

**DECEMBER 2021/
JANUARY 2022**



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

Letter from the Editor

Dear Link readers,

Another bumper collection of articles has been received for our double issue, and the last of 2021. I'm glad to report that we now have a new monthly contribution from the pupils in years 4-6 at Lorton School. Our first article is written by Grace Davey and tells us lots about the various trips they have been on over the year. There are a number of posters covering various Christmas events taking place during December and I hope you will be able to attend as many as possible. This has made the Diary Dates page look a little different this month as some of the posters list a lot of dates, so they have been collected together at the end of the publication. On pages 16 and 17 you will find a report of the Dark Time Walk and an accompanying poem. There is another interesting article from Les Webb about the effects of climate change on our lakes. We have a seasonal recipe

from Roger Hiley for Mince Pies - if you try it do send in some photos of your efforts.

You should have found two flyers inside your Link - one being the ever popular Brain of the Benefice Christmas Quiz and the second an Environmental Lifestyle Audit. More information about that can be found in the Eco Church/Eco Community update on page 21.

Last month we included the Food Bank Advent Calendar - please feel free to leave your donations in the Food Bank basket in St Cuthbert's and we will make sure they are delivered to Cockermouth on a regular basis

May I wish you all a very merry Christmas and a Happy New Year. We will be back in February 2022

Rosemary
07885 360353

Letter to the Editor

Rosemary, I am sure that everyone in the three lakes valley and beyond would like to wish **YOU** a very happy Christmas too, and to thank you very much for all the work and effort you put in to producing such a useful and well edited publication for us all, month after month. It really is essential reading and full of a variety of important, interesting and amusing matters. As an intermittent contributor, I realise how much trouble you go to in checking correctness, layout and content. Thank you! A Link Reader

Our cover picture this month is a Snowman on Hen Comb by Roger Hiley



'At the heart of Christmas'

In recent years the national Church has chosen an annual theme to shape and inspire our Advent reflections and Christmas celebrations. Last year the theme was 'Comfort and Joy', two things that were much needed in the context of an Autumn of rising infection rates and a last-minute Christmas lockdown. This year the theme is 'At the Heart of Christmas', based on Luke chapter two verse 19: *'Mary treasured all these words and pondered them in her heart'*. Look out for the logo, a coral-coloured heart with simple line drawing in white of Mary and Joseph watching over the Christ Child. You'll see it on our Churches Together Christmas card and bookmark and in other places too.

What is at the heart of Christmas for you? Last Christmas was so unusual that it really prompted us to ask that question. Is Christmas first and foremost a time for family, for getting together with loved ones to feast and enjoy one another's company? Is it a time for generosity, for giving to one another and to the many Christmas charities that ask for our help at this time of year, for reaching out to the lonely and isolated in our communities? Is it a time for worship, for recalling in word and song the miracle of the birth of Jesus Christ and allowing our faith to be deepened as we too ponder these things? Is it a time for letting go of old enmities and reconciling with one another, a time for peace on earth and good will to all people? Maybe

it's a time for all these things or a combination of them.

Fortunately, Christmas has a big heart, big enough to contain and express all that we already long for and much more besides. Like Dr Who's Tardis, Christmas has an inside and an outside and as many have discovered before us, the inside is bigger than the outside. If we only view it from the outside then our idea of Christmas is likely to be small – a few carols, a few gifts, a few mince pies, then quickly packed away again for another year. But if we venture inside then like those intrepid companions of Dr Who we may be amazed at what we find there. For those who do feel like taking a look inside this year there are opportunities and resources available through our own churches here in the Valley, across the wider Grasmoor Mission Community, and online. Visit our Grasmoor Mission Community website www.grasmoomc.church/christmas to find out more and join in.

As I write this, I have every hope that our Christmas this year may be more like the ones we remember from pre-pandemic times. Wherever and however you spend it, please have a blessed one. Jesus, born among us, may your life-changing love be at the heart of our lives this Christmas and always. Amen.

Jane Charman
Grasmoor Mission Community Leader

11 members and 2 visitors met for our November meeting in the Yew Tree Hall. Several people submitted Apologies for Absence. Following business, which included notice of two events to which we are invited at Lamplugh W.I. and some from the County News, President Ann R. welcomed our speaker Sue Buckwell. It was the second talk we had enjoyed from Sue, as she had previously talked about her work in the Citizens' Advice Bureau. This time Sue's topic was her work with Carlisle Overseas Aid Trust. Having spent most of her working life in Africa and India financing large projects, on retirement she wanted to work on a smaller and more personal scale.

COAT is a small charity run by Cumbrians to support small projects abroad which are run by people for their communities. All of the projects have a local Cumbrian connection – usually through word of mouth – and are not associated with large charities or NGOs. The overheads for the charity are kept very small and met by the fund-raising activities of the Trustees. Relying on personal recommendation and contacts means that COAT can respond quickly and knows precisely where the money goes. For instance, £100 can't pay off a National Debt but can buy school books for a village in Africa, where the daughter of a Cumbrian family is living and

working. A different project "Legs for Africa" was started by a young Cumbrian girl, who had prosthetic legs, when she was told that the local hospital could not use her outgrown legs. 5,000 prosthetic legs go to landfill every year in this country. She decided to collect and keep her own (children need to change them frequently as they grow) and any others she could gather from children she knew in the same position. COAT was able to transport them to a facility in the South of England where they could be processed and sent on to Africa where they were needed.

COAT continued providing aid throughout the pandemic. A local person left a legacy to provide a pump and a storage facility for clean water in India, also weather-proof sou'westers and boots for water workers during floods. In Cambodia, material was bought for a village to make school uniforms for their children as they were not allowed in school without uniforms. Funds are raised through the usual raffles, coffee mornings, plant and book sales and donations such as ours for talks by Sue. She is a most interesting and engaging speaker and the cause excellent. The next meeting will be the Christmas Party at 7.15 on 14th December at the YTH. Details for members will follow by email. Stay Linked!

Lorton School Link

Each month pupils from years 4-6 will use this column to report on life at Lorton School.



What have been the highlights of the school year so far?

“This year started when we went swimming at Cockermouth pool. We had a great time, going underwater to get toys, and even doing mini swimming races.

Then we went on a residential at Buttermere. I was in room 13. When we got there, the teachers put us into rooms. Then we unpacked our bags and played games of ‘fish and chips’, then charades. Later at night, we went outside, went on a ropes course then started toasting marshmallows. After that we went to bed. In the morning, we went on a walk round Buttermere lake.

The next thing we did was went to Tullie House in Carlisle. Years 2 and 3 came too. Our class had a go at mummifying a replica body, dressing up as pharaohs, and making our own Egyptian crowns.

We also had a man called Imran coming into our school. He was a Muslim. He told us a bit about his religion.

Finally, we took part in a netball competition at Cockermouth School. Some other schools were there too. My favourite part of that was when we won!”

Grace Davey, Year 4



YOU'RE INVITED

SATURDAY 4th DECEMBER

YEW TREE HALL

10.30AM to 12 NOON

Coffee and Cakes

Christmas

£3.00

all Coffee Morning
takings for
**CUMBRIA
WINTER WARMTH
APPEAL**
Cumbria Community Foundation Charity
Dovenby, Cockermouth

with rising
fuel prices and the
looming flu season
help for vulnerable
older people in Cumbria
to keep warm
and well this
winter



Sale of Lorton Vale
Calendars & Christmas Cards

Proceeds of which are for Church Funds

Hosted by the Yew Tree Hall Committee

Christmas COFFEE AND CAKES

Yew Tree Hall Sat. 4th December



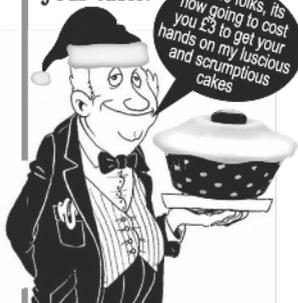
COVID PROVISIONS

Entry is via the usual main door, where a hand sanitiser is available for use.

The Fire Door will also be open, but in use only as an EXIT, as part of the hall's one-way system.

No need to queue for your coffee and cake, just make your way directly to a table in the main hall.

Please wear a mask when entering the hall, until seated at your table.



Your orders for coffee or tea will be taken at table, where a stunning array of fantastic homemade cakes will be awaiting your selection.

A payment box is also located on each table for your £3.00, helping to avoid another potential queue. Please bring correct monies as our boxes have been programmed not to give change! Thank you.

Each table will have seating for 6. Attendance numbers, at any one point in time, will be monitored to ensure a limit of 55. This is approximately half of the hall's official capacity, and will allow for a safe and comfortable spacing of tables and chairs for the coffee morning. Even so, total numbers attending over the past few years suggest its highly unlikely that anyone need be turned away, or asked to wait outside.

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Strengthen • Tone • Stretch

Penny's Piece

Spoke too soon didn't I! Yes, the tarmacking of the road, at this very end, is done but, unsurprisingly, there are a few issues. Apparently, water that runs down the side of the road- between the verge and the step of tarmac- has to learn to flow uphill if it is going to get into the drain. We have acquired a paddling pool/ unexpected duck pond at the bottom of the yard for the same reason. Until the water reaches four inches deep, it cannot get to the drain. The concrete lip that was built at an entrance across the road, to prevent flooding of that field and the cottage, is now flush with the tarmac. Guess what's going to happen? I believe the persons responsible are coming back to do something, as there are lines and squiggles in white spray all over the bottom of the yard. Either that or Banksy is losing his touch.

Does anybody else have one of those friends who is late whenever they are meeting up with you but never misses a train or plane? Annoying, isn't it? I don't even know why she is late most of the time. I have been away with her and sat watching the getting ready process and still don't get why it takes so long. Some people take ages in the shower (a bath I can understand, as falling asleep in a warm bath has happened), to the point where the only conclusion I can reach is that they must be washing or shaving each hair individually! Having a shower is supposed to be better than having a bath as it uses less water. Not if you're making like a prune and still in there half an hour or more.

Another seasonal advert inadvertently reminded me of the craze for going for an

Xmas or New Year 'dip'. It's supposed to be exhilarating apparently. I'm sure it is if you haven't died of cold water shock before the exhilaration kicks in. Not for me. As I always say, not everyone can do it or there will be no one to sponsor you- my excuse and I'm sticking to it!

Here's hoping we all get to have the Xmas we want this year. If you are in need of some silly activities, try these: 1) You have to get a cushion or pillow onto your head without using your hands. Alcohol does not need to have been consumed to aid this becoming hilarious but you'd best move anything precious or breakable before people start trying to flip a cushion onto their head from between their teeth- guaranteed to end up over the sofa to who knows where. 2) Seated volley balloon- balloons required. Sit opposite in 2 teams, arms width away (if space) and with room behind. Points scored for every balloon that goes behind the opposite team and is not stopped. People must remain seated unless collecting balloons that have gone behind. 3) Good old, who am I? Post-its or scrap paper and glasses for people who should be wearing them. Otherwise, you risk getting the question 'who's Delci Lana?' When it says Dalai Lama. Enjoy.

Hope everyone has a safe and Happy Xmas and best wishes for 2022. Penny.



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LORTON NOTES

I am glad that restrictions imposed because of covid are gradually being eased. We are now singing hymns and the like and all the pews are now being used. However, the Christmas event will be much on the pattern of last year's with a designated walk round the village passing a number of refreshment stations.

By the time December arrives the Church year has already started, the first Sunday in Advent being at the end of November. I enjoy Advent; the first lesson in our services is taken from the Old Testament and many are familiar, being used in the Nine Lessons and Carols service broadcast from King's College, Cambridge. The Benefice Carol Service will this year be held at Loweswater on the 19, following the village walkabout. And after its absence last year, the Christingle service will take place on Christmas Eve. The School will also be holding its Christmas concert on Tuesday 14 with the dress rehearsal in the morning, to which all the village is invited. Our Christmas communion service will be the midnight. As Christmas Day is a Saturday, it

was thought that the congregation would welcome the opportunity to join with the rest of the Mission Community on St. Stephen's Day or Boxing Day in singing carols at Lorton Street Methodist. This will be a good chance to meet members of other churches.

Christmas is not the only Principal Feast at this time of year. January 2 sees the celebration of Epiphany, but coming when it does, it does tend to be overshadowed by Christmas. I do hope many will be at Loweswater, recognising the importance of the occasion.

Prior to Christmas, the church has to be decorated, which we shall be doing on Wednesday 22 at 10.00. Come along and join in the fun.

From St. Cuthbert's Church Registers:

November 16: Funeral and burial:
Jean Trafford.

Roger Peck



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*OPEN
DAY!*



**Wednesday
8th December**

10.30am to 3.00pm

BUTTERMERE OLD SCHOOL

introducing

'Buttermere Return',

a new book by Claire Griffel

with an

Exhibition about the History of the School

and

A memorial to the crew of Wellington HZ215

*Coffee, Tea and Biscuits are on offer **all day!!***

Christmas

I SPY-TRAIL



Starting at Lorton School the trail meanders along the magical Lady Walk, and visits St Cuthbert's.

SUNDAY 19TH DECEMBER
1.30PM-3.30PM



SAMPLING THE MULLED WINE!

- * After I-spying Christmas objects you can enjoy mulled wine, mince pies and children's treats back at the school. Where Santa and his elves will be up to their usual mischief.
- * Prize draw around 3.00pm
- * Trail Map and I-Spying list available on the day

MEDITATION

Searching for stillness in a changing world?

I am thinking of starting a meditation group in Lorton in the new year.

People of all beliefs and none are very welcome.

Please contact Sue Pexton (01900 85490) if you are interested .

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

The season of Advent is upon us heralding the start of the church year. Accordingly, days are shortening and weather generally gloomier though the glorious autumn colour just hanging on before the wind does its business and leaves the trees bare.

It seems no time since last writing about Christmas services. This year St.Bartholomew's will be holding the Carol service at the usual time of 6pm on Sunday 19th and the Christmas Day 10.30 service of Holy Communion. There will be a service of Holy Communion at 10.30 at St.James's on Christmas Eve. The Buttermere informal Carol Service will not take place again this year due to limitations imposed by the size of the church. We look forward to sharing Christmas services together.

As the year ends we would like to thank Margie for her devoted work over the year in looking after church flowers ; also thanks to Sheila and Heather for their lovely floral decoration in the chancel. We will be decorating the church on the Saturday morning before the Carol Service.

With all good wishes for Christmas and the NewYear

From St.Bartholomew's Registers
Funeral and burial
27th October Graeme Smallwood

1st November Brigadier Joe Milburn

Eleanor Ella



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Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st November 2021

1st prize of £25 No 32 Keith McNeil
2nd prize of £10 No 97 Barbara Robinson
3rd prize of £5 No 26 Hanneke van Schelven

Congratulations to the winners and thanks to all our supporters.

LORTON VALE GARDENING CLUB

Well, we've certainly had a wetting here on the banks of the Cocker! Every plant, tree and shrub is thatched with debris up to the level of the flood water, and anything that can be flattened, has been. Still, most things survive, though not, alas, cars! How pleasant to look forward to flowers, bees and butterflies with Tanya St Pierre from Cumbria Wildlife Trust, in her talk on planting for pollinators. Tanya was introduced by Catherine Chamberlain, who reminded us of some of Tanya's local projects - the wild flower verges, the eco Church with Rosemary, the swift boxes etc.. Tanya gave us a quick resume of the sad history of the catastrophic decline in habitats for pollinators, and consequently of native species of insects, that we have presided over in the last 50 years. But, she says, it's not too late! Cumbria Wildlife Trust aims to restore 158 hectares of flower rich habitat, to grow and distribute flowers with local provenance and to offer volunteer and paid work opportunities for people of all ages. They are working with hundreds of groups and individuals, and also creating wild flower corridors throughout Cumbria. What can we gardeners do? Learn to love your wasps...the 9000 species in the UK are heroes of pest control! Cherish your flies and beetles, and, of course, look after your bees. Provide bed and breakfast for your bugs - plant for nectar and pollen, and leave plenty of long grass, dead wood, hollow stems etc for over wintering insects. Use native plants where possible and try to extend the flowering season. Vary the height of the planting in your garden, and leave some wilder undisturbed areas for as long as possible. Plant in drifts. Dead head to prolong flowering, but leave dead stems over winter. Go for assorted flower shapes and colours to satisfy all tongue lengths. Cottage garden flowers are good - avoid double flowers. Cumbria Wildlife Trust has an excellent guide to choosing plants - look on the website, or pick up a hard copy from the village shop. Embrace the wonderful world of weeds! Nettles, dandelions, thistles, ivy and brambles are all excellent forage for insects. Mow less, avoid pesticides, encourage a bit of wildness, be peat free, resist the rush to tidy up, and sit back, relax and listen to the buzzing! It's really very exciting!

Our next meeting will be in the Yew Tree Hall on Tuesday 7th December, when Patrick Leonard's talk is entitled "A master composter". This is an afternoon meeting, starting at 1.30. Visitors welcome. See you there.

REPORT. A 'dark time walk' around Holme Wood with Owls. 9th November 2021

A local activity linked to Friends of the Lake District Dark Skies Festival 2021

Tuesday 9th November did not start well. Heavy rain was sweeping up the Crummock valley, Whiteside and Grasmoor absent in cloud. By the afternoon drizzle set in, cloaking the wood in mizzle. But the 5pm deadline to cancel the walk passed with the rain, the heavy cloud cover started to break up, and by 7pm the **stars** were out and all but one of the 22 booked participants turned up for our dark time wood walk. A miracle!

After hellos and 'Who are you?' (The problem of headtorch-blinded eyes!) and an introduction and safety briefing by Mark Astley, National Trust Ranger, we walked in a straggly torch-lit group to the far end of the wood, stopping from time to time for nuggets of local and natural history from Mark and John. We listened quietly to the sounds of the wood and the rush and tumble of Holme Beck. The view up through the tree branches to the bright stars was wonderful, like Christmas trees with sparkly lights. We gathered in the Glade of the Goblin Ger for hot chocolate and eats handed out by Judy and John, under candle flicker and star light, whilst Aine gave a talk about Melbreak Communities Dark Skies Initiative.

Lights off, Rosamund told us a few facts about tawny owls. Hoolet is one Cumbrian term for owls. Did you know that owl eyes are fixed forward but their heads can rotate by 270 degrees, or that to promote silent flight their wings have no waterproofing so they struggle to fly in wet weather? Then Stuart read his wonderful tawny owl poem (prepared for the event and reproduced overleaf), made even more evocative by the dark wood setting. We listened to owl recordings from a tree hung speaker and *low and behold*, a female tawny started replying loud and clear, whilst flitting around the tree tops just above us. Quite a magical experience!! We ended with the haunting "Ghost Owl" song by Kerry Andrew and The Lost Words Spell Songs.

The walk back was via the lakeside zigzag, Mark pointing out the ancient burial mounds and some iconic 200+ year old trees and we listened to a *blackcap* song. We stopped on the skimming beach to observe the yellow-bright light pollution from Keswick and Cockermouth outlining the dark fell tops. Some saw **Daubenton's Bats** ('water bats') skimming and looping over the lake. Then back to Watergate for farewells after an excellent, if unusual, evening.

Thanks to the helpers mentioned above, to the National Trust, to Glenis Postlethwaite and Carolyn Davis of MBC and Jack Ellerby of the FLD for encouragement, and apologies to the numerous disappointed people on the wait list. *John and Rosamund Macfarlane. Stuart Medland*



Dark Skies Owl

November Wood;
damp bark, the tan
and ochre rags of leaves –
the trees appropriating ever
more than their own bare-
lit, dripping twigs.

A Tawny Owl
no more or less
than disengages . .

. . from the ivy-grappled
fissure and the cabled
torque of Chestnut trunk . .

. . evolves, in moments . .

Floats, at shoulder-height,
towards me, dares me to be
so-aghast as he – his own
soft understorey, streaked
with dead-wood rain, a

No-Man's Land, itself –
in feathered-tapestry –
of blasted trees; their boughs
and branches snapped and
broken at the trunk . .

. . this very day of all our
*bending to the Laying-
down of Weapons* . .

. . on which I have come
to contemplate, if not
remember for myself.

He turns his head
as I do mine – his
facial disc, the
under-cap of some sere,
sylvan mushroom
now exploded into
spores, like crater-rays
upon the Moon.

His tawny crown, I see,
is heavy-combed with
squally, spitting,
umbered browns which
gather to a three-point star . .

. . which drips into his
slow, unblinking,
dark-pooled eyes . . which

. . hold my own, this
momentarily, alive.

Stuart Medland

*Revised for the Holme Wood **Dark
Skies** event on 9th November 2021,
from an encounter in Cracking Hill
Wood,
Sheringham Park, Norfolk.*

Loweswater Ladies November 2021

There was an excellent turnout for our November meeting. For many this was their first meeting since the start of the pandemic. The delight was palpable. This evening Anne Flower recalled her time in Malawi and Malaysia where her husband was serving in the Diplomatic Service. As a young wife in the 60s when Anne's husband sought a career change and applied to the Civil Service she little expected that she would be plucked from her life as a classics teacher to that of a globe trotting diplomat's wife.

Their early posting to Malawi (formerly the British Protectorate of Nyasaland) coincided with the early years of Hastings Banda's presidency and the emergence of Malawi as a republic. These were historic times with Ian Smith pursuing independence from the British government for Rhodesia and the blocking of the Suez Canal in 1967. The latter forced the trip home at the end of their posting to be via Cape Town where the world renowned heart surgeon Christiaan Barnard was spotted dining in the ship's restaurant while they were moored up for a few days.

Surprisingly animals featured heavily in this month's reminiscences - baboons, leopards, snakes and insects that burrowed into peoples skin. The latter only avoided by the most thorough ironing of ones clothes. Insects were not the only cause of unpleasantness the family faced. Whilst posted to Kuala Lumpa in Malaysia four masked men entered their bungalow after they had retired for the night. Anne and her husband were robbed at knife point. They survived the ordeal unharmed and their young son thankfully lay sound asleep in an adjacent bedroom unaware of the presence of the dangerous intruders.

Anne clearly found her time abroad both interesting and stimulating. Never sitting back just "enjoying life at the Club" she engaged in a variety of teaching roles and particularly enjoyed her involvement with the British Council.

Our next meeting will be our Christmas event on Wed 8th December at 7.15pm. Unlike previous years when we have had a buffet meal at a commercial venue, accompanied by our guests, we will have a buffet supper in LVH for members only. The meeting will start with our guest speaker showing us how to make a Christmas wreath. This will be followed by a Christmas buffet. As usual can everyone please bring a plate of either savoury or sweet food. There will be no Secret Santa this year.

Doreen Robertson

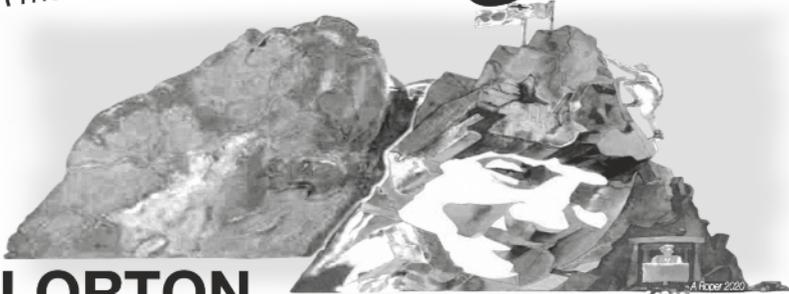


BILL PEASCOD

'At home in the steep places'

Cumbrian Legend

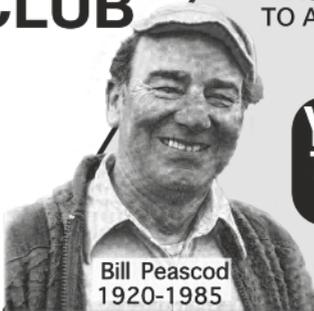
A must see film, highly recommended



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Bill Peascod
1920-1985

Yew Tree Hall, Lorton
Tuesday 7th December 7.30pm
(bar opens 6.45pm)

All profits to
Cockermouth Mountain Rescue

Steve Wharton, the film's director, has generously offered to hold a Q and A session at the end of the film.

(Article in November's Link gives further details of this extraordinary man)

youtube trailer link

<https://www.youtube.com/watch?v=Lh9pteudfDk>

WARMING LAKES AND RIVERS by Leslie Webb

A few months ago, I wrote about the way that waters are getting more acidic due to the greater concentration of carbon dioxide (CO₂) in the atmosphere. The better known consequence of this is, of course, the increased retention of the sun's energy due to the greenhouse effect, much of this (about 90%) being in waters rather than in land and the atmosphere. A 1°C rise in temperature allows water, due to its structure, to hold a lot more energy than a 1°C rise in the temperature of soil or air.

Temperature is a basic property of water that affects many of its other physical and chemical characteristics which, in turn, impact on aquatic life. I got interested in this subject when I worked in the paper industry as, when a paper mill uses less fresh water, the temperature of its recirculating process water goes up with many important consequences. Lake waters are a bit different and one of their key processes is the exchange of gases (notably oxygen and CO₂) with the atmosphere. A lot of substances get more soluble in water as the temperature rises, but gases don't. This reduction in solubility of oxygen and CO₂ is useful for CO₂ (as it helps offset the acidification from higher CO₂ levels in the atmosphere), but bad for oxygen as there's then less around for aquatic life.



A particular phenomenon in some lakes is stratification, where the denser bottom layer is cut-off from the lighter top layer in Summer. This tends to occur in the deeper lakes, where wind-driven mixing only goes so far down. Hence, Loweswater does stratify in Summer, but Basenthwaite Lake doesn't or at least only weakly so. One of the most-studied lakes in the world is

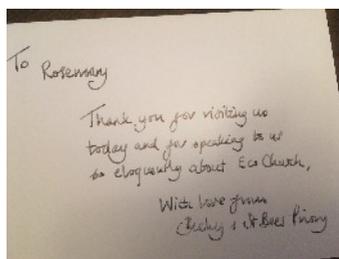
Blelham Tarn near Windermere (see photo above), which now stratifies for 42 days longer than it did in the 1960s. This means that the oxygen level at the bottom remains very low or zero for longer, this anoxia leading to greater re-dissolution of nutrients and possible greater growth of cyanobacteria (blue-tree algae). We don't have such data for Loweswater, but it could well be happening here as well.

Methane, a more powerful global warming gas than CO₂, can also be released from microbial activity in sediments and this will increase with raised temperature, although the temperature at the lake bottom is much lower than at the surface. We don't know how this compares with the amount of methane from the marshy land and cattle/sheep in the catchment. The surface temperature of Loweswater usually exceeds 20°C during summer months, but this year reached the highest we have seen since 2012 - 24°C, hot enough even for me to swim in. Maybe this is the reason why wild swimming has become so popular?

ECO CHURCH/ECO COMMUNITY UPDATE

Delivered with this edition of the Link is a flyer encouraging you to complete an Environmental Lifestyle Audit. On side one you will find a series of questions with tick box answers and side two gives space for you to expand on any of those answers or to share any other ideas you have. The results of this survey will not be shared with any other organisation - the plan is to collate the information we receive and publish a summary of the responses in a future edition of the link, probably with some tips about where people could improve their levels of sustainability. Any ideas people put forward may be used in future Eco Church initiatives. Completing the questionnaire is anonymous, and if you return the survey via email then your email will be deleted. However, if you would like to help us to develop any ideas you have then please include your contact details on the form.

I gave the Address at St Bees Priory on November 7th - the congregation appeared to stay awake during my 15 minute presentation and a number of them came to chat and look at my display after the service. It sounds as though will be commission 'Green Journey' to undertake an Energy Survey similar to the one was had done back in September 2019. This definitely helped us achieve gold status in the Buildings category.



At the end of November we are meeting with Jo Phillips, Ecumenical Social Responsibility Officer, Churches together in Cumbria, **Richard Waller** (the Diocesan Environment Lead) and Mike Hanbury from Cantab to discuss the following:

1. Lorton's Eco-Church Project
2. Next steps for promoting eco-church across Cumbria/diocese
3. Zero Carbon plans
4. How we can help with those plans

This promises to be an interesting meeting and we will report back in 2022

Rosemary Riley



LORTON FILM NIGHT

AT YEW TREE HALL

Screening
" The Father "
Anthony Hopkins
Olivia Colman

25 |
January

7.30pm
£5

BAR AND DOORS OPEN
AT 6.45pm

Loweswater Village Hall News

Thank you to everyone who came to the AoW performance of Hefted from the Multistorey Theatre Company. It was a very thought provoking and evocative production bringing the stories of people living in the same place at different times, to life. The lighting, sound and photographs round the hall only added to the atmosphere.

Watch this space to find out about a music act coming in the Spring.

In other news, there will no longer be a coffee morning on the first Monday of the month until further notice.

P. Leck

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**The world famous
Loweswatercam Calendar 2022
is now on sale.**

**A3 (with appointments) £10 per calendar
same price as last year. (UK posted £14)**

**Now on sale at Lorton Shop or direct from
myself in Loweswater.**

**Phone me, Roger Hiley, on 01-900-85040
to order your calendars.**

They can also be sent anywhere in the world for just
£10 plus the cost of the postage.

Full details on :

www.loweswatercam.co.uk/2022_Calendar_Offer.htm
Ask for the Special Offer "2 for £24"



Christmas Party and Burns Supper

The Club will restart after the break caused by the COVID pandemic with a Christmas Party in Loweswater Village Hall on Saturday December 11 at 3pm. We hope as many members as possible will be able to attend. As usual we shall have tea. Entertainment will be provided by John Moyes, who will sing for us, and Brian Melville will accompany him on the keyboard. Existing members of the Club will not be asked for a subscription this year. New members are welcome, but are asked to pay a subscription of £10. Everyone attending the party is asked to bring a wrapped present for Secret Santa of approximate value £5. It will be necessary to register for the Party in advance, so we know the numbers for catering purposes, and also to ensure we don't exceed the safe limit for social distancing purposes. Please register by emailing me at johnhudson25@hotmail.com with the subject line "77 Club Party". If you don't have email then please telephone me on 01946 861555, leaving a message and your telephone number. The closing date for registrations is Saturday December 4. All those who register will receive detailed information (by email or by letter) concerning the safety precautions to be observed at the party. If circumstances dictate that the party has to be cancelled then I will inform everyone who has registered.

The Club is organising an exciting programme of activities for 2022, starting with a Burns Supper on Thursday January 27. Advance registration will be required for this event as well, so please sign up at the Christmas Party. Anyone who wants to come to the Burns Supper but cannot attend the Christmas Party should contact me by email or phone by Saturday January 15 to reserve a place. There will be an additional charge for the Burns Supper.

John Hudson

	<h1>Merry Mince Pies</h1>
<p>Ingredients for Pastry topping:</p> <ul style="list-style-type: none"> 10 oz plain flour 2 oz cornflour 6 oz butter 2 tsp caster sugar 1 egg yolk Water to mix 	<p>Ingredients for a festive filling:</p> <ul style="list-style-type: none"> 1lb jar of mincemeat Diced eating apple(s) Brown sugar Cinnamon Nutmeg
<p>Method:</p> <p>Sift flour and cornflour together, rub in the butter lightly. Add sugar and mix with egg and water. Knead lightly and turn out onto floured board. Roll gently and cut required shapes. Line each pie tin recess with a slightly larger round of pastry, add mince pie filling, top with a pastry lid with a slit or a star cutter shaped hole to allow steam to escape.</p>	<p>When filling the pies add that extra Yuletide feel by adding apple and brown sugar within the mincemeat then sprinkle with cinnamon and nutmeg before adding the top.</p> <p>Bake in hot oven (220 or gas mk 6) for 20 mins.</p> <p>Dust with sugar afterwards Serve with warm Mulled Wine !</p>

**DASHING HOUNDS
MOBILE DOG GROOMING**



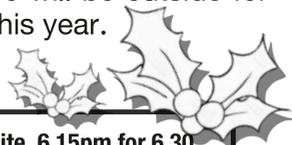
WE COME TO YOU!
Contact Zoe on **07436053993**



NSPCC



Providing the Covid rules and regulations don't change, we plan to go carol singing on the following dates. Please bring a mask and an umbrella with you, as we will be outside for the duration and not in anyone's home this year.



Tuesday 14th Dec. Loweswater Finish at The Grange	meet Littlethwaite 6.15pm for 6.30 contact Roger Hiley 01900 85040
Tuesday 14th Dec. High Lorton	meet Whiteash 6pm for 6.30 contact Chris Mills 07720434057
Thursday 16th Dec. Buttermere Finish at High Crag Cottage	meet Scalehill 6.15pm for 6.30 contact Roger Hiley 01900 85040
Thursday 16th Dec. Low Lorton	meet Beckside House 6pm for 6.30 contact Penny Poole 0190085722

There are currently no plans for carol singing at Mockerkin. Kathryn Mitchell can be contacted on 01946 861928 and any donations to the NSPCC will be very much appreciated. We look forward to seeing as many of you as possible and wish you all a very happy, healthy Christmas and New Year.

Thanks to everyone who has purchased jams and pickles from me again this year. So far, the fantastic amount of **£470** has been raised for the NSPCC.

Ann Hayton

Please note that Indoor Bowling takes place every Monday in YTH from 7-9p.m, with Table Tennis in the same venue every Wednesday from 7-9p.m apart from when there is a Parish Council Meeting, when Table Tennis will be on the Tuesday. There are Keep Fit sessions in LVH every Monday 9.30-10.30a.m and every Friday 5.30-6.30p.m. These will not be listed every month in Diary Dates but can be found on the Melbreak Communities diary page - <https://melbreakcommunities.wordpress.com/diary-of-events/local-events/>

DIARY DATES

DEC

- 7 Tue Lorton Vale Gardening Club Talk, YTH, 1.30p.m
- 7 Tue Bill Peascod Film, YTH, 7.30pm
- 7 Tue Buttermere Parish Council, 7.30p.m, Old School Room, Buttermere
- 8 Wed Open Day, Buttermere Old School, 10.30am-3p.m
- 8 Wed NO TABLE TENNIS
- 9 Thu Table Tennis Christmas Party, YTH, 7-10pm
- 11 Sat 77 Club Christmas Party 3pm LVH. Register by Dec.4. New members welcome.

JAN

- 5 Wed Lorton Parish Council meeting 19.30 YTH
- 6 Thu Loweswater Parish Council meeting 19.30 Loweswater Village Hall
- 15 Sat Ceilidh 7.30pm Ullock VH
- 25 Tue Film Night, YTH, 6.45p..m
- 27 Thu 77 Club Burns Supper 7.00pm LVH. Register by Jan 15

'Light up Lorton'

LORTON FESTIVITIES this December



some dates for your diary

" This December the Village Elves will start off proceedings by decorating the Yew Tree Hall (inside and out), and planting a **Christmas Tree at Crossgates.**

Saturday 4th December Coffee and Cakes at the Yew Tree Hall

Tuesday 7th December Bill Peascod Film, Yew Tree Hall

Sunday 12th December Lorton School Christmas Fair (FOLS) 2.00–4.00pm

Tues/Thurs 14th & 16th December Carol Singing in High and Low Lorton

Sunday 19th December I Spy Village Trail with mulled wine and Santa.

Santa, Rudolph, village organisations/individuals joining together to bring Christmas cheer to Lorton



"Light up Lorton" if possible please decorate your gardens/porches with christmas lights

Please see December's Link and Notice Boards for further details

The United Benefice of Lorton and Loweswater with Buttermere

Church Services December 2021

5th December	2nd Sunday of Advent	
10.30am	Holy Communion	Loweswater CW
12th December	3rd Sunday of Advent	
10.30am	Matins/Morning Prayer	Lorton BCP
3.00pm	Holy Communion	Buttermere CW
19th December	4th Sunday of Advent	
6.00pm	<i>Benefice Carol Service</i>	Loweswater
24th December	Christmas Eve	
10.30am	Holy Communion	Buttermere CW
5.00pm	<i>Crib Service & Christingle</i>	Lorton
11.30pm	Midnight Service (HC)	Lorton CW
25th December	Christmas Day	
10.30am	Holy Communion	Loweswater CW
26th December	Boxing Day	
10.30am	Carols	Lorton Street Methodist, Cockermouth

Church Services January 2022

2nd January	Epiphany	
10.30am	Holy Communion	Loweswater CW
3.00pm	<i>Evensong</i>	Buttermere BCP
9th January	Baptism of Christ	
10.30am	Holy Communion	Lorton CW
16th January	2nd Sunday of Epiphany	
10.30am	Matins/Morning Prayer	Loweswater BCP
3.00p.m	Holy Communion	Buttermere CW
23rd January	3rd Sunday of Epiphany	
10.30am	Holy Communion	Lorton CW
30th January	4th Sunday of Epiphany	
10.30am	Holy Communion	Loweswater CW

For those of you who not receive the Grasmoor Mission Community Information Sheet by email - it can now be found here - www.grasmoormc.church/communications

If anyone would like the Information Sheet sent directly to their inbox please email Charlotte Bampton on gmccomms@grasmoormc.church with your request

Deadline for Feb is Fri 21st January all articles, photos, funny stories to lortonvalelink@gmail.com by this date. Thank you