

MAY 2024



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

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Letter from the Editor

Dear Link Readers

A very mixed bag this month - lots of nature themed articles ranging from our regular Nature Notes item about eyebright, a notice about a training course to rehabilitate hedgehogs through to a local story about the installation of a barn owl box, and the wildlife photographic exhibition by John and Rosamund Macfarlane – also worth remembering if you are having guests this year.

I'm pleased to say that we are supporting Rowena Watkins in her sterling effort to run the Edinburgh half-marathon in support of a disease that is affecting one of her relatives - see the poster on page 6 - I do hope many of you will sponsor her.

There is lots going on in both our village halls - if you are a budding musician then head over to LVH on either 1st November (yes - you've got plenty of warning for this one) to try playing a musical instrument or on 31st May to sing along to ABBA. At Lorton you can try your hand at Story Telling.

There is a very interesting article about the introduction of high speed broadband to the valley on page 16 and news about Christian Aid Week on page 22.

From a religious perspective we have the Bluebell Service at Rannerdale on 12th May and the day of personal prayer and reflection

at the Poiema Community and Retreat House on 14th May.

Anyone who travels to Keswick on a regular basis, particularly first thing in the morning, will be interested in the notice on page 10!

Finally I'd like to put in a massive plug for The Big Green Week taking place from 8-16th June. There is loads going on including a wildlife survey in St Cuthbert's church yard on the 8th, a Big Green Quiz at LVH on 11th June and climate themed services at Lorton on the 9th and Loweswater on the 16th. The highlight of the week will be the Big Green Fair taking place in Lorton on 15th June - see the centre spread for more details but I really hope these will all be well-supported events. It's your climate!

Rosemary Riley
07885 360353

P.S - this photo was sent to me by Roland Knight - Taken from front door of Trevene a few years ago (and won a prize in Loweswater Show)



We are back to one our regular contributors this month - John Macfarlane with this fabulous front cover photo described below:

COCKTAIL. That characteristic cocky pose that a blackbird makes before flying off with that irritating cackle. [Male *Turdus merula*. Loweswater]



'Seeking Shalom for Israel Palestine'

Every year the Grasmoor Mission Community holds a Spring Gathering Day for all the churches to come together and focus on a subject of common interest or concern. This year the theme was 'Seeking Shalom for Israel Palestine' with Stewart Fyfe, Archdeacon of West Cumberland, as our keynote speaker. Stewart was in the Holy Land when the latest round of hostilities broke out. He was lucky to return home safely. Like most of us he is grieved and appalled at everything that is currently going on in that part of the world and longs for God's 'Shalom' to be restored there.

'Shalom' is a word that's rich in meaning. In English it's usually translated simply as 'peace' but in Hebrew it means much more than that. Peace, harmony, wholeness, completeness, prosperity, welfare and tranquillity – all these concepts are encompassed in the word 'Shalom'. It can also be used idiomatically to mean both 'hello' and 'goodbye'. When Jews say 'Shalom' to someone they meet or to send them on their way they are literally saying, 'may you be full of well-being' or, 'may health and prosperity be upon you.' Other Middle Eastern languages have similar

words. 'Shalom' can refer to different kinds of peace – peace between two people, two groups, two countries, peace between human beings and the natural world, or peace between a person and God. It means far more than mere peace of mind or a cease-fire between enemies. In the Bible, 'Shalom' means that universal flourishing, wholeness and delight which flow from our Creator God. 'Shalom' is the way God intended things to be.

Faced with the complex and intractable nature of the conflict between Israel and Palestine it's easy to feel helpless but there are three things that all of us can do – we can inform ourselves so that we have a better understanding, we can hold the situation in our prayers and we can include Israel Palestine in our charitable giving. For those who were not able to be at the Gathering Day Stewart's talks are available on the Grasmoor Mission Community website, along with prayer resources and a suggested charity, the Olive Tree Project based in Bethlehem. Why not take a look.

Wishing you God's 'Shalom' in this Easter season.

Jane Charman
Grasmoor Mission Community Leader

Proud supporter of



Basic First Aid, Care & Rehabilitation of Hedgehogs (1 day course)

Saturday 11 May 2024: 9am-5pm



This is a one-day course aimed at hedgehog carers, rescue centre staff, volunteers, vets and vet nurses. The course provides valuable information about hedgehogs and the rehabilitation process.

The course fee covers the course, full colour course book, certificate of completion & tea/coffee/squash throughout the day. Please bring a packed lunch. This is an in-person course with some practical activity.

Location: Gosling Sike, Cumbria Wildlife Trust's Northern, Houghton, Carlisle, CA3 0LD.
Cost: £80

Course delivered by: Vale Wildlife Hospital & Rehabilitation Centre (Gloucestershire)
To book and pay: Please email info@valewildlife.org.uk or phone: 01386 882288

This course has been arranged by Tanya St. Pierre, Melbreak Hedgehog Carers/ Melbreak Wildlife Group. If you have any questions about the course please contact Vale Wildlife Hospital directly.





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By Rosamund and John Macfarlane
in conjunction with Jackie Morris and Robert Macfarlane



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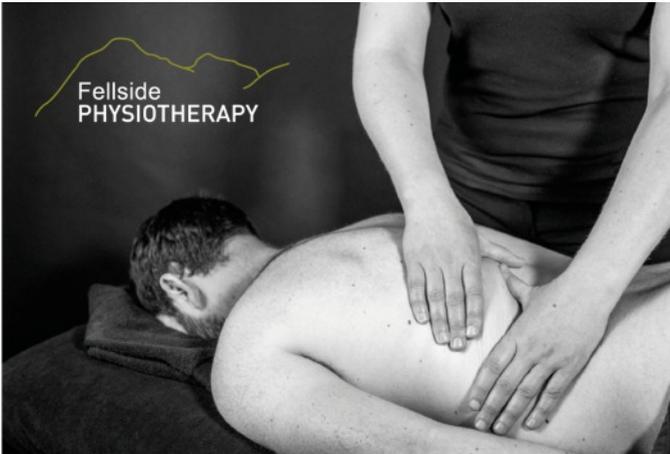
(Closed Thursdays and Fridays)

Visit: www.nationaltrust.org.uk/visit/lake-district/wordsworth-house-and-garden

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Rowena Watkins is running the Edinburgh Half Marathon for CASK Research

Our great niece, Evie, was born just over a year ago with a very rare genetic disorder caused by a mutation of the CASK gene.

There are only approximately 45 children in the UK with a CASK disorder. The impacts for them are profound.

As Rowena approaches her official Senior Citizen status in May, she has decided to put her best foot forward and run (well, trot more like it!) the Edinburgh Half Marathon on 26 May 2024, in order to raise funds for much-needed research.

If you are able to support her efforts, please visit her JustGiving page:

www.justgiving.com and search for **Rowena Watkins.**



I hope that you will feel able to support me. Every little will help.

Many thanks.

Children with this disorder can suffer from a multitude of problems including intractable epilepsy, inability to feed or drink, inability to walk, low muscle tone, poor balance, global developmental delay, vision and/or hearing loss.

For further information, please visit

www.caskresearch.org

Penny's Piece

Since we last met, I have been acquainting myself with all my car's various warning lights. There are a couple I have never seen before and assume this is due to it being the newest car I've ever owned and has more computer systems attached. After the amount of hassle they have caused, I am slightly looking back fondly to my first little Fiesta. It had lots of luggage space as you could have fitted a spare case in the front next to the engine! Not now. Which makes it impossible to look yourself, beyond acknowledging that the engine is still there and hasn't fallen out or been stolen. The 'spanner' engine warning light was on along with a message to get a service. Which was rubbish as it had a service in February and has just had its MOT. Back to the garage for a reset and that was sorted.

Then I was on my way to Lincolnshire and a light I've never seen before came on. Cue mum in the passenger seat looking rapidly in the manual to discover it was tyre pressure. I'd had four new tyres in the previous week so was a little miffed at the thought I'd got a flat already. Pulled into Rheged and discovered they were all over filled. Let some air out to match the label in the door, and away we went. We had a good journey and I'm still trying to work out why the A1 is so much more civilised than the M6, but it really is. We managed to get to our destination without getting lost and I was only in the wrong lane once. I consider this a bonus. There was an unexpected toll bridge which prompted a lot of scrabbling about looking for some change, but we managed. We attended Ros Lucas' funeral and then had to negotiate the route to the wake. We elected to follow a lady in a Mercedes G-Wagon. Part of the route was on a single-track road with

passing places. She was not stopping for anyone, so she, us and three other cars actually arrived at the venue before the elderly gentleman we'd had to push off the church field first for any of us to get out. It also didn't rain (much) south of Scotch Corner. This had the obvious bonus of not being out in the rain but also meant my passenger foot spa did not fill up again.

Yes, my car has decided that the passenger footwell needs to be a spa, especially on rainy days. It doesn't get wet as I drive along. It gets wet if it has been sat out in the rain on any angle where water can gather in the front left of the windscreen base. As soon as I start to move, there is a trickling sound and a glugging and suddenly the floor is sopping. Annoying does not begin to cover it. I do have a carpet cleaner vac, so I am able to get most of it sucked up quite quickly, but there's no need for it to be doing that. I need to remember to park on the flat, leaning to the right or facing downhill. Yes, I know I could take it into the garage, and I did contact the dealership but the price for me just taking it to them made my eyes water so I might just have a poke down the outlet hole with a pipe cleaner.

Over the Easter weekend we rolled hard boiled eggs down the hill in the garden. One entry, Freggy Mercury, had already had a mishap so seemed to be mainly Sellotape and therefore lasted longer than was expected. It took forever as the hill is mainly moss and the only eggs that broke initially had hit a stone on the way down. A bit of drainpipe caused a bit more carnage. My husband was right. We should have gone to the top of Darling and rolled them down the front.

Penny



Loveswater Village Hall

Do you play a musical instrument, sing, dance or act? If so, we would like to invite you to take part in an evening of performance arts by members of our talented community on **Friday November 1st**. It doesn't matter if you are a new starter or a seasoned performer, we would love to hear from you. Please contact **Val Bell on 07918 882175**.

More details in the June issue of Link.

Another date for your diary is **Sunday July 14th – Men's Final Day at Wimbledon**. We will be showing the entire televised coverage of the Men's Final, live, whilst serving strawberries & cream, and tea. If you're a tennis fan, this is an afternoon not to be missed. Full details in the next issue of Link.

If you live in the **Loveswater** area and would be interested in the formation of a community-based purchasing group for heating oil, with the collective benefit of a volume discount and reduced rates for boiler servicing, please contact **Lyn Furniss on 01900 85147** or alloyslyn@btinternet.com

Our next community social event will be on **Friday May 31st** when you are warmly welcomed to enjoy an evening of **Abba music** with local musicians and vocalists **Cath and Emma**. For full details see the poster in this issue and on our website & Facebook page

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2nd Bluebell Service

At Rannerdale Knotts



On Sunday 12th May at 3pm

Service of Songs and Praise

Featuring Cockermouth Mechanics
Band and The Castlegate Singers

Free carparking, Bring a chair or rug

LORTON COMMUNITY LUNCHES

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

**Booking essential
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Everyone is welcomed, residents and visitors.
Support your local community



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**

Road closure warning



Loweswater Ladies April 2024

Our April meeting took place at the Calvert Trust Centre near Keswick. Our meetings are generally held in Loweswater Village Hall with our speakers coming to us. On this occasion we travelled to hear our speaker. The trip to the Trust's premises was so worth the journey. Not only were we able to hear about the work of the Trust but we could see their facilities for ourselves. This residential centre has accommodation for up to 60 people and has a wide range of facilities. A swimming pool, a sensory room, an indoor games hall with a climbing wall, a zip wire, a trapeze and equipment for abseiling and many other activities. Outdoor activities include archery, canoeing, a zip wire, sailing, bushcraft, horse riding and carriage driving. The most amazing thing about this place however is not just that it has the equipment to allow people with disabilities to take part in these activities but that it provides opportunities for the whole family to engage in these activities together.

In addition to this residential centre, providing accessible outdoor family holidays and short breaks, the Trust also runs a neuro-rehabilitation centre for people with Acquired Brain Injury called Calvert Reconnections. This is based in a separate centre on the outskirts of Keswick where an expert clinical therapy team combines cognitive and physical rehabilitation with vocational and outdoor activities.

The trust is a registered charity and none of this work would be possible without the tireless efforts of hundreds of fundraisers who walk/ run/ bake/ swim/ cycle etc every year to raise the £900,000 plus it needs to help fund these services. The work of the Calvert Trust is truly inspiring. This really worthwhile charity is operating right on our doorstep, and it was wonderful for us to be able to see at first hand its incredible work. More information can be found on their website www.ldct.org.uk where you will also be able to hear stories from families and individuals who have benefited from the work of the Trust.

Our next meeting is our annual Summer Walk around Loweswater followed by a buffet supper in the village hall. Meet on **Wednesday 8th May, 6.15pm for walkers, 7 for 7.15pm for supper**. Everyone is asked to bring either a sweet or savoury dish for the buffet. Walkers can drop their food items off in the kitchen at the village hall before setting off.

Doreen Robertson



Business card for Tim Irlam Electrical. The card is blue and features a list of services on the left, the company name and logo in the center, and contact information at the bottom. The logo is a yellow and red lightning bolt. A NAPIT Approved Electrician logo is in the bottom right corner of the card.

- ⚡ EV charger installations
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Nature Notes **Eyebright - The common and the rare found locally**

Euphrasia officinalis agg. is the more common variety of Eyebright hereabouts. Other names are Fairy flax and Bird's eye.

Euphrasia is from the Greek 'ephrainen' meaning 'to delight'. In Greek myth the linnet was the first creature to use it to clear the sight of its fledglings. Its common name most probably stems from the belief in its value as an eye medicine and it is still used today in a number of herbal remedies.

Eyebright is a small upright plant (5cm to 20cms high). The flower colours are purple, blue, white and violet with yellow markings on the lower petal to attract pollinating insects. The oval leaves are sharply toothed.

Eyebright does a similar job to yellow rattle as a semi parasitic plant feeding off nearby grasses and reducing them. In this manner it allows more delicate wild flower species to thrive. It is a more difficult plant to cultivate and harvest than yellow rattle. It is an annual that prefers short but rough grasslands and can be seen locally.



The sub species Montane Eyebright (*Euphrasia officinalis* ssp. *monticola*) is endemic to the Lake District and North Pennines and, as its name implies, is a species of mountainous areas, chiefly upland hay meadows and pastures. It is different to other eyebrights in possessing long, glandular hairs and very large flowers in comparison to the more widespread species mentioned earlier. Montane eyebright is nationally scarce and a Rare Plant Register species for Cumbria. It is on the vascular plant red list for Great Britain and was listed as vulnerable to extinction. The good news is that it is in this valley but relies on a carefully managed grazing regime to thrive.

In August 2020 it was suspected that some of the population of Montane eyebright found locally were hybrids. Specimens were sent for analysis and were confirmed as *Euphrasia confusa* x *officinalis* ssp. *monticola* hybrids which is only the third such confirmed record in the British Isles. Again careful management is required for them to continue and hopefully thrive.

Other rare species found locally include Adder's Tongue Fern, Heath Spotted Orchid, Dyer's Greenweed and Grass of Parnassus.

My thanks to Rob Dixon from Wild Lakeland who provided much of this information. Rob is an expert on this species in particular, and British wildflowers in general.

If anyone thinks they have rare species on their land and would like further information please contact lizcrocombe46@icloud.com.

Liz Crocombe

LORTON NOTES

Is Spring finally here? I think we've actually had about 3 consecutive days of sunshine now. My nieces and their partners came to stay over Easter and we even had sun then, as well as lambs - always a harbinger of Spring. One niece, Fliz, took this very cute picture as we came back over the Fell Road from Mosser to Lorton.



We even have lambs in the field at the end of our garden now so I am hopeful that the worst of the weather is over

I always feel this is overall a very hopeful time of year as we look forward to celebrating the Resurrection and when the garden starts to come to life. I have seedlings growing in the greenhouse. For those of you who follow the success of my sweet pea harvest I am pleased to report that the plants are doing

well, but it is still a little early to plant out - hopefully later this month



The tomato plants are doing well too, along with leeks, chives, coriander and radishes. The spring (silly name) onions are proving slow!

Here at St Cuthberts we have a busy month ahead with our 5 yearly Quinquennial Review on 30th April - this is when our church is inspected by a qualified architect and they tell us what needs fixing - hopefully not too much!

Our Annual parochial meeting takes place on 12th May following the service, where the church officers will be elected and the annual reports reviewed.

Rosemary Riley

ECO CHURCH/ECO COMMUNITY UPDATE

ECO CHURCH/ECO COMMUNITY 8-16TH JUNE

BIG GREEN WEEK EVENTS

Big Green Day, Lorton - a drop in environmental awareness day
15th June 10am-4pm

Big Green Fair at the Yew Tree Hall

Variety of stalls, displays and talks -

Cumbria Waste

Lee Jackson - updating us about the climate emergency

Let's Eat Slow (seasonal, local, organic, waste-free)

Cumbria Rivers Trust

Cumbria Master Composters

Big Green Swap Shop at Lorton School

Bring along your unwanted items (to be dropped off between 8-10am) and discover new ones for your home.

Wildlife display and family nature activities at St Cuthbert's

There will be a community picnic on the Parish Field between 12.30-2.00pm- please bring your own picnic.

Parking available on field adjacent to St Cuthbert's

Additional events will take place during the week including a wildlife survey at St Cuthbert's on Saturday 8th June 2-4pm and a Big Green Quiz at LVH on Tuesday 11th June at 7.15. See other posters for more details. Activities are also taking place with the local schools.

Funding gratefully received from Cumbria Action For Sustainability and the Melbreak Communities

**THE GREAT
BIG GREEN
WEEK**

Let's swap together for good

ECO CHURCH/ECO COMMUNITY UPDATE CONT

You will find lots of information about the Big Green Week on the poster on the facing page. The main event of the week is the Big Green Day on Saturday 15th June. The highlight will be the Fair itself in the Yew Tree Hall where we have a raft of excellent speakers and associated displays, as well as delicious refreshments. Additional stalls are being provided by Arwen from Lorton Village Shop in YTH and a Plant Stall in the school playground. Also go along to the school to find wonderful bargains at the Swap Shop - this is where you can divest yourself of good quality items from your home that you no longer need and find wonderful new items - I once found myself a brand new pair of sparkling silver party shoes.

In St Cuthbert's you will find displays of the results of various wildlife surveys and also the results of the environmental work done in local schools (Dean, Braithwaite, Eaglesfield and Lorton). There will other displays about the Melbreak Wildlife Group projects including Barn Owls and Curlews, the Hydro project and a display of all sorts of bird boxes. Outside in the churchyard you will be able to participate in Connections with nature activities e.g a 'sit and listen card' - draw on it all the sounds you can hear.

If that isn't enough there will also be a community picnic on the Parish Field (Pavilion if wet) - please bring your own picnic but it will be lovely to all sit and eat together. Sharon Watson from Let's Eat Slow will join us to answer questions about eating seasonally, waste free, organic and using local produce.

There are other activities leading up to the Big Green Day including a wildlife survey in St Cuthbert's churchyard on the 8th (2-4p.m), a climate themed service at St Cuthbert's on the 9th June and a Big Green Quiz (test your nature knowledge) in LVH on the 11th at 7.15p.m. Refreshments will be provided at the Quiz - cheese, nibbles and wine and a modest entry fee will be charged to cover the cost of the hall hire and the refreshments.

The week will culminate in another climate-themed service at Loweswater on the 16th.

We will be spreading the word via posters, social media, local newspapers and radio stations in the coming weeks but please tell everyone you know about the events - it promises to be a really exciting and action-packed week.



Hyperfast GB – High speed broadband in Cumbria

You may have seen a number of vehicles around with 'Fibrus' on them, people with high-viz jackets and 'Viberoptix' teams (a Fibrus contractor) digging up roads and pavements – especially around Cockermouth lately. This is part of a programme for Cumbria for the rollout of ultra-high speed broadband, part of 'Project Gigabit', due to be completed by 2026. Some of our local areas may be completed by as early as the end of this year, although others will take longer. Once the infrastructure is in place, it is up to individual households and businesses to enter into an agreement with an internet retailer for the service, much as you do with your current broadband/telephone provider.

Broadband speeds are measured in megabits per second (Mbps) or gigabits per second (Gbps). 1 gigabit is 1,000Mbps. These speeds refer to how quickly data can be uploaded or downloaded from the internet. Gigabit internet speeds allow large amounts of data to be transferred extremely quickly to your devices. Essentially, this means that everyone should be able to run multiple devices - download films, play videos, run websites, video conferencing and play on-line games, all at the same time, without any 'buffering' (the so called circle of doom).

Fibrus was selected to deliver a £108 million broadband improvement contract for Cumbria to bring next generation broadband services to up to 60,000 (around 95%) of homes and businesses that might have otherwise missed out on gigabit upgrades. To see if your property is covered under the rollout, follow the link <https://hyperfastgb.com/> and put your post code in. Then select your property from the list. It will then tell you whether you're within the build plan or not. We understand that the list is not yet finalised and more properties may be added. If you're one of the 5% not in the initial plan, an organisation called Connecting Cumbria, which is part of Cumberland Council, is responsible for arranging alternatives. Your parish councils are working with Connecting Cumbria and Fibrus to make sure as many properties as possible within the 5% get connected.

More updates will be published as the project progresses.

Issued by the four Parish Councils of Blindboethel, Buttermere, Lorton and Loweswater.

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Lorton & Derwent Fells Local History Society

A fresh perspective on Cumbrian history will be given by Dr Christopher Donaldson in his illustrated talk **'Getting to Ken John Peel': An American's Impressions of Cumbria's Past**, on Thursday, 9 May at 7.30 pm at Yew Tree Hall.



Dr Christopher Donaldson (by permission)

Here are some of the questions and characters Chris will present in his talk: 'What do warring bishops, fugitive slaves and suffragettes have in common? They are all part of Cumbria's history. The annals of the county's past are full of extraordinary individuals; some were born here, and some came from farther afield.

In this talk I will be considering a few of my favourites, beginning with a medieval monk who became a warlord and ending with old John Peel, "with his coat so grey". Along the way, we will encounter showmen, scientists

and statesmen (including American presidents). We will also look into the lives of Cumbrians who left the region to seek their fortunes overseas. Collectively, the historical figures discussed in this talk attest to a set of simple facts: namely, that Cumbria's history is diverse and it is entangled with the history of the wider world.'

Christopher Donaldson is Senior Lecturer in Cultural History at Lancaster University. He came to the UK from the US where he gained a BA from Penn State University and a PhD from Stanford University. Since then, he has published widely on the history of northern England, especially Cumbria, the Lake District and the Anglo-Scottish border region. He is currently finishing a book project entitled *A Shadow of a Magnitude*, which explores the history of people of African and Afro-Indian ancestry in the English Lake District between the 1600s and 1800s.

Chris Donaldson's previous lecture in Lorton was about the writer Harriet Martineau, her life in Ambleside, her travels and her international connections.

Another date for your diaries is 13 June, 7.30 pm when Dr Derek Denman will give a talk on 'John, Jane, Dorothy and William: Creating the Marshall Estates', preceded by our AGM.

Everyone is welcome, visitors pay £4 (cash) at the door which includes refreshments.

Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st April 2024

1st prize of £25	No 54	Ann Beebe
2nd prize of £10	No 78	Christine Walmsley
3rd prize of £5	No 3	Kathryn Mitchell

Congratulations to the winners and thanks to all our supporters.



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

We celebrated a very special Easter Eucharist this year with our Archdeacon the Ven. Richard Pratt officiating at his penultimate service before his retirement and departure to his new home in Scotland; his final service being Festal Evensong that evening at Buttermere. Richard's ministry has been much welcomed in our Benefice, we have appreciated his support and friendship over the years. The church looked resplendent with Easter flowers and we benefited from the choir singing their anthems.

Barbara attended her Graduation Eucharist at Blackburn Cathedral on March 19th to receive her Diploma in Theology , Ministry and Mission from Durham University and a certificate from Emmanuel Theological College in recognition of completion of a 3 year Formational Pathway for Ordained Ministry

I have just returned from the Mission Community's Annual Gathering Day the theme this year being "Seeking Shalom for Israel Palestine". Archdeacon Stewart Fyfe gave an excellent informative and thought provoking presentation on this hugely complex subject. He was actually in Israel on October 7th and experienced some frightening moments in the ensuing chaos before being able to catch a flight to Cyprus

and safety. For those interested this is available on YouTube.

Christian Aid week takes place this year May 12-18 with world wide need as great as ever we hope for the usual good response.

It would be lovely to have some more names down on the flower rotas at the back of both churches. It is especially good to have non church goers helping as in Buttermere. Thank you - the churches belong to everyone.

Two reminders, firstly, our APCM takes place on 19th May directly after the morning service all welcome, and secondly, the Bluebell Service on 12th May in the field on left immediately after Rannerdale farm. Seats are provided, plenty of parking space in the field and more details elsewhere in this issue.

It certainly lifts the spirits to see the emergence in our verges of honesty, stitchwort, primroses and Queen Anne's lace to name just a few. With three lovely dry sunny days this week surely spring has arrived.

Eleanor Ella

Ullock Village Hall

In Association with **Arts out West**

Believe! Romany Magic
Friday 10th May at 7.30pm



Come see a quirky, funny, beautiful, original and theatrical magic show!
Come hear a story of making dreams come true!

Come see classical magic and funny magic and sit so near you can reach out and touch the sparkle!

Romany - Diva of Magic, winner of the Las Vegas World Magic Awards and cruise-ship headliner, has hung up her world-travelling heels for a while to bring you her magical one-woman show up-close and personal!

Author of best-selling memoir, *Spun into Gold - The Secret Life of a Female Magician*, Romany will unveil the secrets of a professional travelling performer - within reason!

Tickets £12 Adult: £6 under 18: £25 Family of 4 (2+2)
Suitable for all the family but created for adults
(Children under 8 will probably not be very entertained)

B.Y.O. drinks

Online bookings: kirkgateartsandheritage.org.uk

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Evening of Music by



With

Cath & Emma

Friday May 31st, 8 ‘till 10.30

Win a prize as the best dressed “Dancing Queen” in your old platform shoes and flairs

Refreshments

“Money, Money, Money” - Tickets £10

To order your tickets please “Ring Ring”

Lyn Furniss on 07970 218239 or alloyslyn@btinternet.com

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CHRISTIAN AID WEEK - May 12th to 18th 2024.

As you know Christian Aid was founded in 1945 by British and Irish churches to help refugees after the Second World War. Back then, we worked with partner churches to alleviate suffering by raising the equivalent of £3 million plus in today's money

This year, Christian Aid Week will focus on the cost of living crisis, faced by many people around the world. The focus is on how rising food costs affect people living in Malawi, and how Christian Aid partners are supporting farmers and their families with the pigeon pea: a low-cost, resilient crop that can help defend against drought and other dangers of climate change. Poverty pushed Aline to the brink. She was abused, homeless and hungry. But Aline pushed back harder. Christian Aid funded small business training, she achieved what had seemed impossible, a vital income for her and her children in Burundi. Fundraising this Christian Aid Week will ensure more people in Burundi and Malawi get the skills and knowledge they need to push back against the inhumanity of poverty.

We supported, equipped and enabled, partner churches in mainland Europe to provide what people needed. Nearly 80 years later, we are doing the same.

We believe in life before death". Let's act again now, to help relieve suffering and build a world where everyone has a safe place to call home. If you pay income tax, may I ask you to consider making your donation gift aided to enable the charity to reclaim; for every £10 you give, they can claim an extra £2.50, making your gifts worth more to the communities Christian Aid supports. As some of our collectors have retired in our Valley and Mockerkin, **if you are able to help in collecting it would be much appreciated.**

THANK YOU - Jan Collins-Webb - Lorton Vale Organiser

The Editor was contacted last month by Trev Mason who is living proof of the love of barn owls held by people in the valley. He and his wife have a static caravan on Whinfel Caravan Park. His son, who is a joiner, made them a Barn Owl box as a Christmas present, as Trev had mentioned that they'd had several sightings of Barn Owls in the area. So, with the help of two friends, and fellow caravanners, Jon and Stuart, he has put up the Owl box on 08.04.2024 having been given kind permission from local farmer Andrew Nicholson. The box has been sited in an Ash tree on the field boundary on Whinfell and is visible from the Thackthwaite road from the barn just past the caravan park. Both Trev and his wife Dawn are keen birdwatchers and Trev is also an amateur wildlife photographer, so look out for one of his photos on the front cover in coming months. Here is the owl box in question.



Harriet Davies, Co-ordinator of Melbreak Barn Owl Group (MBOG) adds: It's great news that Trevor and his family and friends have put up a barn owl box. Theirs adds to the six boxes that MBOG has helped arrange over the past few months around the Melbreak Communities area. If anyone else is interested in having a box made (at a reasonable price) and/or guidance on where to install it, I can be contacted on hfdrann@gmail.com



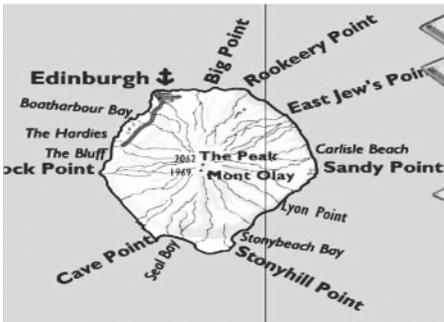
This year our April lunch party took place at the Ennerdale Tap restaurant at Rowrah. We consumed an excellent meal, and we were also taken into the adjoining Ennerdale Brewery where we examined the equipment used in making the various beers and were given a talk on the procedures used in brewing.

The next event will on Thursday May 16 when David Robinson will give an illustrated talk about the year he spent on the isolated South Atlantic island of Tristan da Cunha. In 1984 David, then a newly qualified doctor, was looking for his first job when he learned that the post of resident doctor on Tristan da Cunha was soon to become vacant. He applied and got the job, and for the next year was the only doctor on the island, responsible for the health of all the inhabitants. His reminiscences of both his medical practice and of life on one of the most remote spots on the planet are very interesting. Like most 77 Club events, this talk is open to non-members for a fee of £2.50.

The summer trip this year is planned for Monday June 24. We will depart at 9am by coach from Cockermouth and travel to the Lakeland Motor Museum at Newby Bridge. After viewing the exhibits we'll be given lunch and then we'll get on the coach for a short ride to Haverthwaite station. After a ride on the steam train on the Lakeside and Haverthwaite Railway we'll disembark at Lakeside station and visit the Aquarium. After viewing the exhibits we'll return to Cockermouth by coach. We expect to be back by 5pm. Further details will be published in the June *Link*.

John and Carolyn

talk by David Robinson
TRISTAN DA CUNHA
 From Basingstoke to a remote windswept island
Thursday 16th May at 7.30pm
Loweswater Village Hall



Non-members welcome at £2.50

Island Doctor

Life on a Volcanic Speck
 adapting to island life



Thy Kingdom Come

Tuesday 14th May 2024

Poiera Community & Retreat House

is opening its garden and chapel for a day of personal prayer and reflection



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and for however long you like

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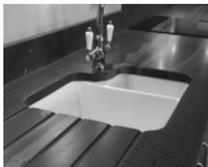
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DIARY DATES

MAY

- 1 Wed Lorton PC meeting with AGM YTH 7.30pm
3 Fri Dean Scarecrows Festival till 6/5/24
3 Fri Story Telling YTH at 11am. Malthouse Club. Refreshments provided
8 Wed Loweswater Ladies, Summer Walk & Buffet Supper (6.15 / 7.15pm)
9 Thu 'Getting to Ken John Peel' : An American's Impressions of Cumbria's Past, Dr Christopher Donaldson, YTH, 7.30 pm
10 Fri Lorton Garden Club visit to Hutton in the Forest
10 Fri Romany Magic , Ullock VH, 7.30pm
13 Mon Community Lunch at Lorton School 1.15pm. Booking Essential call Helen on 07790 459064
14 Tue Day of personal prayer and reflection, Poiema Community & Retreat House, 10am-5pm
16 Thu 77 Club. David Robinson. Illustrated talk of his year working on Tristan da Cunha. 7.30 LVH
26 Sun Afternoon Teas, LVH, 2-4pm, Loweswater Ladies
28 Tue Buttermere PC meeting with AGM, Buttermere Old School 7.30pm
31 Fri An Evening of ABBA LVH 8pm. See Poster.

JUNE

- 8 Sat Wildlife Survey, St Cuthbert's churchyard, Lorton, 2-4pm
11 Tue Big Green Quiz, LVH, 7.15pm
15 Sat Big Green Fair, Community picnic, Swap Shop and Wildlife displays, around Lorton, 10am-4pm
12 Wed Loweswater Ladies, Restoring Vintage Wallpaper, Kirkhead Studio
13 Thu AGM and 'John, Jane, Dorothy and William: creating the Marshall Estates', Dr Derek Denman, Lorton History Society, YTH, 7.30 pm
24 Mon 77 Club Trip. Lakeland Motor Museum, trip on steam railway and visit to Aquarium

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 Malthouse Club Presents

STORY TELLING

FRIDAY 3RD MAY AT 11AM - YEW TREE HALL, LORTON

Please come along and listen to the first of our regular Story Telling get togethers

So if you have a story to tell, either about life in the valley, or purely fictional, or if you just want to listen, then please come along to one of our sessions

No charge- however a small donation to cover hall hire appreciated.

Details contact Nigel Lee 07827 338834
or email: nigel.w.lee@gmail.com

Refreshments provided



Supported by The Melbreak Communities



The United Benefice of Lorton and Loweswater with Buttermere

Church Services May 2024

5 th May	6th Sunday of Easter	
10.30am	Holy Communion	Loweswater
6p.m	Evensong	Buttermere
12 th May	7th Sunday of Easter	
10.30am	Holy Communion	Lorton
3p.m	Bluebell Service	Rannerdale Knotts
19 th May	Pentecost	
10.30am	Morning Worship	Loweswater
6p.m	Holy Communion	Buttermere
26 th May	Trinity Sunday	
10.30am	Holy Communion	Lorton

For anyone wanting to receive home communion or in need of pastoral support, please contact:

Revd. Barbara Robinson, 01900 85234 or 07961902075. Please leave a message and I will get back to you asap. If your need is urgent please contact Revd. Jane Charman, Mission Community Leader on 01900 828028

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 June is Friday 24th May- all articles, photos(especially for the front cover), funny stories to lortonvalelink@gmail.com by this date. Thank you