

JULY/AUGUST 2023



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

Letter from the Editor

Dear Link Readers

Apparently some of you, including Richard, our Archdeacon, enjoy reading my gardening updates. During June I was able to spend a lot of time in the garden - due to catching Covid (while attending A&E with my mum who is fine now). The 2 main veg beds and the green house are now thriving - with tomatoes, basil, cucumbers and sweet peppers in the former and potatoes, leeks and a variety of beans and salad plants in the latter - as well as my world-renowned collection of sweet peas (well renowned as far as my family goes at least - with regular photographic updates).



The dry weather has been a challenge but at least we are getting some wetter weather now.

The two main themes this month seem to be music and the environment. On the music front we have details of a concert by the Cockermonth Harmonic Society, advance notice of a concert featuring the music of John Denver and a poster for Cockermonth Live - All around the Town. Hopefully something for all musical tastes. From an environmental perspective we have the second in our series of Nature Notes, this time talking about the importance of pollinators, an update about the Crummock Water project, a second instalment from Les Webb about Loweswater and Climate change and an update from the Melbreak Communities Wildlife Group.

As usual there are a few thank you's - from Christian Aid and the family of Anne Sands as well as a request for help at Loweswater Show and for contributions to the NSPCC stand there. There is also an advert for a Receptionist vacancy at The Kirkstile - do you think they'd pay me in pints of Loweswater Gold?

I spoke to our Treasurer earlier this week and apparently my plea for you all to pay your subscriptions for this year has fallen on deaf ears so we are currently running a substantial deficit. Although we do have some funds in reserve these will not last for ever. So come on - pay up - you know who you are!

Rosemary Riley
07885 360353

Our cover picture contributor this month is John Macfarlane - a great shot of a brown hare which have been quite common at the Lorton end of the valley in the last few weeks. This hare was photographed in Pam Jaques' hay meadow.

VICAR'S LETTER



I was recently asked 'what does being a Christian mean to you?'

'Christian life can be a constant source of joy, once you have surrendered your life to Jesus, because you invariably find peace in God. When you become a disciple of the Lord, you are bound to discover exciting truths. Anyone who becomes part of God's family joins a community of people who share certain feelings. Your old life is something of the past and a new spiritual awareness begins to emerge. Where there used to be despondency and despair, you have hope in your heart. We need to rejoice in this hope.

As a Christian you can face the future with hope. You know that you can trust in God's unshakeable promise that he will be with you forever. He will grant you the power to deal with worries and problems in this life. We have been created with the purpose of eventually sharing in God's glory. Nothing less should be good enough for us.

Therefore, you will know the fullness of perfect joy and unending love. Not because you have been a wonderful person but because Jesus loves you. Through his love you are made perfect. Therefore, you can rejoice in this hope. The best is yet to come.'

I am to be ordained in to the Priesthood at 10:30am on Sunday, 2nd July, St. Bartholomew's Church, Loweswater by the Right Reverend James Newcome, Bishop of Carlisle. This is an open invitation to anyone who would like to attend this service of celebration and afterwards to join me for refreshments at the Village Hall

'Now faith is confidence in what we hope for and assurance about what we do not see.' (Hebrews 11:1)

Barbara Robinson

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Summer 2023 Update from the Lorton Support Group for Ukrainian Refugees

Since our last update in the February 2023 issue of The Link we are pleased to report that the group has managed to raise £1230 in donations.

This was made possible thanks to Claire Griffel, the author of the book *Buttermere Return*, who donated copies of her book to our group. A big thank you to all of you who donated money! We are sure many of you will have a copy of the book. Claire's father was a refugee who came to the UK in 1940s. She was very keen that the proceeds of her books would benefit the current refugees from Ukraine.

Our group decided that most of the money would be used for a fun activity for the local Ukrainian children. We decided that English Caf in Cockermouth would be best placed to organise such an activity as they are in contact with most, if not all, local Ukrainian families. The parents and children decided they would like to have a morning of fun on Derwent Water at Derwent Marina. It will take place at the end of June and will include Paddle boards, Sit-in and Sit-on canoes and Pedalos. The activities will be free for all local Ukrainian children between ages 3-18.

In addition some money has been donated to the 17 year old young man who lives in Lorton Vale. He is saving up for driving lessons. He is progressing well at school and enjoys working at a cafe in the weekends as well as supporting another Ukrainian boy at his school.

The grandmother who also lived in Lorton Vale has now gone back to the Ukraine. She has joined her daughter and grandsons in the west of the Ukraine. We are still in contact with her.

Two Ukrainian children, who live in Cockermouth, have recently started at Lorton School. On request from the headteacher, we have just started to support these children with English language sessions.

Vince Mercer

Hanneke van Schelven (hvanschelven@icloud.com)

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Nature Notes

Planting for pollinators

When we talk about pollinators it's usually honey bees that come to mind. But these industrious insects play only a minor and even a slightly controversial part in the process of enabling over 80% of both wild and cultivated (food crops) plants to set seed and prosper.

So when we talk about pollinators it's actually bumblebees and solitary bees (250 species), flies and hoverflies (6,700 species), butterflies and moths (2,200 species, mostly moths), tree wasps and beetles that should come to mind. And they are in trouble.

Half of the UK's 27 bumblebee species are in decline, with three having already become extinct. While 66% of moths and 71% of butterflies are in long-term decline. In Europe as a whole things are not quite so bad, but even so 38% of both bee and butterfly species are in decline.

Why? Well, a combination of climate change, intensive farming, the use of pesticides, and urban growth has changed, cleared, concreted over and 'tidied' land to the point of excluding most pollinating insects.

What can we do about it? Some environmentally minded land-owners have returned close-cropped pasture to traditional wildflower meadows (97% of wildflower meadows have been lost since the 1930's), creating habitats in which pollinators can thrive, and local farmers are incorporating more environmentally-friendly practices into their land management. Which is fantastic, but we don't all have wide acres to work on. However, small can be beautiful, too, and there is nothing to stop us planting for pollinators in our gardens or on our balconies, which is what we've tried to do.

We've planted early-flowering shrubs such as winter honeysuckle for early bumblebees, and lots of hellebores and pulmonaria (lungwort) for the same reason. Then lilac, flowering currant and fruit trees for spring, and for summer, lavender and buddleia. And we've added echinacea (cone flower), verbena bodnariensis and Michaelmas daisies to the flower borders, all are pollinator favourites. And cat mint, the flower stalks of which are bobbing with the weight of bees as I write.

But probably the most effective actions we've taken are, firstly, to let previously mown areas of grass grow long. We mow paths through the sward but otherwise treat it as a miniature hay meadow. It's astonishing what grows if you just let it; daisies, clover, creeping buttercup, hawk's-beards, hawkweeds, knapweed, nipplewort, speedwell, plantains, sorrel, red and white campion and dandelions, to which we've added field buttercup, bird's foot trefoil, ragged robin and ox-eye daisies, and parasitic yellow rattle to suppress the dominant grasses. It's an area buzzing with life. The second was to create a large herb bed. Here pollinators of all types now take advantage of the flowers of chives, hyssop, rosemary, thyme, marjoram, coriander, fennel, mints and especially borage.

You may not have a farm or a meadow, but you might have a garden or a few pots on a balcony. Whatever you have, wherever you are, you can plant for pollinators. They need your help.

Peter Battrick

COCKERMOUTH HARMONIC SOCIETY

CONCERT –DREAMING – 8 JULY 2023

Cockermouth Harmonic Society's next performance –“Dreaming” - is of music by twentieth and twenty-first century composers, who have created new settings of traditional sacred words.

The *Sunrise Mass* by Ola Gjeilo is a setting of the Mass written both to excite and to transport. Patrick Hawes' *Quanta Qualia* and pieces by Eric Whitacre are great examples of modern music for choirs. The programme includes a choral version of *Nimrod* from *Enigma Variations* by Edward Elgar.

Ian Wright will conduct the choir, which will be accompanied by the Throstle String Ensemble.

The concert will take place at Christ Church, Cockermouth at 7.30pm on Saturday 8 July 2023. Tickets will cost £15 (£14 from a choir member) or £5 for under 16s.

Tickets are available from Billy Bowman's music shop in Cockermouth, 01900 826708, or from choir members.



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Penny's Piece

Tea. And by that, I mean the beverage not the meal. It seems to be that people either love tea, like me, and drink it by the gallon or they are odd and don't touch it. The really weird people are the ones who don't drink hot drinks. Sorry, but I can't compute that one. I was talking with the caretaker at work. We were trying to figure out how, at work we can drink a brew with no additional extras but at home it is virtually impossible not to need a biscuit or two. Partly I think time is a factor at work (and there aren't biscuits very often)-the whistle will blow, and the kids reappear. I have pretty much perfected the downing of a mug of scalding tea within 3 minutes. I can't drink it if it gets below a certain temperature. Whereas, at home there isn't this pressure. I continued the discussion at home and was met with the quote of the year: "Why do we need a biscuit with tea?" "Because it's too wet without one!"

At time of writing, we are having the first notable rain since the Coronation weekend. Apart from the heat, other signs of summer have been the sounds. Unfortunately, not always the wildlife. Yes cyclists, there are cars on the road. The occupants of said cars must be deaf as even sat in the garden I could name that tune in one. Then there are the picnickers and 'plankers'. There seem to be a vast number of people who don't realise the shape of a valley plus a body of water makes sound travel. The dog in wood is definitely called Dave. Ellie needed to stop rocking the board so her friend could climb back on, and Steve had realised the water in the middle was cold. The bonus has been that I have been swimming in the lake quite a lot.

Thankfully it has been warm enough to get in quickly. I seem to be a magnet for cleggs, especially when I get out. Sunbathing is out. I either need to get back in or get dried and redressed quickly. To aid me in this, I borrowed my mum's toncho- a towel like poncho for getting changed under. It takes a bit of working out, remembering to put your arms inside and dress, rather than reaching round. I got it wrong at some point, standing on the back whilst trying to put my shorts on and ended up in a heap. I did the same with the back of a dress after tying a line of several pairs of shoelaces. I can assure you it is not very becoming being in a heap on the floor in front of a class of kids, but you do see who has empathy and/or a sense of humour.

I'm not cut out for wearing dresses and being ladylike. I am only wearing them because they are cooler. I can't wear a short dress without cycle shorts as I default bend over to pick things up, rather than squat. That's a range of big knickers no-one needs to see. But a shorter frock with cycle shorts does work with trainers. A long frock looks a bit silly unless the trainers/ pumps are white. I still can't bring myself to buy white trainers or Converse pumps. When you've grown up in wellies, you know white is not a colour for footwear. In the same way that washing your car at certain times of year is pretty pointless as it will be muck up again in 100 yards.

I hope everyone has a lovely summer and I'll see you at Loweswater Show in September. Penny.

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CHRISTIAN AID – THANK YOU

A final sum of £1,066.01 – 35 gift-aided slips received, a total of £610.00 enabling CA to increase our giving by £152.50. Increasing our overall total to £1216.51.

Many thanks, to everyone who worked so hard, gave their time to deliver and collect and to all who donated so generously.

Jan Collins-Webb

Lorton Valley Organiser – 20.6.23

LORTON NOTES

In the holiday months of July and August there are no great Christian festivals celebrated by the Church. With Easter, Christmas and Pentecost over it is almost as though the Church Calendar has a great line drawn through it. However, updating the days 'kept' (or celebrated) on the service sheet on the back page of The Link reminded me that the Church Calendar does record on every single day of these months the most interesting array of people to remember. Within our own Benefice we mark the day of St James the Apostle on July 23rd, The Transfiguration on August 6th and St Bartholomew on August 27th.

More generally The Apostle (doubting Thomas) is remembered on 3rd July, St Swithin who died in 862AD on the 15th and Ignatius Loyala on 31st. The Virgin Mary has

her day on 15th August, William and Catherine Booth who founded the Salvation army are remembered on 20th and John Bunyan the author of Pilgrim's progress on the 30th.

These are just a few of a fascinating list of those who contributed, in such diverse ways to the spiritual, material and social ways of the world. If you have the time you could go here - <https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/churchs-year/calendar> - to see who else gets a mention.

Rosemary Riley

NSPCC

The annual Loweswater Show is on Sunday 3rd September and we will be having our usual NSPCC stall.

We will be selling cakes, jams, pickled onions, garden produce etc.

If you have anything that you'd like to donate, you are welcome to either bring them along to my house beforehand, or to the stall on the morning of the show.

Many thanks - look forward to seeing you all there.

Ann Hayton

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LORTON VALE GARDENING CLUB

It seems like a long time ago now, but we did have a most magnificent day out to Gaylesyke in Wasdale back in late May. We had a perfect blue sky day to enjoy this fabulous garden . It's a super setting, lying between Nether Wasdale and the lake, looking across to the Wasdale fells. Christine McKinley's parents bought the place and her father decided to flatten all the vegetation - mostly rhododendron ponticum - that covered the site. When eventually Christine and her late husband inherited the garden, her father was a bit horrified to hear that they intended to reinstate the rhododendrons and azaleas. It was a good decision. The rhodies and azaleas look extremely happy, and the dell alongside the river looks like a plant hunter's dream in far away China. We got our timing absolutely right. We loved the suspension footbridge over the river, with its clematis and honeysuckle all along the wires. It wasn't quite Indiana Jones, but was a lovely feature. Honey the dog was a bit less enthusiastic! This garden is open on the Yellow Book scheme and we thoroughly recommend a late spring visit. Warnell Hall is our late June visit, then July events kick off with the wildflower meadow outing to Thackthwaite, to see what our neighbours have been up to. We've been seeing ravishing pictures of Tanya's meadow on the Melbreak Wildlife WhatsApp group, and we are going to visit Chris Judd's too. That's on Saturday 8th July, between 1 and 4pm.

On Thursday 13th July, we have the Gardening Club coach trip to RHS Bridgewater. At the time of writing there are still some places left - if you'd like to come, contact Elly on 01900 85094 or ellyandbev@btinternet.com.

Then on 27th July, it's the Summer Social and Plant Sale, starting at 6.30pm. This year our kind hosts are Carol and John Priestley, Broomlands Barn, High Lorton. As usual, bring a plate of finger food to add to the buffet, garden chairs and spare plants if you have them. Wine and soft drinks will be provided. Park in the field behind the house, accessed from the Hopebeck road.

For more details on these events, contact Catherine Chamberlain 07807 603108 catherine99@btinternet.com, or Fiona Lambrick 01900 85710 fionalambrick@btinternet.com.

Richard and the family of Anne Sands would like to thank the many well-wishers who called, sent cards, letters, flowers and e-mails both during her final days and after her passing.

Many thanks also to those who were able to attend the funeral and to be with us afterwards at Orchard House.

All these things have been of great comfort to us all in our sadness.

Loweswater Ladies June 2023

The sun shone on our summer stroll in June to the lakeside of Crummock Water, prior to a buffet supper in the village hall. Our thanks to Joan W for leading the walk and pointing out the Neolithic cup marks on a rocky outcrop we passed on our return leg. These concave depressions, a few centimetres across, occur in many locations across the UK but their purpose/ origin is unknown. Examples can also be seen on the stones forming Long Meg and her Daughters at Little Salkeld, near Penrith.

We have 2 events coming up in July. First, we are running the Coffee Morning in the Loweswater Village Hall on Saturday 8th July from 10am until noon. As well as offering the usual tea/coffee and cakes there will be 2 artisan stalls. Local artist Simon Wallace, who specialises in landscapes, coastal scenes and wildlife, will be displaying some of his work. Alongside him, Jane Hallam of Eunice and Blue Soap will be selling her goats milk soap. Next, on Tuesday 11th July we have our Summer Outing to Hutton-in-the-Forest. We will have a guided tour of the historic house and access to the beautiful gardens and grounds. The cost of £30 (£34 for non members) covers the coach from Cockermouth, tea/coffee on arrival, a light lunch and entry fees. The deadline is fast approaching so if you want to put your name down for the trip please let Jenny (01900 85980) know by Monday 3 July at the latest. Pay on the day in cash. Please note the slightly earlier start to the day. Meet at Mitchells Livestock Auction Market at 9.30am for a prompt departure at 9.45am. Arrangements have been made so that cars can be left at Mitchells. Hope to see you there.

Doreen Robertson

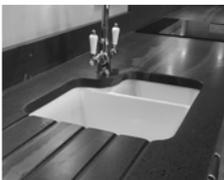
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Poiema Community & Retreat House Update

It's a while ago that, together with many of you, we were standing outside on a cold, damp January afternoon as Bishop James blessed the Vicarage to be used for the Poiema* Community & Retreat House. And so we wanted to update you on our progress and plans!

Over the last few months, we've made significant progress on getting the building ready, and with the help of volunteers have completed decoration of the first guest bedroom, bathrooms and all the rooms downstairs. Our team of volunteers have also helped us make amazing progress outside the main building, with beams and flooring being added above the chapel, and much work has been done on transforming the garden. We're deeply grateful to everyone who has helped over the past few months, whether with painting, sewing, gardening or woodwork!

In other developments, we now have a daily rhythm of prayer established, meeting in the Chapel for Morning Prayer at 8.30am, Midday Prayer at 12.20pm, and Compline (Night Prayer) at 9.30pm. Everyone is very welcome to join us (however frequently or infrequently). Now and then we won't be here, so please just check the Prayer Calendar on our website (www.poiema.community) before setting off!

In March, we were able to host the Benefice Lent group, enjoying some in-depth discussion and sharing of faith together. As part of the *Thy Kingdom Come* prayer initiative, we were delighted to open the garden and chapel for a Prayer day at the end of May. We were blessed with wonderful weather and it was lovely to welcome a number of people who clearly appreciated the opportunity to enjoy a time of peaceful reflection and prayer. We have also welcomed a number of visitors for informal overnight retreats, and at the end of June we have our first formal residential retreatant staying.

Looking to the months ahead, we are waiting for some significant works to be carried out by the Diocese, including the external decoration of the house, decoration of the hall, stairs and landing, and most urgently to address significant problems with low water pressure. To allow space for these works to take place without having to cancel bookings, we shall be opening from the end of July, initially for two weeks per month. One week will be for residential retreats, and one week for day retreatants. On Saturday, 29th July we'll also be holding a Quiet Day, exploring what we can learn from the life of St Cuthbert, with time together and time for personal prayer and reflection. More information about the Quiet Day and opportunities to visit for a personal retreat day can be found on our website, including how to book for both. There will also be information available in the churches in the Benefice or you can speak to one of us!

Our vision for Poiema is to offer a set-apart space for people, from near and afar, to take time away from the busyness of life to encounter God. We very much looking forward to welcoming visitors and pray that all who come find spiritual refreshment and renewal in this beautiful and peaceful place in the heart of Loweswater.

Andrea & Pete Ward
www.poiema.community

**Poiema* is the Greek word for “*workmanship*” in the Bible verse, “For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do” (Ephesians 2:10)





Melbreak Wildlife Group Meeting - Thursday May 18th

Melbreak Wildlife Group held a meeting on May 18th in YTH to review the projects which the group is currently pursuing, and to gather ideas for future initiatives. There was an excellent attendance (25+ people), with much positive discussion about the numerous ideas suggested.

The existing projects described were:

- **Swifts.** Swift boxes have been installed in a number of locations, including the tower of Lorton church, with associated swift callers in some places
- **Hedgehogs.** A hedgehog release scheme has been established, in conjunction with Millcroft Vets
- **Wildlife mapping.** Work is underway to map wildlife sitings across the Melbreak Communities area, using the iNaturalist application and other recording methods
- **Open spaces management.** Wild flowers have been planted in roadside verges in Lorton, and in Lorton churchyard, and mowing of these areas is now managed to benefit wildlife
- **WhatsApp Group.** A WhatsApp Group has been established to share wildlife news and information

The following new ideas were discussed:

- **Species' Study Groups.** Groups to support barn owls, curlews and hares were mentioned. Following the recent talk from the Barn Owl Trust, a Barn Owl Group is being started to gather information about barn owl breeding in the Melbreak area, and to see what steps can be taken to promote barn owl welfare. Harriet Davies has kindly agreed to lead a Barn Owl Group.
- **Wildlife talks.** It is planned to arrange a series of talks through the autumn and winter, starting on Tuesday October 17th in Loweswater Village Hall
- **Volunteering.** Identifying opportunities to volunteer for wildlife-related activities in the local area.
- **Visits to local areas being developed for wildlife.** Many local people have been developing and enhancing the land they own for the benefit of wildlife, and visits would provide a background understanding of what is being done, and why
- **Engaging people with wildlife.** Ideas included wildlife-mapping of local walks (perhaps linked with planned parish noticeboards in Lorton), and guided wildlife walks (a dawn-chorus walk?)
- **Simultaneous wildlife recording.** Recording wildlife sitings in multiple locations across the Melbreak Communities area at the same time, and collating results
- **Regular wildlife articles for The Link magazine.** Identifying a number of contributors to each provide occasional articles under the title 'Nature Notes'.

A contact list for information and updates about Melbreak Wildlife Group activities has been established. Please let David Gardiner (david.gardiner@btinternet.com) know if you would like to be added to the contact list to receive email updates.



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Applications, with a short explanation, can be submitted by email to graeme.sparke@talk21.com or by letter to Graeme Sparke, Mockerkin Educational Foundation, Tarn View, Mockerkin, Cockermouth, CA130ST.



Lorton School Link

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



“This term at Lorton School has been a busy, packed, awesome time. Some of the standout things that have happened this term are our activity centre residential, rehearsing for the school play, and rounders night.

We went on a residential to Hawse End recently. My friend’s dad works there and he took us canoeing, climbing and to do archery and problem solving. The weather was sunny; the lake was beautiful and glassy. We went to an island which a hermit had once lived on.

Our school play is The Jungle Book. I'm performing as the narrator; my favourite line is when I start talking during Shere Kahn's 'eye of the tiger song'. We rehearse twice every week. We push all the tables to the side and put chairs in front of the tables to sit on.

Rounders night is an evening where parents and friends and children can come to school and play rounders in teams. It was one of the best nights I've had. They served burgers and hot dogs and I got to see my friends and have a play in the intervals. I was on team green. We came at least bronze.”

Samantha Hardill-Jones, Year 4



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

We have just experienced one of the driest, perhaps hottest, May/June that I can remember; similar to that of May 2020. Thankfully we have had some rain these last two weeks, a blessing for gardeners and farmers whose fields were beginning to look parched and yellow.

We held our APCM on 21st May. All the present members of the PCC were re-elected. We thank all those who give so much to the smooth running of our churches in so many ways, flower arrangers, readers and cleaners to name a few.

We will shortly be distributing letters for our much discussed Stewardship Appeal. All homes in Loweswater, Buttermere and Thackthwaite will receive one and we hope for a good response to boost our church fund's enabling much needed restoration work to progress on our two churches.

Forthcoming events

Just a reminder that Barbara's Priesting service presided over by Bishop James takes place on 2nd July at 10.30 in St.Bartholomew's church. All welcome to this happy occasion followed by refreshments in Loweswater Village Hall.

August bank holiday teas on Sunday 27th August Loweswater Village Hall.

Loweswater show 3rd September with a service of Blessing for the show.

Wishing all readers a good summer break.

Eleanor Ella

From St.Bartholomew's register
Wedding 9th June Andrew Boles and Abigail Sanderson
Baptism 18th June Henry Tyson Wilson



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Loveswater 77 Club

On May 23 we were due to hear a presentation from Mark Lee about the successful cheese making business he has established at his farm in Torpenhow. Unfortunately Mark was forced to cancel shortly beforehand, but Peter Battrick very kindly stepped in at the last minute. Peter gave a most interesting and amusing talk about his experiences and exploits during his year between school and university, when he worked his way on ships to Australia and back. The Club is very grateful to Peter for entertaining us so memorably at extremely short notice.

Our final event of the season was the trip of June 22, when we visited Windermere Jetty Museum and Blackwell Arts and Crafts House. At the Jetty Museum, after viewing the exhibits, we heard a most interesting presentation about boatbuilding techniques (clinker and carvel) and the work being done in the workshop to restore and conserve the historic vessels in the Museum's collection. After an excellent lunch we went to Blackwell where we heard a talk about the history of the house and the Arts and Crafts movement which influenced its construction and decoration. We then spent time walking round the house and grounds. Both the Jetty Museum and Blackwell are superbly situated on the shore of lake Windemere, and we were blessed with gorgeous weather – continuous sunshine but not too hot.

After the summer break the Club's activities will resume in the autumn. Our plan is to arrange another year of interesting talks and activities, so keep an eye on the September and October issues of the Link for details. Membership of the 77 Club is open to all in the Mellbreak Communities area, and indeed anyone with a connection to Loveswater.

Carolyn and John

Loveswater and Brackenthwaite Show

HELP WANTED. The show is on Sunday 3rd September and as ever we are looking for volunteers to help out with parking or directing traffic on the gate.

If you are willing and able to help for an hour (or two) please contact Penny on 01946 862200. If I don't answer, do leave a message. Please leave name and number so I can get back to you. Or email penny.lecksta@gmail.com

Penny

LOWESWATER AND CLIMATE CHANGE (PART 2)

Last month, following the local meeting on Loweswater, I wrote about the effects of increased temperatures (21°C in mid June) and acidity on the lake. It seems a bit bizarre with the current very dry weather to write about the third effect of climate change which is the increased frequency of intense rainfall. As I write, we are experiencing the normal period of dry weather in the late Spring/early Summer, but it's going on for longer than normal - on the edge of my garden, there is a small beck coming off Low Fell that has dried up for the first time since we've been here.

Droughts such as this increase the retention time of water in any lake - this is normally quoted as 200 days for Loweswater (coincidentally the same as for Crummock Water). However, the retention time is quite a dynamic feature of a lake and will also vary with how stratified the lake is in Summer and how full it is. The longer retention time allows the lake to warm up more quickly, particularly so if the drought is combined with high temperatures (as now). All this puts stresses on the lake's aquatic life, which is often difficult to predict. In Loweswater, summer is rarely the time of maximum growth of algae, which have their own seasonal rhythms.

However, what I originally wanted to talk about here was the other end of the rainfall spectrum, which normally occurs in the Autumn,

as in the 2009 and 2015 storms. These events are of relatively short duration, so they do not impact much on the lake's retention time, but they do mobilise sediments and soils in the catchment, flushing them into



the lake. The picture at left shows Crabtree Beck in August 2013 when a very localised storm sat over Loweswater for 24 hours. At that time, we had only just started our in-lake monitoring and had little data on "normal" levels of turbidity in the lake. We now know that the short-term increase in lake turbidity following this storm was around 10x normal, much of this originating from High Nook Beck which managed to flow into Loweswater, whereas normally it joins the Dub Beck outlet downstream of the lake.

We have no clear data yet showing that the frequency of intense storms (or droughts) is increasing in Loweswater or whether the nutrients contained in the turbid particles contribute to algal growth. Some of the turbidity will settle to the lake bottom and its nutrients may not become available until later years after they have been broken down in the stratified lake's bottom sediments. As fresh water lakes see more natural variations than the oceans, they may be better equipped to deal with the changes brought about by climate change, but the timescale for such impacts may be lengthy and require vigilant monitoring to assess their scale.

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

Crummock Water works project – June update

The United Utilities public meeting at Loweswater Village Hall on 15 June was very well attended, with many concerns expressed, and some support too. As well as United Utilities and its contractors there were representatives of the Environment Agency, West Cumbria Rivers Trust, the National Trust, and Cockermouth Emergency Response Group. It was followed by a meeting in the evening with parish councillors from Buttermere, Loweswater and Lorton at which further issues were raised and additional questions asked.

The presentation slides shown by United Utilities are now available on its website at www.unitedutilities.com/crummock via the link which says “June community update session can be viewed here”.

There will be some partial closures of footpaths and access this year whilst investigative work is undertaken. We were told this will only be for a few days at a time at each location. Notice of the closures will be on the UU website and there will be signs at Scale Hill; the details aren't known yet or I'd have included them here, but I understand they may not be until September.

The next community update will be a drop-in session on Wednesday 27 September between 1pm and 7pm in Loweswater Village Hall, and the same times the previous day at the Kirkgate Centre, Cockermouth.

Harriet Davies



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Loweswater Ladies

are holding a

Coffee Morning

on

Saturday July 8th

from 10.00am until midday

at

Loweswater Village Hall

Artisan Stalls -

Eunice & Blue Goats Milk Soap

Artist - Simon Wallace

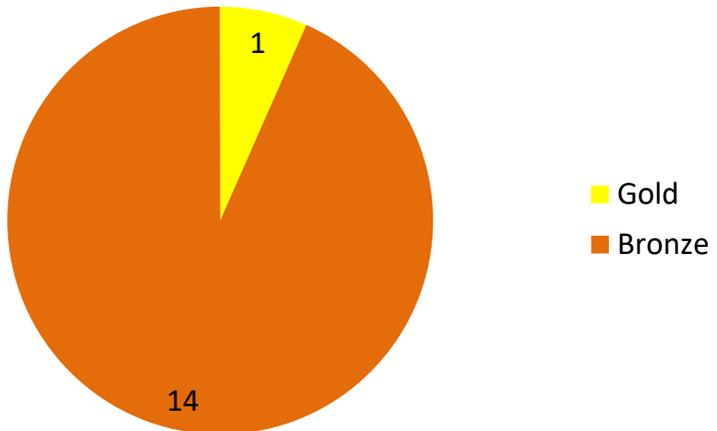


ECO CHURCH/ECO COMMUNITY UPDATE 1

HEADLINE NEWS

In an exciting development I am glad to report that all 15 churches within the GMC have now attained an Eco Church Award. 14 of these are Bronze, and as I'm sure I've mentioned before (a few times) Lorton already has its Gold award. Well done to everyone who has worked so hard to attain this great result. We are now developing an action plan for the GMC churches to attain their Silver awards - so watch this space.

Grasmoor Mission Community Eco Church Award Status



Gold – St Cuthbert's Lorton

Bronze – Christ Church Cockermouth , All Saints Cockermouth, Brigham Methodist, St Oswald's Dean, St Bridget's Bridekirk, St Bartholomew's Loweswater, St Luke's Clifton, Cockermouth URC, St James's Buttermere, Lorton Street Methodist Cockermouth, St Bridget's Brigham, St Michael's Mosser,, Christ Church Great Broughton , St Philip's Mosser

The 'Buttermere Camino' Saturday 22nd July

Calling all pilgrims. We are holding a mini camino (pilgrimage) from St Cuthbert's in Lorton, to St James', Buttermere, via St. Bartholomew's in Loweswater on Saturday, 22nd July, leaving Lorton church at 10am. There will be times for prayer and reflection as well as fellowship whilst we walk, finishing with a short service at St James' church. The walk is about 10 1/2 miles and we hope to arrive in Buttermere for the service at around 4pm. There will be opportunities to join or leave the walk at Loweswater. We recommend sharing lifts, arranging pickups from Buttermere or leaving cars there, as the buses finish at 5.00pm and are likely to be busy. Please contact Lucy Thompson (lucy.e.thompson@talk21.com) for more details.

ECO CHURCH/ECO COMMUNITY UPDATE 2

Big Green Day 10th June 2023 Drop-in Environmental Awareness Day



Thank you to everyone who helped out during our Big Green Day. It was great to see so many people, local businesses and groups sharing their green activities and products.

Want to watch the talks?

Please use the video links below

Lee Jackson - The Business of Net Zero - <https://www.youtube.com/watch?v=Wc5cRy8Ive8>

Gareth Browning MBE - Biodiversity Crisis and Rewilding - <https://www.youtube.com/watch?v=zvszSQRWIWY>

Robert Alford - Net Zero Carbon and How Nuclear Energy Can Help - <https://www.youtube.com/watch?v=5NqNUvJz5oM>

Big Green Day is funded by the Cumberland Council and is part of the Zero Carbon Cumbria Partnership's ambitious emission reduction programme to make Cumbria carbon neutral by 2037



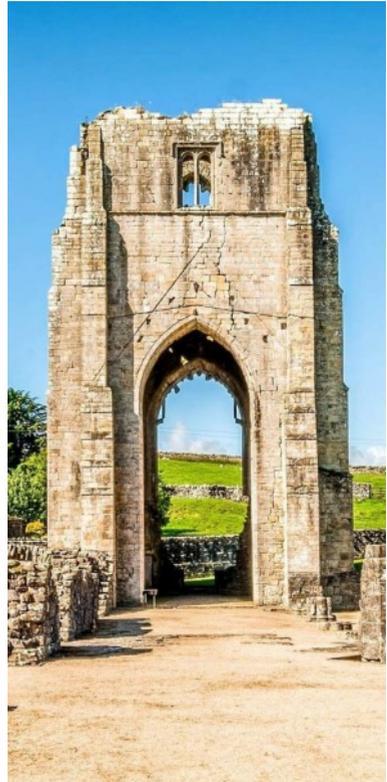
Lorton & Derwent Fells Local History Society

On 13 July Kevin Grice will deliver a talk entitled 'Loaves & Fishes - The Mills, Fishponds, and Grange of Shap Abbey' at the Yew Tree Hall starting at 7.30pm. The talk will investigate the history of the features of Shap Abbey, based on archaeological research carried out in 2021/22 for the LDNPA and Historic England. It will focus on whether there were one or two mills and, if the latter, the possible location of the second mill. It will also look at the site suggested for the fishponds and propose a further or alternative location and look in detail at the site of the grange and what now remains above ground. Apart from being of general interest, the subject matter will appeal to Members (and visitors) who have an interest in archaeological techniques and the interpretation of physical evidence.

Kevin Grice is an archaeology supervisor for LDNPA and an archaeology volunteer for the National Trust and Historic England/English Heritage. He is a Council member of CWAAS and a past Chair of Kendal Historical & Archaeological Society.

At the Talk on 13 July we intend to display in the Yew Tree Hall the large, original, coloured plan of the Township of Lorton in 1840. 'Township' is the designation used before civil parishes such as Lorton came into being later in the 19th century. The plan shows all the various properties in the area at the time, the extent and field names of individual farmsteads and the inhabitants of houses in 1841. The

plan was originally produced in 2003 to mark the Society's 10th anniversary.



Two other events for July and August

A historical walk has been organised and will take place at Allonby on 6 July, while on 20 August Fiona and I will be hosting a social occasion for L&DFLHS members in the garden of Armaside House. Members will be notified by email in due course about how to obtain tickets.

Charles Lambrick
Chair, L&DFLHS

DIARY DATES

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

SEPT

- 3 Sun Loweswater and Brackenthwaite Show
6 Wed Lorton Parish Council meeting 7.30pm YTH
13 Wed Loweswater Ladies, Fell Falconry , 7.15pm LVH
14 Thurs The Dacre Family, a History, illustrated talk by Maks Loth-Hill, Lorton & DF Local History Society, 7.30 pm. Visitors welcome (£4), YTH
21 Thur 300 Years of Christmas at Covent Garden, The Arts Society Cumbria talk by Sarah Lenton, Hundith Hill Hotel, 2 pm, visitors £8
22 Fri The music of John Denver Concert, 8p.m, St Cuthbert's Church, Lorton. Doors open at 7.15

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/>

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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The United Benefice of Lorton and Loweswater with Buttermere

Church Services July/August 2023

Jul 2nd 10.30am	Trinity 4 Holy Communion & Ordination of Barbara Robinson	Loweswater
Jul 9th 10.30am	Trinity 5 Holy Communion	Lorton
Jul 16th 10.30am 6.00pm	Trinity 6 Morning Service Holy Communion	Loweswater Buttermere
Jul 22nd 4.00pm	The 'Buttermere Camino - leaving St Cuthbert's, Lorton at 10am Camino Service	Buttermere
Jul 23rd 10.30am	James the Apostle Holy Communion	Lorton
Jul 29th 10.00am	Quiet Day	Poimea
Jul 30th 10.30am	Trinity 8 Holy Communion	Loweswater
Aug 6th 10.30am	The Transfiguration Holy Communion	Loweswater
Aug 13th 10.30am 6.00pm	Trinity 10 Morning Service Holy Communion	Loweswater Buttermere
Aug 20th 10.30am	Trinity 11 Holy Communion	Lorton
Aug 27th 10.30am 6.00pm	Bartholomew the Apostle Holy Communion Evensong	Loweswater 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@grasmoormc.church with your request.

Deadline for September is Friday 18th August, all articles, photos, funny stories to lortonvalelink@gmail.com by this date. Thank you