

MARCH 2023



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

Letter from the Editor

Dear Link Readers

The plan was for this edition of the Link to be back at 28 pages, but we received so many varied and interesting articles etc that it has crept back up to 32 - I hope you enjoy all of the material. Obviously the more pages we produce the more the Link costs to print - so if you haven't already then do please pay your subscription as soon as possible.

My first task is to thank Alan Gane very much for his 36 years contributing his Walkers Way articles to the Link. He has finally decided to hang up his boots so the article this month will be the last. He says he has thoroughly enjoyed but that "there is a limit.... quit while one is ahead, they say".

In addition to all our regular articles we have an interesting piece about the creation of the Lorton Ponds - the second instalment will appear as soon as I can fit it in - hopefully next month.

The ever-popular Lent Lunches take place in March - one at Loweswater, one at Buttermere and two in the YTH, Lorton - a great way to meet old friends over a tasty soup lunch.

We have a new contributor for our cover picture this month - Ruth Balogh took this lovely photo of willow flowers over Loweswater

The Little Lending Library in St Cuthbert's, Lorton has now grown into a book and toy library - see the poster for more details.

The Lorton & Derwent Fells Local History Society are very pleased to announce that they have a truly local speaker for their next talk - someone who grew up in Thackthwaite - again see the article for more details. A long standing member (and past Chairman) of the Society - Michael Baron - has his own piece of fame coming up with the launch of a book of poetry. As this is in London I'm not sure how many Link readers will be able to attend but I daresay we can order his book online.

I know this may seem a little early - but this year I would like to get the Lorton Vale Calendar printed during October - can I ask you to send me appropriate seasonal photos as soon as you have them so that we can start to compile the layout. Photos from last year will also be accepted.

Rosemary
07885 360353



Joy meets Joy

C.S Lewis is probably best known to most of us as the author of *The Lion, the Witch and the Wardrobe*. His 'day job' was as an Oxford academic specialising in English Literature, and he was also a popular lay theologian who wrote books explaining the Christian faith in simple non churchy language. For those wanting to find out more about him as a person, his book 'Surprised by Joy: The Shape of My Early Life' describes his life from early childhood (he was born in 1898) until his conversion to [Christianity](#) in 1931.

Much of 'Surprised by Joy' is about Lewis's attempt to define joy, as something distinct from mere pleasure and more like a kind of longing for the truly good and beautiful. Glimpses of joy, which come when we least expect them, show us that we are on the right path. For Lewis these glimpses are what led him from atheism to Christianity where he experienced the full joy of finding God and knowing himself loved, accepted and forgiven.

There's also a touching story behind the title. The most obvious reference is to William Wordsworth's poem of the same name but, as Lewis's friends and contemporaries often pointed out, it also evokes his relationship with the American poet and writer [Joy Gresham](#), who edited its final draft and later became Lewis's wife. What started out as a marriage of

convenience so that Joy could remain in England when her visitor's visa ran out, mellowed, much to the surprise of those who knew them both, into a tender love affair.

The story of C.S Lewis always reminds me of this little poem called 'Joy Meets Joy' from Meister Eckhart's *Book of the Heart: Meditations for the Restless Soul*. As we move deeper into the season of Lent may we too be surprised by the joy of encounter with the living God.

In my hurry, I often forget that You desire to seek those who have gone astray, even me, and that my work is to free myself of myself so that You can be born in me, and so Your joy in seeking meets my joy in having been found.

With God's blessing.

Jane Charman
Grasmoor Mission Community Leader

Let's get together

Lorton Lent Lunches

(Money raised is in aid of church funds)

Yew Tree Hall, Lorton

Wednesday 8th March

Wednesday 15th March



Enjoy homemade soup
with bread, followed
by cheese and biscuits.
Served 12-2.00 pm

**Please come and enjoy a simple
meal in the company of friends**

Needless to say, the rough weather at this time of year results in many an exciting display along our coastline. Very rough sea, roaring in towards the shore, pounding against the rocks with a great variety of colours especially white, blues and greys and all heights of foam. Against this background two closely related, large species of bird are often to be seen, the cormorant and the shag, two of our oldest species, dating back millions of years. Both appear basically black, although in fact the shag is very dark green, while the cormorant has a blueblack head, neck and underparts with bronze-green wings and tail, and a white thigh patch in Spring. The shag, which is a little smaller, displays a greyish underside in Summer and a small white wing patch in Winter. Both are very, very dark and especially in stormy weather, and at anything of a distance, they are often difficult to tell apart. Sometimes seen in flight, and sometimes on the water, diving around the shore for fish or standing drying with their wings outstretched. Occasionally, very high, in anything from small groups to massive flights of some hundreds.

Few of us I suppose are lucky enough to see an albatross, that remarkable seabird with its eleven foot wing span, which sadly is one of the birds currently under dire threat.

There are in fact no less than 22 species of albatross, all under threat of extinction, and man is contributing greatly to this disaster since it is estimated that no less than 100,000 are being killed annually by long-line fishing gear.

Similarly in the case of wild animals the figures are appalling. Take the noble lion, the king of beasts. You may be surprised to know the world population of lions has

fallen by 90% in the last century, due mostly to our activities.

My own wildlife experiences have been largely confined to this country, although I have “dipped” into quite a range of other countries too, from Sweden to Canada, and Scotland to South Africa, and many in between. Accordingly, I have a host of memories and hundreds of photographs, including those in a wide variety of counties of England, finally settling in my little cottage in Mockerkin. It was whilst there that my very good friend the Reverend (now Canon) Michael Braithwaite, the then Vicar of Loweswater, suggested that I wrote for the “Link”, and whilst there too that I formed the Mockerkin Mob. Now I have to record that after 218 issues and some 36 years, this is my last “Walker’s Way”. When it all began I was walking almost every day, and thereby collecting a great many notes and pictures to write about. For some reason I do not quite understand (!) my walking is markedly less than it was and I am therefore collecting less “ammunition” for WW. And so, this final chapter draws to a close. Thank you members of the Mockerkin Mob for your company and support, and thank you, especially, for those who have run the Mob since my day. Thank you, dear Reader, for taking an interest in Walker’s Way, and of course to those who produce the magazine. Happy walking, to those who do, Happy memories to those who did, and never forget the old saying – Go canny on the hill!

FINIS

Alan Gane.

at St Cuthbert's Church, Lorton

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Penny's Piece

It was declared one Friday afternoon that we needed to go for a walk at the weekend. Luckily, not only was the forecast good but it delivered. What could go wrong?

We set off from home and walked to Melbreak, which we then climbed- up the nose because that's what you do. It was very icy in parts but it was negotiated successfully and the required picnic was had at the top. There were lots of other people also up there but they did not seem to find the need for a pit stop. True there was snow on the ground up there and the wind was chilly but huddled off the peak and sat on my 'ass mat' all was well. Great views right around. We did decide that we couldn't be fuffed with the far top and the inevitable slide down the far side- no heather or rocks for grip there- so we bailed out down the side path. The next decision proved to be the bad one. We would make our way over the front of Hen Coomb to High Nook and then go into the end of the wood and home. Those of you familiar with Hen Coomb know it is flanked either side by streams. Stream one. I made it across ok, the other half tried to action man leap it, made it but then face planted with the momentum. To be fair to me I didn't laugh and did ask if he was ok. Stream two. I got there first and found this one is annoying as it is only just, too wide, it's deeper and the banks on either side aren't remotely level either. I set off doing what I did first time, stepping stone/ paddling across. I put my right foot on what looked like a very dry rock and suddenly I was backside over brains, head under water with very painful knees. Scrabbling out of the other side and quickly removing the soggy gloves and woolly hat- which had kept my hair dry, I was aware of the pain in my knees and just above my lip.

In short, I had, cut on my top lip from which I removed a small stone, left knee very bruised- paint chart of shades of purple and when I first looked at my left knee, I could see my kneecap through the cm hole there! Luckily, I had some First Aid equipment to patch myself up and we got phone reception to get a lift from Maggie's Bridge. It wasn't until Wednesday that I realised the top of my head hurt when I brushed my hair so I likely caught that too. I spent a week walking with a limp like my Granda Leck used to as bending my right knee caused the wound to reopen. I recommend not falling over, it hurts.

I recently bought some new boots for work after the last ones proved to be hopeless and fell apart after 3 months. They were a brand I have bought before because they are so comfortable. Blowfish make vegan boots. The problem is after a while the top layer (leather look part) delaminates from the material underneath and they look rubbish. Also the left one had the sole suddenly come away at the toe and I was walking along appearing to be applauding myself in the process. New boots were purchased and all was well. Until one Friday morning playtime when I was assisting with the tying of a shoelace and discovered my right boot (extended out front due to bad knee) had a hole in the top. I checked my other boot. It was fine. . . except that it was not the same as the right one. Odd boots. One new, one old. One with white stitching, the other with 2 sets of buckles on the side. I think I did well to get a left and a right after all that. The old pair went in the bin as soon as I got home. At least they were both black. Penny.

The Story of the Lorton Ponds - Part 1

by John Temple of Cragg House Farm

We started work on the ponds in mid May 2021 with the cutting of the rushes and me getting stuck in the only boggy bit!



The digging was started around the 7th of June and most of the work completed by 28th June. There is a small pond at the top which is fed off a gutter that runs after a day's rain. The second larger pond is fed by a stone drain and any excess water running out of the first pond. The third pond is the biggest and is fed by the outlet from the second pond and also more stone drains which then run out of the bottom of the pond and join Whitbeck.



The Story of the Lorton Ponds - Part 1 (cont)

We tapped into the stone drains which run through the area and closed the outlets in the main pond so they would start to fill



By 5th of July the ponds had found their level and stay pretty constant, rising and falling a little with rainfall



'There is no public access to the ponds, but the top pond can be seen from the road near New House Farm'

LORTON NOTES

The season of Lent is now upon us and by the time you read this we will have held the traditional Ash Wednesday service at St Cuthberts.

While pondering what I might write this month I came across this interesting quote - "Each year, around the latter part of winter, Lent arrives. It nearly always surprises me. Here it is, once again, summoning me to change how I typically live." — W. David O. Taylor.

Traditionally we give something up for Lent (in past years I've chosen gin, crisps and swearing (the latter didn't go too well but the swear box profited)) but this year I have signed up with <https://www.climatestewards.org/resource/s/carbon-fast/>

Each week they send suggestions for ways you can live more simply and cut your carbon footprint. For example in Week 1 (22/2-4/3) you are encouraged to:

Fast from consumerism-

Aside from true essentials like food and toiletries, buy nothing

Before buying something assess: do I really need this or not

It's something a bit different and means I won't have to forego the gin.

Lent traditionally also marks the beginning of Spring - but I'm not sure that message has got through. The weather seems exceptionally changeable at the moment and strong winds seem to the norm. On a more positive note - from a sheltered spot in the garden I did manage to pick my first bunch of daffodils.



Rosemary Riley

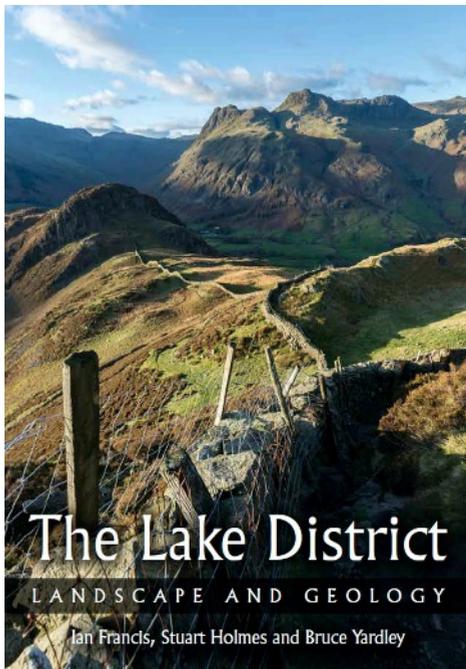
Lorton & Derwent Fells Local History Society

I don't think that in our thirty years we have ever welcomed a speaker who was brought up in Thackthwaite and attended school at Lorton and Cockermouth. That by itself will make it a special event when we welcome Dr Ian Francis to the Yew Tree Hall on 9 March. Ian went on to Oxford to study geology, later working in publishing on earth sciences. He now lives in Maryport.

Ian's talk will be on the geology of the Lake District, which is a new subject for us, but the geology naturally underlies the development of our local human history, in quite a deterministic way. Ian will consider why our landscape is so different from that of other areas of northern England, further explaining how water and ice have acted as sculptural tools. We are promised stunning photographs and aerial shots, which should demonstrate the qualities of our New Projector.

We are hoping that many people will venture out on a Spring evening to the Yew Tree Hall, both to welcome a local speaker and to enjoy the photography. Our legendary refreshments will be included, at £4 entry for visitors (though it is a good time to join for 2023). Society members will be sent a Zoom link in advance.

The aerial shots are the work of Stuart Holmes of Keswick, a co-author with Ian of *The Lake District: Landscape and Geology*. Copies of the book will be available at the meeting at the special price of £16. The book is reviewed enthusiastically in our latest quarterly *Wanderer* by Michael Baron. You can read this at <http://www.derwentfells.com/wanderer.html>. As many will know, Michael and his late wife Hetty lived at Watergate for many years, and Michael was our Society's chair 2006-8. We are grateful to Michael for suggesting that Ian should speak to us. There is more news of Michael's career as a poet elsewhere in the magazine.



Curator of Historical Photographs

This impressive title is available to a person or group of people who might be interested in organising and cataloguing the Society's collection of digital photographs. In 2023 we are concentrating on organising and making available material we have collected over thirty years. The project will include uploading the photographs, without needing special skills, onto a website which is being made available for Cumbria's local history archives. Please contact me for further information.

Derek Denman
derekdenman@btinternet.com

LORTON VALE GARDENING CLUB

We are in the happy position of having 2 events to look forward to in March (do see the poster elsewhere in The Link). First, it's the rescheduled talk by Jim Robinson on veggies - "Growing Vegetables made Easy", on Thursday 2nd March at 1.30 in the Yew Tree Hall. This is a popular topic and we are so pleased to have been able to rebook Jim. Please note the afternoon timing.

On Thursday 30th March, we welcome Kevin Preston to speak on "Sweetpeas". We should be buying those delightful seed packets now and getting on with sowing indoors. Kevin's talk is at 7.30 in the Yew Tree Hall.

Guests welcome at both talks.

The programme of summer garden visits is nearly complete now - details to be circulated with your March newsletter. I'm thinking of running a coach trip this summer - to RHS Bridgewater on Thursday 13th July, cost about £30. Although many of us will already have visited Bridgewater, this is one of the largest projects in Europe, and developing all the time. It covers 154 acres - the master plan for the garden was done by Tom Stuart-Smith, but many designers have been involved in the gardens within the garden. If you think that you or your friends might be interested, can you drop me a line? Elly Rowland, 01900 85094, ellyandbev@btinternet.com. We will offer places to Garden Club members first, and then to members of the community.

Loweswater Ladies February 2023

Our Annual Birthday Dinner took place at the Kirkstile Inn where, as always, we were very well looked after. Excellent food and good company made for a very enjoyable evening. The big news of the night was that Jenny Burr has agreed to become our new president. The group are delighted that Jenny has agreed to take on this role and the committee offered her their full support.

A varied and fascinating programme has been put together for us this year by Joan and Judy. On April 12th we will be hosting Ruth Sutton, a local author whose stories reflect the fascinating industrial history of this area as well as its rugged landscape. More of this in next month's Link. Members cards with the full programme were issued at the dinner.

Our next meeting will be on Wednesday 8th March at 7.15pm in LVH. Our speaker will be Roz Downing who will present A Short & Crunchy History of British Biscuits. Having had our appetites whetted, tea and biscuits will be served after her talk. Visitors most welcome (£2.50)

Doreen Robertson

Lorton Parish Council vacancy.

There is a vacancy on Lorton Parish council for a parish councillor by co-option, and if you would like to be considered for the vacancy please initially contact the parish clerk, Mike Milner, lortonparishclerk@gmail.com or the parish council chair Mrs Chris Poate chrispoate@gmail.com

As a Parish Councillor you will be involved with planning events and services in the Parish; consulted by LDNP on local planning applications; planning for the future of the Parish and much more.

If you require further details please contact the clerk, or submit a short CV confirming your details, with some personal and family details and please forward to the clerk.

Lorton Parish Council look forward to hearing from prospective candidates.

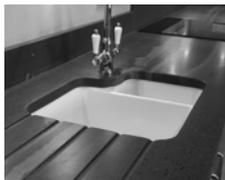
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Lorton School Link

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



“The new year is going to be a bit topsy turvy with some teachers going on strike. But, on the brighter side, we will have seen the play Chicago by the time you read this, and it seems that it will be very good as all the other plays we’ve been to by Cockermouth School have been great.

Lots of people from Lorton School have taken up fell running, probably something induced by the annual school fell race for years 3/4/5/6 and the school sports day. The younger ones have been doing forest school and music this term. And much to their disappointment we will be doing it next term!

We had a lovely tea party to mark Mrs Scales and Auntie Bev leaving school in January and it seemed everyone liked it; we were sorry to see them leave. We have been doing tag rugby in P.E. and I think everyone is liking it and a lot of people are enjoying it more than they thought they would.”

Reuben, Year 6

MICHAEL BARON

Michael used to live in Loweswater and is quite likely to soon become the oldest published poet from Loweswater (95 next birthday) - see the notice below about his book launch. When he lived in the valley Michael and his wife Hetty made a huge contribution before she died and Michael moved away. They were both on the History Society committee before Derek Denman joined as chair in 2000 and were instrumental in expanding its area to include Loweswater, and in developing its range of activities. They ran the Three Valleys Oral History project, Hetty was also treasurer and Michael was chair from 2006-2008. Michael was also very active in literature and poetry circles, particularly Words by the Water. He was joint editor of the commemorative *Wordsworth and the famous Lorton Yew Tree* and the activities around it in 2004 – planting of the daughter yew at Crossgates, the interpretation board in the poundfold, the poetry competition (mostly John Scrivens' work) the school art work project and the 'Yew Tree Day'. The society has a great deal to thank him for.

Previously he was a solicitor and is considered to be the founder of the National Autistic Society.



SAVE THE DATE
6.30 - 8.30 pm Monday 20 March

Come to the launch of Michael
Baron's new collection
*The Ginkgo Tree and Other
Poems* (Palewell Press)
at Lutyens & Rubinstein bookshop
21 Kensington Park Road, London
W11 2EU

There will be plenty of time to buy the book (£9.99), hear a
reading and have a drink and a nibble. Purchasers at the
launch will get a free copy of my anthology,
On a Bat's Wing

Nearest tube stations: Ladbroke Grove (Circle line) or Notting
Hill Gate (Central, Circle, District)
Buses 52, 452, 23, 70, 7 all stop nearby

In order to have an idea of numbers,
please RSVP to both
mickbaron1@icloud.com
saskiabarons@me.com

We will also film the event for those who
can't make it

The Ginkgo Tree of the title is on the grave of Michael's late wife Hetty in the natural burial ground of Cockermouth

100 Challenge Club

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

The 100 Club is in its tenth 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 2023 which will be our 10th 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 2023.

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 2023

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

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

Name(+title).....Tel.....

Address.....

.....Post Code.....

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

We are now in the season of Lent, a period of discipline and renewal. We shall as usual be sharing Lent lunches a good social time for church goers and non church goers whilst raising much needed funds for our churches. Our lunches will include Buttermere old school as a venue. All dates and venues elsewhere in the Link. We shall also be holding a Lent study course led by Andrea Ward and Barbara Robinson which will take place in Loweswater vicarage dates to be decided.

David and Barbara's annual wine tasting event was much enjoyed and raised over £400 for our two churches, the largest sum yet! With the theme of opposites it gave people the chance to taste unusual wines. Our thanks for all the work involved in putting on the event.

We shall be celebrating all the usual Lent services starting with the Imposition of Ashes in St.Cuthberts on Ash Wednesday. All service details on the back page of the Link. Many attended Andrea and Pete Ward's Licensing at St.Bartholomew's in January

testament to the communities enthusiasm for their embarking on their Poemia community venture in Loweswater vicarage. We wish them well.

Belatedly we welcome Jonathan , Pernilla and Molly Rhoades who have come to live at Watching How.

Finally we are very grateful to our "Buttermere handyman" for fixing the new outside notice board . Impressively, fixed the day after being asked!

Eleanor Ella



S MCADAM GARDEN SERVICE

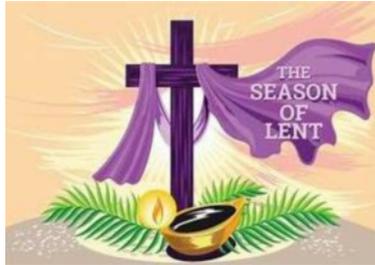
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Email: mcadamgardenservices@gmail.com

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St James & St Bartholomew Churches

12.00 -2PM

We Invite you to our Lent Lunches, a chance to catch up with friends to enjoy:

delicious home-made soups

followed by assorted cheeses and biscuits

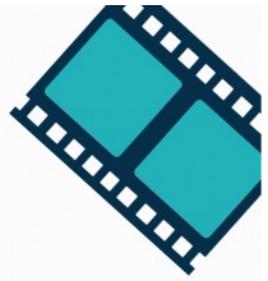
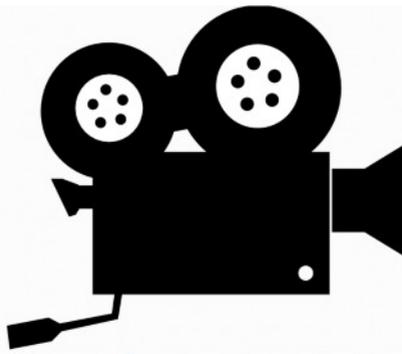
washed down with Tea or coffee.

All profits to the maintenance and repair of our beautiful churches:

22nd March - Loweswater Village Hall

29th March - Buttermere Old School

We look forward to seeing you.



LORTON FILM NIGHT AT YTH

THURSDAY 23rd March

“Emily”

**The life and inspirations of
Emily Bronte starring Emma Mackey**

Doors and Bar open 7pm

Film starts 730pm

£6 Entry

Organisers

Eleanor 07497 618364

Polly 07793 495659

Pip 07729 004943





JAZZ & JAMBALAYA

Lorton Street Blues Band
and Creole three course meal



SATURDAY 29TH APRIL
YEW TREE HALL LORTON
Bar Opens 7pm



TICKETS £18

Includes three course meal from Chef MJ

Swing and Jazz music

FOR TICKETS CALL POLLY 07793495659





"Growing Vegetables made Easy"

a talk by
Jim Robinson

Thursday 2nd March
Yew Tree Hall at 1.30pm
please note earlier time



The Garden Club has two talks in March

Visitors welcomed £3 entry
- includes refreshments

"Sweet Peas"

a talk by Kevin Peston

Kevin is a man who absolutely loves Sweet Peas. He is the largest amateur Sweet Pea grower in this country and is a National Champion winner.

Thursday 30th March

YEW TREE HALL

Meeting at 7.30pm

Plants will be available to buy





Since our report in the previous Link, we have had two very successful meetings. On January 26 we held a well-attended traditional Burns Supper. We were entertained by two Scottish pipers, Alastair Smeaton and Jack Wright, and Alastair's wife Nancy also serenaded us with her accordion. Jack said the Selkirk Grace, addressed and cleaved the Haggis, and gave the toast to The Immortal Memory of Robert Burns. Roger Hiley gave the Toast to the Lassies, and we were delighted to welcome back Marjorie Hopkins (a former Secretary of the Club) who gave the Toast to the Laddies. The evening concluded with some further piping and, of course, a rousing rendition of *Auld Lang Syne*.

On 9 February Rosamund and John Macfarlane attracted what was possibly our largest audience ever when they gave their illustrated talk *Wildlife and Winter Adventures in Norway*. Rosamund and John have gained national recognition as wildlife photographers, so we knew we were in for a treat, but even so we still found their images amazing. Furthermore, we were filled with admiration for their fortitude in enduring some extreme climatic conditions. I don't think many in the audience would have fancied camping on a frozen lake and feeling the ice cracking underneath them in the middle of the night!

The next event will be on 14 March when we will hear an illustrated presentation from Mark Lee. Mark will talk about the successful cheese making business he has established at Torpenhow.

Please note: It has been necessary to change the venue for the lunch party to be held on Tuesday April 18. We are no longer able to hold the event at Hunday Manor, so we have now booked **Hundith Hill Hotel**. The time (12.30 for 1.00) and the speaker (Ingrid Hall) remain the same and the cost will be £24. Notice of this change was given at the 9 February meeting, and bookings were being accepted, but there will be a further opportunity to sign up on March 14.

John Hudson. 01946 861555.



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Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st February 2023

1st prize of £25 No 51 Betty Coultard
2nd prize of £10 No 67 Keith McNeil
3rd prize of £5 No 28 Jim Mills

Congratulations to the winners and thanks to all our supporters.

ARE YOU LOOKING FOR



*gentle exercise
lots of fun
and good company*

then come along for a game of

TABLE TENNIS

at the Yew Tree Hall, Lorton

Meets most Wednesday evenings 7-9pm

Suitable for all ages and abilities

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*All welcome,
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FURTHER INFORMATION

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ECO CHURCH UPDATE

Last month we held a meeting of the Grasmoor Mission Community and as part of that we agreed to Go for a Toilet-Twinning Award for the GMC community, i.e. Cockermouth and surrounding villages. We are very much in the early stages but the goals we need to achieve are as follows:

GOAL 1 - Encourage your local council or MP to twin a toilet

Encourage your local council or MP to either donate £60 to twin their own toilet or accept a twin as a gift. We know you can't ensure that people display their certificate in their loo. Your job will be done if a local councillor or MP simply agree to accept one.

GOAL 2 - Tell as many people as possible about Toilet Twinning

You will need to promote Toilet Twinning in your community, have a stand at an event, or through leaflets, posters, presentations or school assemblies etc.

GOAL 3 - Towns (GMC)

Twin at least 20 toilets across your community in at least 4 of these categories :

- Churches or other faith communities
- Schools or other educational establishments
- Public toilets
- Cafes, pubs or restaurants
- Local businesses or employers
- Community organisations / charities

GOAL 4 - Get some local media coverage

As you spread the word far and wide about Toilet Twinning, you'll achieve media coverage for your efforts – or will provide evidence of attempts to do so (i.e. press releases to local papers or radio stations).

We are already on the map.

All we need now is a steering group - if you are interested in joining then please let me know
Rosemary - 07885 360353





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Film Nights in Yew Tree Hall

It's been almost 7 years since our first film (The Lady in the Van). We're very grateful for the support you've given us since then – we're still going strong, averaging 30 people per film. But a couple of minor changes are happening. Firstly, from this March Film Nights are moving to Thursdays, so our next film, Emily, is Thursday 23rd March. And, secondly, our prices are increasing. The cost of films to us has increased and therefore, from March, adult tickets will cost £6 and under-18s £3. Still a bargain and a great night out. So, if you can, it would be very helpful if you could bring the right money. Looking forward to seeing you on March 23rd.

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Sunday March 19th, 2.00 to 4.00

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on 01900 85147 or alloyslyn@btinternet.com

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Lorton School 10K. Fundraising Road Race

Saturday 11th March 2023 at 11.00am

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

**Details and entry forms via Facebook
Lorton School 10K 2023**

DIARY DATES

MAR

- 1 Wed Lorton Parish Council meeting 7.30pm YTH
2 Thu Loweswater Parish Council meeting 7.30pm LVH
2 Thur Lorton Vale Gardening Club Talk by Jim Robinson-“Growing vegetables made easy” YTH at 1.30pm . **Please note earlier time**
8 Wed Lent Lunch, YTH 12-2p.m
8 Wed Loweswater Ladies, History of British Biscuits, 7.15pm LVH
9 Thur Lake District Geology, illustrated talk by Dr Ian Francis, Lorton Local History Society, 7.30 pm Visitors welcome (£4), YTH
11 Sat Lorton School 10K Run, Lorton School, 11am
14 Tue Loweswater 77 Club Talk by Mark Lee of The Torpenhow Cheese Company 7.30pm LVH
15 Wed Lent Lunch, YTH 12-2p.m
16 Thur Artists and the Theatre, illustrated talk by Joanna Marbutt, The Arts Society Cumbria, Hundith Hill Hotel, 2 pm, visitors £7.
19 Sun Mother’s Day Teas LVH 2-4pm see poster in Link
22 Wed Lent Lunch, LVH, 12-2p.m
23 Thur Film Night, Emily, YTH, 7.30pm, doors ar 7pm
29 Wed Lent Lunch, Buttermere Old School, 12-2p.m
30 Thur Lorton Vale Gardening Club **Talk by Kevin Peston “Sweet Peas”** YTH at 7.30pm. **Plants for sale.**

APR

- 12 Wed Loweswater Ladies, Cumbrian Author Ruth Sutton, 7.15pm LVH
14 Fri AoW at LVH: Striding Edge, musical entertainment followed by a ceilidh 7:30pm
18 Tue Loweswater 77 Club Lunch. 12.30 for 1.00. Hundith Hill. Speaker Ingrid Hall. All welcome.
29 Sat Jazz and Jambalaya. YTH 7p.m

Please note that Table Tennis takes place in YTH every Wednesday from 7-9p.m. unless otherwise notified. There are Keep Fit sessions in LVH every Monday 9.00-10.00a.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 2023

5 th March	2nd Sunday of Lent	
10.30am	Holy Communion & Baptism	Loweswater
3pm	Evensong	Buttermere
12 th March	3rd Sunday of Lent	
10.30am	Holy Communion	Lorton
19 th March	4th Sunday of Lent	
10.30am	Morning Worship	Loweswater
3pm	Holy Communion	Buttermere
26 th March	5th Sunday of Lent	
10.30am	Holy Communion	Lorton

Please note that Holy Week Services commence on 2nd April (Palm Sunday) at Loweswater and Buttermere and then daily thereafter. Full details will be published in the April Link

Service information for the Grasmoor Mission Community and news of other events is published weekly on a Friday in our Staying Connected news sheet. The sheet is available on the GMC website or if you would like it sent directly to your inbox please email Sue Lake on gmcoffice@grasmoormc.church with your request.

Don't forget to use the **Little Lending Library and the new Toy Library** to be found in St Cuthbert's Church, Lorton. They both have a great selection.



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Deadline for April is Friday 24th March, all articles, photos, funny stories to lortonvalelink@gmail.com by this date. Thank you