

OCTOBER 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

After a dismal Summer we finally had a burst of sunshine meaning some last minute use of the sun-lounger - I will go into the Autumn with a tan - and a final burst of growing from the final crop of radishes. For those of you who follow my gardening exploits I'm sure that you will be thrilled to hear that my cucumber submitted to Loweswater Show was a first prize-winner - who knows what next



year will bring. I hope you enjoy the colour centre spread of photos taken at the Show - a great time was had by all.

For ages I've been promising a cover picture from our newest contributor -Trev - and this month it is finally his turn. We

are always looking for new contributors - so budding photographers - don't be shy.

On page 19 you will see that we have another 'Letter to the Editor'. It would be great if this could become a regular feature. So if you have anything to share, particularly if you are a former resident of our valleys and have recollections or news you would like to impart with old friends, please contact the magazine using the email address on the back cover - we would love to hear from you.

There are a range of activities happening in the Valley in the next couple of months - including a ballroom dancing taster session - a must for all Strictly Fans. The programme of gardening club winter talks starts this month, along with the new season for the 77 Club. Don't forget to visit YTH on 13th October for your annual Flu Jab - before heading off to get your apples pressed at the school.

Rosemary Riley

Centre page montage of Loweswater Show compiled with photos by Angela Jackson and Roger Hiley. Front cover image of a Nuthatch feeding on seeds is by Trev Mason.



Have you ever wondered why the priest wears different colours on different occasions? Or why some churches use different coloured decorations at various times of the year?

Recently there have been two Patronal Festivals in the Benefice, St. Bartholomew on 29th August and St. Cuthbert on 4th September. A member of the congregation noticed and asked that very question.

Liturgical colours have different meanings and are used to indicate the season or the feast day being celebrated. They have deep spiritual significance and they are derived from biblical imagery and centuries of Christian symbolism.

The colours used in the liturgical calendar can vary somewhat from tradition to tradition, and even from church to church.

In the Benefice of Lorton and Loweswater with Buttermere, the Churches, follow the Anglican Church colours. When the colour red is used on a saint's day this symbolises suffering and sacrifice, the saint has been martyred, meaning they were killed for their faith and so the colour red is used

symbolising the spilling of their blood. As in the feast day of St. Bartholomew. If white is used this symbolises that the saints were not martyrs so they usually represent purity and joy. As in the feast day of St. Cuthbert.

Because white is the association of purity, joy and celebration it is also used in celebrations like Christmas and Easter.

Some may think that the use of colours in worship is a minor detail, but it actually plays a significant role in helping the church to engage with the liturgy. Colours can help to set the tone of a service and create an atmosphere that is conducive to prayer and reflection. They also serve as visual reminders of important aspects of our faith.

As we move through different times in the church year, understanding the meaning behind each colour can be a great way to ensure that our worship remains focused on God's Word and his promises rather than external distractions.

Revd. Barbara Robinson

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

LORTON NOTES

After a pretty dreadful Summer we were blessed with a sunny September, particularly enjoyed at our Harvest Festival service on 22/09/24. Many thanks to all those who came along on Saturday morning to help decorate the church - it looked absolutely splendid.

Earlier in the month we marked the sterling service of Mark Elliott as Secretary of St Cuthbert's PCC. Mark retired from the post at the APCM in April and we shared our thanks for his work with a speech by Keith McNeil and a presentation of an Amalanchier tree. Mark is shown below standing with the it newly planted in the front garden at Smithy Fold. If you peer over the wall you will be able to see it at the back of the plot.



delicious Tattie Pots and Apple Pies/crumbles. After a 'lively' supper, fuelled by the bar selling wine and beer we enjoyed a fast-paced auction where as well as the usual lots of home-grown apples, vegetables and the like we sold generous donations of lamb (Andrew Nicholson), wood (Lakes Wood Fuel), smokeless fuel (Nicholsons coal merchants), pheasants (Terrace Farm), a hamper and a bunch of cut flowers from Cumbria Farmers Farm Shop and some bottles of cider from Mosser Cider .The auction alone raised a little over £700.00 (a magnificent total given that we were a little down on numbers this year). I will be able to give you the final total raised in Lorton Notes next month. This is to be split between the Bishop's Harvest Appeal and Calvert Trust Riding for the Disabled Stables, More can be found out about these two inspiring charities here

<https://www.carlislediocese.org.uk/news/2024/09/04/bishops-harvest-appeal-raises-tens-thousands-pounds/>

and here

<https://calvertlakes.org.uk/meet-the-ponies/>

Rosemary Riley

From the Register:

Marriage: Alan Alcock & Lesley Nicholson,
29/06/2024

At the time of going to press we held our Harvest Supper in YTH on Monday 23rd. I received a stay of execution from the printer to allow me to report on it here. As usual we are very grateful to all those who cooked our



Lakes Wood Fuel



Suppliers of high quality firewood in handy nets, as well as larger quantities.

Hardwood • Softwood • Kindling
Briquettes • Smokeless coal • Charcoal



All wood has a moisture content below 20% ensuring quick and easy lighting, and maximum heat output.

Order online: lakes-woodfuel.co.uk info@[lakes-woodfuel.co.uk](mailto:info@lakes-woodfuel.co.uk)

Call Chris & Rachael Edmunds: **01900 85119**

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	£13.00
---------	-----------------	--------



Booking essential
call Helen on **07790 459064**

Lorton Vale Gardening Club



Over the summer months, Garden Club Members and guests enjoyed visits to four beautiful and diverse gardens - and despite one rearranged visit, due to torrential rain, the sun was on our side! A visit to Hutton-in-the-Forest coincided with the first hot, sunny day of spring. The Head Gardener led a private tour of this interesting and historic formal garden, obligingly answering many gardening questions. The sale of plants was, as always, very popular! Welcomed to Yews in Bowness, with an introduction to this grand garden and estate – with its sunken borders, rose garden, yew maze, bog garden and woodland walks – members were free to explore before afternoon tea on the sunny terrace. Chapelside in Mungrisdale is a fellside garden, lovingly designed and colourfully planted over many years, with surprises around every corner and artistic installations to delight, as well a private gallery. Last, but not least, Ivy House in Cumwhitton is an enchanting, secret and private garden. Consisting of paths and ‘rooms’, with quirky design features and plantings to inspire, it was created by the former Artistic Director and the Designer from Theatre by the Lake.

With autumn fast approaching, we look forward to an interesting programme of talks, at Yew Tree Hall.

WINTER PROGRAMME 2024/25

Thurs 17th Oct. AGM 7.30pm. Wild Flower & Pollinating Insects in North & West Cumbria

Thurs 21st Nov. 7.30pm. Biochar in Gardens

Tues 10th Dec. 1.30pm. Water Gardening

Thurs 16th Jan. 6.30pm. Winter Social (Members & Guests)

Wed 12th Feb. 1.30pm. Rainbow of Dahlias

Thurs 13th March 7.30pm. What to do in the Spring Garden

Thurs 10th April 7.30pm. Pests and Diseases in Forestry

New members are always very welcome (£12), as are guests (£4)

Please contact the Membership Secretary, Fiona Lambrick. 01900 85710

fionalambrick@btinternet.com for further information.

Please park considerately when attending meetings at Yew Tree Hall.

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

TIM IRLAM
ELECTRICAL 

Tim Irlam

📞 07806 656650

✉ ti.electricaltd@gmail.com

📱 /timirlamelectrical 📧 /ti.electrical



Penny's Piece

Well, school is back in. You will be aware of this due largely to the improved weather. At time of writing we are 4 days into what could be, just over a week-long high. I have got my respectable length shorts on for work and am loving the lack of indoor playtimes that are sure to come. Having said that I have a games box in my class that I have kitted up over the years with fake Lego, connect four, 20-piece jigsaws and several of the card games like old maid and happy families. Once they get ok at holding cards, I will crack out the proper playing cards and teach them knock-out- whist to begin with. After a lot of use the cardboard boxes begin to fall to pieces which is particularly annoying with the jigsaws. So, after I re-taped all of the boxes, I made each jigsaw up on top of a piece of card, turned it over and wrote the initials of the jigsaw on each piece to ease future sorting. The jigsaws are of the Mr Men and Little Miss characters so MB is Mr Bump. I did notice an unusual thing about jigsaws on Reddit recently. Companies who make jigsaws use the same pattern/ layout for the pieces on different designs of picture. So, someone had found 2 examples and had made up the top part of a steam train, running through a field on race horse legs with a tail. Looks like I need to go back to Mr Bump and friends and see if they link together.

Last weekend I gathered up a friend and her family and we went to Force Mine in Coledale. I walked past it earlier in the year and saw that they do tours of the buildings at various points so took a picture of the information and forgot all about it. Then, we had a few days after our holiday and I thought I'd see if there were any tours on over the Bank Holiday. There weren't but there was one last weekend. It was fine in Lorton for the coffee morning. It was fine when my friend left Cockermonth. It was very, very wet in Braithwaite and we were very soggy by the time we'd walked up the valley. The weather hadn't deterred people though as there were three tours constantly on the go. Around 50 people must have passed us having already been and we passed around 20 on our way back. They mined lead, zinc and barytes there at various times until the early 90s. For those

like me who'd never heard of barytes, it is a very dense, inert rock that looks like white quartz. You notice the difference when you pick it up. Very heavy. It was very interesting to find out how they separated the different minerals from the mix that came out of the mine and there were two excellent bits of simple engineering used that I really enjoyed. Firstly, to add the chemical into the water and powdered mix (to make the particular ore stick to a foam that could be scraped off) someone had soldered small metal, coffee shop milk jugs to a wheel that went around in the vertical. The position of a hollow, kidney shaped cam that was horizontal, helped determine how much of the jug's contents went into the mix (via the kidney) or back into the chemical reservoir to start again. Clever. The whole works process was engine powered. That engine being an old Bedford truck. They had likely driven it up there, then lifted the engine, complete with gearstick, handbrake and speedometer out, hooked it up to the machines and got going. There was also a powdering machine that broke the pieces of rock down via ball bearings. I was expecting about half inch sized at most. Nope. Cricket ball sized. Like small cannon balls. Hundreds of those going around in a tank about a metre high and two metres long. My ears were hurting at the thought of it. I also realised that, just like Fleetwith, this means Grisedale Pike is rather less solid below you than you might think. There are miles of tunnels below ground that, until that day, I had not known about or thought about.

Anyone else got a spindly spider infestation? There was one point where I looked up and decided 21 around the living room ceiling was rather unnecessary so I had a clear out. I deported as many of the big ones as I could outside and then I'm afraid I gave up and hoovered the ceiling. I repeated this in the hall. They have of course made their way back as when I am home the front door is usually open. 2 or 3 is ok by me. Double figures is a take-over.

See you next month. Penny.

Lorton Tennis Club
Update – end of Season Sept 2024

As another tennis season draws to a close, we're reflecting on what a successful year it has been. Despite enduring one of the worst summers ever, the love of tennis kept us on the courts, and there was no shortage of action. The spirit of community was stronger than ever, with well-attended events, regularly used courts, and some thrilling league matches—often wrapped up with a serving of delicious Wheatsheaf chips! The club currently has around 140 members and we have a range of players – from social tennis through to competitive play.

Our teams excelled this year, with both the men's and women's first teams crowned champions of the West Cumbria Tennis League's First Division. Lorton also dominated in the mixed doubles, going undefeated for the entire season—a fantastic achievement!

A real highlight of the year has been the sense of camaraderie and collaboration among the clubs in the West Cumbria league. Special thanks go to Gary Payton and Chris Edmunds, whose dedication has been instrumental in growing tennis in the region. Their efforts to try and secure funding for indoor tennis courts in Workington show the commitment to expanding opportunities for year-round play. Whitehaven Tennis Club hosted the first league presentation night in years, and it was a resounding success with plenty of fun and celebration; a special thanks goes to Graham Morgan (Lorton) and Graeme Lowrey (Whitehaven).

Our annual club championships, expertly organized by Rachel Wilson, concluded with one of the hottest finals days we've seen in a long time. A fantastic turnout of spectators enjoyed the high-quality tennis and sunshine. Full results from Finals Day are listed below.

If tennis is something you'd like to try, we would love to have you join us. Whether you're interested in coaching, social tennis, or competitive league matches, there's something for everyone, regardless of skill level. Visit our website at clubspark.lta.org.uk/LortonLTC for membership information, court bookings, social tennis times, and the latest updates.

2024 Club Championships Winners and Runners-up:

Men's Singles:

Winner: Rob Cruickshank

Runner-up: Chris Edmunds

Women's Singles:

Winner: Rosie Tyson

Runner-up: Cal Williamson

Men's Doubles:

Winners: Chris Edmunds & Stuart Barnet

Runners-up: Chris MacLeod & David Escurriola

Women's Doubles:

Winners: Kathryn Mitchell and Annemieke

Runners-up: Julie Best and Gill White

Mixed Doubles:

Winners: Cal Williamson & Chris Macleod

Runners-up: Kathryn Mitchell & Dave Hulme

We hope to see you on the court soon!

FLU JABS AT YEW TREE HALL

13TH OCTOBER 2024

10AM TO 12PM

FREE TO ELIGIBLE PATIENTS &
PRIVATE SERVICE ALSO AVAILABLE





Sunday 13th October 10am – 1pm

Lorton Primary School

ALL WELCOME

What's happening?

Block printing workshop with Market Place Print Studio

Suitable for 7+. In this free workshop, you'll use pre-carved lino blocks with apple designs to create prints on paper or a cotton tote bag (£3).

Games and storytelling

Join the fun with apple-themed games, do some messy play apple printing, or sit back and enjoy harvest-inspired stories.

BBQ and apple bakes

There'll be strudels, pies, and cakes to enjoy with a cup of tea or coffee in the pavilion, plus BBQ pork and apple burgers.

Maps and more

Orchards then and now, help us draw the map and learn more about all things apple.

Apple Pressing with North Cumbria Orchard Group

Juice your own apples or watch the process in action. If you'd like your apples juiced, please bring

1. clean apples - hand picked/washed, free of major bruises and not rotten. They can be small and knobbly, no need to peel.
2. clean containers for their juice e.g. empty plastic milk bottles, about 2kg of apples (a supermarket bag full) makes 1 litre.

Please note that juice from apples pressed on the day will not be pasteurised.



This event is funded by the National Lottery Community Fund and is part of the Zero Carbon Cumbria Partnership's ambitious emission reduction programme to make Cumbria carbon neutral by 2037.



Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st September 2024

1st prize of £25	No 100	Betty Coulthard
2nd prize of £10	No 11	Jenny Bland
3rd prize of £5	No 116	Leslie Webb

Congratulations to the winners and thanks to all our supporters.



Fellside
PHYSIOTHERAPY

Dual qualified Sports
massage therapist and
Chartered physiotherapist
specialising in Sporting
injuries, Musculoskeletal
(MSK) conditions and
Poly-trauma recovery.

Contact Emma on 07595 672 188
www.fellsidephysiotherapy.co.uk

   @fellsidephysio



**CUMBERLAND
STOVE SERVICES**

- Stove and Fireplace Installation
- Flue Lining
- Chimney Sweeping
- Stove Maintenance and Repair
- FREE NO OBLIGATION
SURVEY AND ESTIMATE

Email: enquiries@cumberlandstoveservices.co.uk
Tel: 01900 268737 Mob: 07702112406



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.

Crummock Water

United Utilities has been contacted by the clerk to all three Parish Councils for an update on the likely timing of its planning application. The response was: "we are aiming to submit the planning application by the end of the year. There has been a delay to this due to changes to the new bridge over the River Cocker and agreeing the details with the various stakeholders, EA [the Environment Agency], NE [Natural England] and National Trust"

Harriet Davies, Buttermere Parish Council



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

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

07584688391

www.lakelandphysiotherapy.co.uk



DÉCOR & DESIGN

Kate Pritchard

Quality Decorating and Interior Design
Bespoke Painted Kitchens and Furniture

Tel: 07989 773708

decoranddesign.kp@gmail.com

Find us on 

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

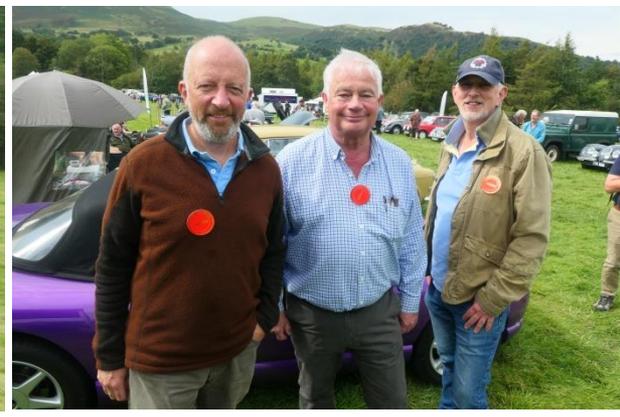
Proceeds in aid of Village Hall Funds

loweswatervillagehall.co.uk



As you will see from this month's colour centrepiece (overleaf), Loweswater Show enjoyed glorious weather and achieved one of the best attendances for many years. Many thanks to everyone who attended and supported the Show. The continued success of the Show is, in no small measure, the result of the hard work of the Industrial and Agricultural Committees, who plan, prepare and present the Show. As the Show continues to develop, the Committees are keen to welcome new members, with fresh ideas and enthusiasm for one of the best agricultural shows in the county. If you would like to join either committee or would like to volunteer to help on Show day or know more, please contact Catherine Armstrong, Industrial Committee Secretary, at catherine@terracefarm.co.uk or Rachel Moore, Agricultural Committee Secretary, at rachel@beech-hill.eu. We look forward to hearing from you.

A full photographic report of the Loweswater Show 2024 can be found at:
https://www.loweswatercam.co.uk/240901_Loweswater_Show_2024.htm



**The Loweswater and Brackenthwaite
Agricultural Show September 2024**



Lorton Vale Gardening Club



Wild Flower and Pollinating Insects in North and West Cumbria

Our wild pollinators are in trouble. More than HALF of Cumbria and the UK's bee, butterfly and moth species have declined in the past 50 years.



We've pollinators to thank for every third mouthful we eat. Not only do they pollinate our food crops, but they're also vital for the survival of other wild plants that support so much of our wildlife.



Talk by Local Expert Steve Doyle

Thursday 17th October
7.30pm Yew Tree Hall

When attending meetings please park considerately.

PRECISION TREE SERVICES

Based in the Lake District

07730276279

- Certified & Insured
- Tree Felling
- Pruning
- Hedge Cutting
- On-site Firewood Processing



Loweswater Ladies September 2024

Meeting held on Wednesday Sept 11th 2024 at Loweswater Village Hall

Our first meeting back after the summer break was a lively & well attended affair with members & guests ready to listen to our speaker Ros Downing. Ros is well known to our club having given various talks on an array of subjects & she kindly stepped in at very short notice with her new talk entitled "A Pictorial Journey through Cumbria". As usual her wealth of knowledge was outstanding as we travelled from Roman & Viking times through various Kings of England & Scotland to the Border Reivers & beyond. Ros described the amazing industrial heritage of the area, the coal mining, iron ore & graphite mines etc. These were all illustrated with photographs of Hadrians Wall, pele towers, monuments & the remains of mine shafts & ventilation chimneys. We came away realizing that our county has had an impact on all manner of industrial innovation as well as the archaeological sites dotted around the area. Many thanks to Ros for yet another fascinating talk.

The members at the meeting were also happy to vote Lyn Furniss as our representative on the Village Hall committee.

Jenny Burr



RACE NIGHT an update

at the Yew Tree Hall

Saturday 16th November at 7pm

**Ticket price £15
incl. meal-Lasagne,
salad, garlic bread**



- Bar
- Opportunity to buy and name your horse
- Lots of fun and spills

All proceeds to Yew Tree Hall Fund

**Further details: Catherine Armstrong
and Nigel Lee**



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

Eleanor has asked me to write this piece in her absence as she is poorly. Leslie and I have just returned from a holiday in Halkediki, a beautiful part of Greece with three promontories, all very different. We visited some simple quiet attractive chapels. Also visited some amazing underground caves with incredible stalactites and stalagmites, thousands of years in their growing, the best we have ever seen!

The 145th Loweswater & Brackenthwaite Agricultural Show on September 1st, was enjoyed by all who attended in a window of superb weather. Revd. Barbara led a family service, a gathering enjoyed by many who came.

The restoration works beginning with the Vestry were scheduled to start on Monday 23rd September and will take approximately four weeks to complete. Please take care while visiting the church and churchyard.

On writing these notes I am finding it hard to believe that Summer is

nearly over and we are soon due to celebrate our Harvest Festival. I personally have lost the battle of "plague of slugs", for, apart from my Poly tunnel, I have totally failed in growing any vegetables and speaking to a local farm producer of veg they have suffered too. Never mind next year is another year!

Our Harvest Festival Service is at St. Bartholomew's Loweswater on Sunday October 6th preceded by the decoration of Church on Saturday 5th. The Auction and supper is the next evening on Monday October 7th at Loweswater Village Hall at 7.00 pm. All are welcome, for catering purposes, we need to know numbers, **so please reserve your place by ringing me on 01900 85609.** It will be a great evening and a chance to catch up with friends and meet new. Profits of the event will be divided between the Bishop's Harvest appeal and Church funds.

Jan Collins-Webb
(in Eleanor Ella's absence)



S MCADAM GARDEN SERVICES

Independent business offering a quality gardening service in and around Cockermouth, Lorton Vale and Keswick

Grass Cutting – Lawn Care – Turf – Artificial Grass - Fencing – Landscaping – Hedge Cutting – Pruning - Planting - pressure washing and re-sanding

Tel/Whatsapp: 07864860720

Email: mcadamgardenservices@gmail.com

Facebook: S McAdam Garden Services

LETTERS TO THE EDITOR

Dear Rosemary.

Thanks for being editor and keeping me informed of the many goings on. I really enjoy my copy of The Link each time it arrives.

A plea from an inhabitant of Bayswater - that's me - once upon a time a resident of the valley. I am now disabled and need a stick and a chair to get around but I have been just listening to the radio and am appalled at the levels of incompetence and irresponsibility the Grenfell Inquiry has revealed.

My carer spent many happy years in the Tower, which people here saw burn, so it is the least I can do is to think about it.

I do hope that there is time for everyone to turn from potatoes and the lovely photos of the Lorton St Cuthberts Church and Gertude Lawrence and remember the suffering that the fire caused, plus the other issues which beset us. Such a gap of culture between life in Loweswater and life in London - it is almost as if these are quite separate worlds.

Is there any one quite as aged as me in the valley? I was born in 1928. I thank you so much for the article a few issues ago on my son Timothy. I should have written before .

Yours, Michael Baron

**BEGINNERS CLASSES
ENROLLING NOW**

ENNERDALE
LAMPLUGH
LORTON
HARRINGTON
SCOUT HUT
HARRINGTON
ST MARY'S CHURCH

**TO ENQUIRE OR ENROL CALL
07543 876490**
(THIS NUMBER DOES NOT ACCEPT TEXT MESSAGES)



**CUMBRIA COAST
KARATE**
www.cumbriacoastkarate.co.uk

ALL INSTRUCTORS ARE
FIRST AID TRAINED
AND DBS CHECKED



BY BRITISH KARATE



If you haven't belonged to the Club in the past why not give it a try this year? It has been going since 1977 (hence the name), and you don't have to live in Loweswater - membership is open to all. We have a monthly programme of talks and activities from October to June, and the membership fee for the year is £10. Non-members can attend the talks for £2.50, but we charge £15 for non-members to attend the Christmas Party (free for members). At other meetings where food is provided (Pie and Peas Supper, Burns Supper and Spring lunch party), a small charge is made for all.

This year's programme starts on Thursday October 24 at 7.30pm in Loweswater Village Hall. After an AGM we will hear David Gardiner of the Melbreak Communities Wildlife Group speak on *Halting Curlew Decline in the Cocker Valley*. The call of the Curlew is very rarely heard today, and we all want this beautiful bird to return in significant numbers. David's illustrated talk will describe local initiatives to reverse the Curlews' decline and outline ways in which we can all help in their recovery.

Please come early! Before the meeting we shall be collecting annual subscriptions, and now LVH has the necessary licence, we shall be running a **bar**, selling beer, wine and soft drinks. After David Gardiner's talk we shall be serving tea and biscuits as usual. Please note we shall not be holding a raffle at this meeting, so no need to bring prizes.

Dates for your diary: On Tuesday 12 November we shall be holding a Pie and Peas Supper. Details of the guest speaker and the title of their presentation will be given in the November Link. The Christmas Party on December 7 (3pm) will as usual include visiting entertainers, and the first event of the New Year will be a Burns Supper on the evening of 24 January. Events are currently being planned for February-June, but are expected to include a lunch party and a summer outing.

We look forward to launching the new season on October 24, so please come along and renew your subscriptions, and buy a drink from the bar if you wish. And if you haven't been a member in the past, come along and give us a try!

A Meeting of the Loweswater77 Club



**An illustrated talk
by David Gardiner**

*Halting
Curlew Decline
in the Cocker Valley*

**7.30pm Thursday 24th October
Loweswater Village Hall**

Nature Notes – Owls



This month I first wanted to write about a less discussed species of owl which has been known to habit our area – the short-eared owl. Although mainly nocturnal, they will fly and hunt during the day, making the opportunity to spot them a bit more likely. I saw one in Rannerdale in August 2019, sitting on a stump of wood in the middle of the afternoon, but no sightings since.

Short-eared owls are about the same size or slightly smaller than a barn owl, mottled yellowy-brown in colour, with dark circles around very striking yellow eyes. The name comes from their short ear tufts, but these are usually so small they're unnoticeable. They mainly feed on small mammals, field voles in particular, so have that in common with barn owls. Research has shown that they are willing to move nesting locations rather than being faithful to one particular site (or even country), and that this can be driven by prey availability.

They are the only owls in the UK that build their own nest (rather than occupying a suitable site which is already available, for example hollows in trees for tawnies and barn owls, and buildings / ledges for barn owls). Short-eared owls nest on the ground, sometimes just in a shallow scrape lined with leaves and twigs. These owls are on the amber list as their numbers are in decline – I would be very interested to learn of any sightings in the Melbreak area.

Moving on to barn owls, as the breeding season is drawing to a close, as part of the Melbreak Barn Owl Groups's efforts, I've been collating information about local breeding this year. The weather has not been favourable this summer – the special feathers which enable barn owls to hunt silently do not cope well with rain, so they've been restricted in their ability to hunt. Sites which successfully produced up to five chicks in 2023 have in 2024 either produced none, or far smaller numbers. A fuller report will be available on the Melbreak Communities website, hopefully by the time you are reading this.

My email address is hfdrann@gmail.com and I am always happy to be contacted about anything owl-related. Specific locations are kept confidential.

Harriet Davies
Melbreak Wildlife Group / Co-ordinator of Melbreak Barn Owl Group (MBOG)



The Loweswatercam Calendar 2025

Quality A3 with appointments, plus twelve fantastic local pictures all for £12.50p
 Now on sale at Lorton Shop. I can deliver locally or simply post them to you.

Phone me, Roger Hiley, on 01-900-85040 or email order for your calendars today.

£12.50 collected or £16 with UK postage.
 £1 from every one sold goes to Mountain Rescue.

Full details on :
www.loweswatercam.co.uk/2025_Calendar_Offers.htm

Don't forget our special postal offer "2 for £28"



Ballroom and Latin Dancing

Free lessons suitable for all comers,



All welcomed, come with a partner or on your own. Suitable shoes, no trainers please

**Free Taster Session
 Thursday 10th October**

**YEW TREE HALL
 10.30 am to 12 noon**

**Please contact Clare if you would like more information
clareroundlorton@gmail.com or tel 01900 876454**

Suggested £2 donation per person per session for the Yew Tree Hall Fund



loweswatervillagehall.co.uk
Loweswater Village Hall

We look forward to welcoming you to 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 the 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 have a growing number of entries for our **Magnificent Melbreak Showcase – at 7.30 on Friday November 1st**, offering an evening of entertainment from 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, there is still time to enter, and we would love to hear from you. If you would like to take part, please contact **Val Bell on 07918 882175** for further details. For full event details, please see the poster in this issue.

**John Fitzpatrick
PAINTER & DECORATOR**

- Over 30 years local experience
- Domestic and commercial work undertaken
- Internal and external jobs
- Competitive no obligation quotes available
- Friendly, reliable and professional service

Please contact for more information:

Tel: 07702 596638 / 01900 379652

johnfitzpatrickdecorating@yahoo.com

Loweswater Village Hall



Magnificent Melbreak Showcase

Friday November 1st - 7.30pm

Come and enjoy an evening of entertainment, showcasing the talented performance skills from within our own community

**£5 Entry, at the door - to include refreshments. Performers free
Licensed Bar from 7.00pm & at the interval**

If you would like to join our list of performers - there's still time

Please contact Val Bell on 07918 882175 for details

loweswatervillagehall.co.uk

Lakeland Slate Co.

Working with world famous
'Westmorland Green Slate'

Suppliers of:

**Memorials • Worktops • Hearths
Nameplates • Homeware • Walling Stone
Quoins • Lintols • Sills**

**Unit 5, High Hill, Keswick • Shop, 9 Lake Road, Keswick
Tel: 017687 74695/75834 • Mob: 07950 642 298
www.lakelandslate.com info@lakelandslate.com**





VALE OF LORTON COMMUNITY FIRST RESPONDERS

Community First Responders (CFRs) are ordinary people who do extraordinary things. You could be an everyday hero by sparing a few hours to help save lives in your local community. CFRs help patients who are suffering with chest pains, having breathing difficulties, in cardiac arrest or who are unconscious. CFRs provide care and reassurance to support patients and their relatives in the vital minutes before the ambulance arrives - this can make the difference between life and death.

The satisfaction of becoming a responder is not just based on saving someone's life, although this is a very special moment should it ever arise. When someone calls an ambulance they are unwell, possibly frightened or unsure of what is happening and vulnerable, and possibly having the worst day of their life. Even when dealing with a patient who is not seriously ill, you step into their life for a short time, and you have the opportunity to calm and reassure them. Talking to them and supporting them while they wait for an ambulance can make a huge difference, and is a part of the responder role that is often forgotten or overlooked. It can often be the most rewarding part of being a community first responder.

We need more CFR's. There are currently only four active CFR's in the valley, and ideally we would like eight. There are some incidents that we cannot respond to as there is just no one available.

No previous experience is necessary for becoming a CFR as full training is provided before you join our local team. Anyone interested in getting more information and discussing just what's involved in becoming a CFR, please contact our Team Leader, Peter Deeks, on 01900 85753 or email peter.deeks@gmail.com.

The Community First Responders are hosting a mulled wine and mince pies evening at YTH on the 19 December.

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

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/>

DIARY DATES

OCT

- 7 Mon Harvest Supper, LVH, 7pm
- 9 Wed Loweswater Ladies, Successful Composting, 7.15pm, LVH
- 10 Thu Ballroom dancing taster session, YTH, 10.30am - see poster
- 12 Sat Quiet Day, Poiema Community and Retreat House, Loweswater, 9.45am - 3.30pm
- 12 Sat Coffee and Cakes, LVH, 10-12
- 13 Sun Flu jabs in YTH, 10-12
- 13 Sun Apple Day, Lorton School, 10am-1pm
- 14 Mon Community Lunch, Lorton School, 1.15pm
- 17 Thu Lorton Vale Garden Club talk, YTH, 7.30pm
- 21 Mon Farmers discussion Group, Kirkstile 8pm
- 24 Thu 77 Club. Illustrated talk by David Gardiner on Curlews in the Cocker Valley. 7.30pm
LVH

NOV

- 1 Fri Magnificent Melbreak Showcase. LVH. See poster in Link.
- 4 Mon Farmers discussion Group, Kirkstile 8pm
- 6 Wed Lorton Parish Council meeting YTH 7.30pm
- 12 Tue 77 Club. Pie and Peas supper. Speaker to be announced. 7.30pm LVH.
- 13 Wed Loweswater Ladies, Fellside Candles, 7.15pm LVH
- 14 Thu The Rise and Fall of Maritime West Cumberland, Alan Bell, Lorton History Society,
YTH, 7.30 pm
- 16 Sat Race Night, YTH, 7pm - see poster



Farm Shop

Open Saturdays

10am – 1pm

**Low Netherscales Farm, Embleton
Cockermouth, CA13 9YP**

info@cumbriafarmers.co.uk

Sustainably Produced / Pasture Fed

Belted Galloway Beef

Herdwick Lamb

Seasonal Vegetables

Cut Flowers

Organic Milk & Cheese

Honey

Free tea, coffee & cake!

The United Benefice of Lorton and Loweswater with Buttermere

Church Services October 2024

6 th October 10.30am	Trinity 19 Holy Communion & Harvest Festival	Loweswater
13 th October 10.30am 6p.m	Trinity 20 Morning Service Holy Communion	Lorton Buttermere
20 th October 10.30am	Trinity 21 Holy Communion	Loweswater
27 th October 10.30am 3p.m	Last After Trinity Holy Communion Evensong	Lorton Buttermere

Service information for the Grasmoor Mission Community and news of other events is published weekly on a Friday in our Staying Connected news sheet. The sheet is available on the GMC website or if you would like it sent directly to your inbox please email Sue Lake on gmcoffice@grasmoormc.church with your request.



William Keith Campbell
Chimney Sweeping Services

- Open fires, stoves, Agas etc. swept and cleaned
- Clean & efficient
- Fully insured
- Certificates issued on request.

T: 01946 813052
M: 07756 470041

Deadline for November is Friday 25th October - all articles, photos(especially for the front cover), funny stories, letters to lortonvalelink@gmail.com by this date.