

# JUNE 2023



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

# Letter from the Editor

Dear Link Readers

Another bumper edition with a variety of articles as well as our usual contributors. There is information about a couple of coach trips, one organised by the 77 Club to the Jetty Museum at Windermere and Blackwell Arts and Crafts house and the gardening club trip to RHS Bridgewater

There are a number of articles thanking valley dwellers for their support - one from the Cruickshank family following the sad death of Darrell, one from the school for money raised from the 10k run, a third for funds raised at the Jazz and Jambalaya night (now wasn't that fun) and a fourth from The Link Committee to Alan Gane as well as thanks for support for the Loweswater Coronation Lunch.

Upcoming events include the ever-popular duck race, another film night, and the Big Green Fair.

Regarding important changes that may affect our lovely environment, there is an article following on from the meeting to discuss the future of Crummock Water and next month we are expecting an update from John Macfarlane about the future of Holme Wood. We are now able to include a new series of articles called

Nature Notes which will be written by a number of contributors - the first one is about butterflies.

Finally, I'd like to draw your attention to the splendid centre-page spread of photos from the Loweswater Coronation Lunch. This has kindly been paid for by the Loweswater Village Hall Committee.

Rosemary  
07885 360353

P.S The Link Committee Treasurer has asked me to remind you all that the Link Subscriptions for 2023 are now overdue. Subs received are significantly down from this time last year. Please either pay your subscription ASAP or let us know if you no longer wish to receive the Link so that we can reduce our print run. Subscriptions can be delivered to the treasurer, David Walmsley, The Old Police House, High Lorton, Cockermouth. CA13 9UL. Please write your name on the envelope containing your subscription and pay in cash or by cheque payable to 'The Benefice Link Account'

For electronic payments to our Cumberland BS account then the account name is The Benefice Link Account, sort code 16-52-21, account no. 54167346, please identify the payment with your surname.

Our cover picture contributor this month is Rosamund Macfarlane - a striking silhouette of a leaping red squirrel.

## VICAR'S LETTER



### **'Each in their vocation and ministry'**

Here in Grasmoor Mission Community we've been very blessed in recent years by a steady stream of vocations to both lay and ordained ministry. This year is no exception, and we're now eagerly looking forward to the ordinations of Christina Brentnall and Barbara Robinson at the beginning of July. Christina is to be ordained deacon in Carlisle Cathedral on Saturday 1 July at 1130 and Barbara is to be ordained priest in Loweswater Church on Sunday 2 July at 1030. You are warmly invited to come along and support them, or if you're not able to be there in person please uphold them in your prayers.

People sometimes think that the church ordains people so that they can do all the ministry on behalf of the rest of us. Nothing could be further from the truth. Ordained ministers are a gift to the church because they also unlock the gifts of others. By encouraging and equipping, teaching and training, pastoring and praying they enable the whole church to fulfil its vocation to witness and service. They may go ahead of us but they don't go instead of us. Very little ministry would happen without the hard work and dedication of our church members who contribute to the life of the church in so

many ways – thank you to each and every one of you.

As well as raising up vocations from within our own community we have also welcomed ministers who have come to join us from elsewhere, including Andrea and Pete Ward who co-lead the Poiema Community based in Loweswater Vicarage. Poiema opened its doors earlier this year for both day events and residential stays. Visit their website at [Poiema – Welcome to the Poiema Community](#) to find out more, or why not drop in at the Vicarage and say hello.

Over the last couple of years, I've greatly enjoyed writing a monthly Vicar's Letter in the Link – but I don't want to hog the privilege! With other ministers now alongside it seems right that we take it in turns. So look out for a letter from Barbara in the July/August edition and one from Andrea in the September edition, and I'll look forward to being back with you in October.

With God's blessing.

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



# LORTON FILM NIGHT AT YTH

**THURSDAY 22nd June**

## **“The Banshees of Inisherin”**

**A black tragic comedy starring  
Brendan Gleeson & Colin Farrell**

**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



### **The cuckoo flower and the orange tip butterfly**

I hope you have enjoyed sightings of the orange tip butterfly this Spring as there seem to be plenty about. It is one of the earliest butterflies to emerge that does not over winter, and is a colourful herald of Spring. The male is unmistakable whilst the female is more demure in white, but is distinguishable from the small white butterfly by her dark wing edges and a black spot on each wing. The underwings of both male and female are a beautifully mottled green providing the perfect camouflage for their chosen habitat, which is hopefully in your garden as well as in the meadows throughout the Lorton Valley.

What fascinates me about this butterfly is its relationship with the cuckoo flower. You may know this plant as Lady's Smock, Mayflower, Dancing Lady or Milkmaids. The Latin name is *cardamine pratensis* but the common names reflect how widespread a plant it has been. There is lots of folklore about them. They were at one time believed to be sacred to fairies and unlucky to bring into the house. Despite being called Mayflower, they were rarely used in May Day celebrations.

The main food plant of the orange tip butterfly is the Cuckoo flower and if you are lucky you will see the two together at this time of year in damp meadows or among rushes, as well as in damp grass in gardens. There are other food sources which all belong to the brassica family, including Honesty and Jack in the Hedge or garlic mustard but cuckoo flowers bring the best result. The eggs are laid singly on the cuckoo flower on the stem or under the calyx. Only one egg is laid at a time because, once the caterpillars hatch out a week later, they turn into cannibals! Shocking I know. They do share quite happily I believe with the green hairstreak.

It's worth looking for the eggs of the orange tip as they turn bright orange - a new type of egg hunt for children perhaps to find out more about butterflies.

# .....And all that Jazz

**Our main fund raising event for the Yew Tree Hall was a huge success. The 11 piece Lorton Street Blues Band gave us the big sound of the night and Stan Foster delighted us on keyboards and sax.**

**Plenty of foot tapping , sing-a-longing and dancing took place , you can see the photos and video on the YTH website under news .**

**The creole inspired menu was delicious and the key lime pies were devoured ....the bar was particularly busy ..there was even a quick dash into town to replenish supplies !**

**The art auction raised £725 for CockermonthMountain Rescue and £1250 was raised for the Yew Tree Hall , a great night .**

**THANKYOU  
TO EVERYONE WHO HELPED  
AND SUPPORTED**



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

Contact Emma on 07595 672 188

[www.fellsidephysiotherapy.co.uk](http://www.fellsidephysiotherapy.co.uk)

   @fellsidephysio

The logo for Fellside Physiotherapy features a stylized white outline of a mountain range above the text "Fellside PHYSIOTHERAPY".

Fellside  
PHYSIOTHERAPY

PRIVATE • BUSINESS • EVENTS

## *Penny's Piece*

There seems to have been a lot happening in May. As I type this, I am slightly gutted to find that this week is a five-day week. I could very easily get used to a four-day week.

We have had Bank holidays, because that's were they are and then there was the Coronation (which I will get back to). Some of us found out about a burglary, attended films, and made things (I did sew some buttons back on my trousers that had fallen off, but I did it at home), I attended a concert in a church and a church service in a field. There have been bluebells and cornflowers and the hedgerows and trees have suddenly burst open into a covering of green! It's all going on.

Yet again I was rapt by the Coronation. I'm still not sure it needed to be so long, though I did like that some parts took place while certain hymns or songs were sung. I do rather fear that their Majesties were slightly upstaged by three people: Princess Charlotte- who I thought looked age appropriately fabulous, Penny Mordant with the frock/ hat/ sword combo- didn't know it was her until the next day, and of course the rather dishy attendant (not the correct title, I've forgotten) to the King. I was most pleased to see the King crack a smile and say 'thank you everyone' from the balcony. Given that the Imperial State Crown is a pound lighter than the St. Edward's crown, he was probably feeling light relief.

The concert/ gig in St. Michael's Mosser was lovely. Folky/ bluesy music from three sources, two of them Cumbrian. I thought I'd done well taking a cushion in a bag to sit on and warm layers but was outdone by the snack brigade. There were people with thermal mugs or flasks and one pew had a group of people who had set out hummus and carrot sticks on the hymn-book shelf. I had a Nature Valley bar in my pocket but had to wait until a break to pop out and eat it. It had been in my pocket so long it had largely been pummelled back to the individual oats. Would have made a right mess inside. Part of the issue was I had

thought the poster read as though two of the acts were accompanying the third and therefore it would be about an hour and a half. Nope. With change overs etc, we were there three hours! Definitely glad I had my cushion. Needed food. I know for next time.

The bluebells have again been fabulous and on the evening I went to see them, they had a lovely scent. Walking to the fence at the far end, it was lovely to see how much further they have spread across the base of Whiteless Pike and even higher up Rannerdale Knot itself. The Bluebell service was lovely and I can imagine on a sunnier day, the sound of the band in particular would have carried down the valley wonderfully. I noticed on the night I went to the bluebells how the sound echoes off the Knot- a Police car came through, sirens blaring and it sounded as though there was a second one coming. I think the band should play towards the Knot next year or at least experiment with the sound.

For those of you who missed it, the public voted correctly for once. The BAFTA TV award for most memorable TV moment of the year went to Paddington having tea with the Queen at The Platinum Jubilee. Perhaps I need to take a leaf out of their book and have a marmalade sandwich under a hat or in a handbag at my next gig.



Penny



## Lorton School 10K. Fundraising Road Race

Thank you all for your help on Saturday 29<sup>th</sup> April at the Lorton School 10K. We have raised in the region of £2,500 which would not be possible without the continuous support of the local community.



**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](mailto: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](mailto:mcadamgardenservices@gmail.com)

Facebook: S McAdam Garden Services

# Friends of Lorton School

## Coffee Morning, Duck Race & BBQ

SATURDAY 10TH JUNE 2023 AT  
YEW TREE HALL AND THE POUND  
(BOON BECK FIELD)

*The Coffee Morning will start at 10am  
and will be followed by the BBQ and Duck  
Race at 11.30am*

*Ducks will be available to purchase on the  
day or several weeks ahead at Lorton  
Village Shop and the Wheatsheaf Inn*

£2 per  
Duck

Cash  
Prizes



Loweswater with Buttermere PCC  
100 Challenge Club

### **The prizewinners for the draw held on 1st May 2023**

1st prize of £25	No 6	Hilary Hope
2nd prize of £10	No 85	Leslie Webb
3rd prize of £5	No 10	Kathryn Mitchell

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

## LORTON NOTES

Last month I complained that Spring seemed to be a long time coming. The weather has improved since then and I'm glad to report that my annual planting of Sweet peas has now taken place - I look forward to the first flower to be picked.

Another annual Spring event took place earlier this month. The 2023 GMC Spring Gathering prompted much interest in the theme of Living in Love and Faith. There were a number of thought-provoking presentations from the various churches represented within the GMC and I found it very useful to understand the position of all the denominations within the GMC. An interesting and enlightening day.

Our Ascension Day Holy Communion Service, taken by Deborah Hoddinot and Barbara Robinson, was well attended.

Please see the advance notice below for a concert that will be held in St Cuthbert's on 22nd September - I'm sure it will be a highly enjoyable and entertaining evening.

Please note that the Pew Sheets for June list incorrect services so please refer to the back page for the correct services.

Rosemary Riley

From the Register:

21/4/2023	Memorial Service Sheila Mills
4/5/2023	Funeral Darrell Cruickshank
18/5/2023	Funeral Paul Urich

### **ADVANCE NOTICE**

**"SEPTEMBER WITH JOHN DENVER"**

**CHRIS BANNISTER PERFORMS THE MUSIC OF JOHN DENVER**

**At St Cuthbert's Church Lorton on Friday 22nd September 2023**

**Full details in July/August Link - Very popular Concert so please book early!**

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

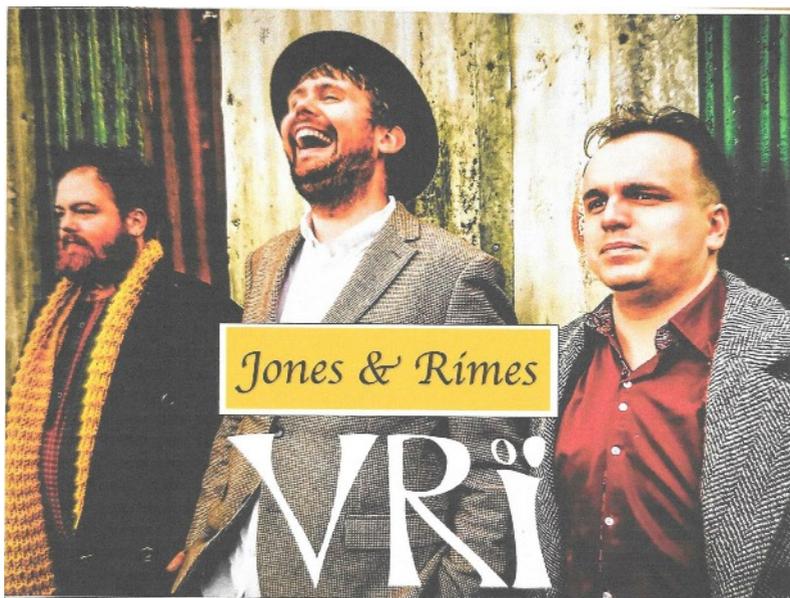


**Tim Irlam**

📞 07806 656650

✉ [ti.electricaltd@gmail.com](mailto:ti.electricaltd@gmail.com)

📱 /timirlamelectrical   📷 /ti.electrical



Harnessing the raw energy of the fiddle and the finesse of the violin, they combine the energy of a rowdy pub session with the beauty of a Viennese string quartet and add powerful vocal harmonies.

Aneurin Jones and Patrick Rimes are two thirds of unique folk ensemble VRi, from deepest, darkest, chapel-going Wales who create a soundtrack to the cultural upheaval of the past two hundred years.

**Friday 2 June 2023 7.30pm**  
**Kirkstile Community Centre, Dean**



Tickets £10.00 including nibbles from Thalia Sparke on 07780868148  
 Sybil Worsley 01946 86580 and Carol Thomas 01900 603073

# LORTON VALE GARDENING CLUB

Our June outing is to Warnell Hall Sedbergham CA5 7HW, on Thursday 29th June at 2.00 pm. We've been before and will meet an old friend to show us round. Lyn Brunnetti is the gardener in charge there - the speaker on "Venomous Vegetation" at one of our winter talks recently. How venomous the Warnell Hall garden is, we shall discover! The Hall is a Grade 2 listed building with a 3 acre garden, owned by Nicholas and Kate Coulson. It's partly over uneven ground with some steep and narrow steps, so wear good shoes.

Cost: £7 to include refreshments

Directions: On A595, turn right for Sedbergham on B5305. Cross Caldbeck/Carlisle road and take the first turn right, signposted Warnell. Follow this narrow road for its full length (about half a mile) The gates to Warnell Hall are at the very end, with the house visible beyond.

Please let Catherine Chamberlain 07807 603108 catherine99@btinternet.com or Fiona Lambrick 01900 85710 fionalambrick@btinternet.com know if you would like to join us.

Also see the poster and booking form on page 23 for our coach trip to RHS Bridgewater. This 154 acre garden develops all the time, with the master plan originally drawn up by Tom Stuart-Smith. The house has long gone but the garden is splendid, with many smaller gardens within the whole:- kitchen, paradise and chinese stream gardens as well as the Weston walled garden etc etc.. Remember to wear comfortable shoes.

## 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**



## Loweswater Ladies May 2023

We welcomed Toral Dhanaliya to our May meeting. She is a professional home cook who enjoys giving demonstrations of her Indian vegetarian cooking and made Chana Masala, a chickpea curry, with Bhatura, a deep-fried bread for us. As Toral quietly made the curry, she explained the mix of spices she was using and talked about the various ways of cooking ingredients and the differing flavours they then give. The bread making was fascinating to watch, having made, rolled and shaped the dough into rounds, Toral then quickly deep fried it and when it came out of the pan it was beautifully browned and balloon shaped! There was lots of lively chat and discussion throughout the evening with Toral answering many queries. Finally we got to sample the food which we all agreed was absolutely delicious and we've even got the recipe! We are now taking names for our summer outing on **Tuesday 11th July** to Hutton-in-the-Forest where we will have a tour of the house, lunch and ample time to explore the gardens and grounds. Price is £30 for members and £34 for non-members, including coach from Cockermouth, tea on arrival, a light lunch and entry fees. Details have been circulated to members and there will be an opportunity to sign up for the trip at our June meeting or contact Jenny if you can't get to the meeting. Our next meeting will be on **Wednesday 14<sup>th</sup> June** for our summer stroll through the lanes and tracks around Loweswater followed by a buffet supper in the village hall. Everyone is asked to bring either a savoury or sweet dish for the buffet. **Walkers** should meet **at 6.15pm** at the hall, where they can drop off any food items in the kitchen before setting off. Those ladies who are only attending the supper should assemble at **7 for 7.15pm** .

Joan Warren & Doreen Robertson

## Darrell Cruickshank 1925 -2023

The Cruickshank family would like to thank everyone who sent messages of condolences or who attended the funeral of Darrell - "we have been deeply touched by the kindness and sympathy expressed and the extent to which people took an interest in someone who had only moved into the village in their Nineties. It has been a great comfort to feel the love and support of this community we are so lucky to be a part of. An unexpected surprise was that £234 was placed in the collection for donation to the British Red Cross, whose work in war and famine affected areas Darrell was keen to support.



Coronation Lunch

Lowestwater Village Hall

8th May 2023

Photos: John Maccharane



The Loweswater community, (and beyond), celebrated the Coronation of King Charles and Queen Camilla with a Coronation Lunch held in Loweswater Village Hall. After the meal, a toast was raised to the King and Queen, followed by the National Anthem and three rousing cheers for the newly crowned couple.



## LORTON INDOOR BOWLING CLUB – Yew Tree Hall

### UPDATE

As advertised, for a month we held some open sessions of this club in May. The three of us present -all existing members- had most enjoyable, relaxing evenings and quickly re-acquired the knack of indoor bowling, much to our relief, after the long break. We are sorry not to have had any new participants to make the club viable -rest assured you would have been welcomed with open arms as the club *cannot run without you*.

However, there will be a ***new opportunity*** to take up this sport over the winter from September/October  
The club will cease to operate over the Summer.

***If you are interested for the Autumn  
or maybe meant to come along in May but missed the opportunity,  
do phone 0190085236 and give us your contact details.***

*We shall do our best to send you the promotion as well as display posters.*

Some occasional visitors join us when they are here in the area and some spend the winter bowling indoors when outdoor bowling ceases and the greens given a chance to recover.

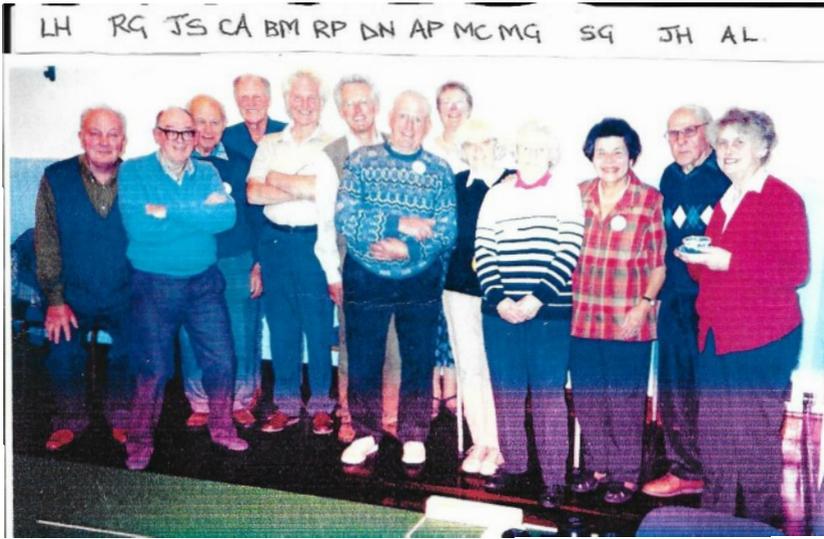
As ever,...in the Autumn...

- \*\*all equipment is provided -mats, bowls ect, with a small weekly charge.
- \*\*there will be free teas/coffees on tap during the evening and a social break mid-session,
- \*\**no experience is necessary*
- \*\*play is informal and friendly..newcomers welcome!

The aim of the club is to have fun with some light competition so

- 1. ..see you in the Autumn ,***
- 2. ..this club cannot run without some newcomers***
- 3. ..do contact us now with contact details: 0190085236 leave a message if necessary.***

On the facing page is a photo of the club about 2002 when Ron and Stella George made a return visit once they had settled in Canada. A few of you might recognise all these wonderful local folk. We have very fond memories of them and would like to send our sympathy to Jean, wife of Bill Mackereth,. Bill was a regular and enthusiastic player at Lorton, who passed away recently. Ann Peck(85236)



- LH Les Harris
- RG Ron George
- JS John Stober
- CA Charlie Allison
- BM Bill Mackereth
- RP Roger Peck
- DN David Norman
- AP Ann Peck
- MC Mary Cartner
- MG Maisie Green
- SG Stella George



**DÉCOR & DESIGN**

**Kate Pritchard**

Quality Decorating and Interior Design  
Bespoke Painted Kitchens and Furniture

Tel: 07989 773708  
decoranddesign.kp@gmail.com

Find us on 



**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**

## Lorton School Link

Each month pupils from years 4-6 (or occasionally year 2!) will use this column to report on life at Lorton School.



“I’m in Year 2 and my teacher is Mrs Wilson. This week ‘Helen’s Herbs’ visited our school to help us with the polytunnel. We weeded the flowerbeds and watered the thirsty plants, it was very fun.

On 18<sup>th</sup> May we visited Cockermouth school for a ‘multiskills’ session – we did push passing with hockey sticks and we did running races around the sports pitch.

On 10<sup>th</sup> June the duck race will happen. It will take place at the field behind the village hall. The first duck is the winner of the race. I hope that there will be a barbecue, and a pie and cake stall.”

*Martha, Year 2*

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

One of the glories of May is the sight and sweet scent of Queen Anne's Lace billowing in the hedgerows. I regret that many of our hedgerows are wild flower depleted, with the consequence habitat loss due to the tendency to chop everything down to a dull green grassy strip which some find "neat and tidy" The same goes for the hedges which are often cut down flat and unnaturally low not allowing the production of berries, a source of shelter and food for birds and small mammals.

Another annual spectacular of the natural world in our valleys are the bluebells, currently at their best at Rannerdale and Holme Wood. This month we celebrated our first Bluebell service in a field beside Rannerdale Knotts. This was something we had discussed for many years so it was lovely seeing it come to fruition. The service was enjoyed by a good congregation. Our thanks to the Mechanics band for providing the music, Deborah and Stuart for the sound

system, the Castlegate singers, Barbara who organised the the whole event, and of course the Beard family for allowing us the use of their field for the occasion.

A small number of us from the Benefice attended the recent Mission Community Gathering Day on the theme of Living in Love and Faith. This follows the General Synod's discussions exploring sexuality, gender and marriage. Our local leaders of the United Reform Church, Methodist and Church of England explained the stages they had reached in discussion on this subject.

On 2nd July the Priesting service for Barbara will take place led by Bishop James at Loweswater at 10.30. All are welcome to this happy occasion and the service will be followed by refreshments at the Village Hall. I am sure many will want to attend from our Benefice and the wider Mission Community.

Eleanor Ella



**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](mailto:angela@mipilates.co.uk)  
🌐 [www.mipilates.co.uk](http://www.mipilates.co.uk)

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



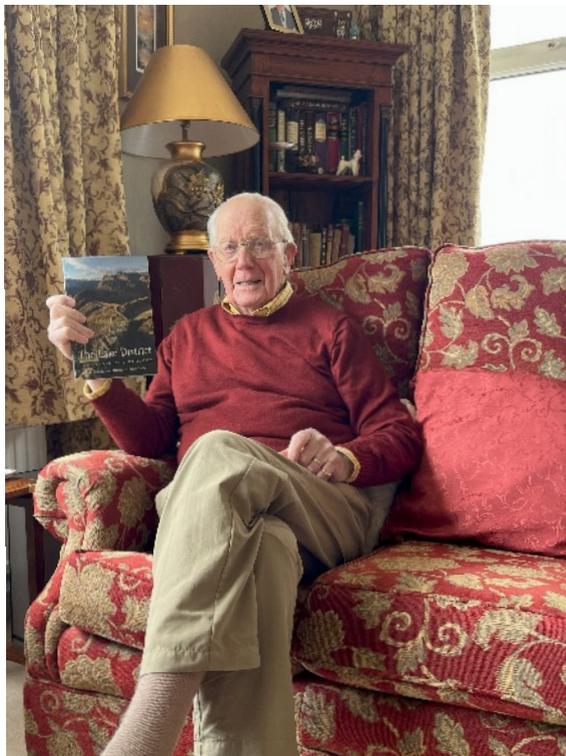
The annual summer outing (and our final event of the season) will be on Thursday 22<sup>nd</sup> June. We will be visiting the Jetty Museum at Windermere and Blackwell Arts and Crafts house. As well as viewing the exhibits at the Jetty Museum we shall hear a talk by the conservation team and see them at work. Those who wish can take a trip on a beautifully restored Edwardian steam launch before lunch (at midday). We will then travel on to Blackwell where we will hear a talk before exploring the house, garden terraces, and Craft Shop.

Our coach will leave Mitchells Agricultural Car Park promptly at 8.30am and we expect to be back in Cockermouth by 5pm. The cost of the trip, including coach travel, entry to both venues and lunch, is £30 (plus incidentals). Lunch will be soup and a roll or bread, quiche, and salad, a traybake and tea or coffee. The boat trip, if taken, will be for people to pay for themselves, as will additional refreshments at both cafes. The 'incidentals' are a £1 charitable donation per person if parking your car at Mitchells and a discretionary gratuity for the coach driver.

The trip is open to non-members if not over-subscribed. To sign up, contact Lyn Furniss (01900 85147 or [alloyslyn@btinternet.com](mailto:alloyslyn@btinternet.com)) by Monday 5<sup>th</sup> June.

Carolyn Davis

## WALKERS WAY



Alan has now retired from writing his bi-monthly article for the Link - Walkers Way. As a thank you and appreciation for his efforts over many years the Link Committee presented him with a copy of the book - The Lake District - Landscape and Geology. Rosemary went to his home this week to present him with the book - and was able to take a happy snap.

## LOWESWATER AND CLIMATE CHANGE

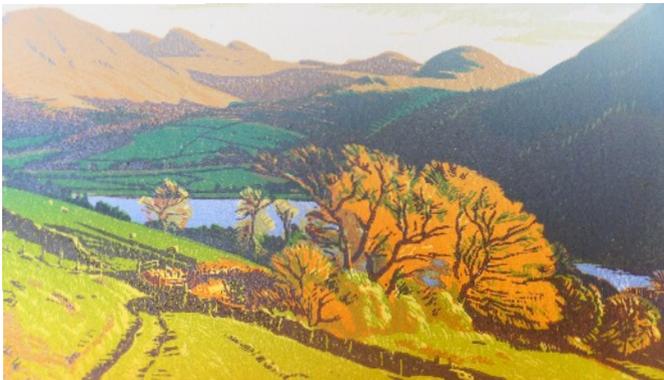
At the meeting last month of the Loweswater Care Programme (part of West Cumbria Rivers Trust), we reported that, in recent years, Loweswater has shown signs of an improvement in terms of levels of algae and their key nutrients (phosphorous compounds), but these are inherently variable due to natural processes in the lake and the weather. One of the issues that we talked about at the meeting was what happens when the lake stratifies during the summer. During this time, phosphates from lake sediments get recycled, but we discovered that this amount is relatively small compared to what continuously comes in with the becks.

Most of the energy from global warming ends up in the earth's water (mainly the oceans) which causes ice melt and destroys habitats like coral reefs. One of the adverse consequences of this in lakes is that the stratification period gets longer - for example, research has shown that Blelham Tarn now stratifies for 40 days longer since the 1960s. We don't know whether this happens in Loweswater (there's no reason why not), but, if it did, one possible consequence would be that more phosphates are thus re-dissolved and contribute to enhanced algal growth in subsequent years. This is a good example of a legacy issue with phosphorous compounds where they can get held up in a catchment for many years so that a lake takes a long time to recover from an earlier deterioration in quality.

An under-reported consequence of increased CO<sub>2</sub> in the atmosphere is increased CO<sub>2</sub> in water. Because of this, the pH of the world's oceans has declined by about 0.1 units, which doesn't sound very much but it represents a significant increase in acidity and will contribute to the adverse effects of higher temperatures. In Loweswater, the pH might have dropped by about 0.15 units over the last 150 years, more than sea water as its alkalinity (acid neutralising capacity) is much lower. In fresh water lakes like Loweswater, the consequences of this shift may well be much less than in sea water as they experience a much greater natural variation in pH. In Loweswater for short periods, algal growth drives the pH up to above pH 9 from its more normal pH of around 7.5. Some of Loweswater's feeder becks are quite acidic (pH 5-6), whereas others are closer to neutral pH 7 due to past liming of the land.

I've run out of space to write about the third impact of climate change which is the greater intensity of rainfall so I'll save this for next month.

Leslie Webb, Damson Ghyll, Loweswater ([les@damsonghyll.co.uk](mailto:les@damsonghyll.co.uk)).



"Autumn evening, Loweswater - Linocut by Rolf Parker"

## **Crummock Water works project**

As most people know by now, United Utilities no longer have an operational need for Crummock Water and are currently preparing a large-scale project to remove the weir and other concrete infrastructure, and lower the level of the lake. They are expecting to apply for planning permission in Spring 2024, and to start work in 2025. The work is planned to go on for 3 years (mainly in the summer time), although that does seem optimistic. There will be considerable disruption whilst the work is going on, and our valley will look quite different afterwards. United Utilities and other involved organisations believe that the outcome will be better for nature, particularly spawning salmon, and improve flood risk. The three parish councils (Buttermere, Loweswater and Lorton) are collectively engaging with United Utilities on their plans. At the time of writing, the parish councils are not opposed in principle to the project, but we do have significant concerns about some of the details and approaches. We are trying to be as informed about the issues as possible, have raised points with United Utilities already, and will continue to do that. We are official consultees including during the planning process. I am taking the lead on that but all parish councillors in the three councils have input. We know that there are lots of different views on the proposals, and also that the details are still not finalised (for example the plans for Park Beck have changed fairly recently, and United Utilities have not yet agreed them with the relevant landowners).

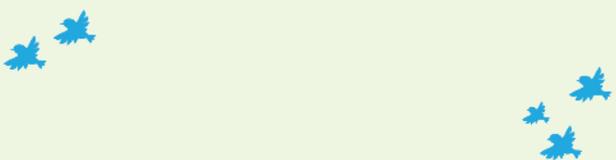
There is information about the project on United Utilities' website: [www.unitedutilities.com/crummock](http://www.unitedutilities.com/crummock), including some maps of how the levels of water will change in popular swimming areas. At the bottom of that website page is a section headed "Your views are important to us". This gives details of the next drop-in sessions, one of which will be at Loweswater Village Hall on 27 September, a feedback form, and a link to the latest (but already out of date) document – the Scoping Opinion, and some other documents which show in picture-form how different areas of the lake might be affected by the lower levels.

**There is also going to be a public meeting in Loweswater Village Hall on Thursday 15 June at 4pm – United Utilities should be writing to all homes in the valley to inform them of that.**

Although it is United Utilities' job to keep the community informed, I will also try and provide updates here in The Link as things progress.

Harriet Davies





# THE GREAT BIG GREEN WEEK

## Big Green Day

**Christ Church  
South Street  
Cockermouth**

**Saturday  
10th June  
10am - 4pm**

Drop-in Environmental  
Awareness Day

Live more sustainably  
Protect Nature  
Guest speakers  
Repair Hub & Swap Shop  
Cafe  
Information stalls  
Local businesses  
Tear Fund & Christian Aid  
Supported by CAFS  
(Cumbria Action for  
Sustainability)

A collaboration with Churches  
Together in the Cockermouth Area  
and Grasmoor Mission Community



VILLAGE HALL

Thank you to everyone who attended and assisted with the Coronation Lunch on May 8th. The hall was full to capacity, creating a wonderful atmosphere of hearty celebration. Thanks to John Macfarlane and Roger Hiley for the photographs, (see centre pages). All Roger's photographs can be found at:- [http://www.loweswatercam.co.uk/230508\\_Coronation\\_Lunch.htm](http://www.loweswatercam.co.uk/230508_Coronation_Lunch.htm) If anyone left any plates after the lunch, please collect them from the hall and if anyone has picked up an extra serving spoon by mistake, can it please be returned to the hall.



# COCKERMOUTH

Your Friendly Neighbourhood Festival

# LIVE!



<b>Friday</b> 30th June	<b>Saturday</b> 1st July	<b>Sunday</b> 2nd July
----------------------------	-----------------------------	---------------------------

# ALL AROUND TOWN

## EDWARD II (8-PIECE REGGAE BAND)

**BOO HEWERDINE &  
JILL JACKSON**

**COCKERMOUTH  
COMMUNITY  
ORCHESTRA**

**TRYCKSTER   OPPGARD   ROWAN MCCABE**

**LIVE MUSIC   ART   POETRY   DRAMA**

**DANCING  
SINGING**



**NEW THIS YEAR**  
Festival marquee at the castle  
with refreshments (and loos!)



Scan for full line up



## Spirit of May at Mosser chapel

On May Day, under a cloud softened sun, we walked up a rough steep field side path, past lambs and cowslips, through two kissing gates to Mosser Fell Chapel for a magical '*Spirit of May*' gathering. There was standing room only to listen to a wonderful concert given by *Quickbeam* (singers - Arwen, Abi, Alison and Jessie) and *Friends* (local talented musicians).

St Michael's Fell Chapel (formerly St Philip) is still accessed only by an earthen path. It is simple in design and plain in ornament, its charm lies in its field and fellside setting. Inside there is a Norman font, 16th century roof trusses and 18th century dado panelling. The attractive stained-glass east window features the holy spirit as a *dove*; the other windows being plain glazed.

Harry Bankes was appointed as the (first?) priest in 1546, being paid £4 per year. The current chapel was built in 1773, funded by subscription, and still boasts no utility services, and no Wi-Fi! Candles and gas mantles are the order of the day. It still welcomes occasional visitors, religious services, and events.



At the end as people padded out from the cool dark of the thick-walled chapel into the sun warmed graveyard, Arwen (the organiser, who also runs, with Lee, our wonderful Lorton Village & Craft Shop -- TripAdvisor 5star!!), celebrated the end with an impromptu **Westmoreland clog dance** on the centuries old, boot smoothed stone flags, accompanied by Gareth, playing an Anglo Concertina.

If you want to treat yourself, search out the short video on Instagram (@johntmacfarlane 2 May 2023).

Arwen tells me, "I was wearing clogs (mine made in Caldbeck by Joseph Strong and Sons, the last Cumbrian clog-makers), and I was dancing in a traditional Westmorland style

today. In a nutshell, clog-dancing is a traditional dance from the north-west and north-east of England, developing out of the factories, mills and docks during the Industrial Revolution, which quickly led to very serious competitions and clog-dancing music hall acts (Charlie Chaplin, Stan Laurel, and later Ernie Wise, were all clog dancers). The dance style emigrated across to the US, transforming into the much more flamboyant tap-dancing of the black and white Hollywood musicals".

It ages me, but I remember watching Sammy Davis Junior tap dancing on a London Theatre stage!  
By John Macfarlane

## Lorton & Derwent Fells Local History Society

[www.derwentfells.com](http://www.derwentfells.com)

June 8 will see the return of Dr Michael Winstanley, previously senior lecturer at Lancaster University and an honorary member of the Society. Dr Winstanley specialises in modern regional history, with a particular interest in Lancashire as the seat of the industrial revolution in textiles. His subject will be 'Feeding Lancashire during the Industrial Revolution, c.1780-1850'.

While the population of England doubled from 1800-1850, that of Lancashire trebled, with most of the growth concentrated in the expanding industrial towns. How were they fed, and where did the food come from? Lancashire? England, Other countries?

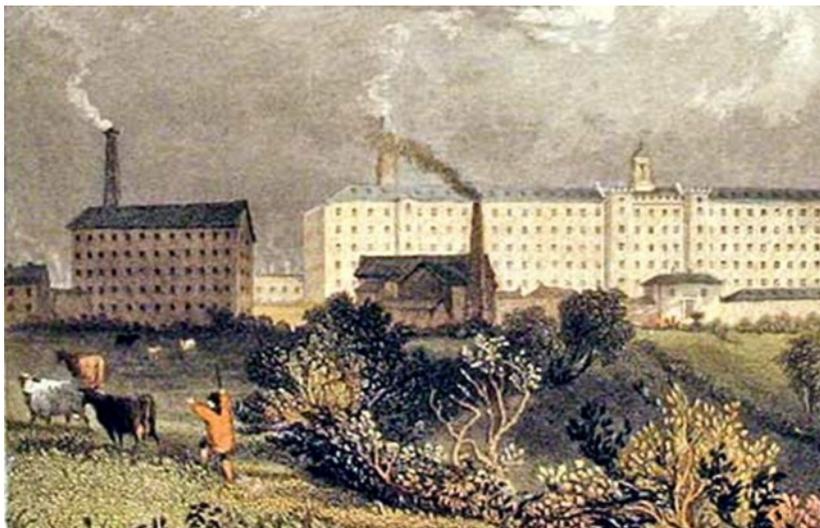
These are the questions asked and we are promised surprising answers.

The talk will be streamed live to members, and a Zoom Link will be sent out nearer to the date of the meeting. However, members and visitors are encouraged to join us in the Yew Tree Hall at 7.30. Visitors are £4 at the door, which includes the refreshments after the talk. Those attending the talk at the Hall might find that a traditional food of Mancunian factory workers, the Eccles Cake, will be included. Zoom cannot deliver such treats, yet.

It has been found necessary to delay the Society's AGM until September, and so this June talk will start at 7.30 pm this year.

Looking ahead to 13 July, Kevin Grice will speak on 'Loaves & Fishes: the Mills, Fishponds, and Grange of Shap Abbey'.

*The cotton mill of Messrs Swainson, Birley, & Co. at Preston, by Thomas Allom*



## DIARY DATES

### JUNE

- 8 Thu Feeding the Industrial Revolution, illustrated talk by Dr Michael Winstanley, Lorton & DF Local History Society, 7.30 pm, visitors welcome (£4) YTH
- 10 Sat Big Green Day Fair, 10am-4pm, Christ Church, Cockermouth. See poster for further details
- 10 Sat Duck Race, Coffee morning & BBQ from 10am. See poster for further details
- 14 Wed Loweswater Ladies Summer Stroll around Loweswater & Buffet Supper
- 15 Thu Public meeting re Crummock Water, 4pm, LVH
- 15 Thu 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 Thu 77 Club Trip. Windermere Jetty Museum and Blackwell Arts and Crafts House. Prior registration essential. Contact Lyn Furniss (01900 85147 or alloyslyn@btinternet.com).
- 22 Thu Film Night, The Banshees of Inisherin, YTH, Doors 7pm, film starts 7.30pm

### JULY

- 5 Wed Lorton Parish Council meeting 7.30pm YTH
- 8 Sat Coffee Morning run by Loweswater ladies in LVH
- 11 Tue Loweswater Ladies, Summer Outing to Hutton-in-the-Forest
- 13 Thu Loaves and Fishes: the Mills, Fishponds and Grange of Shap Abbey, illustrated talk of Lorton & DF Local History Society, illustrated talk by Kevin Grice, 7.30 pm. Visitors welcome (£4), YTH

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/>



**Sophie Likeman BSc Hons MCSP HCPC  
Chartered Physiotherapist**

Providing rehabilitation in your own home. Assessment and treatment for management of long-term conditions, falls prevention, strength, balance and musculoskeletal injuries.  
07584688391

[www.lakelandphysiotherapy.co.uk](http://www.lakelandphysiotherapy.co.uk)

# The United Benefice of Lorton and Loweswater with Buttermere

## Church Services June 2023

4 <sup>th</sup> June 10.30am	<b>Trinity Sunday</b> Holy Communion	Loweswater
11 <sup>th</sup> June 10.30am 6p.m	<b>Trinity 1</b> Big Green Sunday Service Holy Communion	Lorton Buttermere
18 <sup>th</sup> June 10.30am	<b>Trinity 2</b> Holy Communion	Loweswater
25 <sup>th</sup> June 10.30am 6p.m	<b>Trinity 3</b> Holy Communion Evensong	Lorton Buttermere

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@grasmoomc.church](mailto:gmcoffice@grasmoomc.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](mailto:johnfitzpatrickdecorating@yahoo.com)

Deadline for July is Friday 23rd June, all articles, photos, funny stories to [lortonvalelink@gmail.com](mailto:lortonvalelink@gmail.com) by this date. Thank you