

# FEBRUARY 2024



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

**£5.00 PER ANNUM (LOCAL)  
£12.00 PER ANNUM (POSTED)**

# Letter from the Editor (incorporating the Eco Church/Eco Community update).

Dear Link Readers

Well you've done it again - pushed my editorial capabilities regarding capacity to the very limit - but I got there in the end.

Apologies to those whose posters are a little smaller than usual and the general reduction in font size.

The first thing I should point out is that the answers to the Brain of the Benefice can be found on page 6 - don't forget to come back and read the rest of my letter once you've checked them out!

As usual we have a wide variety of events happening in the valley during February including a Candlemas service on 12<sup>th</sup> Feb (read also my musings about Candlemas in the Lorton Notes), a Ceilidh at LVH, a talk about the secrets of nest boxes, details of a Lent Course and a Quiet Day following the ways of St Cuthbert. There are regular favourites too - a coffee morning, community lunch, table tennis (see all the dates for 2024 on page 16), film night and the next meeting of the Malthouse Club. There are 2 musical events happening in Dean as well - check the details in Diary Dates.

We also have some interesting articles, one about the possibility of using LVH as a 'warm spot' next Winter, the importance of considering legacy giving to charities and an update about the Melbreak Net Zero Project (NZP) Retrofit made Easy.

Past local resident Michael Baron sent me an update about his book of poetry and also told me something about his disabled son - Timothy - which I've written up on page 23.

Our cover picture contributor this month is Adam Baker - following the recent cold snap - High Rogerscale h-icilces

Space is so short this month that we've had to sacrifice the Eco Church/Eco Community update, but I will say a few words here:

Following on from the snippet about recycling I have come across this very useful website which tells you what and how you can recycle in Cumbria - <http://www.recycleforcumbria.org/recycling/materials/b.asp>

Here is what you can find under the Letter V:

## **Vape Products**

Vaping is more and more popular these days. Some useful information is available regarding recycling at <https://www.vapecub.co.uk/how-to-vape-guide/recycle-vape-products> Please do not assume that your local district council will accept the various parts in your kerbside recycling scheme - please check with them first.

## **Vending cups**

Wash out and reuse for parties or picnics, or put a hole in the bottom and use for growing seedlings. The save-a-cup scheme collects these cups for recycling.

## **Video cassettes**

Video cassettes are not as common these days and most Charity Shops will not even accept them. They are best disposed of in your general household waste bin.

A new years resolution for you all - Recycle for Cumbria and the Earth!

I hope next month to give a more in depth update of our Eco plans for 2024 and beyond.

Rosemary Riley  
07885 360353



## THE LINK NEEDS YOU TO PAY

The Link Committee believes that out of a circulation of 300 copies upwards of 100 people have not paid their Link Subscription for 2023. This means that we have made a substantial loss this year, which is not sustainable. For the first time ever we have now been able to compile a distribution list for all local deliveries and we will use this to monitor subscriptions received for 2024 - **THESE ARE NOW DUE**. Please note that if we have not received your subscription by the end of March we will assume you no longer wish to receive The Link and we will remove you from the distribution list in order to reduce printing costs.

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

Please use the envelope provided to send your subscription to the treasurer, David Walmsley, The Old Police House, High Lorton, Cockermouth. CA13 9UL; or give the envelope to your distributor. **Please write your name and address on the envelope** so that we can track subscriptions 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 and address**, again so that we can track subscriptions.

Thank You. The Link Committee



**'Roses are red, ashes are grey'**

In a rare coincidence two very different occasions will be marked on Wednesday 14<sup>th</sup> February this year. The first is St Valentine's Day which always falls on this date. The second is Ash Wednesday which moves around in conjunction with the date of Easter.

The last time St Valentine's Day and Ash Wednesday fell on the same day was in 2018. Before that it was as long ago as 1945 and the next occurrence will be in 2029. For the liturgically minded it's something of a dilemma. Chocolates or no chocolates? Flowers or no flowers? A romantic dinner with champagne or a dish of lentils for two? Maybe you're tempted to jettison the more sombre Ash Wednesday for the delights of St Valentine. The Church however advises that Ash Wednesday should take precedence and St Valentine be celebrated on the previous day on Shrove Tuesday which is already a feast day. That makes a lot of sense – especially if you like pancakes!

Is there a way, though, of combining the two or at least of making some kind of connection between them? Should we be exchanging cards with the words 'Roses are red, Ashes are grey You can't spell VaLENTine, Without Lent on this day.' I think there is a connection – both days in

their different ways are about love. St Valentine's Day is about romantic love, the love that couples have for one another which if we're lucky will stand the test of time in the form of a long and happy marriage. But Ash Wednesday is about love too, the love that God has shown by sending his Son Jesus Christ to die for our sins upon the cross and give us the gift of eternal life. And just as we take time to prepare for a wedding with all kinds of arrangements needing to be made, so we need time to prepare spiritually for Easter. Lent is the name we give to the time in which we do that and Ash Wednesday is the day upon which Lent begins.

If you'd like to attend an Ash Wednesday service this year and receive on your forehead the sign of the cross in ash do join us at 7 pm in Lorton Church. And as it's St Valentine's Day, why not bring a loved one. As the marriage service says, it is within the heavenly love of God and only there that our earthly loves are kept safe.

With God's blessing

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



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Thank you to everyone who attended the **Christmas Gathering** in the Hall on Thursday December 21<sup>st</sup>. A combination of mince pies, mulled wine, tombola, quizzes, children's activities, Christmas cards and stocking fillers, along with rousing Christmas carols created an enjoyable start to the festive season. Thank you to Rosamund and John Macfarlane for their support from the sale of cards, prints and stocking fillers. A collection, in aid of the NSPCC was taken, with particular remembrance of Ann Hayton, (a fervent NSPCC fundraiser and Village Hall Committee member), which raised over £90. Thank you for your generosity.

Future events in the hall include a **Ceilidh** on **Saturday February 24<sup>th</sup>**, and, following the success of last year's sell out event, we will be repeating **The Mothers' Day Afternoon Teas** on **Sunday March 10<sup>th</sup>** and on **Saturday March 16<sup>th</sup>** we are delighted to welcome back **Arts Out West**, with a one-man performance of **Chaucer's Canterbury Tales**. – A series of bawdy, funny and sometimes shocking short stories which paint a picture of English society in the middle-ages. "Experience a journey down the foul and fetid footpaths of fourteenth-century England, told with the usual wit and silliness! Expect naughtiness, nonsense and medieval swearing! It's rude! It's ribald! It's ridiculous! Let's party like it's 1387!" Suitable for adults and older children (12+).

**For full details of how to book any of these events, please see the posters in this issue, or visit our website, [loweswatervillagehall.co.uk](http://loweswatervillagehall.co.uk) or visit us on Facebook.**

## LORTON COMMUNITY LUNCHES

2 course meal cooked by Lorton's own Chef Helen  
Served promptly at 1.15pm.

**Booking essential  
call Helen on 07790 459064**

Everyone is welcomed, residents and visitors.  
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**DATES FEB-MAY 2024**  
Lunches held at Lorton School

**February 19th    April 22nd**  
**March 11th        May 13th**

**All profits go to providing additional support to the children at Lorton School**

## Brain of the Benefice 2023 – She Shoots, She Scores

Congratulations to the winner, **Gordon Graham**! Runners up were Chris Winder, Judy Hudson and Andy Chamberlain. Many thanks to everyone that entered, answers as below:

As the crowd roared, I was clean through!

An old football mag got me hooked. As I grew, aspiring to be a footballer, I remembered my childhood with brothers Aly and Rick. I was clumsy. I sent the grapefruit flying at breakfast. ‘Hello useless’ they used to say. I’d tried a gymnastic kit but sent the horse flying. ‘You little pleb, utter flying twit’ said the PE teacher, Mr McLadybird, as we called him; he had a shiny red spotted head. He called me a ‘wee vile beastie’, and had flung rubbers from the blackboard!

I tried snooker but broke the spider rest. I tried the band, the horn etcetera. I was far from magnificent, I, pedestrian that I was at reading music. I tried fishing, a chap said ‘alright cock, roach is all that’s on today’. But I didn’t probe enough and caught nothing but a bad cold. I was praying man tissues would be in the shop. I tried rugby, had trials for Preston Grasshoppers and one year Wigan nearly signed me.

My father was tall, daddy long leg somebody called him; he only had one. Walking on the beach with dad, me, Aly bugging me, Rick and a football. Some driftwood was pulled home by dad. A droning noise, like a big bumblebee, an old rag, on flying off the workbench, hit me! Dad was working on his new prosthetic. Wood, lo! Used for my new leg! A bit of a comic, Rick etched his name on it. We used the offcuts to make a fire. Flying high above was a jet. If I get famous I’d open the local fete where they raffle anything you bring. The star prize was always a giant blue bottle of wine.

At school, end of term items included football. You had to submit enough work to play. I excelled at football. A French club signed me. They were very protective. A tracking device, a locater pill arrived. I had to fly. Don’t talk to the aircrew or mingle with the others I was told but I was the solo customer! Me plus luggage! There was a big thunderclap, hiding was useless. I was picked up by the manager in an old beetle, not exactly the limo that I might be expecting. She had been the reigning national champion of footie. She lived in Viola valley. We had to cross a river on a small ferry. The water boat man took the money. It was very humid: ‘Get some repellent’, the mosquitoes were terrible! Later, we went out, she put her favourite perfume, coco on. It wasn’t green, flying back and forth and it was a dismay, flying all that way, think of the climate.

They’d put me through the mill, I, pedestal material now, had risen to the challenges. And I buried the ball in the back of the net, what a happy Christmas!

## *Penny's Piece*

I have the left-over cheese issue again. I bought a selection pack, mum bought some and then my sister was given a foot square basket full of cheese and biscuits for Xmas. I only opened my cheese last weekend. I need to learn how to make broccoli and stilton soup to use that up. I have been eating jacket spuds, cheesy omelettes and cheese and pickle sandwiches. I'm getting there but feel I'm turning into a cheese string.

Our caretaker at school retired after 40 years! One of the teachers who was also leaving was a 5-year-old in the school when he started. There was a collection, assembly with messages from previous Heads and staff and a song from Les Mis by the choir (he used to walk around singing various bits on his rounds). Imagine my surprise on the first day back to see him in the car park, opening up. I wished him Happy New Year and then told him he wouldn't be getting another collection. We are having his leaving do in a couple of weeks. I think half of Whitehaven is going to be there. I will have to check in with his daughter to see how he's getting on. He was a milkman before a caretaker, so, like a lot of farmers, he's been getting up at the crack of dawn all his working life. A lie in is 6am apparently.

I hope the Police aren't driving through much, as the manoeuvres needed to miss the potholes at the bottom of Mockerkin would definitely raise suspicion if witnessed. Until they hit them, themselves. They are a bit special and are matched by a set at the bottom of Steel Brow between Arlecdon and Frizington. Though I won't know how the cold weather is going to affect those ones

thanks to a 3-week road closure from Lamplugh to Rowrah. Typical that the weather turns cold and icy, when my first-choice alternate route to work is Pica. Until you get up on the tops, the route from here to there is lethal as it does not get any sun at all at this time of year. It seems, I am about to learn what my Duster can do. Since writing that section I tried to come home via Lilyhall on the first day. It took twice as long to get from Whitehaven to Lilyhall, than it did to get from there home.

Noticeboards are peculiar things. Many of you will have looked in them to see what's happening as you walk past but will not have needed to get into them to put posters in. There are many styles. Most have some kind of catch and one or two opening doors. Currently these either work well or need both hands and a foot to try to get it open. This, even for me, is impossible at the Yew Tree Hall as it is very high on the wall. The noticeboard in Ullock has catches on the side and it lifts up. To put something in you then must perch the door on the top or back of your head. This is not comfortable and if you then have to spend time rearranging things so everyone's posters can be seen, you end up with a rather bad head. This by the way is what I consider to be poster etiquette. Not opening a notice board, pin already through the poster and shoving it in where it hits. I have witnessed that if you do this method really well, you can mainly obscure at least 4 other posters. More if yours is A4 and the others are A5. Next time you look in a noticeboard and it is all in neat rows- I may have been there. Penny



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and Grasmoor Mission  
Community

## Candlemas Gathering

Sunday 4<sup>th</sup> February  
4 pm at Lorton Street  
Methodist Church

Praise, fellowship and  
seasonal refreshments  
to mark the end of  
Christmastide

Come and bring your  
friends!

## Lorton Lent Lunch

(Money raised is in aid of church funds)

Wednesday 6<sup>th</sup> March  
at the Yew Tree Hall

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



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

Poimea Community & Retreat House

**Quiet Day**

Saturday 9<sup>th</sup> March 2024

*“The Way of St Cuthbert”*

St Cuthbert, 7<sup>th</sup> century monk and Bishop of Lindisfarne, led a life of compassionate and devoted service, sharing the good news of Christ through word and deed. But at the heart of his outer life was his inner quest for God, taking up Jesus’s invitation, “Come with me by yourselves to a quiet place and get some rest” (Mark 6:31)

In this Quiet day, we draw inspiration from Cuthbert’s way, taking time in the midst of our busy lives to explore our own inner quest for God. The day will include times of input on the theme, interspersed with time alone for personal reflection and prayer.



Time: 9.45am – 3.30pm

Venue: The Vicarage, Loweswater CA13 0RU

There are limited spaces for this event, so please book your place. We suggest a donation of £10-15 per person for the day.

**Please bring your own lunch.** Tea & coffee will be provided. Participants will have use of the garden and chapel as well as the house. Parking available at the Vicarage.

**To book your place and for more information, contact Andrea Ward at: [info@poiema.org.uk](mailto:info@poiema.org.uk)**

[www.poiema.community](http://www.poiema.community)

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## Have you ever thought about leaving a legacy to a local charitable organisation?

If you gave or received any cards supporting the RNLI at Christmas, you may have noticed that, on the back, there was a message about gifts in wills. This is just one example of the trend for charities of all sizes to ask people to consider leaving them a legacy.

Legacy income is becoming increasingly important to the charitable sector - in a recent survey, 30% of charities said that they received at least 30% of their income from legacies in wills. The importance of income from legacies applies as much to small, local charitable organisations as to large national ones.

There are a number of charitable organisations local to our valleys. These include the 2 churches (St Cuthbert's Lorton, and St Bartholomew's Loweswater with St James Buttermere), the 2 village halls at Loweswater and Lorton, Mockerkin Educational Foundation and Friends of Lorton School (FOLS) – apologies to any I have missed. Each would hugely appreciate any legacy gifts, no matter how large or small, since any such gift can make a lasting difference to the future financial security of the organisation, and thus to the continuing vibrancy of our community.

So, if you are thinking about leaving any legacy gift(s) in your will, you may wish to consider including a local organisation as one of the recipients. They would be enormously grateful!

If you would like to find out more, you can speak in confidence to the following people:

Yew Tree Hall, Lorton: Adam Baker [adambaker993@gmail.com](mailto:adambaker993@gmail.com) 07771 977482

Loweswater Village Hall: Andy Burr [andyburrconsult@gmail.com](mailto:andyburrconsult@gmail.com) 01900 85980

St Bartholomew's Church, Loweswater: Eleanor Ella [eleanorella2003@yahoo.co.uk](mailto:eleanorella2003@yahoo.co.uk) 07756 341163

St Cuthbert's Church, Lorton: David Gardiner [david.gardiner@btiinternet.com](mailto:david.gardiner@btiinternet.com) 07557 478825

FOLS: Caroline Searson [calbryson@gmail.com](mailto:calbryson@gmail.com) 07810 455773

Mockerkin Educational Foundation: Graeme Sparke [Graeme.sparke@talk21.com](mailto:Graeme.sparke@talk21.com) 07876 685154

David Gardiner



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**Loweswater Village Hall**



# Mother's Day Afternoon Tea

**Sunday March 10th, 2.00 to 4.00**

# Surprise Mum on Mother's Day

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# Afternoon Tea at Loweswater Village Hall

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**To book your table, please contact Lyn Furniss on 07970 218239**

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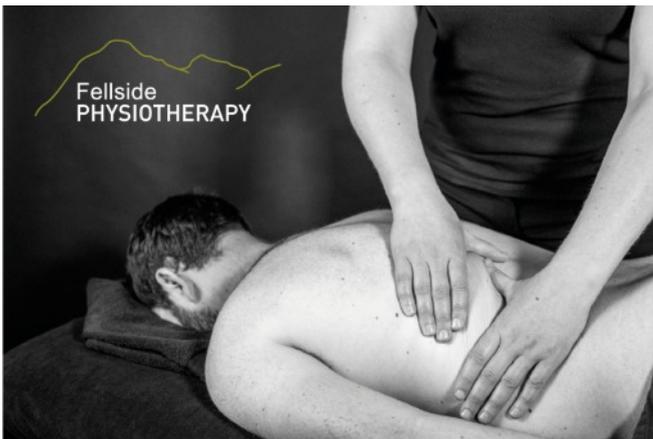
# Loweswater Ladies January 2023

The new year got off to an excellent start with a packed house for our January meeting. Following a short AGM we were given a wonderful presentation on the Shetland Isles from Rosamund Macfarlane, aided by her technical assistant aka husband John. The Shetland Islands are the most northern region of the UK lying 110 miles from the Scottish mainland. Of the many islands that make up the archipelago, 16 are inhabited. The local way of life reflects its varied history, having been part of the Kingdom of Norway in the 10-15<sup>th</sup> centuries before being annexed by Scotland and then becoming part of the UK. Fishing has always been an important part of the island economy but in the 1970s the discovery of North Sea Oil boosted the economy greatly, providing employment and public service revenues.

Shetland is known for its North Sea oil, Shetland ponies, Fair Isle knitwear, Pictish brochs and the Up Helly Aa fire festival but it was sea birds and otters that featured most prominently in this presentation. There are around 800-1000 otters living in Shetland, the highest density of otters in Europe. Nevertheless, these shy, semiaquatic creatures are well camouflaged against the kelp covered shoreline. Rosamund had managed to capture several wonderful images of otters which no doubt represented hours of patient observation.

Shetland is the main breeding ground for a wide range of seabirds including gannets, puffins, fulmars, guillemots, arctic terns and kittiwakes. Rosamund and John spent a considerable amount of their time on Fair Isle, the southern most island of Shetland known for its wild bird observatory as well as its traditional music and knitwear. Only 3 miles long and 1.5 miles wide the island attracts over 350 different species of bird. We marvelled at the selection of photographs of the different species shown, both in flight and nesting on the cliffs. As always it was the cute puffins that stole the show. Their waddling gait and brightly coloured bill make them very appealing. Fair Isle has one of the largest European colonies of Atlantic puffins. Although they spend most of their time at sea they nest on the cliffs or rocky outcrops here during the breeding season (April-June) providing a magnificent spectacle for birdwatchers. Another highlight of their trip was undoubtedly when Rosamund managed to get a wonderful shot of an orca whale. The Shetland Islands are surely a magical place to explore. We are indebted to Rosamund and John for sharing their experiences there with us.

Our next meeting is the annual members' Birthday dinner at the **Kirkstile Inn on Wednesday 7 February, 6.30 for 7pm**. All members should now have the menu details and places should be booked by contacting Jenny Burr.



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# Lorton Vale Gardening Club



On an appropriately freezing November night Peter Barron came to talk to a sizeable gathering of members and visitors on the restoration of Arctic flora in the Lake District. He showed us the many attractive species of plants which do still grow in the montane habitat of our area but sadly now in very small numbers often only a handful surviving on crags inaccessible to grazing or trampling. Luckily a group of professionals and volunteers have become involved in propagating and planting, mostly very successfully, various of these plants to ensure their survival as local populations. As some of the more common varieties making up typical mountain vegetation are relatively easy to propagate, club members may be able to help this work and Peter has promised to send us relevant information. His excellent presentation gave us an insight into a topic, which was perhaps an unknown area for many and a pleasant surprise.

The topic for December's meeting was 'Herbaceous Borders'. Allan Gerrard is a long term volunteer at Holehird, the Lakeland Horticultural Society's garden near Windermere. For the past five years he has been responsible for one of the large borders and he gave an idea of it's means of development. The first task was to list what was growing there already followed by clearing and weeding before plants could be divided and added to with new species always with an eye on suggestions from visitors and other volunteers. Although no formal plan was used the main factors to consider in choosing plants were, as for all our gardens, colour, form, height etc with a few surprises added in for interest. After answering many questions Allan joined members in a cup of tea and mince pies.

The January Winter party was as usual very popular with a good number of members and guests enjoying a convivial evening of chat, quizzes and delicious buffet.

Our next talk on Tuesday 1<sup>st</sup> February, also at 1.30pm, is from Heather Birkett of Acorn Bank on the highly current subject of gardening for nature. At the last indoor meeting of the season on 7<sup>th</sup> March, at the usual time of 7.30pm, the subject is vegetable growing in Cumbria



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## LORTON NOTES

I was unfortunately away for Christmas but I understand that both the Christingle and Midnight Communion Services were well attended.



Photo courtesy of Penny Poole

I'm pleased to report that the joint Christmas Fair held with Friends of Lorton School & St Cuthbert's was a great success and raised just over £1600 each for the two charities. In addition the sale of Lorton Vale Calendars, Christmas cards etc raised an additional £775.00 and still counting.

Those who bother to read my Editor's Letter know how much I enjoy Christmas, and particularly, my Christmas decorations. From a passing remark made by Jane Charman last year I was thrilled to discover that medieval tradition has it that decorations stay up until Candlemas on 2nd February. Candlemas, falling precisely 40 days after Christmas, marked the official conclusion of the Christmas season in medieval England. Recognised as the Feast of the Purification of the Blessed Virgin Mary, it also marks the ritual presentation of the baby Jesus to God in the Temple at Jerusalem.

The Gospel of Luke says that Jesus was met by Anna and Simeon. Simeon held the baby Jesus and called him a Light to the World.

The festival is called Candlemas because this was the day that all the Church's candles for the year were blessed. On Candlemas night, many people place lighted candles in their windows at home.

Extensive evidence exists, documenting the tradition of keeping decorations up until the evening prior to Candlemas. Presently, many churches still uphold this practice with Christmas cribs remaining in place until Candlemas. The removal of these cribs is explicitly described in a poem dating back to the early 17th century:

*Down with the rosemary, and so*

*Down with the bays and misletoe;*

*Down with the holly, ivy, all*

*Wherewith ye dress'd the Christmas hall;*

*That so the superstitious find*

*No one least branch there left behind;*

*For look, how many leaves there be*

*Neglected there, maids, trust to me,*

*So many goblins you shall see.*

By the time you read this I might just have taken down the trees and other decorations. Only 9 months until they go up again.

The season of Lent starts this month, marked with the Ash Wednesday service at Lorton in the evening, so take some time to think about how you might mark it - be it giving something up or doing something different every day during the 40 days - check this out -

<https://www.climatestewards.org/resources/carbon-fast/>

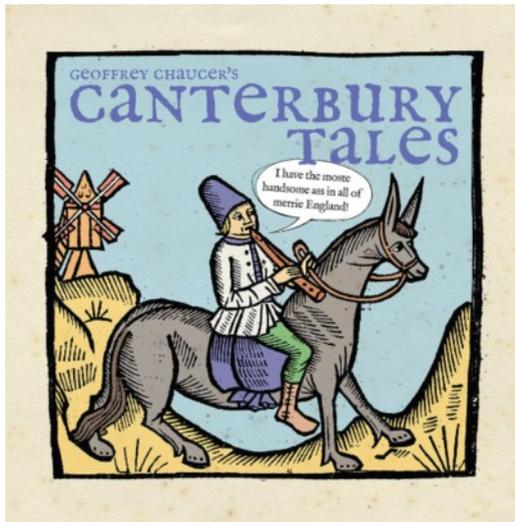
as it ties in with are Eco Church/Eco Community project.

Rosemary Riley

From the Register:

Funeral and burial

Alan Hudson 19/12/2023



In association with Arts Out West:

## The Canterbury Tales

Saturday 16<sup>th</sup> March, 7:30pm at Loweswater Village Hall

For tickets email: [loweswaterevents@gmail.com](mailto:loweswaterevents@gmail.com) or call 01946 862200.

Suitable for 12+. Prices: £12, £6 for u18/ students, £25 for family. Light refreshments available during interval.



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# Yew Tree Hall Table Tennis Club

# Dates for 2024

**Sessions normally held on Wednesday evenings 7-9pm. However please note that five sessions will be held on a Thurs evening, and one on a Friday evening (indicated in RED)**

## January

**04 Jan Th**  
10 Jan Wd  
17 Jan Wd  
24 Jan Wd  
31 Jan Wd

## February

07 Feb Wd  
14 Feb Wd  
21 Feb Wd  
28 Feb Wd

## March

**08 Mar Fri**  
13 Mar Wd  
20 Mar Wd  
27 Mar Wd

## April

03 Apr Wd  
10 Apr Wd  
17 Apr Wd  
24 Apr Wd

## May

**02 May Thu**  
08 May Wd  
15 May Wd  
22 May Wd  
29 May Wd

## June

05 Jun Wd  
12 Jun Wd  
19 Jun Wd  
26 Jun Wd

## July

**04 Jul Thu**  
10 Jul Wd  
17 Jul Wd  
24 Jul Wd  
31 Jul Wd

## August

07 Aug Wd  
14 Aug Wd  
21 Aug Wd  
28 Aug Wd

## September

**05 Sep Thu**  
11 Sep Wd  
18 Sep Wd  
25 Sep Wd

## October

02 Oct Wd  
09 Oct Wd  
16 Oct Wd  
23 Oct Wd  
**30 Oct Wd**  
**Halloween party**

## November

**07 Nov Thu**  
13 Nov Wd  
20 Nov Wd  
27 Nov Wd

## December

04 Dec Wd  
11 Dec Wd  
**18 Dec Wd**  
**Christmas Party**  
TBA

I am selling the following for Hospice at Home from my porch at Meadow Bank High Lorton telephone number 01900 85315 or 07746959003.

Squirrel Feeders      £15.00  
Bird Boxes              £12.00  
Peanut Feeders        £10.00

As well as Homemade Chutneys and Marmalade

Many thanks

Christine Edmunds



**Melbreak Net Zero Project (NZP)**  
**RETROFIT MADE EASY – an update**

The Melbreak Communities NZP is working with Cumbria Action for Sustainability on their Retrofit Made Easy, project which aims to support households to save energy. The project is being run across a number of different communities in this area. We held a meeting in November in the YTH which was really well attended and well received. We are offering free thermal imaging surveys by local volunteers in the Melbreak Communities area, and 20 people have signed up for a survey. These surveys can help to identify particular areas of heat loss in the home. Many have now been completed and we have capacity to do more. If you are interested in a free survey please contact Pip – contact details below.

A second meeting of the Retrofit Made Easy project will be held at Bridgefoot and Little Clifton village hall, **February 19<sup>th</sup> 7pm.**

There will be different stories from local people about their retrofit journeys and a further chance to ask questions of experts from CAFS. Everyone is welcome.

If you'd like further information and support on retrofit, CAFS can offer information and advice, webinars, a free 30 minute phone call, plus information on their free 'Cold to Cosy' programme. Check out their website <https://cafs.org.uk/retrofit-made-easy>

**Melbreak Net Zero Project contacts**

Pip Wise, thermal imaging co-ordinator, 07729 004943, [pip.wise@hotmail.co.uk](mailto:pip.wise@hotmail.co.uk)

Aine Kelly, 01900 85010, [akc.kelly@gmail.com](mailto:akc.kelly@gmail.com)



**COCKERMOUTH HARMONIC SOCIETY**  
**CONCERT Mozart Requiem**

Cockermouth Harmonic Society's performance of Mozart's *Requiem* will take place on Friday, 2 February 2024 at St Joseph's RC Church, Crown Street, Cockermouth at 7.30pm.

Also on the programme is a selection of music for the funerals of British queens- Purcell's funeral music for Queen Mary, Handel's funeral anthem for Queen Caroline and Judith Weir's setting of Psalm 42 for the funeral of Queen Elizabeth II.

Ian Wright will conduct the choir and soloists who will be accompanied by the Throstle Sinfonia.

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.

*Cockermouth Harmonic Society has been singing for more than 150 years! This makes Cockermouth Harmonics one of the oldest choirs in the country.*

Thursday 08 February 2024

7.30pm-9pm

Loweswater Village Hall

*Melbreak Wildlife Group presents*

# Secrets of the Nest Box



An illustrated talk by John C. Callion and Thalia Sparke  
on boxes in Loweswater and Lorton

*The talk will major on nest boxes in the Loweswater valley, with a particular focus on pied flycatchers. John and Thalia are both BTO-accredited bird ringers, and have extensive experience of erecting nest boxes and ringing offspring in the valley.*

**All welcome!** Teas/coffees & biscuits provided. No charge but donations for future projects greatly appreciated!



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

We celebrated the traditional Carol Service and Christmas morning service at Loweswater which were enjoyed by all who attended. Our thanks to Sue for the music and her work with the choir which as usual produced such impressive results. Thanks also to all who decorated the 2 churches. Special thanks to Sheila and Heather for producing such a stunning display at Buttermere for our Christmas services and the following informal Carol Service.

February sees the start of Lent with the Ash Wednesday service taking place in Lorton on the 14th. Some initial discussion has taken place regarding dates for Lent lunches these will be confirmed in next months Link following our March PCC meeting.

The first fund raising event of the year was the Robinson's wine tasting; a great success with

record attendance of over 60 people. The sum raised will be reported next month.

In December we lost a long standing and much loved member of our community Ann Hayton. Her obituary appears elsewhere in this issue. We extend our condolences to all her family.

I hope you are all enjoying the wonderful bright skies despite the freezing temperatures. Of course that will probably have changed by the time this is published.

Eleanor Ella  
From St.Bartholomew's registers  
Burial  
Lawrence Branthwaite December

Ann Hayton December



**FILM NIGHT AT YEW  
TREE HALL  
SATURDAY 16TH  
MARCH**

**" SING A LONG A  
CREASE "**



**Come watch the film, sing along to the original  
soundtrack (subtitled lyrics)  
Includes American diner snacks.**

**£12 ENTRY - BOOKING ESSENTIAL  
BAR OPENS 7PM  
FILM STARTS 730PM**

**COME DRESSED TO SING AS YOURSELF,  
ONE OF THE PINK LADIES OR A T-BIRD !**

FOR TICKETS CALL  
ELEANOR 07497 618364  
POLLY 07793 495659  
PIP 07729 004943





**SAT**  
**10**  
**FEBRUARY**  
**10.30-12.00**

hosted by The Melbreak Communities

# Coffee and Cakes

The Yew Tree Hall

## THE MELBREAK COMMUNITIES

The four parishes of Buttermere,  
Loweswater, Blindbothel and Lorton  
working together for the local community.

|                 |                   |                     |
|-----------------|-------------------|---------------------|
| Hydro Scheme    | Dark Skies        | Coffee Mornings     |
| Eco Church      | Wildflower Sowing | Make/Mend Workshops |
| Carbon Literacy | Melbreak Wildlife | AND MUCH MORE       |

Committee Members will be on hand to discuss  
any queries and requests for information



***Do come along and support your local community***

### Loweswatercam Calendar 2024 Results . . .

Many thanks to everyone who bought the Loweswatercam Calendars before Christmas. We've had a record year, raising over £1000 for the chosen charities, which was amazing.

Full results at [http://www.loweswatercam.co.uk/2024\\_Calendar\\_Results.htm](http://www.loweswatercam.co.uk/2024_Calendar_Results.htm)

## Nature Notes - Do curlews breed in Lorton, Loweswater & Buttermere valleys?



Curlews are very distinctive birds. Not because of their plumage, which is generally mottled brown on the upper parts, and off-white underneath. Instead, what makes them stand out (literally!) are their long legs, the large down-curved bill, which can be as much as 20cm (8.5in) in length, and their onomatopoeic call. They are long-lived, with an average lifespan of around 10 years. The oldest recorded curlew was 32 years old!

Male and female curlews are almost indistinguishable - the female is slightly larger with a longer bill, although these differences are only apparent if a direct comparison between the sexes can be made. There is also little difference between birds in summer and winter plumage.

Around 60,000 pairs of curlews breed in UK – at least 25% of the global population. In winter the UK population is doubled by birds migrating from Scandinavia, and at this time of year curlews can most often be seen around the coast. However, breeding primarily takes place at inland sites – predominantly on upland moors, but also in lowland fields and pastures. Curlews will typically return to the same area to breed year after year, making a small shallow cup in the vegetation in which to nest. Their plumage provides excellent camouflage and so, despite their large size, the nests and the breeding curlews themselves can be really difficult to spot.

The number of curlews breeding in UK has reduced significantly over the last 50 years. The reasons for this are still not totally understood, although they are believed to include changes to agricultural practices and land management of moorlands, and increased predation.

So do curlews breed successfully in our valleys? The simple answer is that we aren't sure at present. We do know that a few curlews come back here each year, when their highly-evocative bubbling song is a real indicator that summer is starting. The fact that they do come back is very important because numbers in the valley have been reducing and, once all curlews have left an area, they are very unlikely to return. But, more positively, curlew calls were heard as late as July around Lorton last year, which strongly suggests that, as a minimum, breeding was attempted.

This year Melbreak Wildlife Group aims to find out much more about our curlews, and what we can do to encourage successful breeding. This will include recording throughout the summer where and when curlews are seen or heard. It is also hoped to survey the whole area in mid-April, when pair-bonding is underway, to identify where nesting might take place. Based on this information, we can decide what steps to take next. This is the approach used by Curlew Recovery groups in other parts of the country, including one in the Lyth valley in south Cumbria which recently gave a very informative talk to the Wildlife Group.

We will definitely need help to do this, so please contact Diana Clarke at [diana.clarke2@googlemail.com](mailto:diana.clarke2@googlemail.com) (07967 500287) or me at [dauidj.gardiner@btinternet.com](mailto:dauidj.gardiner@btinternet.com) (07557 478825) if you are interested in being involved in any way, would like to know more, or have heard or seen curlews locally. In this way we can try to ensure that curlews DO continue to breed locally.

David Gardiner – Member of Melbreak Wildlife Group



# Loveswater Village Hall

Invites you to let your hair down for a

# Ceilidh

On Saturday February 24th - 7.00 - 10.00

Led by Accordionist Alison Riley

Make a note in your diary

Further details on our website and

Facebook page in the New Year



[loveswatervillagehall.co.uk](http://loveswatervillagehall.co.uk)

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## MICHAEL AND TIM BARON

You may remember that last year we featured an article about Michael Baron - possibly the oldest published poet. He has recently sent us an update, as follows:

Michael Baron, who used to live with his wife Hetty at Watergate Barn from 1991 to 2008, has done it again. Notwithstanding being a published poet for the first time at the tender age of 94, his book *The Ginkgo Tree and Other Poems* was launched in London last year, he scored another first by being on the talk show run weekly by Cumbria Arts in November. Michael talked about how he came to write the poems on so many different themes in the book, and living at Watergate and then in Cockermouth where he still has a small house. Altogether it was an interesting diversion from the staple fare of this local Arts broadcaster. The book of verse is still available from the New Bookshop in Main Street Cockermouth and of course from the publisher Palewell Press who can be contacted at [enquiries@palewellpress.co.uk](mailto:enquiries@palewellpress.co.uk) - at a cost of £9.99 plus postage and packing.

Michael also told us something of his son - Timothy - now aged 67 is on the autistic spectrum and lives now at The Meath in Godalming. The Meath is a charity dating back more than 100 years and was started as a home for ladies suffering from epilepsy and has grown into a local charity for men and women suffering intellectual disability, including epilepsy, and houses some 80 people in four houses surrounded by gardens.

Timothy who once lived at Watergate Barn Loweswater from time to time with his parents and sisters between 1994 and 2008 now lives and occupies himself at the Meath and amongst other things is painting at their associated shop and training centre in Godalming. For Xmas 2023 he painted the packaging for one of their fudge products which has been marketed nationwide. Both Michael and his late step mother hope the excellent work at the Meath will continue.

Of his achievements there his teacher writes: Tim works intuitively, he paints wonderful abstracts that are bold and beautiful, full of joy and warmth. Colour Sugar was chosen after creation as it seemed the perfect match for our fudge packet design. He likes to select soft pastels beside bright statement colours which he chooses by instinct. His mark making is expressive, built upon layers of lines and circles, creating depth and emotional impact.



Tim's artwork "Colour Sugar" was chosen as one of three designs to feature on the new fudge boxes which were launched at the Top-Drawer, trade show in September 2023. The fudge was very well received during Christmas and is still available and can be purchased online here <https://arthouseunlimited.org/product-category/fudge/>

Here is Tim holding his fudge packet design

*Melbreak Wildlife Group invites you to*

# **Red Squirrel Conservation**

**Monday 11 March 7.30pm**

**Yew Tree Hall, Lorton**



Image: West Cumbria Squirrel Initiative

## **Talk by West Cumbria Red Squirrel Initiative**

Join us to hear the latest on red squirrel conservation in the local area. West Cumbria Red Squirrel Initiative are a team of volunteers who are actively controlling the spread of grey squirrels in the West Cumbria area. The group is one of 16 who are working together with one common goal: Save our red squirrels!

**All welcome!**

*No charge - but donations appreciated to help fund projects*

[www.melbreakcommunities.wordpress.com](http://www.melbreakcommunities.wordpress.com)



**LORTON FILM NIGHT AT YTH**

**Thursday 22nd February**

**“Empire of Light“**  
**Staring Olivia Colman**  
**Colin Firth & Toby Jones**

**Doors and Bar open 7pm**  
**Film starts 730pm**

**£6 Entry**

**Organisers**  
 Eleanor 07497 618364  
 Polly 07793 495659  
 Pip 07729 004943

**CINE NORTH**  
**eden arts**  
**THE NATIONAL LOTTERY**  
**FAN**

**A 'Warm Spot' at Loweswater Village Hall next winter?**

**We need your view!**

We are considering whether Loweswater Village Hall could provide a warm and welcoming space for a regular social gathering next winter. This could be once a month or once a fortnight during the week and there would be drinks and refreshments available. There could be a variety of activities like bingo, games, jigsaws or a film or it could be a more organised activity like a whist drive. It would be open to all and would provide a warm social place to meet.

We are wondering if this is something you would attend or not and would be glad of your opinion. Contact Debbie Watson

beech.lane35@yahoo.co.uk

We look forward to hearing your ideas!



The Club Christmas Party in December was as successful and enjoyable as ever. There was the usual excellent spread of food, and after that we were entertained by an ensemble called *Alte Musik*. This Group, affiliated to Cockermouth U3a, plays instruments from yesteryear. One of these was called a crumhorn, and I doubt if anyone present had ever heard or seen one before. But the Group played traditional Christmas music, and we all enjoyed singing along to well-known carols. Also it was great to see these instruments, from which our modern instruments are descended, are still being played. The January event was a traditional Burns Supper, which took place after the Link went to press. - there will a report in the next Issue.

The next event will be on Tuesday February 20 at 7.30pm in Loweswater Village Hall. We will hear an illustrated talk from Donald Angus called *Taking a closer Look at Lakeland*. Donald is well known for his presentations on a variety of local topics. Non-members are welcome at a charge of £2.50. Prizes for the raffle will be gratefully received.

Date for your diary: The March event will be on Tuesday 19<sup>th</sup> when we will hear an illustrated talk from Mark Evens about the cider making business he has established at Mosser using apples from his own orchard.

Carolyn Davis 01900 85708  
John Hudson. 01946 861555.

### **The Mockerkin Mob Walking Group . . .**

Photos from the latest walk, up Lad Hows onto Grasmoor in beautiful winter sunshine are now on line at  
[http://www.loweswatercam.co.uk/240107\\_Mob\\_Grasmoor.htm](http://www.loweswatercam.co.uk/240107_Mob_Grasmoor.htm)

### **Poppy Appeal November 2023**

Thank you very much to everyone who donated so generously to the British Legion Poppy Appeal last November. Our local house to house collections raised £603.48

Joan Warren and Kathryn Mitchell

Loweswater with Buttermere PCC  
100 Challenge Club

**The prizewinners for the draw held on 1st December 2023**

|                  |       |                    |
|------------------|-------|--------------------|
| 1st prize of £25 | No 10 | Kathryn Mitchell   |
| 2nd prize of £10 | No 67 | Christine Greening |
| 3rd prize of £5  | No 20 | Loes van Cappellen |

**The prizewinners for the draw held on 1st January 2024**

|                  |       |                    |
|------------------|-------|--------------------|
| 1st prize of £25 | No 68 | Christine Greening |
| 2nd prize of £10 | No 18 | Sue Ritchie        |
| 3rd prize of £5  | No 61 | Betty Coulthard    |

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

## LENT STUDY GROUP

The Lent Study Group starts on Friday 23<sup>rd</sup> February, 10am-11.30am, running for 5 weeks. We'll meet at The Vicarage, Loweswater for the first session, with details of other venues to follow.

This year we're using the "**Holy Habits: Following Jesus**" course (Bible Reading Fellowship). Its' author, Andrew Roberts, writes:

"What do we really know about the Jesus we follow? What disciplines or habits sustained him and kept him gracious in the face of all the challenges he encountered? Someone once defined grace as love under pressure, and we see that supremely in the life and passion of Jesus...."**Holy Habits: Following Jesus**" offers an invitation to explore how Jesus continued to be gracious and determined and resilient in the midst of all of the pressures."

Please let us know if you'd like to come along or want to know more:  
[revandreadward@gmail.com](mailto:revandreadward@gmail.com) / Tel: 07506 789806

Thank you,  
Andrea Ward



an invitation from the  
**Malthouse Club**

Open Meeting for the Local Community

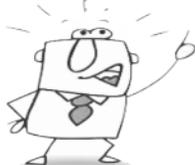
# Scams and Fraud

a talk by Cumbria Police

**Thursday 15th February**  
**Lorton Yew Tree Hall at 11.00am**

**FREE Event** Coffee/tea/biscuits provided

**DON'T FORGET!**



An open meeting all welcome, keep yourself safe don't become just another statistic.

Detective Claire Keyes from the Cumbria Fraud Prevention Department will be giving a talk on 'Scams and Fraud', one of the biggest crimes currently occurring in the area.

**DON'T MISS THIS IMPORTANT MEETING**  
please tell your neighbours to come along

Dear Roger Hiley / Ann Roberts.

Your fundraising activity: Loweswater and Lorton Christmas Carols collection

Thank you so much for hosting a collection and raising £607.74 in memory of someone special. We are sorry for your loss and would like to offer our sincere condolences to you at this time.

You're joining a movement of people who believe every child has a right to be safe. Your gift will help change children's lives, helping fund our direct services protecting children.

Your support is vital. We are around 90 percent funded by public donations, and thanks to people like you, we're able to be here for children. Thank you. Together, we can protect children and prevent abuse.

Laura Jacques  
In Memory Team  
NSPCC

# NSPCC

## Lorton Parish Council vacancy.

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

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

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

Lorton Parish Council look forward to hearing from prospective candidates.

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Elizabeth Ann Hayton  
22:01:1935 - 07:12:2023

We, the family of Ann Hayton would like to thank everyone who visited, phoned, sent cards, messages, flowers and gifts in memory of mum. The donations following the funeral, were extremely generous; along with the money raised in mum's memory, from the carol singing and the fundraising event in Loweswater Village Hall, the total amount banked, was over £1200. This is being sent to her chosen charity, the NSPCC - such a fitting tribute.

Mum would have been amazed with the attendance on the day and the generosity shown. The whole family were very touched and quite overwhelmed with all the kind words spoken and the sharing of such happy memories.

Thank you all for your help and support with her charity work over the years and being part of her very full and rewarding life. She will be a huge miss to us and the valley.

Ann, wife of the late John Hayton, leaves three children - David, Michael, Judith.

In laws - Diane, Joan, Jackson.

Eight grandchildren, and fifteen great grandchildren.

A wonderful legacy of a life lived, without regrets.



Involved in many clubs and committees throughout her life, Ann, at 19 years old, a member of Adlington YFC and winning Cheshire Dairy Queen.

Best wishes from the Hayton and Hope families.

**ADVANCE NOTICE OF RE-SCHEDULED CONCERT**

**“APRIL WITH JOHN DENVER”**

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

**At St Cuthbert's Church Lorton on Friday 26<sup>th</sup> April 2024**

**Full details in March Link - Very popular Concert so please book early!**

## DIARY DATES

### FEB

- 2 Fri Cockermouth Harmonics performing Mozart Requiem at St Joseph's RC church in Cockermouth, 7.30pm
- 4 Sun Candlemas Gathering, Lorton Street Methodist Church, Cockermouth, 4pm
- 5 Mon Loweswater (Farmers) Discussion Group, 8pm Kirkstile
- 7 Wed Loweswater Ladies, Birthday Dinner at Kirkstile Inn, 6.30 for 7pm
- 8 Thu 'Secrets of the Nest Box' talk by John Callion and Thalia Sparke. Melbreak Wildlife Group. All welcome. LVH 7.30. See poster
- 10 Sat Coffee Morning The Melbreak Communities 10.30am-12noon at the YTH
- 15 Thu Malthouse Talk, YTH, 11am. See poster for details
- 15 Thu Bach and Handel - Separated at Birth, Patrick Crag, singer and conductor, The Arts Society Cumbria, Hundith Hill Hotel, 2 pm
- 16 Fri The Pocket Choral Society, Kirkstile Community Centre, Dean, 7.30pm. To reserve tickets please ring: Sybil 01946 861580; Carol 01900 603073 or text 07780868148
- 19 Mon Community Lunch at Lorton School 1.15pm. Booking essential call Helen 07790 459064
- 19 Mon Loweswater (Farmers) Discussion Group, 8pm Kirkstile
- 20 Tue 77 Club talk by Donald Angus 'Taking a Closer Look at Lakeland' LVH 7.30pm
- 22 Thu Film Night, Empire of Light, YTH, Doors 7pm, film starts 7.30
- 24 Sat Ceilidh at Loweswater, LVH 7.30pm, Music by Alison Riley. £10 incl light refreshments. (see advert)
- 24 Sat Performance by Jinder - Folk Singer, Kirkstile Community Centre, Dean, 7pm for 8p.m. To reserve tickets please ring: Sybil 01946 861580; Carol 01900 603073 or text 07780868148

### MAR

- 4 Mon Loweswater (Farmers) Discussion Group End of Season Diner, 7.30pm Kirkstile
- 6 Wed Lent Lunch, YTH, 1200-1400
- 6 Wed Lorton Parish Council meeting and village AGM YTH 7.30pm
- 7 Thu Loweswater Parish Council meeting and village AGM, LVH 7.30pm
- 10 Sun Mother's Day Teas at Loweswater, LVH 2 - 4 pm. £15 Bookings essential (see advert)
- 11 Mon Community Lunch at Lorton School. 1.15pm. Booking essential call Helen on 07790 459064
- 11 Mon Melbreak Wildlife Group - Red Squirrel Conservation talk by West Lakes Squirrel Initiative. All welcome. YTH, 7.30 pm (see poster)
- 13 Wed Loweswater Ladies, Ballroom Dancing, LVH, 7.15pm
- 14 Thurs Secrets of Muncaster Castle: Protecting the Tate Collection during WW2, Lorton History Society, YTH, 7.30 pm
- 16 Sat YTH Film club "Sing-a-long Grease" PRE BOOK TICKETS NOW - see poster
- 16 Sat Arts out West at LVH: The Canterbury Tales (humour suitable 12+). 7:30 start. (See poster)
- 19 Tue 77 Club talk by Mark Evens of Mosser Cider and Apple Juice
- 21 Thurs The Great Exhibition and the Establishment of the V&A Museum, The Arts Society Cumbria, Hundith Hill Hotel, 2 pm.

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 February 2024

|                           |  |  |            |
|---------------------------|--|--|------------|
| 4 <sup>th</sup> February  | <b>2<sup>nd</sup> Sunday before Lent</b> |  |            |
| 10.30am                   | Holy Communion                           |  | Loweswater |
| 11 <sup>th</sup> February | <b>Sunday next before Lent</b>           |  |            |
| 10.30am                   | Morning Worship                          |  | Lorton     |
| 3.00pm                    | Holy Communion                           |  | Buttermere |
| 14 <sup>th</sup> February | <b>Ash Wednesday</b>                     |  |            |
| 7.00pm                    | Holy Communion                           |  | Lorton     |
| 18 <sup>th</sup> February | <b>1<sup>st</sup> Sunday of Lent</b>     |  |            |
| 10.30am                   | Holy Communion                           |  | Loweswater |
| 25 <sup>th</sup> February | <b>2<sup>nd</sup> Sunday of Lent</b>     |  |            |
| 10.30am                   | Holy Communion                           |  | Lorton     |
| 3.00pm                    | Evensong                                 |  | Buttermere |



### S MCADAM GARDEN SERVICES

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Email: [mcadamgardenservices@gmail.com](mailto:mcadamgardenservices@gmail.com)

Facebook: S McAdam Garden Services

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](mailto:gmcoffice@grasmoormc.church) with your request.

Deadline for March is Friday 23rd February - all articles, photos(especially for the front cover), funny stories to [lortonvalelink@gmail.com](mailto:lortonvalelink@gmail.com) by this date. Thank you