

# MARCH 2022



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

# Letter from the Editor

Dear Link readers,

Starting with the front cover - we have a new photo contributor this month - Kathryn Mitchell - and it would be great to have a few more of you send in your photos. I know from the Lorton Vale Calendar that there are plenty of talented photographers out there - don't be shy.

As well as all the local groups and societies returning to normal and holding their regular meetings there are a number of other exciting events coming up. I'm sure everyone will be pleased to see the return of regular Coffee and Cakes events - the first is at YTH on 5<sup>th</sup> March. Then on the 12<sup>th</sup> March there is the Lorton School 10K run - back after a gap of 2 years so please support it if you can. On 19<sup>th</sup> April we have a Dark Skies event to learn more about environmentally friendly street lighting in Lorton.

This month there is a double spread update from the Eco Church/Eco Community project detailing plans for the future and giving more feedback about the Environmental Lifestyle Audit. Mention is made in this update to the Net Zero theme of the Grasmoor Mission Community Spring Gathering. Allied to this one of our resident scientists, Leslie Webb, has written a thought-provoking article about the bad press that carbon now receives, being so closely aligned to global warming. I hope you will all read it with interest.

On the centre pages you will find a fish recipe from Roger Hiley and also the form to apply for 100 Club numbers. Hopefully you can pull these out and keep them.

I will repeat my plea that if you haven't already done so please send in your subscription for The Link. Each edition now has 28 pages which has increased our printing costs, although the Link Committee has chosen not to increase the subscription this year. I hope you all think it provides good value for money. As per last month the details can be found on page 23.

Let's hope for better weather in March - surely it can't get any worse.



Rosemary  
07885 360353

Our cover picture this month is 'Winter reflections on Crummock' taken by Kathryn Mitchell



**Remember that you are dust**

This time last year we were regretting the fact that Covid had closed our churches again and we were not able to gather in them for worship. In a bold step of hope and faith we reopened for Easter Sunday but Lent and Holy Week were not kept publicly in 2021. In years to come archivists and others who look into our church registers for this period will probably be much struck by these missing entries and the sombre story that lies behind them.

This year we are looking forward to marking the season of Lent and keeping Holy Week and Easter in our churches as they should be kept. Lent begins on Wednesday 2 March, Ash Wednesday, and continues for forty days until we celebrate Easter on Sunday 17 April. On Ash Wednesday there will be a holy communion service in Lorton church at 7 pm and we will be observing the ancient custom of receiving on our foreheads the sign of the cross in ash. The ash symbolises our recognition of our human sinfulness and mortality and our desire to put our lives right with God while there is still time. These powerful words are spoken by the priest as it is put on: 'Remember that you are dust, and to dust you shall return. Turn away from sin and be faithful to Christ.'

People sometimes ask me where the ash of Ash Wednesday comes from. One person even joked that it must be made by

burning last week's copy of the Church Times! In fact it is traditionally made by burning last year's palm crosses and grinding them into ash which is actually not that easy as dried palm is surprisingly tough stuff. As we have not held public Palm Sunday services for the last two years this year's ash will be made of palm crosses saved from years gone by – another little reminder of the strange time we have lived through.

Do come and share in this reflective service or if you are not able to join us why not pray the Lent collect or special prayer for Lent at home.

Almighty and everlasting God,  
you hate nothing that you have made  
and forgive the sins of all those who are  
penitent:  
create and make in us new and contrite  
hearts  
that we, worthily lamenting our sins  
and acknowledging our wretchedness,  
may receive from you, the God of all  
mercy,  
perfect remission and forgiveness;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen.

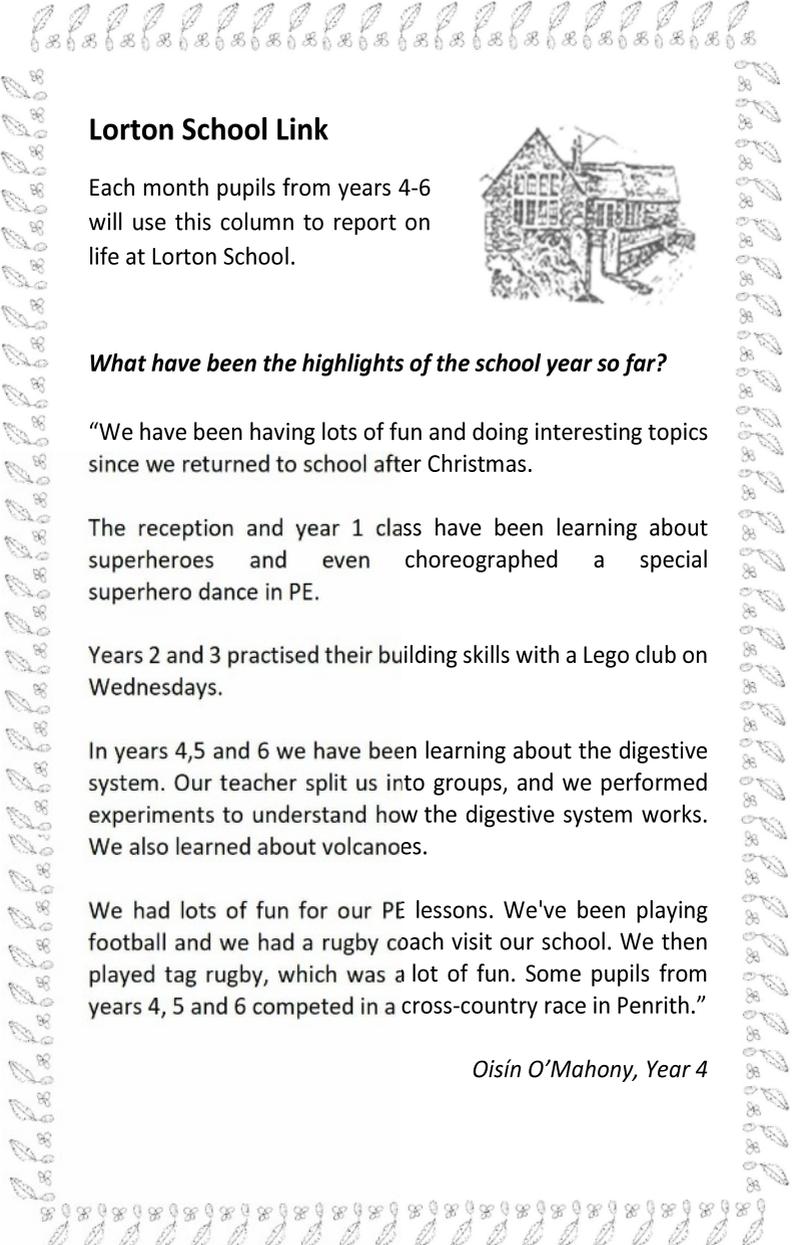
**Jane Charman**  
**Grasmoor Mission Community Leader**

LORTON WOMEN'S INSTITUTE  
FEBRUARY 2022



What assumptions might a young person make on seeing a group of ladies of a certain age? Nothing interesting here? Well they would be proved wrong if they had been at our W.I. meeting on 8<sup>th</sup> February. There were 10 members and 1 guest and all had an interesting story. Before we started however, members were asked to cut out and send the Green Heart cards from W.I Life magazine to our M.P.s asking the government to follow through on the pledges made at the Climate Conference; some members had attended Pat Tyson's funeral, flowers and a card were sent and we exchanged fond memories of her; 3 members will be providing teas at the Lorton School 10K run; we agreed we need to think about the future of our W.I. as it is our 100<sup>th</sup> birthday year. Kris will email members with the options we might consider. We discussed our birthday party, of more later. We then commenced our "Getting to Know You" session. As our expected speaker was not available, we were asked to bring memories of being 5 years old, 20 and then 40 – 50. The stories people had to tell were fascinating. We were nearly all born just after W.W.2, but one was born at the beginning of the war and remembers sitting on her father's shoulders and seeing London burning in the night sky – an

experience which left her permanently afraid of bon-fires. There were stories of first days at school, some happy, others less so, growing up in towns, and in villages in rural Yorkshire. One was born in Singapore and experienced the uprising. The really surprising stories were about these women in their 20s and older. Travelling alone around America; controlling FE students dancing on tables swinging knickers – as a librarian! Two science graduates - almost sole women on their courses and unable to get jobs in science except for teaching until they put non-gendered names on applications. Life was changing for women but we have come a long way since then. One person flew to America for research for her Masters degree. On the plane she sat next to a N.A.S.S.A. scientist who, hearing of her project, asked for a finished copy and published it in their magazine. These bright women worked in town planning, ran B&Bs and pubs, worked for the British Council, taught, and one nursed in a Jewish home for the blind with holocaust survivors. Many supported husbands in businesses. An interesting group of women indeed! We next meet on Wednesday 9<sup>th</sup> March at the Manor House 12.00 for 12.30, for our 100<sup>th</sup> Birthday meal. Kris will email with details.



## 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?***

“We have been having lots of fun and doing interesting topics since we returned to school after Christmas.

The reception and year 1 class have been learning about superheroes and even choreographed a special superhero dance in PE.

Years 2 and 3 practised their building skills with a Lego club on Wednesdays.

In years 4,5 and 6 we have been learning about the digestive system. Our teacher split us into groups, and we performed experiments to understand how the digestive system works. We also learned about volcanoes.

We had lots of fun for our PE lessons. We've been playing football and we had a rugby coach visit our school. We then played tag rugby, which was a lot of fun. Some pupils from years 4, 5 and 6 competed in a cross-country race in Penrith.”

*Oisín O'Mahony, Year 4*



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## Lorton School 10K. Fundraising Road Race

**Saturday 12th March 2022 at 11.00am**

**Minimum Age: - 15. All levels of runners  
welcome**

**Details and entry forms via Facebook  
Lorton School 10K 2022**

The Melbreak Communities  
**DARK SKIES**  
Initiative



“Like a moth  
to a light”



**Tuesday 19th April**  
**Yew Tree Hall at 7.30pm**

Refreshments: A glass of wine and nibbles.



**Steve Irlam** will talk about the new environmentally friendly street lights in Lorton and their benefits in reducing light pollution, and improving habitats for wildlife.

**Peter Macqueen**, our local moth enthusiast, will speak about the life of moths, looking at the range of local moths and how reduced light pollution can help them.



## *Penny's Piece*

Thankfully the half term fell at just the right point for me to be able to watch some of the Winter Olympics in Beijing, from my sofa. The main thing that takes my breath away is the fact that every event is dangerous. Not content with just skiing down a mountain the slope-style throws ramps, rails and jumps at the participants. And most of those looked to start their runs by skiing backwards. . . as you do. The moguls made my knees ache just watching. Though I do think if we had snow, we could train for that over some frozen mole hills. Then there were the epics of the biathlons, relays and various long- distance cross-country ski events. The distance was one thing, skiing uphill makes no sense. Somehow, I have never managed to see the long track speed skating before and found it very elegant (unlike the bun fight that is short track speed skating.) Then it came to the curling. It takes its time but at least you can see what is happening. I tried to watch the women's ice hockey final. I honestly only knew where the puck was/ had been when the goal buzzer went off. Finally, it was the figure skating, which I would have watched even without the drugs test controversy. Naturally, I could give any of them a run for their money. I am particularly good at the ungainly giraffe, followed by the flailing windmill. This could easily be followed with a rail grab with either knee slide or 'Timber!' face plant. The arm-ography would be very expressive and may include the air traffic control manoeuvre. The highest I would get off the ice would depend how high I bounced on falling on my bottom. Can-can leg action

possible on this one. I would also add something that no one has ever done-vocalising. Ok, I mean swearing but I suppose it would depend how much it hurt. Unlike the ladies in the finals, I would not be leaping up to continue once I got flat on the ice. I'd hold an arm up and ask to be 'curled' back to the exit gap.

Now and again Gregg James on Radio 1 has a feature where people confess to things they have only just realised/ found out. Everything from only just realising that the sun and moon are not the same thing, to the fact that a vegetarian sausage does not have meat in it. Well, here's mine. I have understood the lefty loopy, righty tighty saying for screwing stuff in, undoing bolts to change a tyre and turning on taps but had not made the link with jars and getting into the wood burning stove. That doesn't mean I can't get into a jar. I just haven't thought about which way I turn the lid. I wonder what other things there are we just do without really thinking about it. Animals do the funniest things. I went to the Lakeland Wildlife Oasis near Milnthorpe. It is a small but lovely little zoo. Most of the smaller outdoor animals, without fail, adopted the 'look busy' stance as soon as we approached the glass. When we moved on, they went back to snuggling under the heat lamps. With the second storm due in a few hours, I will be doing the equivalent of the latter, I think. Penny.



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## LORTON NOTES

Ash Wednesday is March 2 and things are gradually returning to normal. We shall be celebrating Holy Communion at St. Cuthbert's at 7.00pm., which we were unable to do last year and we shall be having limited Lent lunches. Two years ago the Lent lunches were the first casualties of the covid restrictions and it has been decided that it is not yet advisable to have weekly lunches in peoples' houses, but there will be a lunch at the Yew Tree Hall on 16 March and at Loweswater Village Hall on 30 March. I hope you will remember that these are very enjoyable social occasions for the whole community, not just churchgoers, with delicious home made soups followed by cheese and biscuits and tea or coffee All very reasonably priced. Do come along and enjoy.

I expect that many are aware that Pete and Andrea Ward have recently moved into Rose Cottage, where Joe Lister used to live. Andrea is a priest who was ministering in the Chatham neighbourhood. They are very keen to develop Loweswater vicarage as a Centre for Spirituality and hope soon to seek planning permission. So that local congregations are under no misconceptions as to their intentions they will be presenting their ideas at St. Cuthbert's after the service on March 13. I am sure many will find this very interesting. There may even be refreshments.

From St. Cuthbert's Church Registers:

7 February. Funeral and burial.  
Michael Kyle.

Roger Peck



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## Coffee and Cakes returns to Yew Tree Hall

The first C&C of the year took place on 5th February. We had a tremendous turnout of over 50 people. The morning was also to launch the newly refurbished 'Jubilee' walled garden and ask for practical help, support and donations. Thanks to your generosity we collected more than £350 and the results of that will be seen as spring emerges. The entrance to the garden is the door in the wall left of the main door. It is a little stiff but left unlocked, so please take a look next time you pass.

Coffee mornings are planned through the first half of the year, so check the notice boards and come along.

YTH Committee



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## Loweswater with Buttermere PCC 100 Challenge Club

### The prizewinners for the draw held on 1st February 2022

1st prize of £25 No 59 Jill Mills  
2nd prize of £10 No 41 Christine Edmunds  
3rd prize of £5 No 64 David Brindle

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

# Ullock Village Hall



**Saturday 12<sup>th</sup> March 2022 at 7.30pm**

## ***Ceilidh and Supper***

With music by Alison Riley

***Hot Supper and Homemade Puddings***

**BYO Drinks**

**Tickets: £12 Children (under 16) £6.00**

**(Booking Essential by Friday morning for catering purposes)**

**Please call 01946 861458 or 862300**

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A date for your diary – **Saturday 23rd April 2022**

### ***Arts out West show***

Irish singer-songwriter, ***Gus Glynn***, takes you on a journey from traditional Folk and Blues to modern acoustic classics

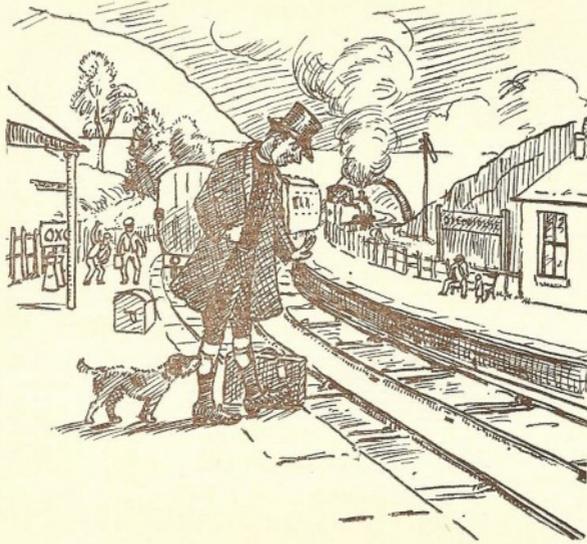
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## A LAKELAND LIMERICK



A bishop remarked with compunction,  
"I'm afraid I must cut my next function  
For I've left, I now find,  
Both my gaiters behind  
In the carriage at OXENHOLME JUNCTION."

# Monkfish, Mussel and Prawn Stew



12 Raw Shell on prawns  
700ml Fish Stock  
3 tbsp red wine vinegar  
1 tbsp sugar  
30 ml olive oil  
30gm butter  
5 cloves garlic, chopped  
½ med onion, chopped  
1 stick celery, chopped  
1 green pepper, deseeded & chopped

100 ml white wine  
1 tsp salt  
10 turns black peppermill  
½ to 1 tsp chilli flakes  
400g tim chopped toms  
1 tsp oregano  
250g monkfish in large pieces  
20 raw muscels,

Serve with garlic bread & chopped parsley

Remove the heads and shells from the prawns but leave the last tail segment of the shell in place. Simmer the heads and shells in the stock or water for 20 minutes, then strain and discard them. Set the stock aside and reserve the prawn meat to add to the stew later.

Bring the vinegar and sugar to the boil in a small pan and reduce to a couple of teaspoons. Heat the olive oil and butter in a saucepan, add the garlic, onion, celery and green pepper and sweat for 6–8 minutes. Add the white wine, salt, pepper, chilli flakes, tomatoes, then the fish stock and the vinegar reduction. Simmer for 30 minutes, adding the oregano for the last 5. You can make this base in advance if you like.

To finish, bring the stew base to the boil. Add the reserved raw prawns, the monkfish and mussels, put a lid on the pan and cook for 5 minutes. Toast the sourdough, then singe the slices slightly on a gas flame. Rub the toast with the garlic and sprinkle with olive oil. To serve, place a slice of the toast in each bowl, ladle in some stew and sprinkle with parsley.

## 100 Challenge Club

### To all members of our community and friends of Loveswater and Buttermere Churches

The 100 Club is in its ninth popular and successful year. It provides a much appreciated contribution to Church funds while also, we hope, being a bit of fun. Thank you for your continued support.

For £12.00 per year, paid in advance, each participant receives a personal number for that year. All the numbers are entered into a monthly draw and cash prizes of £25.00 1st prize, £10.00 2nd prize and £5.00 3rd prize are awarded to the first three numbers drawn. Members can buy more than one number!

After deducting administration costs (licence fee and any postage) the balance goes into PCC funds.

The winners receive their prizes as soon as possible after each draw at the start of each month and their names are published in *The Link*.

The next Challenge Club year starts on 1st April 2022 which will be our 9<sup>th</sup> year of fundraising this way, and we have sold over 100 numbers each year!

Please complete the form below and return to me, Jan Evans, as early as possible and no later than mid-March so that I have time to send you your new numbers for 2022.

Your personal data will be treated as strictly confidential in accordance with the Privacy Policy of the United Benefice of Lorton and Loveswater with Buttermere (obtainable on request).

Good Luck!!

-----  
**Loveswater with Buttermere PCC 100 Challenge Club**

To Jan Evans, (Promoter) Palace How, Loveswater, Cockermouth, CA13 9UX  
(tel 01900 85458)

I wish to join the '100 Challenge Club' at £12.00 for 12 months from April 2022

I wish to have .....additional numbers at £12.00 each for the same period.

I enclose a cheque for £..... payable to;  
Loveswater with Buttermere PCC 100 Challenge Club.

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Address.....

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The Melbreak Communities

# Coffee and Cakes <sup>£3</sup>

are  
always  
a good idea  
so please join us  
on

**Saturday 5th March**  
**Yew Tree Hall, Lorton**  
**10.30pm to 12noon**

"Darling, wasn't that  
Lemon Drizzle Cake  
simply divine?"



# LORTON VALE GARDENING CLUB

How pleasant it was to meet up on the 15th Feb in the Yew Tree Hall for our talk by Robert Jackson on streptocarpus! Robert is a real enthusiast both for the plants and for the Streptocarpus Society, set up by Frank Davies in 1999. He highly recommends the society website - full of sumptuous pictures and much useful information on the care of these mainly South African woodland plants. The same could be said for Robert's talk - lovely pics of polka dot purple, black panther, harlequin lace, and all those women's names, Katie and Laura etc. in his greenhouse. We need to remember that these are woodland plants and so need shading from direct sun. He recommends using capillary matting so that you don't get the leaves wet. They like an open compost, so one part coarse gravel to two parts peat compost is what he uses, although I know that most of us would not use peat compost now. Keep them very tight in the pots - they flower best when pot bound. When repotting, only take the pot size up a small amount. Keep off nitrogen feeds - potash rich tomato feed should give you plenty of flowers and no leaves 18 inches long! They are not too susceptible to disease, but if you do have problems, use systemic insecticides and fungicides. Cut back flower stems that have finished, and after a month or so, you should be able to pull off the dead stems. The seed is microscopic, but Robert very generously brought tiny packets of mixed seed for us all to take home. We are going to sow them and bring back any plants to our October meeting. However, don't hold your breath - he did say that some that were sown in October had only just germinated. They may flower in year one but will be better in years two and three. Most of us have tried leaf cuttings - best taken from the crown end of the leaf, but you can also try for multiple babies, if you lay the leaf down whole, partially covering it with compost. We hope to see the (shaded) windowsills of Lorton covered in flowers!

Our next meeting is on Tuesday 29th March at 7.30 in the Yew Tree Hall. Sadly, due to family illness, Sheila Todd is unable to give her talk, but Joan Robinson has stepped into the breach. Her talk is called "The subversive plot" - sounds intriguing! Visitors welcome.

Just an advance notice - the Gardening Club will be hosting the Coffee and Cakes on Sat 9th April in the Yew Tree Hall. Apart from the usual delicious coffee and cakes, we are proposing to have a seed and plant swap. Bring any spares that you have...those seed packs half used and the over enthusiastic sowings of flowers and veg



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# Loweswater Ladies February 2022

We finally got the new club year underway in February. The evening started with the boring but essential financial stuff (AGM). Subs were collected, membership records updated and our Treasurer, Lyn, provided us with a review of the club accounts. The next matter was to fill the vacant post of club President. To the delight of all present Harriet Davies was elected to the post. The final matter for discussion was whether to have our Birthday meal at The Kirkstile Inn next month, all be it a month later than usual. The feeling of the meeting was that we should go ahead if the Kirkstile could accommodate us at such short notice.

The main entertainment for the evening was a quiz run by Doreen. The theme of the quiz was all things Cumbrian. Two teams drew for the best score of the night, Yvette & Harriet and Alison & Christine W and received some Cumbrian produce as prizes. As small compensation for not being at the Kirkstile for our February meeting we enjoyed some birthday cake with our tea at the end of the meeting. Lorna won the raffle prize.

I am delighted to report that Harriet has managed to get us booked in for a meal at the Kirkstile for our March meeting. Members have been contacted by phone and e-mail and places have been booked. By now members should have received a copy of the menu and should notify Harriet of their choices promptly.

(hfdrrann@gmail.com or 017687 70383) The new committee has definitely hit the ground running.

Our next meeting then will be for a meal at The Kirkstile Inn on Wednesday March 9th, arrive at 6 for 6.30pm. Lyn will be able to take payment of annual subscriptions during the evening. (unchanged at £12).

Doreen Robertson



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**Common Ground: the history of common land**

**by Professor Angus Winchester**

**Yew Tree Hall, High Lorton on Thursday 10 March, at 7.30pm,  
and also live using Zoom for members**

Common land is an integral part of hill farming in the Lake District but many commons in England are no longer used agriculturally. This lecture will take a broad view of common land since the Middle Ages, as an economic resource, as community space and as a national resource. How have conceptions of commons have changed over time and how have changing patterns of use affected the face of common land in different parts of Britain, including Cumbria?

Professor Angus Winchester is Emeritus Professor of Landscape and Local History at Lancaster University, and is the Society's President. He is the author of numerous books, including one on Common Land, forthcoming.

'George Fox's pulpit' on common land at Pardshaw



This meeting will be the Society's first at the Yew Tree Hall since restrictions were lifted. There is no need to book a place. Face-masks are optional.

The talk will be streamed live using Zoom for members who are unable to attend the meeting, or who prefer to continue to participate from home. A Zoom link will be sent to all members by email some days before the meeting.

**Visitors are welcome at £3, refreshments included**

**Next Event: Mark Hatton will lead a Society fell walk to see the mines of Newlands and to examine the Goldscope Mine, on Sunday 24 April. Please see on our website. This walk must be pre-booked.**

## ECO CHURCH/ECO COMMUNITY UPDATE

### FEEDBACK FROM LATEST ECO CHURCH/ECO COMMUNITY PROJECT MEETING

The project team met on 10<sup>th</sup> February and we are in the process of developing some exciting ideas. The main event for 2022 will be a return of the successful Swap Shop, but this time combined with the ever-popular Coffee and Cakes. This is likely to be held on a Saturday in September.

The Grasmoor Mission Community is holding a Spring Gathering on Saturday 14<sup>th</sup> May, the theme of which will be the Attainment of Net Zero. The aim of the day is to give practical guidance to communities about how they can play their part and among a variety of resources there will be a display about Eco Church/Eco Community - do put that date in your diary.



Early in June (but not clashing with the Jubilee Celebrations!) we will hold an event to coincide with Churches Count on Nature - an event where we record the nature in our churchyard. The 12<sup>th</sup> June would therefore seem an appropriate date for our annual Climate Sunday service.

Finally we are considering holding a Grasmoor Camino on St James' Day - 25<sup>th</sup> July. For the energetic this will include an ascent of Grasmoor, with a lower level walk for those who prefer, and will culminate in an outdoor service.

We had hoped to hold some sort of Green Fair this year but have decided to postpone that until 2023 - if you have ideas for inclusion then do please let us know at the usual email address - [lortonvalelink@gmail.com](mailto:lortonvalelink@gmail.com)

## LIFESTYLE AUDIT

Having summarised the answers to the general questions last month here is an attempt to pick out the key points from the more general feedback from the Environmental Lifestyle Audit.

On a local level there was some great feedback about what some of you are doing with your land, from composting as much as possible and increasing the cultivation of seasonal vegetables through to planting hundreds of trees on more extensive areas of land. A number of you have also tried to create wildflower areas and made facilities available to local bee keepers.

Many of those who responded aim to buy food as locally as possible and prefer to know the source of any food purchased. Another common theme was the willingness to reuse or recycle. One respondent flagged what a great idea they thought the Swap Shop held a few years ago was, and as mentioned in the general update on the previous page we have already started to plan for that. Do keep an eye open in your homes and gardens for items you would like to swap. Further guidance will be available nearer the time (but no electrical items please). A great way to make some space in your homes before Christmas!

From a wider perspective some of you questioned government policy in the following areas:

- Importing produce from abroad that is already produced in the UK

- Not mandating more eco friendly sources of heat for new-builds such as solar panels and heat source pumps

- Overall more leadership from government

There were a few other interesting suggestions, as follows:

- Encourage car free days

- Limit the number of flights we take

- Invest money ethically

- Only buy what you need and buy from ethical sources

As we plan more Eco Church/Eco Community events we will attempt to address some of these issues - where practical.

Thanks to all those who sent in their feedback.

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

A very wet and windy February has been in stark contrast to January's quiet and dry weather. As I write we await the anticipated second named storm of the week. We were lucky to escape the worst excesses of the first.

March is a hopeful month with the snowdrops at their best, crocuses and daffodils beginning to show colour. Morning birdsong heralds the arrival of the real dawn chorus and spring.

We approach the period of Lent, a time of reflection and self-examination. In normal times we would be engaged in a Lent discussion group and looking forward to sharing Lent lunches. Currently we have not arranged any Lent lunches but in view of the relaxing of Covid rules it might be possible to arrange a date before Easter. The Church of England has issued revised guidelines on the wearing of face coverings in places of worship. These are no longer mandatory in churches. However, Covid remains endemic and people are encouraged to remain careful and comply with any precautions that are in place in any of our churches. We continue to endeavour to protect ourselves and particularly others who may be vulnerable.

At the wardens recent meeting with Revd. Jane Charman we were introduced to the proposed change in usage of Loweswater vicarage. Andrea and Peter Ward are interested in using the premises for the running of a Christian Spiritual centre/retreat. This has been elaborated on elsewhere in this issue. They are planning to give a presentation on 13th March in Lorton all those interested are welcome to attend.

A large crowd gathered to say farewell to Mike Kyle in Lorton church earlier this month. The tributes reflected his life as a key figure in Buttermere since the 1950's, his passion for Rileys, Ayrshire cows and of course family. I shall always remember his iconic little yellow pickup following the cows down the road to and from milking. A one off in the best possible sense. We send our love and sympathies to Ann, Patricia, Leslie and families.

There are some changes to the pattern of services in the Benefice. Please see details on back page of Link.

Eleanor Ella

## LINK SUBSCRIPTIONS 2022 NOW DUE

If you wish to continue with the Link this year (10 issues) , please note that the rate for postal subscribers is still £12 pa. and £5 for the copies the distributors deliver.

Please use the envelope provided to send your subscription to the treasurer, David Walmsley, The Old Police House, High Lorton, Cockermouth. CA13 9UL; or give it to your distributor. Please write your name on the envelope and pay in cash or by cheque payable to 'The Benefice Link Account'

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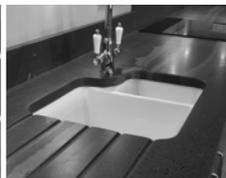
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## Loweswater 77 Club

We held a very successful Burns Supper on 27 January, and we are optimistic we can continue with a normal programme for the remainder of the season. We continue to ask people to take the usual precautions.

Several people have asked me about subscriptions. Apart from new members, we have not collected subscriptions since October 2019, and if you paid then your membership is still valid. Non-members are welcome at lecture meetings but are asked to pay £2.50.

The next meeting will be on Thursday 24 March at 7.30pm in Loweswater Village Hall when Rob Lucas will give a talk on his recent ascent of K2. Rob started visiting Loweswater as a child with his family, and he has subsequently become an accomplished mountaineer. At a previous meeting of the Club he gave an account of his ascent of Everest, and we are all looking forward to hearing about his latest Himalayan triumph.

Dates for your diary. Tuesday April 26. Lunch at Hunday Manor. Afterwards Keith Richardson will give a talk on his book *Ivver Sen*. There will be an opportunity to sign up for the lunch on 24 March.

Saturday May 21. The Club will host a coffee morning in Loweswater Village Hall 10.30am-12 noon.

John Hudson



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# FILM NIGHT

At Yew Tree Hall  
Lorton

Tues 15th March

## The Father

Anthony Hopkins & Olivia Colman

Film starts 730pm

Door and bar 7pm

Film Hub North



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County Council



Cine North is a strategic partner of Film Hub North, part of the BFI Film Audience Network and BFI Neighbourhood Cinema, both funded by the National Lottery

Enquiries- Eleanor 07497 618364

## CARBON - THE GOOD, THE BAD AND THE UGLY.

Years ago I never thought that the name of this element would be broadcast in the media every day, usually in a rather critical, negative way. Today we hear about zero carbon or zero net carbon or even just net zero (without any qualifying subject), usually in the context of one gas, carbon dioxide (CO<sub>2</sub>) and its role in global warming/climate change and water acidification. It gives the impression that, not just the carbon in CO<sub>2</sub> but any carbon is bad, when, actually, not even the carbon in all CO<sub>2</sub> emissions is equally bad.

Coal  
Diamond  
Graphite  
Graphene  
Buckyballs

The element carbon was formed in the early years of the universe and exists in a number of remarkably diverse forms (as listed here). The most recently-discovered form (graphene) can even be worn as part of your footwear, giving a different slant to the Paul Simon song "Diamonds on the soles of your shoes".

Before photosynthesis got going with the cyanobacteria about 3.5 billion years ago, the Earth's atmosphere was close to 100% CO<sub>2</sub>, rather more than the current 0.042%. If we had no CO<sub>2</sub> in the atmosphere, it's reckoned by NASA scientists that the earth's temperature would be about -20°C so be grateful for this little bit of CO<sub>2</sub>.

A few months ago, I gave a talk at U3A Cockermonth's Science & Technology Group on "Life of a Carbon Atom", loosely based on the last chapter of Primo Levi's book "The Periodic Table", which describes what happens to a single carbon atom over a timescale of a 100 years or so. This book, published in 1975, mentioned CO<sub>2</sub>, but there was nothing about global warming or acidification.

When I did the talk (October 2021), we were in a period when the UK government was paying a chemical company to keep open a manufacturing plant in the North-East because of the high cost of natural gas (methane, another carbon compound). Why? (the ultimate irony), because we were running out of commercial CO<sub>2</sub>, which is used as a refrigerant and for carbonation of soft drinks. So, do remember that you are responsible for emitting fossil fuel-CO<sub>2</sub> when you next have a Coke (or Pepsi).

My talk also looked at those wonderful carbon compounds, plastics (mainly derived from fossil fuels) and those even more wonderful carbon stores, trees which can be used as a renewable fuel by recycling the CO<sub>2</sub> carbon (but best to keep the rotation cycle as short as possible). The talk took about an hour, during which one person in the audience would have expired about 70g of CO<sub>2</sub>, but is this good or bad CO<sub>2</sub>? Of course, this depends on what you're eating, hopefully not from fossil fuels, but plant-based?, meat? - that's where it gets complex and not for this article, I'm afraid.

And the ugly? There's no ugly carbon and the range of its chemistry is truly astonishing and rather important for any life on Earth.

Leslie Webb.

## DIARY DATES

### MAR

- 1 Tue Buttermere Parish Council meeting 19.30 Old School Room
- 2 Wed Lorton Parish Council meeting 19.30 YTH
- 3 Thu Loweswater Parish council meeting 19.30 Loweswater village hall
- 5 Sat The Melbreak Communities. **Coffee & Cakes.** YTH at 10.30am
- 9 Wed Loweswater Ladies, 6 for 6.30pm Kirkstile Inn
- 10 Thu Common Ground: the History of Common Land, Prof Angus Winchester, LDFLHS, 7.30 pm via Zoom and YTH
- 12 Sat Lorton School 10K run, 11.00am
- 12 Sat Ceilidh and Supper 7.30pm Ullock village hall
- 15 Tue Film night, The Father, YTH, 7.30pm, doors at 6.45pm with a bar
- 16 Wed Lent Lunch, YTH, 12 noon - 2p.m
- 24 Thu 77 Club. Talk by Rob Lucas on his ascent of K2. 7.30pm LVH, Non-members welcome £2.50.
- 29 Tue Lorton Vale Gardening Club. Talk by Joan Robinson "A Subversive Plot", YTH at 7.30pm
- 30 Wed Lent Lunch, LVH, 12 noon - 2p.m

### APR

- 9 Sat Lorton Vale Gardening Club. **Coffee Morning** YTH at 10.30am
- 13 Wed Loweswater Ladies, 7.15pm LVH
- 19 Tue Dark Skies event, YTH, 7.30p.m
- 21 Sat Arts out West show Gus Glynn 7.30pm Ullock village hall
- 23 Sat AOW show Routes to Classics
- 24 Sun Newlands and Goldscope Mines, historical walk with Mark Hatton, LDFLHS members only
- 26 Tue 77 Club Lunch Hunday Manor 12.30 for 1pm Followed by talk: Keith Richardson "*Ivver Sen*"

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/>

The United Benefice of Lorton and Loweswater with Buttermere

**Church Services March 2022**

2 <sup>nd</sup> March	<b>Ash Wednesday</b>			
7.00pm	Holy Communion	Lorton	CW	
6 <sup>th</sup> March	<b>1<sup>st</sup> Sunday of Lent</b>			
10.30am	Holy Communion and baptism of Jonty Sandwith	Loweswater	CW	
13 <sup>th</sup> March	<b>2<sup>nd</sup> Sunday of Lent</b>			
10.30am	Holy Communion	Lorton	CW	
3.00pm	Holy Communion	Buttermere	CW	
20 <sup>th</sup> March	<b>3<sup>rd</sup> Sunday of Lent</b>			
10.30am	Holy Communion	Loweswater	CW	
27 <sup>th</sup> March	<b>4<sup>th</sup> Sunday of Lent</b>			
10.30am	Holy Communion	Lorton	CW	
6.00pm	Evensong	Buttermere	BCP	

Don't forget to use the **Little Lending Library** to be found in St Cuthbert's Church, Lorton. It has a great selection of books, I've been borrowing up to 3 per week! Ed

If anyone would like the Information Sheet sent directly to their inbox please email Sue Lake on gmcoffice@grasmoormc.church with your request.

Deadline for April is Friday 25th March, all articles, photos, funny stories to lortonvalelink@gmail.com by this date. Thank you