

MAY 2023



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

Letter from the Editor

Dear Link Readers

I was so pleased to be able to attend Sheila Mills' memorial Service on Friday 21st April. St Cuthbert's church was packed with friends and family (many of whom had come over from the USA). The Service was truly a celebration of a life well-lived - what a character she was. The Eulogy had been written by Nev and read by Barbara Robinson. Moving tributes were given by Lois (Garden Club), Lil (Les Girls) and Will - Sheila's nephew.

I'm afraid we have news of another death in the village - Darrell Cruickshank - Julian's father. From the tribute written by Julian it would appear Darrell was another village character, even though he had only lived amongst us for a few years.

On a brighter note we have the Coronation Weekend to look forward to with 2 events being held in the Valley. The first is on Thursday 4th May and is being organised by Lorton school. The original closing date to get your name down was 28th April so if you do wish to attend please phone the number on the poster as soon as you can. The second event is being hosted by Loweswater Village Hall and is being held on Monday

8th May, not the 7th as originally advertised.

We have a 2-page Eco Church/Eco Community update this month - all about a Big Green Fair being held at Christ Church Cockermouth on the 10th June. This is part of the GMC and on the 13th May we are holding a GMC Gathering Day entitled 'Living in Love and Faith'. Read the Vicar's Letter to find out more.

Alan Gane's shoes have been ably filled by David Gardiner who has kindly agreed to write the occasional 'nature' article for us - this month it is all about Flycatchers. I've just spotted he has modestly omitted his name from the article but now you all know and I've added it anyway! Talking about nature, there is an open meeting on the 18th May about the Melbreak Communities Wildlife Group at YTH - all are welcome

On the sporting front there is a poster about taster sessions for the bowls club and a report about an outing of the Lorton Table Tennis club to take on the Borrowdale Team in a 'friendly'. The table tennis club is certainly spreading its net wide (get it!).

I think I've rambled on long enough, enjoy May.
Rosemary
07885 360353

Our cover picture contributor this month is Roger Hiley and I've called it "Ewes in Blue" - very appropriate when you see the poster for the Bluebell Service at Rannerdale. Ed.



‘Living in Love and Faith’

As I write this, the planning is already well advanced for our next Grasmoor Mission Community Gathering Day on Saturday 13th May at Christ Church Cockermouth. The annual Gathering Day is an opportunity to focus on a big picture issue that is of mutual concern to all our churches. Last year the theme was ‘Towards Net Zero’ and we have since made huge strides towards becoming an Eco Mission Community. This year the theme is another very important one, ‘Living in Love and Faith’.

‘Living in Love and Faith’ is a major project in the Church of England exploring sexuality, gender and marriage, subjects which have been debated on many occasions over the years. This year for the first time the General Synod of the Church of England has voted to take steps towards offering services of blessing of couples in same-sex relationships. The Methodist Church and the United Reformed Church have been on a similar journey of exploration and discovery, and both are already open to conducting marriages of same sex couples. In all three denominations the decision whether or not to offer these ministries is a matter for the conscience of each local church and each individual minister. In coming months each church and minister in our own Mission

Community will make a prayerful decision about this if they have not already done so.

For those interested in attending the Gathering Day and taking part in the decision making process, there is more information on the Grasmoor Mission Community website at <https://grasmoormc.church/mission-community-gatherings>. Or visit the Church of England’s dedicated Living in Love and Faith website at <https://www.churchofengland.org/resources/living-love-and-faith> for a wealth of resources. As we prepare for the day you may like to make use of the Living in Love and Faith prayer:

God, whose name is love,
Whose gift is life,
Whose word holds all in being;
Bless your Church
As we seek to grow together
Into the truth of our humanity and
longings,
Into communities where all find welcome,
Into the fullness that is your image in us;
Through the Word made flesh,
Our Saviour Jesus Christ. Amen.

Jane Charman
Grasmoor Mission Community



LORTON FILM NIGHT AT YTH

THURSDAY 25th May

“See How They Run”

**A comedy mystery based on
Agatha Christie's 'The Mousetrap'**

Doors and Bar open 7pm

Film starts 730pm

£6 Entry

Organisers
Eleanor 07497 618364
Polly 07793 495659
Pip 07729 004943



PRECISION TREE SERVICES

Based in the Lake District

07730276279

- Certified & Insured
- Tree Felling
- Pruning
- Hedge Cutting
- On-site Firewood Processing



Catching a Flycatcher

As we enter May, our summer migrant birds are continuing to return to the UK to breed. Hearing the first cuckoo, or seeing the first swallow, is a sign that summer is (hopefully) well on its way.

Two summer visitors which we are lucky enough to have in our valley are the pied flycatcher and the spotted flycatcher. These two robin-sized birds are not abundant, but are not too difficult to see, and always give me a real buzz when I do manage spot them.

As the name suggests, both species live primarily on flies and other insects which they typically catch in mid-air. They are very agile fliers, and it is wonderful to see one taking off from a favourite perch, twisting and turning in the air before catching its target insect, and then returning to a perch again. Other birds will sometimes catch insects on the wing, but flycatchers are masters of the art!



Pied flycatchers return to UK first, appearing in Cumbria during April. The males are striking black and white birds with white spots on their foreheads – some think that bigger forehead spots make them more attractive to the brown and white females! They are particularly keen on mature oak woodlands – a habitat in which our local valleys are particularly rich - and are very happy to use nest boxes to breed. Holme Wood at Loweswater is a good place to see these birds, and a useful technique is to first

listen out for their song (which can be heard on the BTO website [Pied Flycatcher | BTO - British Trust for Ornithology](#)). The area around The Bothy can be a good spot to listen for, and the hopefully see, pied flycatchers (if there are not too many people about!)



Spotted flycatchers are one of the last summer migrants to arrive, typically not getting here until the second half of May. They are brown and white, less colourful than piers, but the pale stripes on the top of the head are characteristic if these can be seen. They enjoy a wider range of habitats than piers, including areas in villages with a good range of trees. My favourite spot to see these lovely birds is St Cuthbert's churchyard in Lorton, where they

often sit on top of a gravestone until a meal flies past. A pair did once build a nest behind the light above the church doorway but, perhaps unsurprisingly, were not successful at raising young there! The number of spotted flycatchers which come to UK is falling, and so I am always excited and relieved to see these visitors return to this spot.

If you do go looking for flycatchers this summer, I hope you have success, and are rewarded by good views!

David Gardiner



Thank you to everyone who supported and assisted with the Arts Out West concert and ceilidh by Striding Edge on April 14th. A capacity audience enjoyed the first half concert of music and story telling, entitled "Roots Down". Following a hearty ploughman's supper, the ceilidh got everyone, from the ages of 8 to 80, on their feet, with a Hebridean version of "Strip The Willow" proving the most energetic and popular.

Coronation Lunch—Change of Date

Unfortunately we have had to change the date of the **Coronation Lunch**, which will now be one day later than previously notified. It will be held on **Bank Holiday Monday, May 8th** from **12.30 until 3.30**.

Everyone who has already booked a place at the lunch for the Sunday will be contacted and advised of the revised date.

If you would like to attend this free-to-all **Coronation Lunch**, on **Monday May 8th**, please see the poster in this issue of the Link, or contact **Lyn Furniss** on **01900 85147** or **alloyslyn@btinternet.com** . Please remember that places must be booked in advance.



Physiotherapy direct to your home,
holiday retreat or workplace.
Virtual appointments also available.

Contact Emma on 07595 672 188

www.fellsidephysiotherapy.co.uk

   @fellsidephysio



Fellside
PHYSIOTHERAPY

PRIVATE • BUSINESS • EVENTS

Penny's Piece

'Unexpected mouse in the Comic Relief area!' As those of you who also live in old houses know, as well as coming with draught inclusion they also have in built mouse motorways in the walls. The slightest hint of a gap and they are in.

I was busy trying to tidy some books away and knocked something on a lower shelf. My feet were showered with what looked like red, rubber confetti. On closer inspection I found that something had shredded the entire bag of comic relief noses I had collected. There were red pieces everywhere. I wasn't upset about the noses, more about the unexpected cleaning that then had to take place. Handy it was bin day the next day as I was able to throw other nibbled items too.

Prior to the Easter we had a whole school egg dumping competition. Everyone is given a hard boiled egg with a number on and lots are drawn to see who plays who. We did not do the initial rounds together- we'd still be doing it. Especially following the rules we'd been given. Apparently it is more complicated than everyone gets a boiled egg and bashes it on another. There are holders and dumpers to consider and which way up to hold the egg and how much egg should be showing. First we had to find a class winner, then a winner from each year group which gave us 7 to go forward to the final in assembly. The final was dull. Our in class battles were a little more fun with some eggs needing a rematch between the two picked as they were both so hard. One poor girl's egg exploded on impact and she was left looking like someone had thrown an egg sandwich at her. But she laughed about it, so all was ok. There was one notable sulky tantrum and more than one declaration of 'he's bashed me head in!'

I received one of those, come and collect something from the sorting office as it does not have enough postage on it, cards. It arrived just after my birthday so I thought it might be a late

card. Most of you will know that the times for the Sorting Office are not great, especially if you are at work. Anyway, it was collected after paying £2.50. It was correspondence from the Jehovah's Witnesses. To be fair to the guy in the Sorting Office he did ask more than once if it really was wanted and did my husband want to pay for it. He knew it wasn't very important as it said 'to the occupier' but curiosity got the better of him. Curiosity it seems makes you poorer.

On Good Friday I ventured to Coniston to bag a few Wainwrights. It was a lovely day, cold start but warming up and fantastically clear. We ascended Wetherlam first and saw a few people about. By Swirl How there were more and the beginnings of a lot of groups of runners. They can't have been taking time to enjoy the view much. By the time we got to the top of Coniston Old Man, it was like Piccadilly Circus. Groups of young and old, families, runners and dogs of all sizes. Moving off the top we found a quiet perch for a snack and a look at the view. From Heysham and Blackpool Tower, round to Sellafield and The Isle of Man from a slightly different angle. Breathtaking.

The whole thing was topped off by the fact that we were lucky enough to get parked for free. A minor miracle I managed to replicate in Keswick on Easter Monday.

I for one am very glad that (as usual) I didn't place a bet on the Grand National. Neither of the horses I picked finished. Not sure one of them really started.

As we approach the Coronation and the season of Bank Holidays, I'd best get hunting for the bunting. Penny.

Melbreak Wildlife Group Open Meeting

7.00pm Thursday 18 May Yew Tree Hall, High Lorton

Join us for an evening of wildlife! Hear about what the group is currently doing to help support wildlife in the local area.

Share your ideas in an open discussion about new and existing projects – and find out how you can get involved.

Tea/coffee and biscuits provided.

All welcome!



www.melbreakcommunities.wordpress.com



**CUMBERLAND
STOVE SERVICES**

- Stove and Fireplace Installation
- Flue Lining
- Chimney Sweeping
- Stove Maintenance and Repair
- FREE NO OBLIGATION SURVEY AND ESTIMATE

Email: enquiries@cumberlandstoveservices.co.uk

Tel: 01900 268737 Mob: 07702112406



S MCADAM GARDEN SERVICE

Independent business offering a quality gardening service in and around Cockermouth, Lorton Vale and Keswick

Grass Cutting – Lawn Care – Turf – Artificial Grass - Fencing – Landscaping – Hedge Cutting – Pruning - Planting

Tel/Whatsapp: 07864860720

Email: mcadamgardenservices@gmail.com

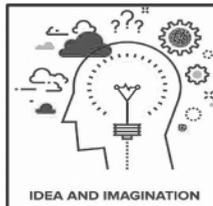
Facebook: S McAdam Garden Services



Grants for Youth Activity

The Melbreak Communities set aside £200 annually for young local people who are taking part in educational, developmental or creative activities. Previously we have supported 3 young women undertaking World Challenge Expeditions and Melissa Davies's poetry trail. Nothing was spent last year so this year, 2023/24, we have £400 available.

If you, or a young adult you know, would like to apply email Glenis@borderhydro.co.uk




Lorton School cordially invites you to a
Playground Street Party
to help celebrate The Coronation of King Charles III.
Thursday 4th May
12.30pm
Lorton School Playground

There will be a buffet for adults provided by Chef Helen. Children at school, and any pre-schoolers will be given a plate of party type food. We will include all School Dinner children in our numbers, but please could any other children or adults, wishing to have the buffet or plate of party food, let school know by phone: 01900 85919 or email: secretary@lorton.cumbria.sch.uk by Friday 28th April. Cost – Child £ 2.80 and Adult £ 5.

Each class from school will be performing a dance and the whole school will be singing a Coronation Song.


If the weather is poor, we will have to rearrange. PTO



LORTON NOTES

Last month I asked if Spring had finally sprung and as far as the weather (apart from a few sunny days) is concerned I think the resounding answer is No! However, Spring did appear in St Cuthbert's for the Easter Service with the beautiful flowers that so many willing helpers had arranged. Thanks to you all and here's hoping for better weather to come.

We have some key services scheduled for May - the first one being a new departure for the benefice with a Bluebell Service at Rannerdale on 14th May at 3p.m. See the poster on page 18 for further details. We do hope many of you will attend. Only a few days later we will mark Ascension Day which this year falls on May 18. We shall be having a service of Holy Communion at St Cuthbert's in the evening at 7p.m.

On April 23rd after the service we held our Annual Parochial Church Meeting at which members of the congregation are invited to give their thoughts and ask questions about the church finances and other matters concerning the way the church operates. Last year Roger Peck stepped down as Church Warden and was replaced by Pete Ward. Keith McNeil made a valiant attempt to stand down but as there was no candidate to take his place he kindly agreed to stay on for 1 more year. He has had more success this time around as I have agreed to become Church Warden in his place (no arm twisting involved at all). We thank Keith very much for his years of devoted service. He will be a hard act to follow.

Rosemary Riley

**Lorton Vale
Gardening Club**

COFFEE MORNING

AND SEED / SEEDLING SWAP

YEW TREE HALL

Saturday 20th May

10.30pm-12 noon

Coronation Lunch

★ Please Note—Change of Date ★

Monday May 8th, 12.30 to 3.30

All are welcome to join this community
celebration of the Coronation of
King Charles III

You are invited to bring along a buffet-style
main course or dessert to share

Or

If you have any allergy concerns, you can
bring and eat your own food

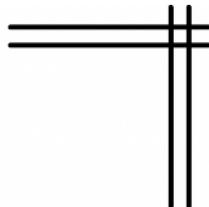
Bring your own drinks

Advance booking only for this free-to-all event

There will be a raffle for a Coronation Hamper
to cover running costs

To book your place and confirm main course or
dessert, please contact Lyn Furniss on 01900
85147 or alloyslyn@btinternet.com

loweswatervillagehall.co.uk



The Yew Tree Hall Committee have been able to donate to the
Winter Warmth Fund the sum of £500

The Cumbria Community Foundation runs this fund and
helps vulnerable older people to heat their homes .

This was possible from our Soup Social lunches held over the
winter months and our Christmas coffee morning .

THANKYOU to all of you came and supported these events .

LORTON VALE GARDENING CLUB

We had an excellent lively talk on sweet-peas from Kevin Preston on the 30th March. He brought plants for sale too, which was very tempting for gardeners who had just come through a dark dull winter. A large proportion of his audience went home with a box of flowering goodies. Kevin is a national champion sweet-pea grower, and does things on a grand scale - 7,500 sown in the second week in February. He sows in compost at room temperature with perlite or vermiculite and grit in the mix, and germinates in a warm place. About a centimetre deep, and no need to soak the seed. You can sow in the autumn, but you'll have to mind the plants over the winter and you'll only get flowers 2 weeks earlier than if you'd sown them in Feb. If you start with poor seed, you'll only get poor plants, so it's worth paying a bit extra. As soon as the seed has germinated, warmth is less important than light. Put 2 seedlings to a pot and when you plant them out, put the whole pot out, rather than setting them back by separating them. Leave 2 sets of side shoots, then nip out the top to promote a bushier plant which will produce more flowers. We amateurs usually grow the old fashioned varieties for their scent, but for showing, you need the Spencer type, with long stems to the flowers. For showing, you take off the tendrils to make sure that all the vigour goes into the flowers. They can go out in May, but will need bringing in at night. When you do plant them out, in later May, cover them with newspaper at night if the temperature drops below 0 degrees. Kevin uses fish blood and bone as a fertiliser, feeding twice a week, and mulches with 2 year old organic matter. They really need the sunniest spot in the garden. We all know that you have to keep cutting the flowers to keep them going, but they are such a pleasure to have as cut flowers. He did also recommend the perennial sweet-peas - they are fully hardy, but don't have the scent. Kevin was really entertaining, and has other topics as talks, so we may well meet him again.

Our two May events are the coffee and cakes and the first of the summer garden visits. Coffee and cakes is on Saturday 20th May in the Yew Tree Hall from 10.30 to 12. Cost £3. Plant and seedling swap. Please bring along any spares.

The first of the garden visits is on Thursday 25th May at 2.00pm. It's to Galesyke, Wasdale CA20 1ET. This is a 4 acre woodland garden owned by Christine McKinley, with super views over the Wasdale fells. It's a wonderful spring garden with azaleas and rhododendrons. Cost £7.50 includes a cream tea. Directions: from Gosforth, follow signs to Nether Wasdale and then to the Lake, approximately 5 miles. Please let Catherine 07807 603108 catherinec99@btinternet.com or Fiona 01900 85710 fionalambrick@btinternet.com know if you would like to come on this visit.



Mi
Pilates
CUMBRIA

Pilates mat work classes tailored to suit all abilities. Private 1:1 and 1:2 Pilates also available

☎ 07867 051 387
✉ angela@mipilates.co.uk
🌐 www.mipilates.co.uk

Locations: Keswick • Cockermouth • Eaglesfield • Lorton • Gilcrux • Blindcrake

Loweswater Ladies April 2023

In April we welcomed author Ruth Sutton to our meeting. Ruth spoke about her transformation from teacher and educational consultant to novelist and publisher. A process that involved a leap of faith, a lot of determination and the acquisition of a whole load of new skills. Nine novels later I think we can say the transformation was a success. Ruth proved to be a witty and entertaining raconteur and clearly has enjoyed an interesting and satisfying second career as a novelist. After hearing about her novels, which are all set in West Cumbria, I am sure she will have acquired a significant number of new readers. I can't wait to get started on her trilogy which weaves a family history through real life historical events such as the Whitehaven mining disaster in 1947 and the Windscale fire in 1957. The next 6 books are a series of crime stories, again set locally. Ruth's latest project has been to write and stage a play "The Day the Iron Works Closed" about the sudden closure of the iron works in Millom in 1968 and the catastrophic effect this had on the town. The production was filmed and is being made available to local groups. Hopefully we might get a chance to see it here soon.

Plans are taking shape for our summer outing which this year will be to Hutton-in-the-Forest on Tuesday 11th July. More details to follow at our next meeting.

Our next meeting will, I think, be a first for the group. We will have a cookery demonstration from Toral Dhanaliya. This will be on Wednesday 10th May in Loweswater Village Hall at 7.15pm.

Doreen Robertson



William Keith Campbell
Chimney Sweeping Services

- Open fires, stoves, Agas etc. swept and cleaned
- Clean & efficient
- Fully insured
- Certificates issued on request.

T: 01946 813052
M: 07756 470041

The Dale V The Vale

A number of players from the Yew Tree Hall Table Tennis Club recently visited the Borrowdale Institute in Rosthwaite to play a friendly TT match. While the emphasis was on having fun, the games were quite competitive and overall, on the night, honours were pretty much even.

Billed as 'the Dale V the Vale' there were 8 players from each Club and even though the weather was pretty dire, the welcome and hospitality at the Institute was fantastic. Plenty of snacks, a bar and some great table tennis added up to a really good night out. The evening culminated in a grand 'Round The World' competition. The YTHTCRTW champion, Dave Segar, excelled and came away as the winner - beating his old sparring partner, Adam Baker, in the final two.

YHTTC thanked the BITTC for their hospitality and extended an invitation for a return match in YTH sometime in the summer. Watch this space!



Written by Adam Baker, photograph by Carl Taylor

P.S Look elsewhere in the Link (P.19) for a merry ditty written about the event.

- ⚡ EV charger installations
- ⚡ Testing & Certification (EICRs)
- ⚡ Fuse board changes
- ⚡ Home batteries
- ⚡ Solar panels

TIM IRLAM
ELECTRICAL

Tim Irlam

📞 07806 656650

✉ ti.electricaltd@gmail.com

📱 /timirlamelectrical 📷 /ti.electrical



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

We hope everyone enjoyed the Easter break, our services and the good weather which was such a bonus, especially for the children on their holidays. Thanks to all who decorated our churches so beautifully. We are now in the 50 day approach to Pentecost on 28th May with Ascension Day on 18th May.

We held two Lent lunches this year in the Village Hall and at Buttermere old school. Both were successful and well attended. We extend thanks to all who made soups and helped on the day.

One of the main events for many this month will be the Coronation of King Charles III on Saturday 6th May. For those interested we have special prayer leaflets for the occasion available at the back of both our churches. Loweswater will be celebrating with a

special lunch on Monday 8th in the village hall.

Christian Aid week starts on 14th May; with worldwide need as great as ever we hope for the usual generous response. We are very grateful to all those who collect from door to door.

Two reminders, firstly our APCM on 21st May after the morning service and secondly the Bluebell service at Rannerdale 3pm on the 14th May. This is a first for us and we do hope the weather will be kind on the day and more importantly the bluebells will be at their best. We anticipate we will be able to leave cars in one of the adjacent fields as the Cinnerdale car parks may well be full.

Eleanor Ella

Lakeland Slate Co.

Working with world famous
'Westmorland Green Slate'

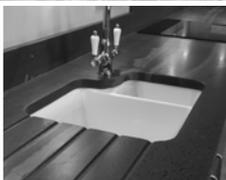
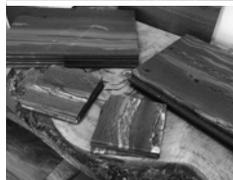
Suppliers of:

**Memorials • Worktops • Hearths
Nameplates • Homeware • Walling Stone
Quoins • Lintols • Sills**

Unit 5, High Hill, Keswick • Shop, 9 Lake Road, Keswick

Tel: 017687 74695/75834 • Mob: 07950 642 298

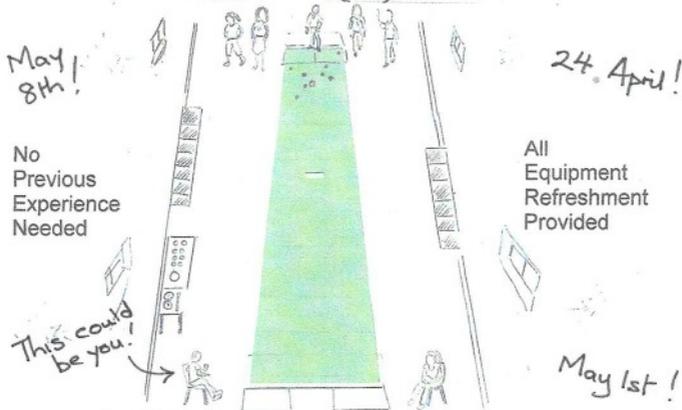
www.lakelandslate.com info@lakelandslate.com



LORTON INDOOR BOWLS

OPEN EVENINGS

MONDAYS from 7pm
24 APRIL, MAY 1 and 8
B(Hol)



Join other new members.
3 Free Taster Sessions!

Yew Tree Hall in High Lorton
New members are most welcome
Mondays 7-9pm

For further information or for a chat about the club

Phone 01900 85236

and leave a message if necessary



DÉCOR & DESIGN

Kate Pritchard

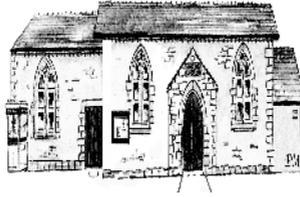
Quality Decorating and Interior Design
Bespoke Painted Kitchens and Furniture

Tel: 07989 773708

decoranddesign.kp@gmail.com

Find us on 

Ullock Village Hall



In Association with **Arts out West**

The Mystery of the Blue Moon Saloon

Friday 5th May at 7.30pm

Tickets £10 Adult: £5 under 18: £25 Family of 4 (2+2) **B.Y.O. drinks**

A comic radio play presented live on stage with the assistance of the audience.

An American Wild West town 1870. A travelling English Theatre company are performing Scenes from Shakespeare when lone gunslinger The Wanderer comes up against a gang of outlaws. When the gun smoke clears Mrs Speakwell lies dead. But who killed the English actress?

This daft and entertaining show gives the audience the chance to make the sound effects and take part in scenes as they are recorded in a special edition of the play. There's a part for everyone in...***The Mystery of the Blue Moon Saloon***. Or just sit back and enjoy this amazing play.

Tickets 01946 862300 or email margaretperry@hotmail.com

Online bookings: kirkgateartsandheritage.org.uk

Garden Night - Friday 19 May 2023

"Herbs and flowers for containers and wildlife"

A talk by Helen Shipton-Smith of Helen's Herbs

Lots of plants for sale including a selection from Helen's nursery
A chance to chat while enjoying a cuppa and a bite to eat
Any donations of surplus seedlings or good plants are welcome for the plant stall

- ***6.45pm Plant Sale***
- ***7.30pm Helen's Herbs – Talk***

Tickets £6 including Light Buffet

Please call 01946 862300 or 861458

BLUEBELL SERVICE

SUNDAY 14th MAY AT 3P.M

RANNERDALE



Free parking in the field which will be sign posted. The last field on the left before Rannerdale.

Cockermouth Mechanics Band will be there for music

Bring your own chair/blanket.

The TT tale of the Dale V the Vale

Did Lorton's Vale prevail in the Dale?

Or did the Borrowdale nail the Vale?

Through gale and hail went the valiant
Vale

Via sail or rail to the dashing Dale?

Nay, t'was track and trail and hard
travail

But they did not bail and they did not fail

So this is the tale we can regale

With bats, like wale, held high, all hale!

The Dale, equal male female, did avail

The Vale, equal male female, and retail

Fine ale and foods of cocktail (no kale)

The grand unveil, the tables, the detail

The teams they'll seek the TTennis grail

Inhale and exhale, much biting of nail

Neither did rail, the other, or impale (no
jail)

It was wholesale TT, bats like a flail

The ball, weak, frail, let out a wail

Like a pale grey whale or poor poached
quail

And the grand finale? What would that
entail?

Round The World, upscale, no
blackmail!

So who did prevail in the Dale V the
Vale?

There's no email, voicemail or mail of
snail

So it's all tall tale, folktale or fairytale?

Time to draw a veil o'er this, the regale

But perhaps, next surveil, we can resale

The tale of Lorton's Vale versus
Borrowdale

Adiam Pingpongsworth 1900
Wednesday

Love your feet - Jo Eland (fhp 160153)



Foot Health Practitioner
Dipcfhp

07587112595

Nail cutting service, corns callous removal and
general foot care in the comfort of your own
home

joanne.eland@yahoo.co.uk



On April 18 we held a well-attended lunch party at Hundith Hill Hotel. After lunch we heard a presentation from Ingrid Hall who grew up in Loweswater and then made her career as an Army Officer. She described how she had performed a wide range of duties in a variety of countries, among them Germany, Canada, Afghanistan and the Falkland Islands. Life was certainly never dull, and Ingrid clearly enjoyed her time in the Army. Before her recent retirement she attained the rank of Lieutenant-Colonel, and she has now returned to live in her native Cumbria. Our second guest that day was Ingrid's sister Margaret Francis, who played a key role in the formation of the Club in 1977. We all enjoyed seeing Margaret again, and on this occasion she assisted Ingrid in showing the slides accompanying her presentation.

Our next event will be an evening meeting on Tuesday May 23 in Loweswater Village Hall. The speaker will be Mark Lee, who will talk about the cheesemaking business he has established at his farm at Torpenhow. Mark plans to bring some samples of his products for a tasting session. This is the meeting that was planned for March but was cancelled at the last minute because of a fall of snow.

The final event of the season will be our summer trip. This will take place on Thursday 22 June when we shall travel to the Jetty Museum on Windermere. As well as viewing the exhibits we shall hear a talk by the conservation team and we'll be given lunch. An optional extra is the opportunity to take a trip on a beautifully restored Edwardian steam launch. We shall then travel to Blackwell Arts and Crafts House where we shall receive a talk before being able to explore the house and its garden terraces. The cost of the trip, including lunch and coach travel, is £30. Further details are available from Lyn Furniss Lyn (01900 85147 or alloyslyn@btinternet.com). Places are limited, and you can sign up by contacting Lyn. If places remain there will also be an opportunity to sign up at the meeting on May 23.

Carolyn and John

Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st April 2023

1st prize of £25	No 14	Mary Baker
2nd prize of £10	No 29	David Walmsley
3rd prize of £5	No 78	Derwent Thompson

Congratulations to the winners and thanks to all our supporters.

Darrell Cruickshank 1925 -2023

Following a minor stroke in 2018, Darrell came to live with his family in Lorton. Despite being 92 at the time he got on with making a new life, enjoying the community of the village and the kindness which greeted him. He remained remarkably fit and mentally sharp, exercising his mind and body as much as he could. He took to cycling when walking had become difficult and enjoyed joining the Art Club and having a go at new things. He died from a sudden heart attack whilst cycling up Whinlatter Pass at the age of 97, a good end entirely in keeping with how he lived his long life. In 1943 he had volunteered for the RAF and was a trainee Pilot when the war ended. After attending Magdalen College, Oxford, he spent 37 years working on the River Thames, with a long spell as it's Chief Navigation Inspector. A keen Orienteer from the 1960s onwards he was probably the oldest active participant of the sport in the UK when finally he hung up his running shoes after being unable to drive any longer. His Funeral will be at 1130 on 4 May in Lorton Church and all who knew or had an interest in him are very welcome to attend.



WEST CUMBRIA RIVERS TRUST
LOWESWATER CARE PROGRAMME
MEETING AT LOWESWATER VILLAGE HALL,
WEDNESDAY, 17 MAY AT 7.30PM



It is about 10 years ago that we started practical work on the DEFRA-funded project “Improving water quality in Loweswater”, so we will be holding a local meeting to tell everyone about what we have since achieved. Over this period, there have been some notable changes:

- in the stock being managed on the farmland
- In the regulatory pressures due to BREXIT
- In the frequency of storms and the acidity of rainfall.

There will be short presentations from Leslie Webb, Andrew Shaw and Annabelle Kennedy of WCRT, from the National Trust (owners of the lake) and from the Environment Agency.

Everyone is welcome so do just come along to the village hall and get involved.

Meeting contact: Leslie Webb, Damson Ghyll, Loweswater (les@damsonghyll.co.uk).

CHRISTIAN AID WEEK - May 14th to 20th 2023. Christian Aid Week was set up 60 years ago. Soaring costs are affecting people here and around the world. Families in Malawi are paying the price of this global crisis. Food, fuel, fertiliser and school fees have doubled in price in the last 12 months. And hard-working farmers are seeing their harvests fail as the climate crisis brings increasingly erratic weather.

The impact of the recent Cyclone Freddy in Malawi has been devastating. Floods have washed away crops, over 500,000 people have been displaced and hundreds have lost their lives.

Christian Aid believe in "life before death". Can we help now, to relieve suffering in Malawi. If you pay income tax, may I ask you to consider making your donation gift aided to enable the charity to reclaim £2.50 for every £10 you give, making your gifts worth more to the communities Christian Aid supports. Please prepare to receive your Christian Aid envelopes and help us to respond to this very worthy cause and look out for our Valley collectors.

THANK YOU - Jan Collins-Webb - Lorton Vale Organiser



Lakes Wood Fuel

Suppliers of high quality firewood in handy nets, as well as larger quantities.

Hardwood • Softwood • Kindling
Briquettes • Smokeless coal • Charcoal



All wood has a moisture content below 20% ensuring quick and easy lighting, and maximum heat output.



Order online: lakes-woodfuel.co.uk info@lakes-woodfuel.co.uk

Call Chris & Rachael Edmunds: **01900 85119**

ECO CHURCH UPDATE

Last month in the general update we highlighted that as part of the Eco Church/Eco Community initiative we were joining forces with Christ Church, Cockermouth to hold a Green Fair as part of the Big Green Week. We had our first planning meeting last month and here are some key updates for you. First of all - **SAVE THIS DATE:**

Big Green Day 10th June 2023 Christ church & Rooms

The vision for the day (in response to the GMC Gathering last May): An environmental awareness day which encourages and reassures individuals that their small contribution to reversing climate change can make a difference to the world in which we live, for us and future generations.

The core of the day is as follows:

- Community engagement (a benchmark of Eco church, A Rocha UK)
- Ideas of decisions and changes which people can make to really make a difference.
- Keynote speakers: Climate change – Lee Jackson, Biodiversity – Gareth Browning, Cumbria Waste Management – (TBC), Cumbria Wildlife – Tanya (TBC)
- Local producers/providers/initiatives: Goodness & Grain, Recreate and Make, Cumbria flower farm (TBC), North Lakes – fair trade products.
- Link with National initiatives: People's Plan, Great Big Green Week.
- Outreach by inviting friends outside of our church community to be involved with running/hosting the day.

Our brainstorm created a host of ideas, perhaps too many, but at this stage we didn't want to rule anything out. This list of ideas is not exhaustive but may appear exhausting! On this note, we were reminded by Jane Charman of the timescale we have and encouraged to ask ourselves if we have the appropriate amount of time, and energy to put on this event. We discussed focusing on a few of these ideas rather than to take on too much in the time frame we have available so that is what we will be doing next.

For your interest I have decided to include the full list that resulted from the brainstorm and we'd welcome your feedback on what you think we should focus on, and indeed if you think there is anything we've missed. Please send your feedback to the Link email address to be found on the back cover. Please also send an email if you'd be interested in helping to organise the day, and of course helping on the day itself.

- Practical ideas and suggestions: reduce, reuse recycle. Water conservation, energy consumption.
- Involvement of local schools
- Travel, energy, fuel, food.
- Information on food boxes 'too good to go' initiatives
- Repair café
- Town toilet twinning
- Local charity shops and clothing banks
- National cycling schemes
- Real nappy companies
- Local waste management
- Echo church service the following day
- Plant sale / grow your own / bee friendly planting
- Grow Well, Workington
- Letters for tomorrow (Great Big Green Week initiative) – time for reflection and pledging.
- Craft tables: rag rugs, wool weaving, paper plant pots, recycled card making.
- Animal friendly churches
- Town park Litter pick
- JUMP (Jesus Use My Potential Youth Group) + any others to be involved
- 'A walk in the Park' – Nature connectedness – Neale Connolly (Outdoor Education Tutor)
- Bio Blitz
- Livestream / record the event.
- Screening of short films highlighting the environmental crisis.



Lorton & Derwent Fells Local History Society

www.derwentfells.com

Our next talk, on 11 May, is on the Loweswater burglary of 1816, and trial and execution that followed. The speaker, Ray Greenhow, is a retired Cumbria police inspector, who has spoken to us before on the tragic drowning in Derwentwater of five young women in 1898.

Ray is a researcher and writer specialising in the history of local policing and criminal justice. He has studied all the executions in Carlisle since 1745, among which was that of John Donald in 1816, for the Loweswater burglary.

Donald and his burglary accomplices beat and bound the Hudson family of Hudson Place, Waterend; a capital offence. Ray will explain the trial, the execution, and the outcomes for the other robbers.

The talk is at the Yew Tree Hall at 7:30 pm on 11 May. Entry is free to members. Visitors are welcome at £4 at the door, including refreshments afterwards.

The talk will also be streamed live using Zoom to Society members who wish to participate from home.

On June 8, Dr Michael Winstanley will speak on 'Feeding the Industrial Revolution'.

*Hudson Place in 2003, photo by Chris
Bower, L&DFLHS Archive*



DIARY DATES

MAY

- 1 Mon Whinlatter Whistlers, 12 noon, Lorton Pound
- 3 Wed Lorton Parish Council meeting 7.30pm YTH
- 5 Fri Aow Show The Mystery of the Blue Moon Saloon Ullock VH 7.30pm
- 8 Mon Coronation Lunch, 12.30, LVH
- 10 Wed Loweswater Ladies, Cookery demo by Toral Dhanaliya, 7.15pm LVH
- 11 Thu The Loweswater Burglary of 1816 and its aftermath, illustrated talk by Ray Greenhow, Lorton & DF Local History Society, 7.30 pm. Visitors welcome (£4) YTH
- 13 Sat GMC Gathering Day, Christ Church, Cockermouth
- 17 Wed Update on Loweswater, West Cumbria Rivers Trust, LVH, 7.30pm.
- 18 Thu Zurbaran and the Prince Bishops of Durham, The Ats Society Cumbria talk by Robert McManners, Hundith Hill Hotel, 2 pm, visitors £8
- 18 Thu Melbreak Communities Wildlife Group. YTH 7.00. Update on current projects and future activity planning. Everyone welcome
- 19 Fri Garden Night Ullock village hall 6.45
- 20 Sat Coffee Morning hosted by the Garden Club YTH 1030-12
- 23 Tue 77 Club. Mark Lee will talk on his cheesemaking business (and bring samples) 7.30pm LVH
- 25 Thu Film Night, See How They Run, YTH, 7,30pm, doors and bar 7pm

JUNE

- 8 Thur Feeding the Industrial Revolution, illustrated talk by Dr Michael Winstanley, Lorton & DF Local History Society, 7.30 pm, visitors welcome (£4) YTH
- 14 Wed Loweswater Ladies Summer Stroll around Loweswater & Buffet Supper
- 15 Thur The Forgotten Golden Age of Painting? Painting in Britian 1900-1950, talk by James Russell, The Arts Society Cumbria, Hundith Hill Hotel, 2 pm, visitors £8
- 22 Thur 77 Club Trip. Windermere Jetty Museum and Blackwell Arts and Crafts House. Prior registration essential. Contact Lyn Furniss (01900 85147 or alloyslyn@btinternet.com).

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 May 2023

7 th May 10.30am 6p.m	5th Sunday of Easter Holy Communion Evensong	Loweswater Buttermere
14 th May 10.30am 3p.m	6th Sunday of Easter Holy Communion Bluebell Service	Lorton Rannerdale
18 th May 7p.m	Ascension Day Holy Communion	Lorton
21 st May 10.30am 6p.m	7th Sunday of Easter Morning Worship Holy Communion	Loweswater Buttermere
28 th May 10.30am	Pentecost Holy Communion	Lorton

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.

John Fitzpatrick PAINTER & DECORATOR

- Over 30 years local experience
- Domestic and commercial work undertaken
- Internal and external jobs
- Competitive no obligation quotes available
- Friendly, reliable and professional service

Please contact for more information:

Tel: 07702 596638 / 01900 379652

johnfitzpatrickdecorating@yahoo.com

Deadline for June is Friday 19th May, all articles, photos, funny stories to lortonvalelink@gmail.com by this date. Thank you