

**NOVEMBER 2020**



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

# Letter from the Editor

Dear Link readers,

The fame of our modest publication spreads ever wider. I'm sure many of you know Hunter Davis, who used to have a house in Loweswater and writes a monthly column for Cumbria Life Magazine. His column this month was essentially a tribute to The Link, with Penny Leck receiving well-earned praise for her own column and Neville Mills' excellent Book Club Coffee morning advert receiving both a mention and appearing as an illustration. Hunter says "I can't wait each month for the latest 28 pages of local events and people and concerns". A pat on the back to all contributors, say I.

We have our usual range of regular items (including the welcome return of Gill and her W.I column), poems, travelogues etc as well as another Limerick from Cecil Armstrong Gibbs. I'm glad to say we have news about various activities that will be happening in the Valley and there is at last another Eco Church/Eco Community update. The centre fold of this month's LINK (contributed by John Macfarlane) features a *Diary of a Local Wood* which reveals the colourful and interesting

history of the popular **Holme Wood** at Loweswater, over the last 500 years or so. Over the centuries it has been a site for Bronze age burial mounds, a DIY store for locals, the scene of legal and physical battles between the Lords of the Manor and Commoners, a managed charcoal making site, a haven for wildlife, a popular Victorian tourist destination, the scene of a massacre (of trees) by an unscrupulous Lord, an arboretum part designed by William Wordsworth, a contributor to the war effort, been replanted in the design of a **pheasant** by the Queen's former forester, a fishery and one of the early purchases by the National Trust. Perhaps the notes may enhance your walk through the wood to enjoy the glorious autumn colours at present.

Please note that I will be publishing a joint edition of The Link for December and January so please send all your material for both months by the deadline shown on the back cover.

Rosemary  
07885 360353

Our cover photo this month shows a dawn sky over fells (Whiteside, Grasmoor and Melbreak) by John Macfarlane



## VICAR'S LETTER

November is a month for remembering:

On 1 Nov, All Saints, we remember all those saints who don't have their own special day in the Calendar of Holy Days. (As an aside – you probably know that the Catholic Church has a quasi legal system for officially recognising saints, in which evidence is presented to support the claim, and the person arguing against is the real “devil’s advocate”; the Church of England Calendar is our way of listing people we specifically remember – and this is agreed by General Synod; long ago, it was all much more informal and people remembered local holy people, many of whom found their ways onto our present lists.) (And as another aside, All Hallows is another word for All Saints, and Halloween is the evening before All Hallows.)

On 2 Nov, All Souls, we remember all those who have died – in a way, all God’s saints! - especially those we love but see no longer.

On 5 Nov, we remember, of course, Guy Fawkes and the Gunpowder Plot. (Yet another aside – I remember a schoolfriend of my mother’s who was a history teacher showing me an article which argued that the Plot was a completely put up job; gunpowder was guarded, it said, very much like plutonium is now – you couldn’t just go and buy some at the shop; in which case, poor Guy Fawkes and his companions could not have got hold of enough gunpowder to do any damage. The real story was that the Plot was a way of stirring up anti-Catholic sentiment when James I was seen by some as too tolerant of Catholics, and possibly to strengthen the hand of Lord Salisbury.)

On 8 Nov (Remembrance Sunday) and 11 Nov (Armistice Day) we remember all those who have died in war, or still suffer as a result of it.

So – a month of remembering.

Memory can be damaging. When we listen to people from places of long conflict, of violence war and division without end, surely we find ourselves wishing that they could forget? The events and insults they are still recollecting, the grudges and scores they are harbouring, need to be released if there is ever to be a new start.

And yet memory is important because it is the links between us and those around us – and it is those relationships which make us who we are. Many of us had to learn quite large chunks of material at school – and, lest you think the country is going to the dogs, children are still learning things off by heart: what we remember is a treasure for difficult days. Muscle memory is what allows us, after practice, to play the piano or drive the car. Cell memory is what will, we hope, give us immunity from the virus once we have had it, or once we have been inoculated with a vaccine.

And corporate memory is who we are as Christians. In the communion service, the hundreds of years and the thousands of miles which separate us from the events in the Upper Room in Jerusalem in (about) 30AD are wiped away – and we are there with Jesus and the first disciples and with all the disciples there have ever been and will be, and with the whole company of heaven.

Let’s pray that we remember well - in every sense of the word “well”.

Cordially

*Richard Pratt, Archdeacon of West Cumberland*

LORTON WOMEN'S INSTITUTE  
SEPT/OCT 2020



We are back! Yes, following a Socially Distanced Committee meeting in the YTH in September, it was decided to re-commence our meetings, for the foreseeable future, by Zoom hosted by Kris.

On Tuesday 13<sup>th</sup> October, eight of us met on screen. This was the first meeting of members since lock-down in March 2020. It was for a general chat and catch-up, but also some business, including plans for future meetings up until our Birthday in March. The Federation Darts competition is provisionally planned for 17<sup>th</sup> February at Aspatria.

Treasurer Carolyn reported that there had been no change in our finances and that National have extended the year in which to pay subs by 3 months, making subs due in April for 2021.

There are speakers organised for November (see below) and there will be a Zoom Christmas party, possibly on the afternoon of Tuesday 15<sup>th</sup> December to be nearer Christmas. More details will follow in the next Link, but it was suggested there would be quizzes and each member will be given a slice of Kris's excellent Christmas cake (in advance!) to be eaten during the meeting, and members can provide their own drinks of choice.

The annual ACWW Women Walk the World walks, which we usually do in large groups to raise money for women's projects in rural communities world-wide, have been

organised into groups of 6 walkers. The first walk took place on Thursday 13<sup>th</sup> October around Loweswater. The second walk for the next identified group will be on 3<sup>rd</sup> November, to walk around Buttermere, meeting at the National Trust car park at 10.30. It is hoped, if possible, to have lunch at the Croft café afterwards. As expected, there was a lot of enjoyable chat during the hour-long Zoom session, with members' cats and dogs joining in the fun! Ann R had some exciting news for us – her son Mark received the British Empire Medal, in the Queen's birthday awards, for services to the community from his workplace during the pandemic – well done Mark!

Our next meeting will be on Tuesday 10<sup>th</sup> November 2020 at 2.30 pm, when Terry Peate and Sue Gorman from Linking Lives have agreed to speak to us via Zoom. All are welcome. If you would like to "attend", please send your e-mail address to Kris on: [kris.longshaw@gmail.com](mailto:kris.longshaw@gmail.com) and she will send you an invitation link.

Finally, I would like to thank well-wishers and friends for recent chats, cake and casseroles. My experience has also brought home we have the best NHS in the world, from G.P.s to hospitals. Do not be afraid to make contact if you have worrying symptoms – they are there for you. Stay Linked!

# LORTON VALE GARDENING CLUB



The hero of our Gardening Club AGM and talk on 15th Oct, was Bryan Dodsworth, father of our speaker, Simon Dodsworth. After a hair raising war, manning Forward Observation Points through the D Day landings of the Second World War, Bryan eventually settled down to his true life's work - the hybridising of British tall bearded irises. He was clearly a perfectionist and knew exactly what he wanted. He liked clear colours, the flower petals formed by 3 good upright standards and 3 falls, flowers well branched on the stem to make them more visible, and vigorous healthy plants with a high bud count. Although in a long life, he raised more than 50,000 seedlings, he was such a perfectionist that he only registered 55. He won the Dykes Medal - the Oscar of the iris world - 12 times. Bryan died in 2008, and in 2013, Simon set up the English Iris Company, to promote the tall bearded iris that Bryan had produced and so loved. We saw some sumptuous pictures - blues, reds, oranges, yellows, lilacs, all bred to withstand the British climate, and available through the company website.

They should continue to flower for many years - just follow these tips:

Don't bury the rhizomes. Place them on a slight mound, cover the roots, but leave the top half exposed to the sun.

For that reason, don't plant anything with vigorous green growth too near them.

Stick to alliums, tulips, peonies - anything without too much bottom growth.

Look for a south aspect. Although they are completely hardy down to low temperatures, they need sun to flower.

Feed in the Spring and again after flowering with a bonemeal feed. Add potash and super phosphate to the bonemeal, but no nitrogen. Nitrogen will just produce leaves.

Split every 4 years to keep them flowering. This is the traditional method, but they may not flower well in the year following splitting. You can try the Doddington method, in which you remove 30 to 50% of the rhizome, leaving the rest of the plant in situ. This can be done every year, and you should get good flowering every year. They like free draining PH neutral soil - no puddles please.

If we are able to resume garden visits next summer, Simon is making a garden, with Iris beds, of course, for his daughter Clare, who lives in Cockermouth. We hope to visit the new garden in late May or June.

Our next talk is on Tuesday 17th November, at 7.30 in the Yew Tree Hall. The speaker will be Patrick Leonard, the title of his talk "A Master Composter" ! Once again, because of Covid, the numbers are limited. Fiona will send you an email, and will accept the first responders.



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## *Penny's Piece*

Impossible packaging seems to be on the increase. I know things need to be secure for safety and to avoid tampering but honestly. I thought needing scissors to get into a new pair of scissors was bad but no this is a mere inconvenience. To replenish the disappearing teaspoon stock in the staffroom I bought some generic packs of 4 from Wilkos. The plastic wrapped round the handles was a bit of a nuisance to get off but nothing compared to the barcode label stuck to the bowl of each of the bottom spoons (why it wasn't on the plastic I'll never understand). 3 times they went through the dishwasher, were left overnight in barely diluted washing up liquid to soak, to no avail. I brought them home to have a go with the wire scrubber. Nope. Googled it and of the choices available, opted for mayonnaise. Unlikely as it seems, I left it on for an hour and off it came. A week to remove a label. FYI vegetable oil also works and Coke will remove anything, including paint.

We are now half a term into the new normal in school. Thankfully the routine is more fluid as on the first day back all we did was wash hands and sanitise tables basically every hour. I am still having trouble identifying parents from their hair and eyes only and on wet days it is impossible. Four mums have clearly shopped in the same place and have the same coat. Most of the parents seem to have black masks so all you see is a sea of black masks and olive-green, hooded coats with eyes. It is like looking at a lot of Jawas (see Star Wars). Impossible. Some are distinguishable because I know them from

previous years with their older children and one guy who comes is collecting as a grandad. I taught his younger 2 sons which is ridiculous. My year group colleague is exactly half my age and does not understand some of the references the teaching assistants and I talk about. It appears I am getting old.

Due to the ever-changing situation, a flying visit to see my sister occurred while we still could. The journey down to Stoke was fine. Very little traffic and no roadworks, which might be a first. The journey back however was punctuated with "what are they doing?" events. Lots of speeding whilst weaving between lanes was seen but thankfully the unmarked Police were out, in a rather nice unmarked, red Jaguar and quickly sorted them out. Further up the road a convoy of 5, impressive high end BMWs, an Audi, a Merc and an Aston Martin cruised by and disappeared. About 10 minutes later, all of them bar the Aston were on the hard shoulder between two Police cars. I would love to know how the Aston avoided being stopped. Did they speed up even faster or see what was happening ahead and slow down (they were at the back of the line). Or see what was happening and exit left, not pursued by Police? Yes, that is a tenuous reference to Shakespeare's the Winter's Tale - got to get culture somewhere. Do check out The Kirkgate Centre's website for online plays and I will keep you posted on developments/future events in the Village Hall. Stay safe. Penny.

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

In November we remember our departed as we keep All Souls Day and Remembrance Sunday then we prepare for Advent the beginning of the church year.

Our delayed APCM took place in October chaired by the Archdeacon Richard Pratt. Alan and Juliet Gane retiring after many years and Nancy Fearon also retiring after many years service. Nancy's skilled needlework produced the beautiful red altar frontal as well as contributing in so many ways. Loes Van Capellan was elected as a new member. The churchwardens and other members remained the same. Richard will be able to cover most of our services up to Christmas and felt that we may be able to start some services at Buttermere shortly. Numbers would of course have to be limited due to physical distancing.

Barbara and I represented our parishes at the Licensing Service of the Revd. Canon Jane Charman at Bridekirk church. She is now Team Rector of the Cockermouth area team and leader of the Grasmoor Mission Community. We look forward to working with her in the years ahead.

At the beginning of the month we celebrated our Harvest Festival, minus the hymns but with a choir. Food donations were distributed to those in need in Cockermouth. A generous donation was given for the Bishop's Harvest Appeal. Sadly, there was no harvest supper or auction this year.

We are looking into the possibility of having a "modified " Carol service before Christmas with the usual readings and a choir but no congregational singing. More in the next issue of the Link.

Our first wedding of the year took place in October. Despite restrictions on numbers it was a happy occasion.

From the St. Bartholomew's registers

Marriage

17th October Catherine Carr and Callum Covell

Eleanor Ella

### **Keep Fit Classes at Loweswater Village Hall**

A reminder that these take place every Monday (9.30-10.30) and Friday (5.30-6.30)

If you would like to join a class then please call Val Bell on 07918882175 or email her on [vebell2911@gmail.com](mailto:vebell2911@gmail.com).

## LORTON NOTES

Many of the Sundays in the second part of the year are in what the church calls Ordinary Time when no special person or occasion is commemorated or celebrated and we have a green altar frontal, but in November things are different. The altar frontal changes to red for the season of Sundays before Advent to alert us to the ending of the Church's year. The second Sunday is Remembrance Sunday and I don't have to remind you what that is all about. The last Sunday is Advent Sunday, which is the start of both the Church's year and a penitential season leading up to Christmas. As a person who thinks it is often better to travel hopefully than to arrive, I do enjoy Advent with its different aspects of calm anticipation.

Ann and I have been living in Lorton for nearly twenty years and when we arrived we did appreciate the lively community. Things do change over time and some things go, notably the Tethera Players which we much enjoyed. However, things are even livelier now. Over the last few years we have had new arrivals who have given the village a lot, notably Lee and Arwen in the shop. This is a valuable asset, not only for the service it provides but also

for the increased value of our houses which I am sure comes along with it. It was a joy to see the banner outside the shop from many villagers to celebrate their fifth anniversary. I'm glad I am now using it more than I used to. Another new venture is the library which Polly Lusher attempted to start in the church, but which was stopped by the covid lockdown before it had hardly started. However, she will be starting it again on Wednesdays from ten to twelve from the first Wednesday in November. To follow covid regulations there will be controlled access so there will be no danger of catching anything. Precise arrangements will be found elsewhere. Thank you, Polly.

Two months ago I mentioned that we would have a new carpet to brighten things up when covid is over. Well, we're somewhat early, its already laid and I think looks splendid.

From the St. Cuthbert's registers

Marriage

7<sup>th</sup> October Mark Cockbain and Jacqueline Williams

Roger Peck

### **LORTON MOBILE POST OFFICE**

A reminder that we have a mobile post office calling at Lorton weekly as follows:

Telegraph Pole Outside 4 Broomcroft, High Lorton, Cockermouth, Cumbria, CA13 9UL

Every Friday 13:10-13:30

## COOKERY CORNER

### Ginger Cake

#### Ingredients:

5oz self raising flour

4oz demerara sugar

1 or 2 teaspoons ground ginger

1 teaspoon cinnamon

3oz butter or marg

1 egg

A scant 5 fluid oz of milk

1oz chopped walnuts (optional)

1 oz chopped raisins (optional)

#### Method:

1. Stir together the flour, sugar and spices
2. Melt the butter or marg and stir into the dry ingredients
3. Add the egg and beat until the mixture is smooth
4. Add the milk plus the walnuts and raisins if using
5. Bake in a square, flat tin for 1 hour in a moderate oven

From Anne Style



## A GLIMPSE OF HERALDRY.

### And finally – Part 4.

Even a mere glimpse of Heraldry would be incomplete without a few words about some of the technicalities involved. To blazon a Coat of Arms is to describe it in heraldic terms, a method whereby a succinct description may be given in a strictly systematic manner, resulting in unequivocal interpretation. The shield may be divided and/or patterned in a number of different ways and to it, or to its divisions, a number of relatively large geometric shapes may be applied, known as the "ordinaries". Subordinaries, i.e. smaller versions of the same shapes, may also be applied. Then there may be additional objects, known as "charges". A charge may be "anything in the world, anything in the heavens, or anything in the imagination". There is a range of tinctures, consisting of the metals, gold and silver (known as Or and Argent), the colours red (Gules), blue (Argent), green (Vert), black (Sable) and purple (Purpure), and the furs, Ermine, Erminois, Ermines, Pean and Vair. Each of the tinctures may also be represented by specific "hatchings" or shadings in black and white. To blazon a Coat of Arms the procedure is as follows:-

A. Describe 1. Any division of the field, (i.e. the background of the shield).

. 2. Any subdivisions.

B. Dealing with the whole shield, or if divided, dealing with each division in turn, describe:-

1. The tincture,

2. Any ordinary and its tincture.

3. Any subsidiary and their tinctures.

4. Any charges and their tinctures.

For example, the very simple and well known arms attributed to St. George, a white ground with a red cross becomes Argent a cross Gules.

Most Arms are, of course, more complicated than this, but basically the same procedure applies.

The Royal Arms (ill.1.) for example, are particularly well known and in normal parlance they could be described as being "divided into four, the first and fourth quarters are red, each with three golden lions or (leopards) walking past from right to left as we face the shield, and looking out towards the observer. The second quarter is gold and within a framework decorated with fleurs de lys facing alternately inwards and outwards, there is a lion standing on one leg and clawing with the other three, both the framework and the lion being in red. The third quarter is blue and on it there is a gold Irish harp". In heraldic terms the blazon of the same shield is as follows:- quarterly one and four Gules, three lions passant guardant Or, two Gold within a Tressure flory counterflory a lion rampant of the first, three, Azure an Irish harp of the second. (It is customary not to repeat a tincture by name.) The blazon of the full Achievement would of course include the Ribband of the Garter, the two Supporters, Helm, Crest and Motto.

Once an interest is taken in Heraldry it will be found that there is an abundance of it around us and it is great fun to study and blazon and, from time to time, to find Arms which are highly inventive, and occasionally clearly bogus. The history of prominent families is often alive with Heraldry, such as that of the well-known Cumbrian Lady Anne Clifford, owner of no less than five castles, whose Heraldic family tree is to be seen in St. Lawrence's Church, Appleby. The Clifford Arms (ill.2) consist of a gold and blue check, across the middle of which is a broad red stripe (checky Or and Azure, a fess Gules). Overall, these few lines are, as suggested in the title, a mere glimpse of some aspects of a vast field of study of unending interest, a subject which delves deeply into our history yet which is still highly active today, constantly evolving and which will doubtless do so for many years to come.

A Coat of Arms is a unique, meaningful, decorative, permanent and highly personal link in an Heraldic chain extending through our history for some eight centuries.

FINIS.

Alan Gane.





# Diary of a Local Wood



.....Mark Astley, National Trust Ranger

**1809. Bragg** dies. Buried in Lorton Churchyard.

**1814 John Marshall**, industrialist from Leeds, buys much local land (including **Loweswater** estate and **Holme Wood** for £10,500).

**1818 Holme Wood** replanted. **William Wordsworth** helps with the design; deciduous trees near lake for aesthetic appeal (many still standing), larch on fell side (commercial). **Wordsworth** hated larch!

**1934** Marshall family put up the *Three Lakes* for sale.

**1937** Loweswater, Crummock & Buttermere estates bought by **National Trust**, after public appeal.

**1940s** Extensive tree felling for **war effort**. Trunks floated across lake from Watergate to Crabtree. Cable stretched across lake from Holme Wood to deter enemy seaplanes.

**1950s** Wood replanted in the shape of a **PHEASANT**, designed by Johnston Edwards MBE, former Queen's forester at Balmoral. Have you spied the eye?

**1960 Kendall Vickers**, local forester, awarded **Royal Forestry Society Medal**.

**1970s** Holme Wood **bothy** (built **C19<sup>th</sup>**, former fishery and shelter for shepherds, horses & charcoal burners) converted to self-catering bothy by Manchester University students. Now run by NT.

**2008 Archaeology** research reports Bronze Age funerary barrows, charcoal pits and hags in the wood.

**2020...***Phytophthora ramorum* fungus infects some larch, requiring felling; Ash dieback disease noted.

Produced by Dr John Macfarlane with apologies for any inaccuracies!  
Contact: [itmacfarlane@gmail.com](mailto:itmacfarlane@gmail.com)  
October 2020  
For more information, see articles by Dr D Denman, *LDFLHS Journal*, v48, 52.



The coronavirus era is a bit like being on holiday. Despite the fact that one day now is much like another, the whole ghastly and unreal change in what we do, what occupies our thoughts, almost who we are, is so utter, so completely novel, so strange even after many months that, surprisingly, the weeks have flown by for me in the way that the hours and days of a holiday seem to vanish so quickly. It's the constant contrast with 'proper' day to day living, I suppose. And there is a paradox, a feature as much of a lovely holiday as our present way of life: despite a perception of the swift passing of these unusual and accelerated hours and experience, those events, moments and conversations which took place just a short while ago at the very start seem to be of another, distant life, don't they? Was it really such a short time ago that we made contact with Christmas card relatives 'to see how you're getting on', first walked around a silent and deserted village in unaccustomed March sunshine, clapped and banged for the NHS? And as for that holiday in the sun, back end of last summer . . . . Maybe your experience is different. If the time has dragged, feel free to 'phone to bounce your thoughts off a fresh ear.

### **From this Window: a Year**

Throughout an emerald summer there had been  
A citadel of leaves to guard my view;  
But angry storms of autumn left but few,  
With wintry fells beyond now sharply seen.

The silhouettes of trees stood black and clean,  
Announcing loud that spring is overdue;  
At last haphazard leaves, appealing, new,  
A fleeting gauze of light and pinprick green.

And now so soon that bright and summer scene,  
Above the heavy trees a painful blue;  
A drowsy window seat, no tasks to do,  
I watch as ripening apples glow and lean.

A transient year and yes, the sun has shone;  
But a year of finite life forever gone.

John Scrivens

*{Cheer up lad! A lighter note next issue, promise . . . .}*

## Delhi to Kathmandu by bicycle with a sketchpad

Our next stop was near Garh Mukteswhar, where Andrew got ill after eating something, being a doctor he knew what medication he needed so I cycled off to find it. It was quite exciting travelling around on my own, people were friendly and curious to see a westerner on his own cycling. After finding the medication I headed back to the guesthouse.

On the way back it was very hot so I decided to stop at a busy truck stop for a Masala tea. In India locals don't really have any concept of respecting personal space and I soon had a crowd around me inspecting me and my bike, I was a bit worried that someone was going to make off with it and kept a wary eye on it, but one of the onlookers noticed this and told everyone to back off from the bike. I felt much more relaxed then and had good conversations with various people, they all wanted to know what I was doing and where I was going and were quite bemused that I was doing it on a bike when I could have afforded to do it in a car some other form of transport!

I delivered the meds back to Andrew and as he was still out of it and was not wanting to go anywhere I decided to cycle off to the Ganges River which wasn't too far off, I headed for the Garh Ganga Snaan Ghat where Hindu devotees were doing Puja, religious ceremony.

The river was a vast wide chocolate colour, people were bathing in it, floating offerings on banana leaves and even drinking it, though it looked decidedly mucky to me!

The smell of incense, the colourful Puja stalls and the people dressed in colourful clothes all made a sensory scene as I did some studies on my sketch pad and then just sat and watched for a while, as no one bothered me because they were all intent on their devotions!

Paul Cowling, Littlethwaite



## LORTON VALE CALENDAR 2021

I'm pleased to announce that the calendars are now available for collection. I will contact all of you who have pre-ordered to arrange for collection from High Barn, Rogerscale. Please pay with either cash or a cheque made payable to Lorton PCC.

If you did forget to pre-order we do have a few spare calendars which can be purchased either from High Barn or from The Wheatsheaf pub in Lorton.

Loweswater with Buttermere PCC  
100 Challenge Club

### The prizewinners for the draw held on 1st October 2020

1st prize of £25 No 61 Mary Baker  
2nd prize of £10 No 25 Frank Judd  
3rd prize of £5 No 92 Nancy Fearon

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



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### St Cuthbert's Merchandise

If you are new to the area or looking for an unusual Christmas present then don't forget we have a selection of St Cuthbert's merchandise for sale - some of which is pictured (apologies for the quality of the photo) above. If you would like to purchase anything please call Rosemary on 01900 85072.

Christmas Cards * (only 11 packets left - 5 in each packet)	£3.00
Notelets * (5 in each packet)	£3.00
Cookery books*	£5.00
Aprons	£12.00
Tea Towels	£4.50
Mugs	£6.00
Shopping bags	£2.50

\*All have local photos taken by local people and the recipes were all contributed by local people too.

LAKELAND LIMERICKS

Another doodle & line drawing from the maestros:  
Cecil Armstrong Gibbs & Wm. H. Waddington  
To make you chuckle or wince !

Sent in by Chris Goode, Cockermouth.



An abnormally stout man, says fable,  
Wished intensely to get up GREAT GABLE,  
He persuaded his mother  
And sister and brother  
To carry him up on a table.

turbance, labor, or affectation;  
quiet; repose; facility: *v.t.* to free  
from pain, anxiety, or trouble: give

easily.  
**Easy Street** (strēt), a position of  
financial comfort. [Colloq.]

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# LORTON LITTLE LIBRARY

ST CUTHBERTS CHURCH

WEDNESDAYS 10AM-12PM

Come and find a book.  
Read it - Keep it  
Pass it on - Or return it  
We also have DVDs to borrow

If you have books to donate  
Call Polly 01900 85335  
We can collect



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## ECO CHURCH/ECO COMMUNITY UPDATE

After a few quiet months due to you know what I am pleased to be able to give you a detailed update this month. By the time you read this there is a chance that we have been awarded the Eco Church Gold Award by A Rocha UK. Our gold survey was submitted in September followed in mid-October by a detailed Assessment Report to strengthen our survey responses. An assessment meeting took place on 30<sup>th</sup> October between A Rocha and the Eco Church Team and we are now awaiting the outcome. Writing the report has allowed us to really focus on what we have achieved between receiving our Bronze Award back in July last year and the present time, specifically:

- The Energy survey by Green Journey
- The tree planting party
- Planned involvement in the swift project (currently on hold due to Covid restrictions)
- The joint initiative with the parish for the wild flower areas
- The further development of the community website pages
- The Swap Shop
- Participation in the Melbreak Communities Coffee morning
- Development of guidance on carrying out a Lifestyle Audit (see below)

One of the Eco categories is 'Lifestyle' and A Rocha recommends that we all try to carry out a Lifestyle Audit. Full details of this can be found at <https://ecochurch.arocha.org.uk/resources/> - then scroll down to click on the Lifestyle picture.

But I thought it would be useful to summarise the approach here:

**THINK** about how you can change your personal lifestyle

**DO** measure your carbon footprint at <https://www.climatestewards.org/offset/>

**DO MORE** by checking your environmental footprint at <https://footprint.wwf.org.uk/#/> and discover how small changes can have a big impact here <https://ruthvalerio.net/green-living/>

There are a lot more suggestions to be found on the Lifestyle Audit pages such as:

Volunteering on a community project and 'watch what you wear'.

I urge you all to take a look and see what you can achieve. Perhaps you can send in your ideas to a future edition of The Link.

Allied to the concept of the Lifestyle Audit, I was recently sent a booklet called Caring for our Common Home - An Action Plan for Christians in Cumbria. I appreciate that not all of you are regular churchgoers but there is some really interesting guidance in it which I will be adding to our pages on the Melbreak Communities website where you can pick out what appeals to you personally. In essence it covers the following topics:

- Pray
- Be better informed
- Make lifestyle changes
- Reduce energy use in the home
- Reduce your travel carbon footprint
- Make space for nature
- Think about how you spend and invest money
- Campaign for a better world

I hope you find it useful.

Rosemary Riley

# LORTON WINTER WONDERLAND

Window and Outdoor  
Seasonal Displays

"all the village Elves are  
hard at work to bring us  
all a little cheer"

"I just hope there's a  
lot of Gluhwein and  
hot mince pies"

Santa and Rudolph are planning a  
Christmas Festivity!

## Christmas Week

Santa's elves will shortly  
post details of how you  
can join in.

Lorton Yew Tree Hall Committee

## Lorton Village Shop - 5th Anniversary

People in Lorton have been celebrating the 5th Anniversary of Lorton Village Shop also known as the 'Shed with a View'. The site has been used for a shop for around 100 years but the last shop had been closed for a few years when Lee, Arwen and their daughter Kelda moved into the Valley and took it on. The shop is a focal point of the community and has made a real difference to the people of High and Low Lorton. They have always gone out of their way to help the older residents of the village but during lockdown and the ongoing Covid restrictions, they have kept the village supplied with essentials and delivered orders to people who are self-isolating.

In the past Lee and Arwen have organised events for the village to mark the anniversaries but this year, because of Covid, their plans had been shelved. They arrived at the shop on Friday to find it had been decorated up with two new planters and home-made bunting that people in the village had been secretly decorating with messages and pictures. People think very highly of the family, they work incredibly hard for our community and it was good to let them know how much they're valued. The shop reflects Lee and Arwen's ethical and environmental priorities and supports many of our community activities.

Messages included:

"The Shed with a View, the Heart of the Community"

"Thank you for my daily bread ..... and everything else"

"Five Years, Five Star Shop"

"Lockdown Lifeline"





51 Seaton Road  
Seaton  
Workington  
Cumbria  
CA14 1DZ

27 September 2020

**To the Editor and Readers of the Lorton Vale Link**

Dear Red Squirrel friends and supporters,

We at the West Lakes Squirrel Initiative would like to thank everyone who read and responded to our appeal for funding in the previous edition of the Link, and also the Editor for the opportunity to make the appeal.

We received quite a number of donations from the people of Lorton Vale which raised an amount of funding that should enable the group to survive and continue our work through the current difficult situation brought about due to the Covid-19 restrictions.

It is also reassuring to know that the Lorton Vale residents support and value the work that we are doing and are willing to help us to protect the indigenous red squirrel in one of its last strongholds in England.

With Thanks & Best Wishes

Steve Tyson & Peter Armstrong  
Directors/Co-ordinators  
West Lakes Squirrel Initiative

Tel. 07703 295 690 or 079 1268 1152

Email. [WLSI@hotmail.co.uk](mailto:WLSI@hotmail.co.uk)

P.S. If anyone has made a donation, or makes a donation in future, and would like a thank you note confirming that it has been received, please include a home address or email address with your cheque or Paypal payment

## **DIARY DATES**

### **NOV**

- 2 Mon Blindbothel Parish Council, Paddle School, 7.15pm Bi-monthly Meeting
- 4 Wed Lorton Parish Council, Zoom 7.30pm
- 5 Thu Loweswater Parish Council, Zoom or Loweswater Hall? 7.30pm
- 19 Thu Joseph of Nazareth in Visual Art, Arts Society Cumbria, lecture via Zoom, 11 am

### **DEC**

- 1 Tue Buttermere Parish Council, Zoom or Old School Room? 7.30

### ***Poppy Appeal 2020***

*At this time of year as the nights draw in and the clocks go back many of you would answer your door to a request to buy a poppy for the annual British Legion Poppy Appeal. This year sadly, we along with many others, are not able to make our usual door to door collections but the need for funding remains as strong as ever. The Poppy Appeal is the Royal British Legion's biggest fundraising campaign through which they can ensure our Armed Forces community and their families, both past and present, receive the support and care they need and deserve. You will still, hopefully, be able to buy your poppies in local shops and you can make donations directly online through the British Legion website [www.britishlegion.org.uk](http://www.britishlegion.org.uk)*

*Whilst the Poppy Appeal is an important national Remembrance it is also significant at a local level. Many of us can remember, or know of, family members who died or suffered in the two World Wars and in more recent conflicts. In our valley there are memorials in all three churches, Buttermere, Lorton and Loweswater; Lorton church also has a Commonwealth War Grave. The seat at the top of Tenters Lane, which is a lovely place for us to sit and reflect, is a memorial to 'two gallant young men of Lorton' who died in WW2. Perhaps especially this year we should go and visit these and remember.*

*If you are having problems buying a poppy we do have a small supply for people who are unable to access one by other means. We would be happy to help so please get in touch.*

*Kathryn Mitchell 01946 861928 and Joan Warren 01900 85637*

*PS Remember Together. To mark this year's Armistice Day BBC local radio are making a giant poppy mosaic from names and photos sent in by listeners – sounds a lovely idea, visit the Radio Cumbria website for more details.*

Benefice Services for November

1<sup>st</sup> November St. Bartholomew's Loweswater 10.30 am Holy Communion

8<sup>th</sup> November St. Cuthbert's Lorton 10.30am Holy Communion

15<sup>th</sup> November St. Bartholomew's Loweswater 10.30am Holy Communion

22<sup>nd</sup> November St. Cuthbert's Lorton 10.30am Holy Communion

29<sup>th</sup> November St. Cuthbert's Lorton 10.30am Benefice Service Holy Communion

St. James Buttermere will be open on a Wednesday 10-12 for private prayer



Deadline for December/January is Fri 20th November, all articles to [lortonvalelink@gmail.com](mailto:lortonvalelink@gmail.com) by this date.