

SEPTEMBER 2024



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

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

Letter from the Editor

Dear Link Readers

Summer, what Summer! What a wash out. I signed off my July/August letter with a plea for sunshine which has been completely ignored. On the gardening front the battle has been ongoing. The potatoes continued to do well, until all of a sudden the plants nearest the garden paths appeared to be being eaten by something. Research suggested slugs which apparently stroll up the garden path, meander up the wall of the raised bed and then crunch on the nearest plants. Needless to say they have been summarily dealt with and the potatoes recovered. My main crop are still developing (Pink Fir Apple - report next month) but the first early potatoes have been my best yet - Pentland Javelin if anyone is interested. I now have 2 runner bean plants and the celeriac and leeks are developing well so all is not lost. I'm building a small extension to the raised beds to be my new salad bed.

I don't think we've published letters from readers before but I thought all our wonderful contributors would like to see the one received from Jim Mills recently. It is always nice to be appreciated:

"Dear Mrs Riley,

Just a quick line to say how much I enjoy your efforts to produce such a magnificent Link time after time.

As one who has had the privilege of knowing the area since 1951, it does heart and soul good to see the pictures and read the articles. The photography is marvellous and the literary content of the highest order. What a lovely community in which to live.

Sincerely

Jim Mills"

The number of events in the valley pick up again as we approach Autumn with Harvest Festivals and Suppers, more Coffee mornings, and an Apple Day. There is an update meeting for the Melbreak Wildlife Group, a quiet day at the Poiema Retreat and various forms of entertainment. Posters giving more details can be found throughout the magazine.

On an editorial matter - if you are promoting an event in YTH please can you include the words "Please park considerately".

Rosemary Riley

Centre page montage of Lorton church prepared by John Macfarlane from his images.
Front cover image of St Cuthberts, Lorton by Adam Baker.



'Spring and Fall'

What's your favourite season of the year? Many people will say Spring or Summer. Autumn and Winter tend to be less well loved. Autumn in particular is sometimes felt to be a melancholy season as the leaves turn and the evenings draw in and the first hints of colder weather begin to make themselves felt. And is there perhaps another reason too? I wonder if you know this little poem called 'Spring and Fall' by Gerard Manley Hopkins?

Margaret, are you grieving
 Over Goldengrove unleaving?
 Leaves, like the things of man, you
 With your fresh thoughts care for, can you?
 Ah! as the heart grows older
 It will come to such sights colder
 By and by, nor spare a sigh
 Though worlds of wanwood leafmeal lie;
 And yet you *will* weep and know why.
 Now no matter, child, the name:
 Sorrow's springs are the same.
 Nor mouth had, no nor mind, expressed
 What heart heard of, ghost guessed:
 It is the blight man was born for,
 It is Margaret you mourn for.

The turning of the year reminds us, maybe, of our own mortality, a thought we put away from us much of the time. It's a question that the Christian faith unashamedly tackles head on. Neither those we love nor we ourselves will continue for ever upon this earth but this need not be a cause for sadness or regret if we can allow ourselves to have faith in the God who holds our lives in the palm of his hand. As Autumn begins may I offer this prayer of spiritual confidence and good cheer for us all.

May the eternal God
 bless and keep us, guard our bodies,
 save our souls
 and bring us safe to the heavenly country,
 our eternal home,
 where Father, Son, and Holy Spirit reign,
 one God for ever and ever.
 Amen.

Jane Charman
Grasmoor Mission Community Leader

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

Rev. 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

LORTON NOTES

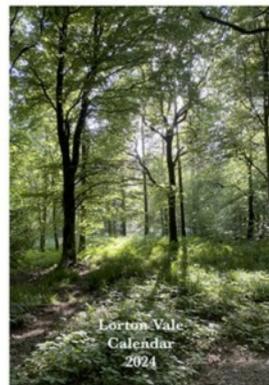
I'm pleased to say that our 'Supper on the Hoof' was a great success. We met at St Cuthbert's for pre-dinner drinks and canapes before moving on to various homes for our main course. Everyone then re-convened at YTH for hosted pudding tables. Many thanks to all those who cooked, especially those who opened their home for the main courses. It was a great social occasion and seemed to be thoroughly enjoyed by everyone. Not only did we all have a great time but we also raised close to £400.00 for church funds. It was so popular that I suspect there may be another one next year.

On the 22nd September we have our Harvest Festival service at 10.30am in St Cuthberts. This is a joyful celebration of the wonderful valley we live in and the tremendous work of our farmers, small holders and other land owners. Please do join us in this celebration and bring edible contributions from either your garden or your store cupboard. All the donations will become lots in our grand auction which will be the climax of our Harvest Supper on Monday 23rd. This starts at 7p.m with a supper of Tattie Pots and Apple Pies. There will also be a bar selling wine and beer. Unfortunately many of our long-standing providers of Tattie pots have either moved away or retired. If you feel you could volunteer to make a Tattie Pot then please let either myself (rriley@rileysolutions.co.uk) or Pete Ward (pete@poiema.org.uk) know ASAP. If you are not able to attend the service then please bring your donations of produce along to the Supper. Elsewhere in the magazine you will find details of an apple day. If you don't have apple trees of your own then the auction is a great opportunity to bid for bags of apples which you can then bring along to the Apple Day to be juiced.

I'm pleased to say that this month it is the turn of St Cuthberts to be featured in the colour centre-spread montage and on the front cover. St Cuthbert's was first mentioned in the Pipe Rolls of 1198. Rebuilt in 1807-9 with the chancel a later

addition. The tower was rebuilt in 1996 and the clock adorning the the west face, bare since 1809, was presented by Mrs Dorothy Robinson in 1995 in memory of her late husband Basil of Low Lorton. Our little church of St Cuthbert's is simple and unpretentious, but since 1994 it has one crowning glory, the wonderful set of kneelers and communion rail cushions. These were designed and worked by a dedicated group of valley ladies, who spent some 4,600 hours of detailed needlework. A note-book relating the story of the kneelers is kept in church for the benefit of visitors, together with a leaflet giving extensive details of "the history of the church, the clergy and those involved with it"

As usual I am making a plea for pre-orders and photographs for the Lorton Vale 2025 calendar. All the photos are taken by local residents so please send through your selection for inclusion ASAP. Pre-orders are required to ensure we get the correct number printed. Based on numbers from last year we will probably only be printing 100 - so get your order in quickly. As a reminder of the quality here is the cover from the 2024 calendar.



Rosemary Riley

ST CUTHBERT'S LORTON

Harvest Festival in Church

22nd September at 10.30am



with

Harvest Supper
at the Yew Tree Hall on
23rd September at 7.00pm

PLEASE PARK CONSIDERATELY



*Gertrude Lawrence,
theatrical star of the 1930's.
This show tells her story.*

GERTRUDE LAWRENCE

*A lovely way to
spend an evening*

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Photos: Laura Dodington



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Penny's Piece

In June's issue I threatened to launch a one woman attack on balsam. I have to say that I have largely failed. Mainly due to the amount of water around. I was doing not too bad in the usual places. But then I got into the section in Graythwaite. After getting 2 wellies full and a rather wet backside, I decided it was a lost cause this time. Looks like I will need waders for next year. I was wondering if there was an animal that might be helpful. The best I could think of is the capybara. They eat plants, like water and seem pretty chill. They are not remotely from the same place in the world as balsam but who knows.

I have just returned from my summer holiday so am wearing a fleecy hoodie and have the log burner on. Yesterday lunchtime I was in 29° with high UV and by teatime I was in 13° with no UV levels. There were a lot of rainbows though. This year I have been to Sorrento. It is lovely but would advise those who can not to go in August. It is too hot and very busy because the Italians are on holiday too. I have spent a week in a state of 95% puddle due to the heat and did not look cool at all in both senses of the word. When I am then walking around with beautiful, bronzed Italians (and a lot of Americans) I look even more dishevelled. The most important thing I took with me, after sunscreen, was a fan. I also had a UV reflecting umbrella, which is handy when you are stood in a square in Pompeii listening to a guide and there's no shade. Vesuvius in 32° is ridiculous, but we got there. Uphill I can do but uphill in that heat was tough. On the plus side I can say that we saw a lot of swifts up there. We also did a section of the Path of the Gods around the coast. Again yours truly and husband stood out as not being good in the heat. We were lead by 2 Italians, there was a couple from Perth-Australia and 6 Americans from Dallas, Miami and Phoenix respectively. So, all of them used to heat. We managed and the views were spectacular. We ended up looking down on Positano and the bay there. We saw a shepherd milking his goats and it was nice to see the farmers up there using the traditional methods like horses and donkeys, since there is no other way to get there. Some of the former dwellings

have been converted into Airbnbs. That's a hell of a walk with a suitcase! I was also brave and went on a boat trip to Capri. I get seasick looking at the boat never mind being on it. We chose a tour on a bigger boat rather than a 12 person one. The yacht that has just been in the news after sinking, is very much in the style of what we have seen over the week in the area. There are a lot of people, with a lot of money bobbing about on some very expensive boats around the coast of Italy. The best part of Capri was the chairlift from Anacapri to the top of the mountain. 14 mins each way of calm and quiet. The rest of the island is rammed as there is a ferry every hour and that's without all the different tours, self-hires and yachts. One of my friends and her husband often tour Europe on their motorbike in the summer and I was able to meet them in Sorrento. My first question was to try to clarify what the rules of the road are, other than they vaguely drive on the right. The response, with great annoyance, was 'you do what you want.' A little roundabout in town was mesmerising like the Arc de Triomphe, with traffic doing whatever (just about going round the right way) then a jogger or a kid on an electric bike would just cut right across the middle in the opposite direction. I lost count of the amount of mopeds overtaking our tour buses on blind hairpin bends. It did however show that the Italians know how wide their vehicles are. Handy when there is a rock face on one side and cliff drop on the other. Hope to see you at the Show on the first and our AoW later in the month email loweswaterevents@gmail.com for tickets.

Take care. Penny



Nature Notes - Hedgehogs Part 2: How we can help

When did you last see a hedgehog? Sadly, like a lot of UK wildlife, hedgehogs have suffered major decline in recent years. In many places hedgehogs are now completely absent and with numbers dropping so low (around 1.5 million); hedgehogs are at risk of extinction. However, we fortunately still have populations of hedgehogs in the Melbreak area, so you may be lucky enough to see one snuffling around.

To help keep these enigmatic prickly mammals in our neighbourhood, and ensure their survival, there are lots of things we can do.



Create hedgehog highways. Hedgehogs need to roam, often up to 3 km per night, in search of food, mates and nesting sites. Hedgehog-sized holes in boundaries, or simple ladders over steps and walls, allow safe passage through gardens and away from dangerous roads. In our wider countryside, maintaining dense hedgerows and tall grassy edges helps provide linear corridors that link habitats.

Provide a hedgehog banquet. Favourite food includes beetles, earthworms and earwigs, so creating log piles and allowing wood to rot down naturally on the ground, is an excellent way to keep hedgehogs from going hungry. Long grass, leaf piles and nettle patches are great hunting grounds, rich in invertebrates like caterpillars, and grasshoppers. Supplementary feeding helps hedgehogs, a bowl of cat biscuits alongside a dish of water will be a welcome addition.

Give shelter. One of the safest places for hedgehogs to nest or hibernate are impenetrable patches of bramble and dense scrub. Keeping these areas intact, and encouraging wilder, undisturbed areas in your garden or land, will help bolster hedgehog numbers. Predator proof hedgehog nest boxes (with a separate sleeping chamber) are also good additions. Fallen leaves are perfect nesting material so make sure you don't clear all of these away.

Be hedgehog aware. Hedgehogs often have summer nests in grass. This is why strimming and mowing are one of the most common causes of injury to hedgehogs. Simply raking or checking through long grass beforehand helps avoid accidents. Check for hidden hedgehogs before lighting bonfires and keep plant netting, sports nets and household rubbish above ground level to help prevent entanglement. Make ponds safe by adding shallow edges.

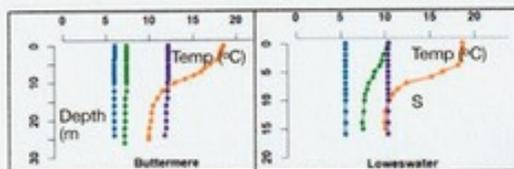
Avoid the use of pesticides and herbicides. Chemicals in weed killers, slug pellets and pesticide sprays can harm hedgehogs and the food they feed on. Hedgehogs are natural 'pest' controllers and need a plentiful supply of varied invertebrate prey to stay healthy.

Concerned about a hedgehog? If you see a hedgehog that's injured, underweight, orphaned or out in the daytime, call a rescue centre straightaway, as it may need immediate medical care. With support from The Melbreak Communities, Tanya St. Pierre runs Melbreak Hedgehog Carers, a small hedgehog rehabilitation rescue in High Lorton. She works in affiliation with the British Hedgehog Preservation Society (BHPS) and alongside Millcroft Vets to provide care for hedgehogs. Call Tanya: **07816 475486** or BHPS: **01584 890801** or Millcroft Vets: **01900 826666**

Tanya St Pierre – Member of Melbreak Wildlife Group

BUTTERMERE AND LOWESWATER - TWO SIMILAR BUT DIFFERENT LAKES

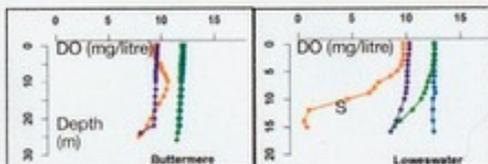
Superficially, the waters in our 3 valley lakes may look the same on most days, but they behave quite differently. We'll just look at Buttermere and Loweswater - there'll probably be much more on Crummock Water in coming months when the detailed plans for re-naturalising its outlet are announced.



The seasonal pattern of temperature versus depth is similar for both lakes (as shown here in data from the 2020 Lakes

Tour - the four lines are for each of the 4 seasons). So, both lakes stratify into 2 layers in summer (S line) due to the denser waters at depth.

The difference between the lakes is the effect of depth on dissolved oxygen (DO) levels - in Loweswater, the DO drops to zero in summer (again the S



line) whilst the lake is stratified. This is caused by the sinking of organic matter, mainly algae, to the bottom which is then broken down by bacteria using up the water's oxygen.

This doesn't happen in Buttermere as there's not enough growth of algae. The much higher algal growth in Loweswater is due to the higher input of supporting nutrients, notably phosphates, which come from rainfall and land run-off. I've calculated that the consumption of oxygen in the bottom layer during the summer is around 11 tonne. This quantity is more than the resident human population of Loweswater take in annually.

When the lake turns over in the Autumn, the deoxygenated bottom water impairs the water quality of the whole lake such that its overall classification by the EA will never be good (the long-term objective). It's difficult to see how so much oxygen is used up, but we're trying to find out from research on other lakes. I will let you know our conclusions when I get to the bottom of it.

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

ECO CHURCH/ECO COMMUNITY UPDATE

MELBREAK COMMUNITIES ORCHARD PROJECT & APPLE DAY

13TH OCTOBER, LORTON SCHOOL, 10AM-1PM

After the excitement of The Big Green Week the Eco Team is rather resting on it's laurels. However, in our absence we are very pleased to support the Melbreak Communities Orchard Project and the Apple Day they are holding as per the colour, double-sided flyer included with this edition and the poster below. There are lots of exciting activities planned including refreshments, apple-themed games and craft activities, as well as apple pressing to obtain juice from your own apples - either from your own trees or bought at auction at the Harvest Suppers (Lorton and Loweswater).

We are considering whether it is appropriate to create a mini community orchard in and around the village so please come along to the Apple Day to find our more and express your interest.



APPLE DAY

Sunday 13th October

Share your favourite recipes

We'd like to invite you to join in by sharing your favourite apple recipes!

Whether it's a cherished family recipe for apple crumble, a creative twist on apple chutney, or a warming mulled apple juice recipe, we would love to feature your ideas at the event.

To be involved, simply share your recipes - savoury or sweet via email to zindzigg@gmail.com by Sunday 6th October. Please include your name and any special stories or memories connected with your recipe.



Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st July 2024

1st prize of £25	No 21	Roger Hiley
2nd prize of £10	No 44	Liz Polkey
3rd prize of £5	No 63	Michael Thompson

The prizewinners for the draw held on 1st August 2024

1st prize of £25	No 94	Jim Mills
2nd prize of £10	No 78	Christine Walmsley
3rd prize of £5	No 87	Andy Rigby

Congratulations to the winners and thanks to all our supporters.



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Mockerkin Educational Foundation invites applications for financial grants in line with its aims in "promoting the education (including social and physical training) of persons under the age of 25 years who are resident in Loweswater Parishhave been resident for not less than 2 years and are in need of financial assistance."

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



Yew Tree Hall - New Year's Eve party!
From 8pm - Party food, bar, dancing, dress-to-impress,
Limited tickets, watch this space!

One of the donated wooden benches on Lorton Parish Field has finally deteriorated such that it has had to be removed for safety reasons. This photo shows the memorial plaque. If anyone knows the family or has contact details please get in touch with the Parish Clerk on

lortonparishclerk@gmail.com or
phone 07709
765005 so it can
be returned to the
family

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ROBBIE WOODBURN
1918-2003
WHO LOVED THE LORTON VALLEY.



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St Cuthbert's Church, Lorton

please join us for

Coffee and Cakes ^{£3}

Saturday 14th September
Yew Tree Hall, 10.30-12noon



A Melbreak Communities Event



PLEASE PARK CONSIDERATELY



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St. Cuthbert's Church
Lorton



Melbreak Wildlife Group

Open Meeting

7.30pm Monday 09 September

Yew Tree Hall, High Lorton



Join us for an evening of wildlife! Catch up on the latest news about the different projects we are running, and hear about what the group is doing to help support wildlife in the local area.

Current projects include:

Melbreak Swift Project

Melbreak Hedgehog Recovery Project

Melbreak Barn Owl Group (MBOG)

Melbreak Curlew Recovery Project

Share your ideas in an open discussion about new and existing projects – and find out how you can get involved. We would love to hear your thoughts!!!

Tea/coffee and biscuits provided. Donations to help support projects welcome.

All welcome!



www.melbreakcommunities.wordpress.com

PLEASE PARK CONSIDERATELY

Loweswater Ladies Summer 2024

We resume our meetings after the summer break on Wednesday 11th September with a talk about Strudda Bank Farm and their countryside classroom. The farm is a traditional hill beef and sheep farm near Ennerdale. For the last 10 years or more they have been providing farm visits for local schools and other groups. Come along to the meeting to hear more about their farm and their various outreach activities.

To have referred to a summer break is perhaps a bit of a misnomer as for much of July and August the weather was decidedly autumnal. We did however have a dry day for our summer outing in July. Everyone arrived for the coach very promptly allowing us to get to The Pot Place Garden Centre slightly ahead of schedule thereby giving us more time to peruse the wide range of plants and garden accessories. Judging by the number of plants taken onto the coach this extra time was well utilised. We then travelled to Sedbergh to Farfield Mill. This former wool mill now provides a hub for creative enterprises as well as a small exhibition detailing the history of the mill. After lunch we were fortunate to see several weavers at work and also a lace maker. It was fascinating to watch them and have the opportunity to discuss their work. A wide range of arts and crafts were on display and available to purchase. I was not the only one to be tempted to buy a beautiful, handcrafted vase or other artifact. A thoroughly enjoyable day which we were pleased to share with a number of members' friends.

Our next meeting is on **Wednesday 11th September at 7.15pm in Loweswater Village Hall.**
(Visitors welcome £2.50)

Doreen

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

Summer has drawn to a close and this year it is probably better not to dwell on the unseasonal weather which has not deterred large numbers of tourists. Looking ahead to the promise of autumn the fells are already showing the purple hues of Heather.

Loweswater Show takes place on 1st September, an important day on the annual calendar and we hope for a fine day as so much work goes into making this occasion a success.

Many will have noticed the scaffolding has come down after the repair of the bell. Wonderful to have this in working order

again after more than a year. This is covered in detail elsewhere in this issue.

We celebrate our Harvest Festival on 6th October. The church will be decorated the preceding Saturday. Our Harvest tattie pot supper and auction takes place the following Monday. Tickets available from Church wardens and PCC members.

I hope many have enjoyed a summer break and come back refreshed. For those who were able to watch the Olympics, what an uplifting experience to see people's endeavour rewarded and the joy of all the participants.

Eleanor Ella



RACE NIGHT

at the Yew Tree Hall

Saturday 16th November at 7pm

Save the date
for a grand night
at the Races

- Bar
- Opportunity to purchase a horse
- Sponsor a horse
(Further details to follow)



All proceeds for the Yew Tree Hall



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Saturdays 10am – 1pm

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Based in North West Cumbria we breed Belted Galloway cattle and Herdwick sheep. We also have a no dig market garden growing vegetables, fruit and flowers. All produce is available to purchase from our shop at Low Netherscales Farm.

Our farming system is based on organic principles and regenerative practices. The underlying philosophy is to look after the soil because healthy soil leads to greater fertility, more biodiversity and better water retention capacity. It also helps to increase carbon capture and therefore mitigate climate Change.

Low Netherscales Farm, Embleton can be found just off the A66 along the Wythop Mill Road opposite the turning for the Embleton Spa Hotel

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ST BARTHOLOMEW'S LOWESWATER BELL RESTORATION PROJECT 2024

HISTORY

The bell, which dates back to the 14th century, was last rung in the original site, in 1827 when the old chapel was demolished, and the new church was built. The bell was sold for half a crown to a Maryport scrap merchant and replaced with an iron bell. Canon Rawnsley, who was the vicar of Crosthwaite Church, Keswick, rescued the bell and placed it on a window sill, in the Crosthwaite parish room where it remained for eighty years.

In the early 1970s the Loweswater PCC, led by the Reverend Geoffrey White, vicar at the time, successfully campaigned for it to be returned. Initially, it was hung in a niche inside an arch at the west end of the church, but it was then decided to rehang it in the bell cote. It was re-dedicated by the Bishop of Carlisle, The Right Reverend Sydney Cyril Bulley, on Sunday 13th August, 1972.

Ron East (Carlisle Diocesan Bell Advisor) believes, the bell was rehung by John Taylor & Co for the re-dedication. It has hung, exposed to Lake District weather, for the last 52 years.

RESTORATION

Until recently, the bell had not been heard for over twelve months due to health and safety issues. The bell was seen to be tilted in the bell cote when observed from the ground. It was planned to lift the bell back onto its bearing before carrying out maintenance in situ on the timber headstock and metal fittings. Close inspection, after erection of scaffolding, revealed the headstock to be decayed and unsafe, with the potential for it to fall from its location of the bell cote. There was no strength remaining in the timber (photo 1). A new headstock was created by Nicholas Meadwell of Penrith and installed by Ron East and his team (photo 2).

On Sunday 4th August Revd. Andrea Ward led re-dedication prayers and once again the beautiful sound of the bell rang out in the valley.

The bell restoration is the start of the renovation project to repair the Church roof, vestry, organ loft and west end. The extensive work required will be phased over several years and will involve considerable expenditure. **We would welcome any interest and the opportunity to discuss the possibility of funding for our project.**

BEFORE (1)



AFTER (2)



We aim to have a restoration project story available in the next couple of weeks. This will comprise past, present and future works on display at the back of church, for everyone to see.

Churchwarden. Jan Collins-Webb: jan@damsonghyll.co.uk

Secretary. David Robinson: david@loweswater.net

Acknowledgement With grateful thanks to Ron East, Carlisle Diocesan Bell Advisor, without whom the restoration would not have been possible

Make it a Date

COMMUNITY LUNCHES until end of 2024

2 course meal at Lorton School, cooked by Chef Helen
Served promptly at 1.15pm. Everyone welcome

Dates:	Sept 9th	£7.00
	Oct 14th	
	Nov 11th	
	Dec 9th	Christmas Lunch



Booking essential
call Helen on 07790 459064



Harvest Festival

*St Bartholomew's Loweswater
with St James's Buttermere*

Tatie Pot Supper & Auction

Monday October 7th 2024

Loweswater Village Hall 7.00 pm

Admission £12.00 Children £6.00

For catering we need to know numbers please.

To reserve your place please ring:

Jan Collins-Webb on 01900 85609

or Eleanor Ella 01900 821180



St Bartholomew's Patronal Cream Teas

Thanks to everyone for baking and preparing the scones & cakes, to all who worked so hard on the day and thank you also to everyone who came and enjoyed the delicious teas, contributing to making the afternoon a very successful event, despite the Cumbrian weather, it was good to catch up with everyone. We made an excellent £667.20

Thank You



loweswatervillagehall.co.uk
Loweswater Village Hall

Make a diary note for our next Arts Out West event on Thursday September 26th at 7.30, when we will be welcoming an evening of “Gertrude Lawrence: A lovely way to spend the evening”. This production was nominated for an Edinburgh Fringe Festival Off-Fest award in 2023 and is performed by the wonderful Lucy Stevens, who previously brought us a brilliant evening of music from Kathleen Ferrier. For full details please see the poster in this issue of the Link, on noticeboards and on our website & Facebook page. A licensed bar will be open between 7.00 and 7.30 and during the interval.

Loweswater Village Hall is delighted to be hosting the Melbreak Communities Coffee Morning on Saturday October 12th between 10.00 and 12.00am. As well as offering an opportunity to catch up with friends and neighbours, there will be the usual tea/coffee and delicious cakes available, along with the sale of the ever popular cards, prints and their 2025 calendar from Rosamund and John Macfarlane. A slide show which Rosamund and John have compiled for their current exhibition at Wordsworth House in Cockermouth, entitled “Wildlife Encounters: An Exhibition of British Wildlife Photographs and the Tales behind them” will be running throughout the morning. For full details, please see the poster in this issue of the Link.

We are looking forward to putting together our Magnificent Melbreak Showcase - on Friday November 1st, for an evening of local talent, of all ages. If you can play a musical instrument, sing, dance, act or perform, either on your own or with a group of friends or class mates, we would love to hear from you. If you would like to take part, please contact Val Bell on 07918 882175 for further details.

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Loweswater Village Hall

Coffee Morning

Saturday October 12th - 10.00 'till 12.00

Coffee/Tea & Cakes

and an opportunity to catch up with friends & neighbours

Plus

Sale of Prints, Calendars & Seasonal Cards

and a continuous background slide show

by Rosamund & John Macfarlane



A Melbreak Communities Event

Proceeds in aid of Village Hall Funds



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Lorton & Derwent Fells Local History Society

A Place in History: three locations with a fascinating past

12 September, 7.30 pm, Yew Tree Hall

The Ambleside Oral History Group (AOHG) are well-known in our valley for their vivid presentations bringing the Cumbrian past back to life. The forthcoming talk by Judith Shingler and Alison Peak will draw on recorded memories of three locations: the Thirlmere to Manchester Pipeline; Grizedale Hall Prisoners of War Camp and The Theatre in the Forest.

The work on the Thirlmere Aqueduct by the Manchester Corporation Water Works began in 1890 and lasted 35 years. As it happens, the very first interviewee of the Ambleside Group at its beginnings in 1977 was the 99-year-old Edith Benson, who recalled watching miners digging the tunnel for the Aqueduct in 1890. Other recordings round-up the story of this pioneering project that originally aroused much controversy.

The memories of people who lived or worked at Grizedale Hall during World War Two tell the stories of the No.1 POW Camp for captured German officers. The camp became also known as the "U-Boat Hotel" as many of the prisoners were rescued from sunken U-boats. The camp was the



Grizedale Hall during World War Two

scene of several famous escapes and the Hall later served as a film location.

The Theatre in the Forest, established in Grizedale in 1970, was very successful for nearly three decades, hosting plays, concerts and well-known stars of the stage and screen. Its back story will be brought to light by the Ambleside Group.

The AOHG holds an archive of 450 recorded interviews and transcripts on most aspects of life in Ambleside and the surrounding area, including more recent events. The archive also holds transcripts from other societies including the Lorton & Derwent Fells Local History Society's *Three Valleys Oral History Project*.

Everyone is welcome to attend; visitors pay £4 incl. refreshments; entrance is free to society members. Come and see us at Yew Tree Hall on Thursday, 12 September or contact us about membership at ldflhs.subs@gmail.com.

Lena Stanley-Clamp

PLEASE PARK CONSIDERATELY

Poiema Community & Retreat House

Quiet Day

“For we are God’s handiwork”



In his letter to the church in Ephesus, St Paul writes, “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do” (Ephesians 2:10).

This Quiet Day will explore how growing in understanding of our identity as God’s handiwork liberates us to live more fully and wholly for Him. The day will include short times of led input interspersed with times of quiet to reflect and pray.

Saturday 12th October 2024

Time: 9.45am – 3.30pm

Venue: Poiema, The Vicarage, Loweswater CA13 0RU

Suggested donation: £10-15

Please bring a packed lunch / Tea & coffee will be provided

Parking available at the Vicarage.

For more information and to book your place, e-mail us at:

info@poiema.org.uk



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DIARY DATES

SEP

- 1 Sun Loweswater and Brackenthwaite Show
3 Tue Buttermere Parish Council meeting, Buttermere Old School 7.30pm
4 Wed Lorton Parish council meeting YTH 7.30pm
9 Mon Community Lunch, Lorton School, 1.15pm
9 Mon Melbreak Wildlife Group. Open meeting to update on current projects and plan future activities. All welcome. YTH, 7.30pm
11 Wed Loweswater Ladies, A Countryside Classroom, 7.15pm LVH
12 Thu A Place in History: three locations with a fascinating past, Judith Shingler & Alison Peak, Ambleside Oral History Group, Lorton History Society, YTH, 7.30 pm
14 Sat Coffee and Cakes, YTTTH, 10-12
23 Mon Harvest Supper, YTH, 7pm
26 Thu AoW at LVH. Gertrude Lawrence: A lovely way to spend an evening. Doors 7pm. 7:30 start see posters for pricing. Bar available.

OCT

- 7 Mon Harvest Supper, LVH, 7pm
9 Wed Loweswater Ladies, Successful Composting, 7.15pm, LVH
12 Sat Quiet Day, Poimea Community and Retreat House, Loweswater, 9.45am - 3.30pm
12 Sat Coffee and Cakes, LVH, 10-12
13 Sun Apple Day, Lorton School, 10am-1pm
14 Mon Community Lunch, Lorton School, 1.15pm

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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 September 2024

1 st September	Trinity 14	
8.30am	Holy Communion (Said BCP)*	Lorton
12 noon	Loweswater Show Service*	Loweswater Showground
8 th September	St Cuthbert of Lindisfarne	
10.30am	Holy Communion	Lorton
15 th September	Trinity 16	
10.30am	Morning Service	Loweswater
6p.m	Holy Communion	Buttermere
22 nd September	Trinity 17	
10.30am	Holy Communion & Harvest Festival	Lorton
29 th September	St Michael and All Angels	
10.30am	Holy Communion	Loweswater

**Note change to regular pattern*

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.



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Deadline for October is Friday 20th September - all articles, photos(especially for the front cover), funny stories, letters to lortonvalelink@gmail.com by this date.