. Having only in the last couple of weeks started to meet up to 4 friends in gardens, and having had a haircut in front of an open conservatory door, I am on a slower trajectory to "normal". It is ironic that the older you are, probably, the smaller "baby-steps" you will be making, whether it is to resume indoor meetings or serving in charity shops. We still have a way to go. Staying near home does have its compensations however, particularly if you have a garden. There have been so many delightful and unexpected things to see. We spotted a couple of brightly coloured cinnabar moths earlier in the year, browsing on the forget-me-nots.



We now have their caterpillars, striped brown and yellow to warn predators of the poison they have absorbed from the ragwort – not within reach of passing horses! - on which they are feasting. They have been introduced in several countries to control the spread of ragwort.

We now have their caterpillars, striped brown and yellow to

We have seen hosts of white- and red-tailed bumble bees, laden with orange pollen sacs, on our St John's Wort flowers. These flowers are now berries, on which we saw one male and five female blackbirds (all at once – never seen that before!) feasting this morning. The bumble bees and honey bees are now gathering on the profuse marjoram flowers. Another revelation has been the overhanging cherry tree in our neighbour's garden.



In the spring it had profuse blossom – it is usually quite sparse. The cherries were so numerous they weighed down

the branches. We watched the beautiful fruit ripen to glowing jewels. Then we were entertained, first wood pigeons and blackbirds, then the corvids roosting next door, and a jay stripping the fruit. Even the resident cock pheasant flew up and wobbled amongst the branches for a day. Finally, we saw that most unwelcome of visitors, a grey squirrel. It was only for ten minutes and never seen again. We hope it was just passing. The tree is now bare of fruit, but the feasting on flowers and berries by our residents continue. Why the profusion this year I wonder? Was it the lovely spring weather, the rain or, even here in Cumbria, less polluted air? Stay Linked!

Walkers Way - Number 202

English woodland on a beautiful summer morning. Brilliant sunshine filtering through the delicate pale green tracery, the fluttering tapestry of beech leaves against a cobalt sky. Birds in full song, having gained confidence as a result of far less human presence of late, songs both markedly more numerous and louder than in more normal times, and against the background of the murmuring stream, flowing well after recent rain. The incomparable atmosphere of summer woodland freshness. And then, the distant calling of a pair of cuckoos. Underfoot – sanicle, earthnut, dog's mercury, yellow pimpernel, enchanter's nightshade, wood violet and many more.

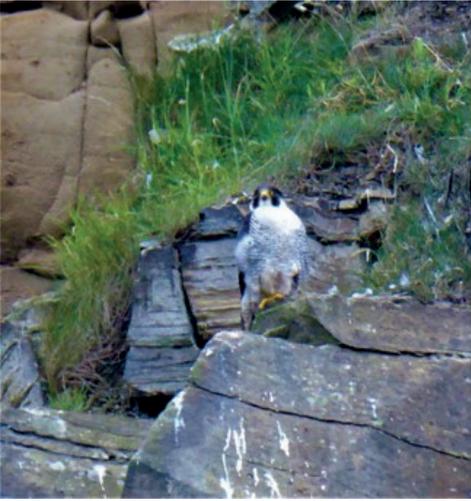
Then an area of steep, bare, south-facing bank, punctuated with a few rocks and sparse plants of heather here and there, an ideal site one would think, at which lizards to bask, with ample nooks and crannies to scuttle into should the need arise. Indeed, only a couple of years ago it was inhabited in precisely this way, but no more. Strange, a phenomenon noted elsewhere, lizards do seem to inhabit such a site for a year or two and then disappear. Predation? Moving on? Dying out? Who knows, but it happens. Just past the bank a gorse bush within which hangs a grey sphere a couple of inches in diameter. A wasp's nest, and close inspection reveals two more within a couple of yards. A moth flutters across the track. Typically its flight is erratic in the extreme, dashing first this way and then that with such speed that it is virtually impossible to gain any idea of its true appearance. Seldom touching down and when it did it was just for a moment, before launching off again with another flurry of jerky manoeuvres. But then, suddenly, it stopped just long enough for detail to be seen and a photograph to be taken. Only then was identification possible – it was without doubt a speckled yellow – that being both its common name and a fair description. In fact, it is palish yellow with irregular light brown spots and an indented trailing edge to its wings. It has a wing span of some three

centimetres.

Tree creepers are far less common than they once were, so on this occasion it was a great delight to see not one but two, hopping up two adjoining tree trunks in unison, pausing occasionally to insert those curved and probing little beaks in among the crevices of the bark, in search of the odd tasty morsel. But then something a little unusual, which the writer recognised, but has witnessed only twice before in a lifetime of nature watching. An odd, faint, muffled "twittering". Sure enough only four or five yards away was an old decapitated and bark-less tree trunk with, some fifteen feet from the ground, a circular hole probably four centimetres in diameter. Yes, a woodpecker's nest hole, and the sound was that of the chicks inside the trunk calling for food. By this time, it was too late in the day to do anything about it, but a return visit early the following morning resulted in good viewing of the adult great spotted woodpecker and a picture or two. (ill)

And then- another day -another way – another sound! This time it was the call of peregrines. Not the well known "kek-kek-kek" alarm call of the adult, but the wailing call of a juvenile calling plaintively for food. And there it was, standing on a rocky ledge with its distinct white and fluffy breast – as opposed to the barred breast of the adult (ill). But that was by no means all. Binoculars were brought to bear and revealed not one, but four, the parents and two young. Moments later, two were airborne and gave the stunning display of aerial mastery always associated with the peregrine – including that lightning flick of the tail, at speed, which results in the most immediate and breath taking change of direction. One of bird watching's most memorable treasures. Alan Gane.

P.S. Also spotted recently – a beech shield bug, and two cinnabar moth caterpillars on ragwort their host plant.(ill)



Penny's Piece

We all know you if you don't ask, you don't get but sometimes asking isn't appropriate and heavy hinting is a better approach. I have always marvelled at the blatant name dropping of products some 'celebrities' resort to in order to get a freebie. They start impossibly big and then get to more everyday items. Some Youtube/ Social Media influencers have made a career of it, getting free clothes, make-up nights away etc. I was not going to be that lucky but still consider the chain of events a definite bonus. During Lockdown, we as a staff have been using Teams to message and ring each other. It became routine that most often I would be the first to post in the morning and gradually each day of the week had a name: Marvellous Monday (not my idea!), Terrific Tuesday and ending with Thank Crunchie it's Friday. This was followed by a comment about wanting a Crunchie. The result is that for the last 5 weeks of me being back in school I have been donated a Crunchie (or 2 one week) by different colleagues every Friday. This is not going to readily happen at home so there I recommend the 'I'll have a brew if you're making one,' when you see them heading to the kitchen. Start small and see what you get- do be careful though or you might end up with a chocolate biscuit as a birthday present!

On the evenings when the tv pickings have been slim, we have been working our way through different film franchises. I have now seen the Back to the Future trilogy and all I can say is that they have aged better than some, simply because they are specifically set in certain years (don't mention the hoverboard!). Lethal Weapon has not. The

hair, clothes, mobile battery with a phone handset attached etc. However, the most annoying thing is not what you can see but what you can hear. The incidental music can best be described as improvisational jazz. It literally sounds like there is a person with a saxophone just off shot randomly blowing vaguely related notes anytime there is no dialogue. As it is a saxophone there is little change in volume so even 'tender' moments sound harrowing. Good thing they thought about the instruments used on other films. The haunting theme from Schindler's List or the graceful theme from Out of Africa wouldn't have quite the same effect if they were played on a glockenspiel not a violin. If you play an instrument there is an act for you for next Edinburgh Festival time; set yourself up and randomly follow people (at least couples up to groups) up and down the Royal Mile adding musical accompaniment to their silences or describing their movement or mood down the street. I'd enjoy watching that with my coffee and cake in a café! Unfortunately, I have zero musical ability and all I could safely do is clear the streets with unrelated sounds. By that reckoning it looks like I've forgotten that I found a DeLorean and went back in time to provide a terrible soundtrack for Lethal Weapon. Who knew!

As we get into August, I am wondering if those who stockpiled loo-roll have run out yet? They will totally run out at some point as they haven't bought any for so long, they will have forgotten they need to! Karma. Take care and stay safe. Penny

NOTES FROM ST. BARTHOLOMEW'S AND ST JAMES

Our three churches have now been opening once a week for individual prayer for the past month. Those who have attended have appreciated the chance to enter church again. St.James's has attracted several visitors as well as some locals.

The Vicar, wardens and some PCC members met in July to discuss the pattern of future services in light of the opening of churches following the lifting of restrictions imposed due to Covid 19. The first Holy Communion service will take place in Loweswater on 16th August with the required social distancing and any other measures deemed to be necessary at that time. Yesterday Bishop James informed us that the wearing of masks in church will probably be compulsory. More details of services can be found in Sandra's letter and on the back cover.

Unfortunately, due to its size Buttermere will not be able to have services in the foreseeable future due to the impossibility of maintaining the requisite social distancing. We continue to follow advice from the Church of England/Bishop and that may alter as the situation changes.

Rosemary deserves special thanks for her work producing the Link in these difficult times with innovation in the articles and some very interesting poetry from people up and down the valley.

Eleanor Ella



**CUMBERLAND
STOVE SERVICES**

- Stove and Fireplace Installation
- Flue Lining
- Chimney Sweeping
- Stove Maintenance and Repair
- FREE NO OBLIGATION SURVEY AND ESTIMATE

Email: enquiries@cumberlandstoveservices.co.uk
Tel: 01900 268737 Mob: 07702112406



UPDATE ON THE LOWESWATER CARE PROGRAMME PART 3

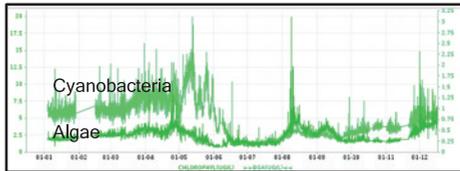
by Leslie Webb

In the last article in this series, I will say a bit about how the lake is monitored and what we would like to do in the future. The oldest chemical data on the lake is from the 1920s and the Environment Agency started monthly monitoring in the late 1990s not long after its inception. In 2013 as part of our DEFRA-funded project, we started our own monitoring of the lake and its feeder becks. You may have noticed a small raft that has been on the lake for the past 7 years, located over its deepest point (where it's about 16m to the bottom). Originally, we used this to house a small ultra-sound generator (to try



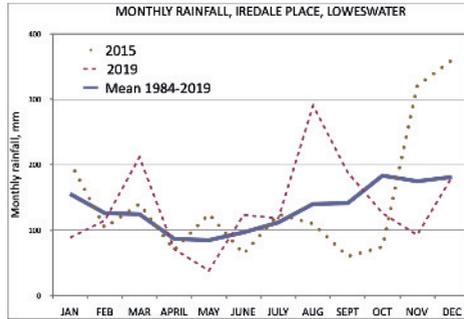
to kill the algae, but we don't talk about this any more as it didn't work) plus a continuous monitoring module (as shown in the photo here). This clever box of tricks allows us to monitor pH, temperature, conductivity, dissolved oxygen, turbidity and, the best bit, two measures of the algal numbers in the lake.

There's lots of different species of algae (which we also identify via analysis down the microscope), but we can classify them broadly into green algae (like the diatoms mentioned in Part 1) and blue-green algae (better termed cyanobacteria, which are amongst the oldest life forms on Earth, present 2 billion years ago). The big issue with blue-green algae is that some are toxic when they break down. As you can see in this trace from the sensor, we can see the hourly concentrations of both types (in real time on the computer if we telemeter the data).



We still carry out all these measurements (plus annual electro-fishing expeditions) to see the effect of the farm improvements that we funded in the project on the lake and its becks. However, a big factor in what reaches the lake from the catchment is something over which we have no control - rainfall. We are lucky that we have our own weatherman in Loweswater (Neil Spencer at Iredale) who supplies us with rainfall figures, from which the data below is taken.

Over the last 35 years, the average annual rainfall in the catchment has been just under 1600mm. The wettest period is usually the Autumn, although, as we know from last year (see graph), August is rarely dry. You can also see the impact of Storm



Desmond in December 2015 although the rainfall and river flows were in fact higher during the 2009 flood event. Incidentally, after two very dry months in April and May this year, we had nearly all June's average rainfall in 2 days near the end of the month (83mm), but this was much less than that recorded at Honister in just 24 hours (210mm).

None of the flows in the Loweswater becks are measured, but, allowing for evaporation, the rainfall tells us that the water stays in the lake for about 200 days on average, that is once it gets there. Rain that percolates into the water table takes a lot longer to reach the lake and this is why lakes can quickly deteriorate in quality from land run-off, but take a long time to recover. So, it isn't surprising that we haven't yet seen any clear improvement in Loweswater from our interventions in the last project - this means that we'll have to continue our monitoring for some time yet.

One of the mini projects carried out in the original LCP was a hydrogeomorphology study of Loweswater. This suggested that the level of Loweswater 100 years ago may have been up to 1m lower than it is now and that there could be benefits from re-connecting the canalised Dub Beck in flow with its flood plain. As part of a current WCRT project on Natural Flood Management in the Cocker catchment, the Trust will shortly be looking into ways of moderating peak flows into and out of Loweswater, which should also reduce phosphorus inputs from particulate matter.

All our work (and that by others before us) is described in various reports on the LCP pages of the WCRT website. Do have a look - you probably won't have a better period to find the time to do this. Many thanks to Andrew Shaw for his contribution to all we have done over the last 10 years and to Neil Spencer for rainfall data.

An intro and poem from John Scrivens

Hey-ho, it's summertime, although we had the loveliest summery lockdown springtime, didn't we, buoying up our spirits as the size of the coronavirus problem gradually dawned on us.

Mind you, I always used to think, both when I was at school and when our kids were small, that the school holidays took place in, in fact comprised, "the summer", but they didn't even start until well after the longest day. By the time you read this, we will already be past the longest day.

if we have a typically Cumbrian July and August, let's stay positive and look forward to and embrace such normal weather and times!

And these verses are about what has always been our national summer game, perhaps now supplanted in the eyes of the viewing public by footie and tennis. Those are beautiful games, but I do wonder if cricket will survive the Coronavirus Era, at least in this country. It's seldom played in schools, and cricket clubs, in whose hands I think the future of the game lies, are at the moment invisible.

The subject is an Indian cricketer, now retired, regarded by many who know a lot more than I do about cricket as the greatest batsman who has ever played the game, the "Little Master" (1.65 metres/5' 5").

I offer my thanks, or at least apologies, to W. Wordsworth.

I might mention that the career total of 10,000 Test runs is a bit of an approximation: 15,921 didn't scan too well.

Sachin Tendulkar

I wondered, swing-inducing cloud,
As Sachin gives the ball a clout
And once more thrills the loving crowd,
How can we get this batsman out?

Beside the keeper, hands on hips,
We're muttering and sledging in the slips.

Continuous as the beers that flow
From barrels in the boundary bar,
The runs ~ they stretch out, row on row
Along the scorecard like a scar.

Ten thousand runs this b****r's got:
That really is an awful lot.

The Mexican wave at the Nursery End?
A distraction from his sparkling drives;
A fielder could not but pretend
That things must change when rain arrives.

I'd hoped and hoped, but little thought;
Two sessions on, he's still not caught.

For oft I think that we're in luck,
Then an outside edge speeds down for four;
I dream Tendulkar gets a duck,
But now he's scored a hundred more

Dear humid cloud, don't go away:
Grow darker yet ~ let rain stop play!

Agoraphobia, Claustrophobia & Hydrophobia too
If I was in Columbia; they'd put me in a zoo ...

If only I had flu instead; I'd soon be out of bed.,
But Hernia and Sporangia 'of which I'm deadly prone,
Is keeping me between the sheets,
—without iPad or phone ...

Chris Goode

Yew Tree Hall Reopening

Practical arrangements are coming together to allow us to reopen the Hall as soon as clubs and societies wish to restart activities.

For the time being we will restrict activities to regular, established users.

Government guidance is evolving and there is some scope for indoor 'sports' such as bowls and table tennis, subject to guidance from the sports' governing bodies.

When we do open events and meetings will be widely advertised on noticeboards and the Melbreak website.

Derek Poate, Chairman

John Fitzpatrick PAINTER & DECORATOR

- Over 30 years local experience
- Domestic and commercial work undertaken
- Internal and external jobs
- Competitive no obligation quotes available
- Friendly, reliable and professional service

Please contact for more information:

Tel: 07702 596638 / 01900 379652

johnfitzpatrickdecorating@yahoo.com

DÉC
DE

Kate

Qual
and I

Tel: 0

www.cumbria



**COR &
SIGN**

e Pritchard

ity Decorating
terior Design

07989 773708

adecoranddesign.co.uk

ALL ASPECTS OF TREE WORK & LANDSCAPING UNDERTAKEN

Based in the Lorton Valley and Fully Qualified & Insured
10 Years Experience of Commercial Felling with
Effective Delivery of Customer Requirements



www.justaskbigfoot.com

Call Harvey
07746 405149

TREE FELLING	STUMP REMOVAL	
HEDGE CUTTING	GRASS CARE	
FENCING	BLOCK PAVING	
DIGGER WORK	DRAINAGE	WALLING



William Keith Campbell
Chimney Sweeping Services

- Open fires, stoves, Agas etc. swept and cleaned
- Clean & efficient
- Fully insured
- Certificates issued on request.

T: 01946 813052
M: 07756 470041

PRECISION TREE SERVICES

Based in the Lake District

07730276279

- Certified & Insured
- Tree Felling
- Pruning
- Hedge Cutting
- On-site Firewood Processing





Free Delivery from

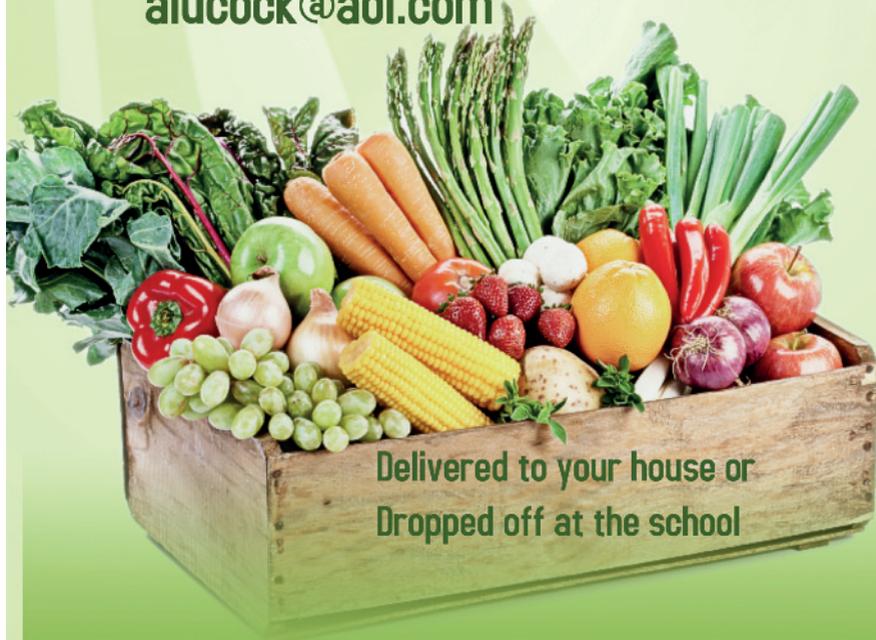
COUNTY FRUIT STORES COCKERMOUTH

to Lorton Village
every Friday

Call the shop
or email your order

01900 822108

alucock@aol.com



Delivered to your house or
Dropped off at the school

Delhi to Kathmandu by bicycle with a sketchpad

East Delhi, a huge city in itself, seemingly comprised of factories, garages and industrial buildings, there was oil everywhere and vehicles in various bits all over the place and crowded with people in oil covered clothes! The whole place was like a dystopian nightmare and took a whole days cycling and we hadn't reached the end before nightfall and had to stay the night in a very dingy guest house!

The next day was completely different after setting off early the next morning we were soon out of town and in glorious country side with ladies in beautiful colourful Sari's tending crops in the fields. We were soon lost and hadn't a clue we're we were, which didn't matter as we weren't sticking to an itinerary and we knew we would find our way back to our general direction of travel eventually. And we were in a valley which was semi tropical and agricultural and a delight to cycle through.

We eventually came on a village which had a large secondary school in it and there were lots of children in smart uniforms who when they saw us were really interested in who we were, where we came from and where we were going, when we said we were heading across the plain, up into the Himalayas and eventually to Nepal they were really perplexed and said "but your from Britain you could afford a train, a car, a bus or even fly"! They didn't seem to understand the concept of cycling long distances because you wanted to!

We found a lot of people felt the same throughout the journey.

A lot of the school children spoke English, but the deeper we got into the country less and less people spoke English. They spoke Urdu and maybe their local tribal language, so out came the Urdu phrase book and communication then became exciting, from then on I seemed to be able to get to grips with the language and I was in charge of the phrase book!

Paul Cowling, Littlethwaite

Tea stall at Pipalkoti



Balsam bashing

Identify it



Balsam often grows among grasses, rushes or nettles and has spear-shaped, light to dark green leaves.



Flowering balsam. Ideally, balsam is pulled before reaching this stage to avoid it going to seed.



Veins on leaves: sometimes red

Stem: pinky-red. Darker red near roots.

Roots: Very shallow. Balsam is very easy to pull. Young plants in wet conditions are especially easy to pull.

If in doubt, read our more detailed guide: tinyurl.com/balsam-id

Kill it

Three options...



Leave it to dry out over a fence.



Crush the roots to a pulp.



Break the stem between the root and the first node.

If strimming, note that the first node can be very low to the ground. The stem must be broken low enough or it can re-grow.

Remember...

Wear gloves, goggles and sensible clothing—balsam often hides among thistles, spiky rushes and nettles.

On a big pull, break as many stems as possible and pile all the dead plants together. Keep an eye on the pile to make sure none of them re-grow.



Lakes Wood Fuel



Suppliers of high quality firewood in handy nets, as well as larger quantities.

Hardwood • Softwood • Kindling
Briquettes • Smokeless coal • Charcoal



All wood has a moisture content below 20% ensuring quick and easy lighting, and maximum heat output.

 Order online: lakes-woodfuel.co.uk  info@lakes-woodfuel.co.uk

 Call Chris & Rachael Edmunds: **01900 85119**

Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st July 2020

1st prize of £25 No 69 Jim Mills
2nd prize of £10 No 62 Mary Baker
3rd prize of £5 No 16 Christine Walmsley

Congratulations to the winners and thanks to all our supporters.

Naan Bread

For the Dough

500g Strong White Bread Flour (We like Allinson)

7g Easy Bake Yeast (We like Allinson)

1½ tsp Unrefined Golden Caster Sugar

1½ tsp Salt

1 tbsp Unsalted Butter (Softened)

300ml Warm Water

4 tsp Nigella Seeds

2 tbsp melted butter



Method

MIX Mix the flour, yeast, sugar and salt in a big bowl. Using your fingertips rub in the butter until only fine ‘crumbs’ are left. Mix in the water with a cutlery knife. Tip onto a lightly flour dusted surface and knead for 10 minutes (or use the dough hook attachment on your mixer). Lightly grease the mixing bowl with some oil. Put the dough back in, cover the bowl with a clean tea towel and leave to rise until doubled in size – about 1 hour depending on how warm your kitchen is.

To Cook Heat the grill to medium with a large baking sheet on the top shelf. Knead 2 tsp of the Nigella seeds into the dough. Divide into 6 even pieces (use a weighing scale if you like), and roll into balls. Roll each ball into a thin teardrop shape on a flour-dusted surface. Scatter over the remaining seeds and gently roll again to stick them. **BAKE** In batches, carefully lift the naans onto the preheated baking sheet. Grill for 2-3 minutes, turning over halfway until lightly browned, then brush with the butter and serve straight away.

Try one of these yummy flavoured butters or our Naan Bread Pizza recipe:

GARLIC & CORIANDER – mash 2 crushed garlic cloves and 1 tbsp chopped coriander into the butter

PESHWARI NAAN – Mash 2 tbsp desiccated coconut and ½ tsp sugar into the butter (you can also knead 75g sultanas into the dough before shaping)

CHILLI-CHEESE – Mash 1 diced red chilli and 1 crushed garlic clove into the butter. Brush over the naan, use 75g grated cheddar to sprinkle over, then pop back under the grill for 30 seconds to melt.

Breadmaker program 22 (pizza method) works well to make dough

The Hileys

The Melbreak Communities

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

AGM

Our AGM will take place on Zoom this year, but residents are welcome to attend. If you would like to join us at 7.30pm on Thursday 6th August, please send your email address to Carolyn Davis at carolynmarydavis@gmail.com. Carolyn will send you the papers and a link to join the meeting. There will be a report on the meeting in the September Link.



Specialising in Conservation Ecology

Hay Meadow Restoration – Botanical Surveys and
Monitoring – Soil Testing - Plug Plants and Planting – Green
Hay Seeding – Hedgelaying – Hedge and Tree Planting
Habitat Management – Nestbox Schemes

Tel: 01900826806 **Email:** wildlakeland@gmail.com

Facebook, Twitter and Instagram: [@WildLakeland](https://www.instagram.com/WildLakeland)

www.wildlakeland.com

THE OLD DALESMAN

I will tell you about a real Dalesman,
Known far and wide as Old Dan.
This spritely old son of the soil,
Lives a hardy life with nothing but toil.
Despite his four score years and odd.
He regularly climbs up the Hencombe Dodd
For the seasonal gathering of the sheep
With his faithful dogs Bell, Fly and Keep.
Then on to the other heath he goes
Along the treads so well he knows,
Through Watering wood. Up Darling Face
Back through Beck Head Moss he makes his pace.
Round Low Fell and through Crag and scree,
Through Bracken and ling, as nimble as can be,
From far below can be heard the clank of his clogs
And his whistle and call as he works his dogs,
Then homeward bound with the flock he will come
Tired, but proud of the job he has done.
He will give a hand with the hay and corn
With the lambing and dipping and the sheep when they are shorn,
A craftsman is he at dry stone walling
An art that into decline is fast falling.
A tribute to Dan Fearon on his 82nd birthday August 2nd 1966
Dan lived at High Nook Farm for many years

No keener hunter ever was born
It is music to him the sound of the hounds and the horn.
He will quicken his step and break into a trot
If he hears the hounds hunting Carling Knott.
And down in the valley he may sight
Reynard running for Melbreak with all his might,
He will cup his hands and give a loud View Hello,
The hounds will listen and then they will follow,
His fine hunting voice will echo again and again
And the huntsman will say, "I can hear Old Dan."
He recalls the past with pleasure,
Even though it was more work than leisure.
He tells of driving coach and horses
Along the mountain passes,
To Buttermere and Keswick and then the journey back
When the pass was not a road but only a track,
Of driving over Honister Pass and the ringing of steel
As the coach descended the steepest with the slipper on its wheel,
Of driving over Newlands Hause when he couldn't see the track
And his passengers unaware of danger sitting in the back.
When we say our last farewells to Dan
We will be proud we have known this veteran
And to have listened to his stories
That we may recall the past and some of its glories.

May Fearon.

A tribute to Dan Fearon on his 82nd birthday August 2nd 1966
Dan lived at High Nook Farm for many years.

Mockerkin Educational Foundation

Mockerkin Educational Foundation invites applications for financial grants in line with its aims in "promoting the education (including social and physical training) of persons under the age of 25 years who are resident in Loweswater Parishhave been resident for not less than 2 years and are in need of financial assistance."

Applications, with a short explanation, can be submitted by email to graeme.sparke@talk21.com or by letter to Graeme Sparke, Mockerkin Educational Foundation, Tarn View, Mockerkin, Cockermouth, CA130ST.

Loweswater Village Hall News

This is a note to let everyone know that the Committee are still here and are busy working out the logistics of when and how we can open, for how many people and for what type of activity. We are looking towards September but do keep you eyes on The Link and your local notice boards for updates.

In the meantime, I am delighted to share with you that we have been using the lockdown to have some work done in and around the hall. Beginning outside you will be pleased to know that the drainage problem on the car park near the porch has been resolved, waders no longer required! Inside we are having a few upgrades in the kitchen area to include a larger oven, dishwasher and additional items like mugs. We have had better lighting fitted in the kitchen and passageway and emergency lighting upgraded. We have a new mobile stage which allows events to be flexible with the size, shape and position of any required performance area or folded away if not needed. Finally there will be a fresh lick of paint going on to spruce the place up.

The Committee looks forward to seeing you all at events in Loweswater Village Hall soon.

P. Leck

A Sailors Lockdown Birthday

Some birthdays are picnics on fell tops,
Perched behind cairns in a Gale.

Others are toasted with Michelin stars or with oysters at sea, under sail.

Your birthday now is in lockdown; alas no "Lee Ho" ing today

Keep all hatches battened, the harbour gates fastened, and all humans a fathom
away.

If you must spend your birthday in lockdown, at least you chose well your seat;

With Melbreak stood shield-like above you, and Crummock stretched out at your
feet.

And whilst social-distancing sanctions preclude parties all in one room,

We can still raise a beer and be of good cheer, and sing happy birthday on zoom!

I sent this to my Dad but Happy Birthday to everyone on lockdown

Jenny Gray

LORTON NOTES

When I wrote the Notes for the July Link I was unaware that there would be an August issue, otherwise I should not have been so optimistic regarding the start of services. This time, however, I can confidently state that, barring disasters, services will resume before the next Link appears. We shall be celebrating Holy Communion at St. Cuthbert's on 23 August at 10.30am. Things will be different, there will be no singing and you will be asked to respect social distancing. Sandra has stated all the requirements in her letter so I shall not repeat them here, but I do hope these will not deter you from joining us. I do feel that the risk of contracting the virus at our services will be vanishingly small and we do need to do all we can to support the Church at this time.

Not only in the restarting of church services but in other ways many things are returning to how they used to be, not always for the better. I do a shop at Booth's every three weeks or so for which I use the car and at the height of the lockdown the only traffic I met on the Whinlatter pass was two bikes in each direction. No longer. Cars are now parked it seems where ever they can be and "oolooks" are returning, the name given by Joe Crowther to drivers who drop anchor, point and say "oo look!" However, we shouldn't be surprised at these things. Many of us who moved to this locality did so because of its beauty and we must put up with those who oggle at it. But I do hope that before long we shall see the return of all that we enjoy doing as well as those things we put up with.

Roger Peck.



DIARY DATES

AUG

6 Thu The Melbreak Communities AG, Zoom meeting, 7.30pm

SEPT

1 Tue Buttermere Parish Council, Zoom meeting, 7.30pm

2 Wed Lorton Parish Council, Zoom meeting, 7.30pm

3 Thu Loweswater Parish Council, Zoom meeting, 7.30pm

14 Mon Blindbothel Parish Council, Paddle School, 7.15pm Bi-monthly Meeting

LORTON VALE CALENDAR 2021

It may have passed unnoticed in the Editor's Letter in June but please could I remind you to start sending in photos for the 2021 Lorton Vale Calendar. The size of the file does not particularly matter - we want the 'full size' file, as a jpeg, please. Here are some cows at Loweswater to get your creative juices flowing.



GUIDANCE ON PUBLIC WORSHIP w.e.f. 16th August 2020

On entering and leaving Church please use the hand sanitisers available. Also sanitise your hands before receiving the wafer for your own safety.

There will not be any hymns or singing – the services will be **said**. However, the organ can be played during the service but singing must not take place.

Service sheets will be available on the pews (with an insert reminding you of the requirements) – please replace them when you leave.

No refreshments will be available after the services.

Please do not enter any areas that are cordoned off for your safety.

Please enter the pews filling from the front and leave from the back pews to avoid contact with people within the social distancing restrictions.

Social distancing will be in place – 2 meters or 1 meter plus with restrictions such as the wearing of face coverings. The Church guidelines recommend that face coverings should always be worn in places of worship. There will be some available for those who do not bring any with them.

The numbers will be limited to the available space with the social distancing requirements.

Those who are vulnerable or clinically vulnerable – please do not feel that you must attend as the choice is yours and we understand if you still feel vulnerable.

Due to the government requirements for a Track and Trace system of people attending indoor places there will be a form for you to complete on the pew – please complete this and leave it on the pew. These will be kept for a period of 21 days in case anyone in the group has any symptoms afterwards and if so, you will be contacted.

The toilet at Lorton will not be open.

The collection plate will be at the back of church and if you can, please complete the online giving form to avoid the use of cash.

Communion will be in one kind only - the wafer (as the common cup – the Chalice cannot be shared). You will be asked to go to the chancel individually to keep social distancing requirements in the aisle.

The Peace cannot be celebrated by the shaking of hands – it will be said only.

August 16th 10.30am Holy Communion (said) St. Bartholomew's, Loweswater

August 23rd 10.30am Holy Communion (said) St. Cuthbert's, Lorton

August 30th 10.30am Holy Communion (said) **Joint Service** St. Bartholomew's, Loweswater

Deadline for September is Fri 21st August, 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.