

OCTOBER 2021



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

Letter from the Editor

Dear Link readers,

Our social lives seem to be continuing to improve - evidenced by the fact the Diary Dates now takes up more than half a page! Ullock Village Hall has been able to commence activities so we have a piece about that for the first time since early 2020. The Cockermouth Mechanics Apprentice Band is looking for new members and the local 1st Responder Team needs more volunteers. There are two Coffee and Cake events planned which I'm sure will please all those with a sweet tooth. With Halloween approaching we have a very apposite Lakeland Limerick about a Catbells witch!

This month we have a number of informative articles covering aquatic acidification, the work of the West Cumbria Rivers Trust and the Zero Carbon Cumbria initiative - please read the articles to find out more. Under the Eco

Church/Eco Community banner we have a report about the COP26 Pilgrimage and details about a COP26 lunchtime event being held in Carlisle. Our Eco Church Project Manager (that's me by the way) has been asked to give a short presentation about how we attained how gold award. I do hope some of you will be able to attend. See page 21 for further details.

I have repeated the plea below for photos to be submitted for the Lorton Vale Calendar we produce each year. There is also an advert on page 23 for Roger Hiley's Loweswatercam calendar.

Finally I would like to highlight the open invite from the Judd family to High Tea at Hundith Hill to celebrate Frank's life. Do please let Chris know if you plan to attend.

Rosemary
07885 360353

LORTON VALE CALENDAR

It's that time of year when we ask for submissions of photos for the Lorton Vale Calendar. Given the lack of social interaction over the last year or so we thought it would be great to have photos of the village events & get togethers we did manage to have (e.g. Christmas walk about, Easter Bonnet Parade, Village Shop anniversary) as well as the usual scenic pictures. **Please send full size JPEGs to the usual email address (on the back cover) ASAP.** Portrait is best for the front cover, landscape to go above the calendar layouts.

Our cover picture this month is of The Buttermere Pines. Thanks again to Roger Hiley for the photo.



'Where prayer has been valid'

As you'll remember from the July edition we were very much hoping to re-open Buttermere Church on Sunday 25 July for the Feast of St James the Apostle, its patronal saint. When the time came, we still had some doubts about the wisdom of gathering in such a small space – but I'm happy to report that we did finally hold our first Sunday service there since lockdown on 19 September at 6 pm on a beautiful late summer evening. The church will now, God willing, remain open for regular worship although the time will change from 6 pm to 3 pm once the clocks go back. It is also open all the time for people to drop in, say a prayer, or sit quietly.

You'll sometimes hear people say that the church is not the building, it's the people. In the New Testament the Greek word for church, 'ecclesia', means a gathering of those who have been 'called out' to become followers of Jesus Christ. It had nothing to do with the place in which they gathered, which was usually in one another's homes. In most English minds, though, the church and the building have become synonymous. 'Let's go to church,' we say, meaning let's join with others in a particular building for a service.

I have a great deal of sympathy with both these points of view. A building cannot love God, or follow the teachings of Jesus, or be a good neighbour, only people can do that. And especially here in the Lakes

where we are surrounded by the majesty and beauty of creation, we understand that you don't have to be in a church building to feel close to God. On the other hand, a church building, especially one that has been hallowed over centuries by prayer, can be particularly helpful to those who would not immediately identify themselves as part of the 'ecclesia'. Many people who would not feel confident to turn up for a church service with its unfamiliar language and rituals still like to wander into a church and sit for a while or walk around and look at the various Christian symbols displayed in wood and stone and glass. T.S. Eliot puts it beautifully in this famous line from his 'Four Quartets'. *'You are here to kneel where prayer has been valid. And prayer is more than an order of words ...'* Buildings can help people to pray, simply by being sacred spaces that seem to speak of the presence of God.' For that reason alone they will always be important.

Our three church buildings here in the Valley are here for all of us whether we worship in them regularly, come to them at special times of joy and sorrow in our lives, or enter them quietly, maybe when no-one else is around. Whenever and wherever you come, you will always be welcome.

With God's blessing.

Jane Charman
Grasmoor Mission Community Leader

LORTON WOMEN'S INSTITUTE
SEPTEMBER 2021



Our September meeting took place on the evening of 14th September 2021 at Yew Tree Hall. Unfortunately, for various reasons, there were many apologies for absence and only four people were present. It was decided to start the meeting with tea and biscuits and a catch-up chat.

Items in the County News were mentioned, including the need for a delegate for the Annual Council Meeting at Greenhill on the 19th October. Judith agreed to be our delegate if nobody else wanted to go. There is availability for only one guest at this meeting due to the need for social distancing. A decision of who is going to attend will be made at the October meeting. Please see the County News for further information.

With the help of information from Anne Baird, our Climate Ambassador, and the National Federation booklet on Climate Change and how it affects Women and Girls, Kris had prepared a talk. However, it was decided that as we were a small group, we would have an open conversation about our concerns about Climate Change. The increasing prevalence of “natural” disasters such as drought, floods and wild fires, which have been attributed to human impact on a warming climate, was one of the topics raised. In the light of such cataclysmic events it might appear that we, as individuals, are helpless to bring about the changes which are needed. However, the conversation about Climate Change is

spreading globally and becoming louder. We can all do our best as individuals if we are mindful of how we use energy in our homes, and there are some sparks of hope in technical discoveries and more legislation to move us towards a sustainable planet. At present, there are worries about the possibilities of food shortages related to an astronomic rise in gas prices. Maybe if we, as a country, could rethink farm subsidies and pay farmers to grow our food, try to shop products locally and cook our food from scratch in our homes, we could rely less on frozen food and imported foods – all ideals dear to the W.I. ethos. We thank Kris for her hard work in preparation for this meeting and apologise to her that so many of us were unable to engage in the meeting. This is a topic which may well be revisited in the future.

The next meeting will be in the afternoon of 12th October, with a meal on the Orient Express (at Bassenthwaite Lake Station!). There will be another opportunity for a walk around Silver Meadow Wetland Nature Reserve or along the disused railway line towards Keswick, and enjoy Autumn colours. Kris will email details to members.

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

September has been a gentle month weather wise easing us into the change of season with leaves just beginning to change into their autumn hues.

Loweswater Harvest Festival will take place on 3rd October with the usual arrangements for decorating the church on the Saturday morning following which the church will be locked overnight. The collection will be for the Bishop's Appeal and all offerings of food will benefit the Food Bank where it is still so desperately needed. The food bank specifically need the following : - uht milk and orange juice, tins of fruit, vegetables, tuna and meat. Other non perishables welcome too.

We celebrated our first Holy Communion service at Buttermere this month - the last being on Good Friday. Regular services will now resume at St.James's which is an encouraging sign of returning to some sort

of normality. There will be an Allsouls service at Buttermere on 31st October at 3pm; a occasion when we remember our loved ones departed. During Remembrancetide there will be a prayer tree in Loweswater church so people can add their personal messages.

The wedding season has drawn to a close in Loweswater with two September weddings. Our good wishes go to both couples for happy married lives together.

From St.Bartholomew's Registers:

Weddings

4th September John Gallagher and Julie Todhunter

18th September James Fleming and Alice Gardiner

Eleanor Ella

Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st September 2021

1st prize of £25	No 35	Ann Beebe
2nd prize of £10	No 89	Rev. Bob Watkins
3rd prize of £5	No 31	Dr. Anne Style's Charity Fund

Penny's Piece

Satnav has struck again. Since the end of August, we have had an increasing number of delivery vans trying to follow Satnav up our yard to get to Mosser. The most recent got level with the top gate of the sheep pens before deciding that it wasn't a good idea and reversing back down to the road. Apparently, Google sat nav accepts anything tried by someone else (even if they turned round), as a viable route so any subsequent drivers going to the same location are sent the same way! Useful. I told the first bloke arriving in the yard how to get there, by turning round, but was then amazed to find that within the hour he had apparently followed his sat nav again which brought him down the lane through our yard. He had a parcel for my husband, but hadn't known/ registered that when he was in the yard the first time. Looks like I will be making some idiot proof notices for the top and bottom of the lane along the lines of: Your satnav is lying to you, turn around. This is a FOOTPATH! Suitable for toes not treads.

The flowers immediately around my door survive in spite of me, not because of me and I have had a very good crop of soapwort recently. I always remember my grandma and the neighbour across the road telling me how they used to gather it as children for making soap. Having just googled it, it sounds, viable, relatively easy and seems to be very good for those with sensitive skin or skin conditions. Sometimes the 'old' science works just as well, if not better, than the modern. It is also very clear exactly what is in it and there are no made up words required to describe the

benefits.

Over the summer I read my usual cluster of thrillers- something with a body count but also delved into the past and read Gaskell's North and South. I had to start a list of words I wasn't sure of the meaning of as I went along. Abstemiousness, sagacious and disapprobation being three of them. And no, I can't remember what they mean and will have to look them up again. I also couldn't decide whether language like this means our modern use of language has 'dumbed down' or we have just got better at getting to the point and being less encumbered by things like the social etiquette of those times. If flashing ankles and proposing is offensive, they really wouldn't cope with modern music, plays or sports clothing, especially diving! We are back into the swing of things in school. Thanks to local firms, the grounds now look great and are free from manholes without covers, iron bars and kerbs sticking out of the grass and it is grass and not. . .well. . . patchy weeds. We are also without the unwanted pond that appeared in the middle of what should be the football pitch. Inside, the creation of the nursery has moved the staffroom into the library. Random spare bits of furniture are secreted here and there: there are 2 barstools in one of the staff toilets. Every time I go in, I feel like there is going to be a barber-shop quartet gathered on and around these stools in a corner. The whole thing remains slightly ridiculous but it does make me smile. Until next month, take care. Penny.



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LORTON NOTES

Thankfully things are, step by step, returning to as they were before the pandemic struck. I am delighted to write that we shall now be keeping the church open all the time. Many visitors have commented that they are pleased to find the church open and what a delight it is to be able to come in and soak up the peaceful atmosphere. May we never again have to close it. Services at Buttermere are starting again and as a consequence we are able to hold Matins on the second Sunday of alternate months, starting this month. If you prefer a service of Holy Communion you can go to Buttermere for 6 o'clock.

The Church year comes to a close at the end of November and the wind down starts this month. We have the Last Sunday after Trinity on the twenty fourth and a week later we are celebrating All Saints' Day, when we give thanks for the lives of men and women who have encouraged us by

their examples of faith. The day of the festival is November 1, but we celebrate it on the nearest Sunday. The following day is All Souls' Day, when we particularly think of those who were close to us. This year it is felt appropriate that we should think of those who have been affected by covid and a prayer tree will be in church where messages can be hung. Madge will also be playing appropriate music on Monday between two and four. We hope this will be of comfort to those who have been through a stressful time.

We are sorry that it is no longer possible to hold weekly services at St. Cuthbert's, but mixing regularly with the congregation at Loweswater does bring the churches of our benefice more closely together and I feel strengthens the unity of the benefice. Swings and roundabouts.

Roger Peck.



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a friend, a neighbour or visitor
when they are most in need.



Now the pandemic is easing your First Responder Team are looking find new members here in Lorton, Loweswater and Buttermere.

If you are over 18yrs old, have your own transport and would like the opportunity to offer immediate life saving assistance prior to the arrival of full medical services, then have a chat to Peter Deeks in Lorton, or myself in Loweswater. Full basic training will be offered for this interesting roll.

"The valley can seem very remote from basic services when you are in urgent medical need. Having someone local who's able to offer experienced help within minutes is worth the world."

You don't have to be available all the time, but if you do want the chance to make that critical difference, then phone either of us now.

Peter Deeks on 01 900 85753 or Roger Hiley on 01 900 85040



Coffee and Cake



We're planning to hold a 'Coffee and Cakes' event at the Yew Tree Hall in Lorton on Saturday 6th November - subject to the Covid-19 'situation' and relevant health protection regulations.

Please look out for details in the next issue of Link magazine and on local noticeboards.



REMEMBER REMEMBER THE **6TH** NOVEMBER

Penny Poole Tel :01900 85722

LORTON VALE GARDENING CLUB

Well, it's like a tropical jungle out there in the garden at the moment - warm and damp, grass growing furiously, but never dry enough to cut!

Our August trip was to Hazel Cottage, just north of Penrith. We did very well for weather, and owner John is always highly entertaining. He has lots of unusual plants, particularly for use in the flower arranging competitions in which he and David compete so successfully. Variegated horseradish is a sure fire winner, he says! We ambled happily round, scattering cats, bantams, hens and chicks, ducks and geese. Earlier in the summer would have been a better time to visit - we were a bit too end of season - but cakes and tea were lavishly supplied, as always.

The coach trip to the September Harrogate Flower Show was splendidly organised by Fiona and much appreciated. Again, we had a sunny day. The main tent was packed with dahlias and gladiolus in vibrant colours - dahlias the size of footballs, I'm told! The Show was held this year at Newby Hall, and some of us particularly enjoyed the house and art exhibition. There was a very good stall selling metal work for the garden, and quite a few plant supports came back to Cockermouth on the bus, as well as the usual complement of plants. There was even a chamber orchestra to play us back to the coach at the end of the day.

Our next meeting is in the Yew Tree Hall, at 7.30 on Thursday 14th October. New members welcome. After a brief AGM, Ken Swift will talk on Kitchen Gardens. See you there!

Remembering Frank Judd

The family and I were sad that the limitations imposed by Covid meant that we could only invite a very few of our friends in the valley to Frank's funeral at the end of April. We were touched by those of you who stood and sang outside the church or outside your homes in the lane as the funeral procession passed and grateful for all the lovely flowers, cakes, cards, messages and diverse acts of kindness we received. Frank always enjoyed a party and, together with Liz and Pippa, I would like to invite all our friends in the valley to come to Hundith Hill from 16.00 – 18.00 on

Wednesday 27th October for an informal gathering to remember his life over a cup of tea. For catering purposes, please let me know that you will be coming by 21st October, either by a note to Rose Cottage, by leaving a message on 01900 85238 or by email to chrisjudd1939@gmail.com

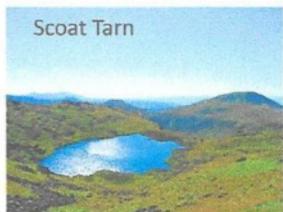
We shall be delighted if anyone has a memory of Frank that they would like to share with us all. If you do, please let me know with your acceptance.

Forgive this impersonal invitation. We very much look forward to seeing you there.

Chris, Liz and Pippa Judd

Natural waters getting more acidic by Leslie Webb

Last year, I wrote a series of short pieces about the work of the Loweswater Care Programme on trying to improve the water quality in Loweswater. We hear a lot about climate change in relation to CO₂ emissions, but much less about one of its other insidious effects - aquatic acidification.



Scoat Tarn

When I was a young chemist, the subject of acid rain was often in the news, with Scandinavians often claiming that their lakes and rivers were being acidified by emissions of sulphur and nitrogen oxides exported from UK power stations. There was some truth in this, but it was also acidifying our own natural waters. A good example is Scoat Tarn in Wasdale, where the pH had declined to 5.0 by 1990, but has since increased to 5.5 due to the substantial reduction in sulphur dioxide emissions since then.

At the same time as this was going on, another source of acidity was increasing. Carbon dioxide is much weaker in acidity terms than sulphur dioxide, but the quantity emitted is much greater and, despite ongoing efforts to curb it, is still increasing. It is sometimes difficult to separate the effects on water bodies of rising temperatures and rising acidity levels, but any change (up or down) in some parameters causes problems if they happen too quickly for the environment to adapt.

The main aquatic effects of rising CO₂ levels are seen in the world's oceans rather than in fresh waters like the Cumbrian lakes. Ocean pH varies somewhat with location, but is typically 8.2 today, a decrease of 0.1 in recent times, which sounds small, but the actual increase in acidity is 30%, a big change over a small timescale. This contributes to the so-called "bleaching" effects on ocean corals caused by increased ocean temperatures and makes it difficult for many marine organisms to make their calcium carbonate shells (as shown here).



Ocean waters are quite well-buffered against pH changes, but many fresh waters aren't. For example, Loweswater has an alkalinity (a measure of its buffering ability) less than 10% of that of sea water. It can be calculated that the "normal" pH at the surface of Loweswater at 10°C used to be 7.6, but is now around 7.4. However, the actual pH of Loweswater fluctuates widely, particularly when algae are growing strongly, sometimes reaching above pH 9. There may be a better ability to withstand pH shifts due to such regular stresses. Our ongoing monitoring will hopefully tell us something about this.

Ullock Village Hall



Get Lost

Talk by Alan Cleaver & Lesley Park

In these strange Coronavirus days many of us would like to '**get lost**' in a remote country lane. Fortunately Alan Cleaver and Lesley Park have spent their leisure time exploring those lonnings, postman's trods, fairy paths, vicars' walks and other hidden-away places that very few other tourists know about. They'll be sharing the location of these ancient paths and the stories behind them in an illustrated talk. And given the date's proximity to Halloween they will also be including some paths where you might expect to meet a ghost, boggle or other supernatural visitor!

Friday 29th October 2021 at 7.30pm

Tickets £5.00

Including: Light Buffet Supper

Advance bookings requested due to social distance seating arrangements

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I'd just like to say a massive thank you to everyone that has helped with the Himalayan Balsam this year.....it looks like there was around 500 total hours of volunteer help this season!! It really has been amazing to have so many willing volunteers, and we couldn't have achieved much at all without the support and engagement of the community.

Whether you were able to give just a few hours, came along really regularly, or were one of those who enjoyed the challenge of the tricky areas and fighting with brambles and nettles....thank you so much!

I know that the extent of the balsam can be really disheartening, but be reassured that every plant you have pulled has stopped a lot of seeds being scattered, and every nettle sting has been worth it!

Considering the slow start to our work this year due to COVID, it has been really inspiring seeing so many of you get involved and we have managed a lot with the time we had. The key to really getting a handle on the balsam is increasing the community engagement each year, working effectively with landowners, and having an approach where we visit sites regularly for several years. We feel hopeful that next year can build on what we managed this year.

We would like to invite you to our 'volunteer thank you' event at the Hub in Cockermouth on Monday 25th October at 1.30pm.

We'll have hot drinks and cake available, and I will also have some maps and records where you will be able to see where we tackled the balsam this year etc.

It will also be a great opportunity to get your thoughts on what worked well for our volunteer days this summer, and how we can improve and develop things for next year.

We can also share with you any more volunteering opportunities coming up this winter.

The Hub is situated at 2 Market Street, Cockermouth, CA13 9NJ

There are toilet facilities in the building, and we will have hand sanitizer and hygiene measures in place to minimise the risk of virus transmission.

If you would like to attend:

it's not essential that I know who is coming....but it would help me bring enough cake for everyone!

Feel free to respond to this email to let me know if you plan on coming

please don't attend if you, or anyone you have been in contact with, displays COVID 19 symptoms or has tested positive for the virus during the 10 days previous. If you are able to take a lateral flow test before attending that would also be much appreciated.

And lastly, I hope that I have included everyone's email that helped us this year, but please pass this on to anyone I may have missed.

Thanks again,
Esther Foster

COOKERY CORNER

Submitted by Roger Hiley



Courgette Pastry Flan

Ingredients:

Ready rolled puff pastry sheet
2-3 courgettes, sliced lengthways
Soft Goats cheese
Zest of lemon
Mixed herbs
Pine nuts (optional)
Grated parmesan for top

Serves four

Preheat oven to 180 degrees

Part cook courgette slices under grill or better still in an oiled 'griddle' frying pan to get the darker lines across the flesh.

Lay the pastry sheet on a oiled baking tray and score half way through, around about one inch in from the edge.

Layer the goats cheese across the centre and cover with the courgette slices. Sprinkle with finely grated lemon, mixed herbs, salt and pepper. Pine nuts or crushed cashews can be added for extra protein if desired. Sprinkle more goats cheese and/or grated parmesan on the top.

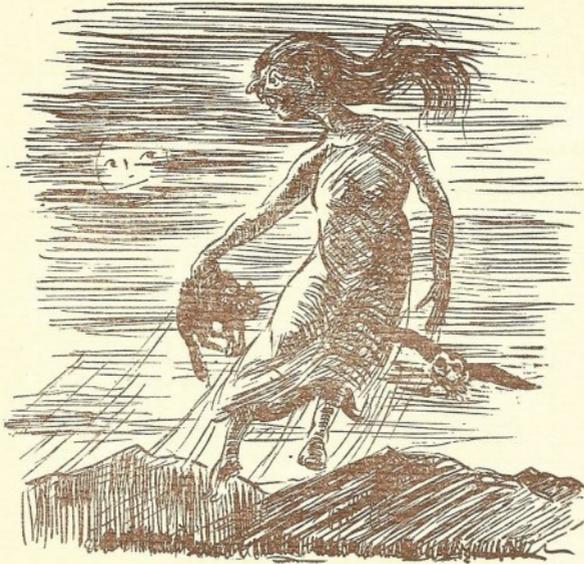
Avoid the placing the topping on the edges, but they could be brushed with milk if desired.

Bake for 15-20 minutes or until the pastry edge has risen and become golden in colour.

Serve with fresh green beans and butter, baked Mediterranean vegetables or other available coloured veg from the garden.

For a real seasonal treat, serve with a Rose' wine.

A LAKELAND LIMERICK



An old lady, who lived on CATBELLS,
Dealt in witch-craft, black magic and spells ;
At the mid hour of night
With her cat she'd take flight
'Mid a series of ear-splitting yells.

Page Twenty

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

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

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Loweswater Ladies September 2021

Our come-back Supper Evening on Wednesday 8th September was a huge success. It was a delight to see so many of our group coming through the doors with beaming smiles on their faces. The large hall had been suitably arranged to comply with Covid regulations. Thank you Karen for doing that. The long central table was full of good things to eat. We, in Loweswater Ladies, do know how to put on a good supper.

After the chatter and catching up, we had a short discussion as to how to proceed. It was decided, by majority vote by the twenty members present, to continue with the October and November meetings as usual on the 2nd Wednesday of the month at 7.15pm in the large Hall. This will be an informal gathering, without guest speakers, but we will work together to have some structure to the evening.

Our December meeting will take place at LVH instead of going to an outside venue as we cannot predict what is going to happen Covid-wise in the next few months. More details in the November Link to follow.

Hopefully January 2022 will see Loweswater Ladies' programme re-established and the group remain as vibrant as ever.

One note – Pam Walker is stepping down from being our Treasurer. She has held this post for many,many years and we all thank her for her unflinching, quiet efficiency in this job.

Also we remember Ann Hiley, our Press Secretary and Vice President, who sadly died in December 2020. We will miss her and her contributions to the group. Volunteers will be needed for both jobs but this could be just an annual appointment.

Our next meeting will be on Wednesday, October 13th at 7.15pm in the large hall.

Finally I would like to thank everyone for contributing to the Loweswater Ladies. Here's to the future. We wouldn't be able to continue Post-Covid without the goodwill and co-operation of our members.

Regards, Alison Greer.

ECO CHURCH/ECO COMMUNITY UPDATE

Our COP 26 Pilgrimage held on Saturday 18th September was a great success. 11 of us (plus a dog and a baby) convened at St Cuthbert's at 10a.m and we began the walk with a short prayer asking for COP26 to be a success. A few of our walkers completed the first half of the route and 9 of us completed the full 11 miles. With a few extra miles added by people walking from home to the start of the walk we did complete the 125 miles required to cover the distance from Lorton to Glasgow, where the conference is being held. High Barn, Rogerscale was the designated picnic spot and the weather was kind enough to allow us to relax in the garden,



before setting off to Stangar for the final half of the walk back to St Cuthberts.



CAMINO TO COP PILGRIMS HOSTED BY
CHURCHES TOGETHER IN CUMBRIA &
FOOD CARLISLE

LUNCHTIME EVENT MEET COP26 PILGRIMS & LOCAL EXPERTS (WITH LOW CARBON LUNCH)



12 NOON - 2PM
FRI 15TH OCTOBER 2021
ST CUTHBERT'S CHURCH, CARLISLE

St Cuthbert's, Lorton will be giving a short presentation about the attainment of their Eco Church Gold Award



LORTON FILM NIGHT

AT YEW TREE HALL

Showing "Nomadland"
Frances McDormand
David Strathairn

26 |
October

7.30pm
£5

BAR AND DOORS OPEN
AT 6.45pm



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and cake**

Monday 4th October

11am to 12am

**Come to the Hall for a
cuppa, cake and craic!**

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All proceeds to the hall.

Loweswater Village Hall

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

Hefted

Friday 5th November, 7:30pm

A narrative that sweeps across 600 years, starting in 1475 with a supernatural birth and moving through nine different landscapes to an imagined 2075 in which stories from the past, are retold to help heal the present. Some of the stories are fantastical, others dramatise real events but all explore the notion of being 'hefted' or 'leared' – the deep connection we have with the land.

A wryly funny play, emotionally absorbing, interspersed with songs and a spectacular soundscape that brings big questions about our relationship with the land tumbling onto the stage with passion, humour and a huge heart.

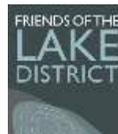
The company have played this production in village venues across Devon and the response has been phenomenal. They are ready now to take the production further afield. "Excellent evening. Nine stories collectively mesmerising that tell a story about land that is universal." Honiton audience comment "A powerful, intense and gripping production that transformed our village hall into a window onto the landscape."

Membury audience comment

Tickets: £10 for adults, £5 for under 18s. Refreshments available and there will be a raffle.

Booking essential so we can plan safe seating groups. For tickets email:

loweswaterevents@gmail.com or phone Penny on 01946 862200.



What a Difference a Degree Makes...

As someone who is more likely to die of old age than the consequences of climate change, I leapt at the opportunity to join Debbie Watson's Zoom to increase my awareness of what is coming down the line for future generations. Debbie had volunteered for training offered by Cumbria Action for Sustainability (CAFS) enabling her to explain the Zero Carbon Cumbria initiative and to encourage us to think what we can do to reduce our emissions, as individuals and as a community. (Cumbria aims to be the first carbon-neutral county in the UK, by 2037.)

Why is there a Crisis? Debbie told us that scientists consider the safe upper limit for carbon particles per million (PPM) to be 350. She asked what we thought the carbon PPM was right now. Given the title of the session I suggested 349 but I was wrong. We are already at 417. Unless we can turn that number round, we risk irreversible impacts. In fact, the 'degree' in question refers to the world's average temperature which hovered around 0 Celsius in pre-industrial times but has risen sharply since the 1950s to over 1.1C in 2020. If we continue at the same rate, forecasts suggest we will reach 1.5C by 2040; more warming than this means that climate events will go from being destructive to catastrophic. Also 1.5C is a world average figure; the Arctic is warming at 2C which is double the global average, causing sea level rise and extreme temperatures. NASA's useful time series animation shows how temperature has changed across the world since 1884:

<https://climate.nasa.gov/vital-signs/global-temperature/>

So, what can WE do about it? We were told the bottom line is that we must stop extracting and burning fossil fuels which will not happen without the intervention of governments. Hence the importance of COP26 – and the fundamental objections being raised to the coal mine in West Cumbria. Nonetheless, there ARE steps WE can take to reduce our own carbon footprints. We were pointed towards useful resources. I recommend starting by looking for Crummock on a place-based carbon calculator www.carbon.place You may be surprised by what you find! You may then be motivated to calculate your own environmental footprint. The World Wildlife Fund (WWF) offers a quick and easy method -see "Your Footprint Matters" at <http://footprint.wwf.org.uk> If you want more precision, so you can set your own personal targets, there is a carbon calculator on the CAFS website <https://cafs.org.uk/> or you can download a free App from www.pawprint.eco Mike Berners-Lee's books 'How Bad are Bananas' and 'There is no Planet B' are recommended reading, as are Allerdale District Council's and Cumbria County Council's environmental action plans. And there is a free Which newsletter:

https://signup.which.co.uk/wlp-sustainability-newsletter?utm_medium=Email&utm_source=ExactTarget&utm_campaign=4099188-C_FRA_EM_230921

We had a lively discussion which covered ideas such as community allotments, solar panels on village halls; car-sharing; avoiding peat-based compost; spending less time in the shower; starting an environmental book club etc. The Melbreak Communities and Lorton Eco-Church are already taking forward hydro, Dark Skies, and re-wilding initiatives. This was just a beginning - there is only so much we could cover in a couple of hours...

Carolyn Davis

Dark Skies Festival: Watch this Space

Various local activities are planned by The Melbreak Communities during the week beginning 8th November to celebrate the *Friends of the Lake District* CUMBRIA DARK SKIES FESTIVAL.

These will likely include a night-time walk around Lorton, information about the new LED streetlights (the first of their kind in West Cumbria), and an indoor talk at YTH on aspects of night-time wildlife. There will also be a *dark time* walk around Holme Wood, on the shores of Loweswater lake, to savour the night sounds, sensations, and sights of the wood – and hopefully the stars! (9th November 2021).

More details in the November LINK.

DIARY DATES

OCT

- 4 Mon Coffee and Cakes, LVH, 11a.m.
6 Wed Table Tennis, 7-9pm, YTH
12 Tue WI meeting
13 Wed Table Tennis, 7-9pm, YTH
13 Wed Loweswater Ladies, LVH, 7.15p.m.
14 Thu Lorton Gardening Club, YTH, 7.30p.m
20 Wed Table Tennis, 7-9pm, YTH
21 Thu Dido Elizabeth Belle and the beginning of Abolition, Leslie Primo, The Arts Society Cumbria, 11 am, contact theartsocietycumbria@gmail.com
26 Tue Film Night, Nomadland, 7.30pm, doors at 6.45pm, YTH
27 Wed Table Tennis, 7-9pm, YTH
29 Fri Alan Cleaver Talk "Get Lost", Ullock Village Hall, 7.30p.m

NOV

- 3 Wed Lorton Parish Council, 7.30p.m, YTH
4 Thu Loweswater Parish Council, 7.30p.m, LVH
5 Fri Hefted, LVH, 7.30p.m.
6 Sat Coffee and Cakes, YTH
11 Thu Cumbrian dialect in the nineteenth century, Professor Matthew Townend, LDFLHS, 7.30 pm
13 Sat Arts out West "Love & Spice" at Ullock village hall
18 Thu Charles Rennie Mackintosh - More than just a tea room, Stella Lyons, The Arts Society Cumbria, 11 am, contact theartsocietycumbria@gmail.com

NSPCC

With no Loweswater Show this year, we are once again unable to have our usual produce stall. However, Helen Askew has been very generously making pickled onions, beetroot and red cabbage, which she has left with me to sell. I also have a small selection of various jams.

If anyone would like to purchase any of the above, please give me a ring on 01900 85606 and hopefully, I'll have some of your favourites left.

Thank you for all your support and from those who have already bought

Looking ahead to December, I am unsure if the Carol singing around the villages will go ahead (depending on restrictions) but I will let you know, nearer the time.

Ann Hayton

The United Benefice of Lorton and Loweswater with Buttermere

Church Services October 2021

3rd October	18th Sunday after Trinity		
10.30am	Holy Communion	Loweswater	CW
10th October	19th Sunday after Trinity		
10.30am	Matins	Lorton	BCP
6.00pm	Holy Communion	Buttermere	CW
17th October	20th Sunday after Trinity		
10.30am	Holy Communion	Loweswater	CW
24th October	Last Sunday after Trinity		
10.30am	Holy Communion	Lorton	CW
31st October	All Saints Day		
10.30am	Holy Communion	Lorton	CW

For those of you who do not receive the Grasmoor Mission Community Information Sheet by email - it can now be found here -

<https://grasmoormissioncommunity.org.uk/staying-connected>

Deadline for Nov is Fri 22nd October all articles, photos, funny stories to lortonvalelink@gmail.com by this date. Thank you