

NOVEMBER 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

It always seems to happen in November - but once again we have a 32 page edition as proof of how much there is going on in the Valley. The month kicks off with the Melbreak Showcase at LVH, although by the time you read this it may well be over - but I'm sure it will be a great success. Other events during November include a meeting of the Local History society at YTH on the 12th, the Race Night at YTH on the 16th, a community lunch at Lorton school on the 11th, a pea and pie supper on the 12th courtesy of the 77 Club at LVH and a garden club meeting on the again 21st at YTH.

Don't forget to book a thermal imaging of your house via the Melbreak Net Zero Project. Other articles in the magazine include a thank you to all who participated in the Apple Day as well as a piece describing the myths and legends associated with apples and orchards. There is the usual Nature Notes Article as well as exciting news about a clothes recycling bin to be found at the school.

We have another Letter to the Editor - do keep them coming in. This particular letter was handwritten by a past resident of the valley who now lives in

Cockermouth so I do hope I have transcribed her text correctly.

I'm looking forward to attending the firework display in Cockermouth on Sunday 3rd November - but as an animal lover can I please ask you all to let your neighbours, who may have pets, know if you are planning to let off a few rockets.



Finally I'd like to make a plug for the joint St Cuthbert's and FOLS Christmas Fair to be held on Saturday 7th December at Lorton School. See the poster and flyer for further details.

Rosemary Riley

The front cover image, taken by John Macfarlane in Holme Wood, illustrates the translucent umbrellas of **Porcelain fungi** (*Odemansiella mucida*) which specialise in eating beech, releasing a powerful fungicide, *strobilurin*, that annihilates fungal competitors. It is just one of many fungi that thrive in the wood. Do take a look at the electronic Link as the photo is even more stunning in colour.



VICAR'S LETTER

November is a season of remembrance. In services and events on Remembrance Sunday and Armistice Day, we commemorate and honour men and women who died serving our country in the two World Wars and in later conflicts. We remember the sacrifice that they made for our freedom and peace.

At the beginning of the month, All Saints' Day is an opportunity to reflect upon the lives of past saints whose faith is celebrated by the Church worldwide. And on All Souls' Day, or close to it, churches hold reflective services in their communities to remember and give thanks for our departed loved ones, reading out the names of those whose memory we cherish. Our local All Souls' service at St James, Buttermere is at 3pm on Sunday, 3rd November, to which everyone is welcome.

Remembrance - intentionally recalling the past - is a theme which runs through the Bible. In the Old Testament, as God remembered his covenant with his people, they, in turn, recalled the many wonders he had done for them in an annual rhythm

of memorials and festivals. The sacrament of Holy Communion, at the heart of Christian worship, is the meal given to us by Jesus Christ to commemorate his sacrificial death on the cross: 'He took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me"' (Luke 22:19).

Remembrance can help us to reflect on the past and learn from it for our actions in the present. Remembering experiences of God's goodness aids us in developing an attitude of thankfulness, and fosters faith and hope as we respond to circumstances in our personal lives and the life of our world. Remembering those who have gone before us, and whose example we admire, can encourage and galvanise us to draw on our gifts and qualities to serve others.

In November, as we take time to remember significant people and events in our personal life and that of our nation and world, may our remembrance help inspire and inform how we live today.

Every blessing,
Andrea Ward

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

We enjoyed a very successful Harvest Supper last month and including the auction of produce we raised almost £1000.00 to be split equally between Calvert Trust Stables (to sponsor a pony - see Frankie below) and the Bishop's Harvest Appeal. Many thanks to all who helped, donated and enjoyed the fun. We had some very generous donations of lots for our Auction - see the centre spread for a heartfelt thank you.



As usual we will be holding the Remembrance Sunday Service on 10th November and Clive Barnard has again kindly agreed to play the Last Post and Reveille. This is a meaningful and poignant service and I hope many of you will be able to attend. As November progresses we move into the season of Advent and the preparation for Christmas and all that entails.

Our Christmas Fair is being held on December 7th (see the poster). Please also see the flyer included with this Link for more information about the Fair and the stalls that require donations.

The annual Reader Admissions and Licensing service for lay people who are trained to serve as Readers, also known as Licensed Lay Ministers, takes place at Carlisle Cathedral at 2pm on Saturday 16 November this year. Lois Sparling, who currently lives in Kendal and hopes to move up to High Lorton next year, will be licensed to Grasmoor Mission Community at this year's service.

Rosemary Riley

An *EYE* for an *EYE*

The **National Trust** acquired the three lakes of Buttermere, Crummock and Loweswater and associated land shortly before the start of the Second World War. This included **Holme Wood** where extensive felling and extraction took place during the war to aid the war effort, to make pit props and fencing. The logs were floated across the lake to near Crabtree Beck where they were debarked and transported on.

In the 1950s, **Johnston Edwards**, the head forester at Thirlmere, sometime President of the Royal Forestry Society, and formally forester to the Queen at Balmoral, planned the replanting of the denuded parts of Holme Wood in the shape of a *pheasant*, using the colours and textures of Larch, Sitka, pines and broad leaf trees to provide contrast. A key feature was the *EYE*, formed from a stand of over 150 larch trees planted close together, which provided a bright golden cornea in the autumn, well known to locals, and well seen from the road down to Maggie's Bridge.

Sadly, much of the larch in the wood has become affected by *phytophthora* fungal infection and subject to a SPHN (statutory plant health notice) requiring felling or kill standing. So large parts of the pheasant have been plucked over the last three years and unfortunately this year the *EYE* had to be removed due to the infection.

But two good bits of news. Firstly, the work was done, not by a 'care-less' contractor, but by the excellent and efficient local NT forestry team, using low impact vehicles (such as *the log bullet*) and with close attention to protecting the environment, resident animals and nature. Secondly, the plan is to replant the *EYE* with **Aspen** over the winter, so in due course the pheasant's eye will twinkle again. **Aspen** (*Populus tremula* – the quaking tree) have those wonderful butter-yellow heart-shaped leaves in the autumn, which flutter and whisper to each other in the breeze.

After the great success of the community planting day in Holme Wood earlier this year, look out for the call for volunteers early next year!

John and Rosamund Macfarlane

Image: Holme Wood photographed at the end of October 2024. The Pheasant's (empty) *EYE* and its beak seen on the left under Carling Knott.





Lorton Vale Gardening Club



A talk by Darryl Kelbrick

Biochar in Gardens

Darryl began selling charcoal as traditional barbecue fuel, but quickly saw a growing market for gardeners' biochar which is used to enrich soils.

"If you put the biochar on your garden it stays in the soil and helps to grow the soil biology, which in turn helps the plants and the nutrients and the soil structure for decades,"



Thursday 21st November at 7.30pm

YEW TREE HALL - Please park with consideration

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- ⚡ Fuse board changes
- ⚡ Home batteries
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Penny's Piece

Have you ever experienced instant Karma? As in something happens to someone else, you laugh and then something happens to you? I went for a walk with my husband, and he discovered his wellies had developed an unfortunate split across the ball of his foot and his feet were getting wet. I made light of it and then discovered at the end of the walk I too was getting a wet foot from a split in the side of mine. Guess we'll be off for some new ones shortly.

Anyone who has been around children in the past few weeks many have found some interesting behaviour. The moon really does seem to do something to them which makes them bounce off walls. The Hunter's Moon seemed to make them even more restless. Combine this with a windy day and it is game over for concentration.

The Christmas period is approaching, and I have done something I have never done before. I have bought a Christmas present in October! It was mainly because we went into the bookshop. Always dangerous. Around 15 minutes was spent passing various tomes between us, saying 'get me this for Christmas'. I like a good book. I do generally tend to prefer something with a body count too. If there isn't a body within the first chapter, I might not get to the end. I have also already written the Xmas play for school. The past couple of years we have done a play based on the 12 days of Christmas, but we have siblings of children who were with us last year or the year before. So, I thought we wouldn't subject the parents to the same again. I have taken a leaf out of the 'play that goes wrong' and we will do the Nativity that goes wrong- with a twist or two. So far, the shepherds will be visited by the Heavenly Toast, Bethlehem's Inns are full because Taylor Swift is playing the Dust Bowl Arena and it has been the Bethlehem United vs

Bethlehem City derby match and one of the kings is called Frank and he's brought some incense. The Kings have come from a land far, far away so there is scope to add more lines referencing Star Wars if we need them. We try to give everyone something to say but there are always some who don't want to or won't speak. The next issue is working out how to get them all on the stage so they can be seen, without anyone falling off the sides. Then there's the costume and props dramas. Two shepherds in Reception nearly came to blows one year as one had helped themselves to the others fluffy lamb. An innocent bit of sheep rustling but obviously the end of the world. I know how he felt. Once upon a time, many moons ago I was Mary. Imagine my horror when I looked into the manger and did not see my doll Susan doubling up as Jesus, but some doll from the Wendy House. I can see why the switch had taken place as Susan was not the stereo-typical blond haired or blue-eyed but I spent the rest of the nativity worried about where Susan was. Cardboard has saved the day for many years making animal heads for lowing cattle, donkeys and sheep in the stable, snowflake sandwich boards, wings, fire places and in one case an impressive pair of silver shoes for a prince! Plus for us, a lot of bird heads- swans a swimming, geese etc. We even had 5 gold rings. Not of the quality to make Sauron or Celebrimbor interested but still nice and shiny.

If you like Tolkien and haven't seen Rings of Power, I highly recommend it. Die-hard fans seem to have some issues with it but if you take it as you find it there are some great characters, amazing images and I think a great story giving us some background to what came before The Hobbit. Something to watch on a cold wet night. Penny.

Apples and Orchards – History and Traditions, Myths and Legends

Britain's only indigenous apple tree is the Wild Crab Apple, with its small, bitter tasting fruit. This tree is actually in the Rose family, along with Blackthorn, Hawthorn and Wild Pear, all of which have thorns.

Around 300 years ago, hybrids from Europe were introduced and were grafted onto wild trees, leading to greater abundance of fruit on trees without thorns, resulting in the domesticated apple. There are now estimated to be over 2000 species of apple tree worldwide.

Did you know, by the way, paradise is a word of Persian origin meaning orchard or stand of trees?

Expressions in common use, such as 'the apple of my eye', 'an apple a day keeps the doctor away' or 'an apple for teacher', have their origins in folklore. Apples were a symbol of love, purity and friendship, but also as a symbol of temptation, such as the Apple of Knowledge in the story of Adam & Eve in the Garden of Eden.

In many countries around the world, the apple is considered a sacred or magical fruit, a cure for ills and a gift of love, whilst it can also be seen as symbolising danger or wickedness, as in the story of Snow White and the poison apple.

In the mediaeval legend of King Arthur we are told by Geoffrey of Monmouth that Arthur was taken to the Isle of Avalon after he fell in the Battle of Camlann. Avalon means the apple vale and was a paradise where the hills were covered in trees bearing both fruit and flowers.

In a Greek myth known as The Judgement of Paris, Paris, prince of Troy, gives Aphrodite an apple to show that she was the most beautiful of the goddesses. That apple was known as the Apple of Discord as it indirectly led to the Trojan war. The Greeks also believed that in The Fabled Isles, somewhere in the Western Ocean, were the Apples of Hesperides, which bestowed immortality.

So, too, in Norse mythology, Idun, the goddess of spring or rejuvenation, was the keeper of the golden apples of immortality that the gods must eat to preserve their youth.

In Britain and France, druids revered the apple as the tree was the bearer of Mistletoe, one of their sacred plants.

Apples and Orchards – History and Traditions, Myths and Legends Cont..

Turning to some traditions:

Wassailing is a tradition on Twelfth Night (January 6th or 17th) where people wassail (drinking and singing) to the health of the oldest apple tree in the orchard to ward off evil spirits and encourage a good harvest.

*Here's to thee, old apple tree,
Whence thou mayst bud
And whence thou mayst blow!
And whence thou mayst bear apples enow! Hats full! Caps full!
Bushel--bushel--sacks full,
And my pockets full too! Huzza!*

In some places, especially in South-west Britain, The Apple Tree Man represents the spirit of the oldest tree in the orchard (he gets all the attention!), who is the guardian of the orchard's fertility. There are a number of rituals around the Apple Tree Man, including pouring cider through the roots of the tree, in return for seasonal abundance.

Some other traditions include:

- Sharing an apple with someone to bring about friendship
- Watering apple trees with urine (yuk!) to make the apples sweeter
- Not taking apple blossom into the house (bad luck)
- In Cornwall, not picking the last apples after a full crop as they belong to the fairies, also giving a large pippin apple for luck at Halloween
- Not cutting down apple trees for their wood
- And in Devon, not picking apples during the waning moon

Happy Apple Day!



A HUGE Thank You!

To everyone who joined us and made the Melbreak Apple Day a tremendous success!



These photos can be enjoyed in colour in the online version of The Link

COCKERMOUTH HARMONIC SINGERS
Stir Up Advent Sunday, 1 December 2024

Christmas will be upon us before we know it and to start your celebrations, Cockermonth Harmonic Singers are inviting you to come to **Stir Up Advent**.

At 3pm on 1 December you can come to United Reformed Church in Cockermonth hear Advent carols and readings, followed by some festive treats.

Ian Wright will lead the music, accompanied by well-known local musician, Fiona Weakley. Suitable for all the family, tickets will cost £10, with accompanied u16s free.

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



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Oct	14th	
Nov	11th	
Dec	9th	Christmas Lunch £13.00



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2024 Poppy Collection

Due to rule changes by The British Legion governing how small branches are allowed to operate we will, unfortunately, no longer be able to carry out the usual annual, door to door Poppy Collection. Hopefully, poppies should still be widely available to purchase in shops and supermarkets .

Many thanks to all those who have generously supported this excellent charity over the past years.

Joan and Kathryn

Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st October 2024

1st prize of £25	No 42	Elly Rowland
2nd prize of £10	No 33	Emily Meadley
3rd prize of £5	No 95	Jim Mills

Congratulations to the winners and thanks to all our supporters.

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Local's Night at Kirkstile Inn

In Aid of Cockermonth Mountain Rescue Wednesday 11th December 2024 6.30pm for 7pm

3 Course Meal

Moroccan carrot & lentil soup
Carrot & coriander scone

Cumberland chicken
Chicken breast stuffed with sausage and wrapped in bacon, Cumberland
mustard & sage cream, mash, roast potatoes, parsnips, carrots

(A vegetarian option is also available)

Sticky toffee pudding
Toffee sauce, double jersey ice-cream

Complimentary glass of wine, beer or soft drink.

£20 per person / £10 per child

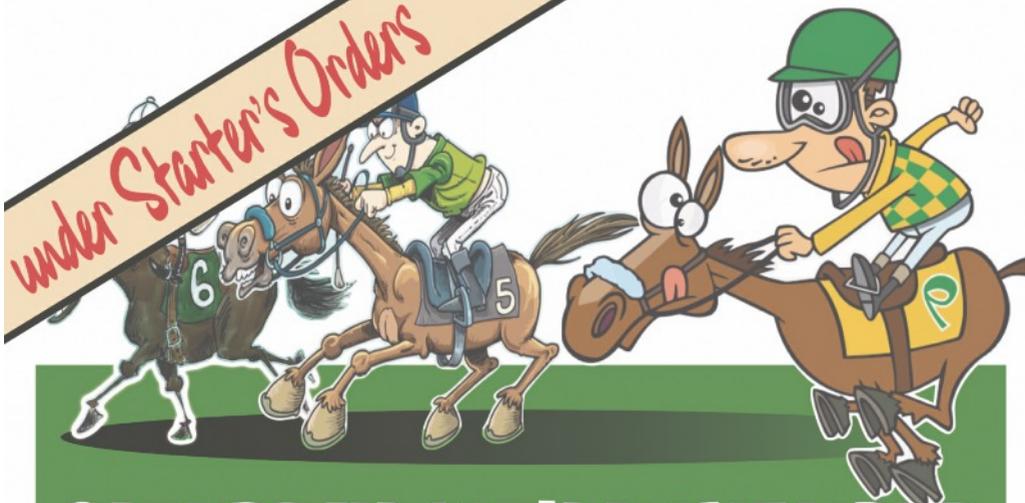
All of this will go to the appeal.

Please pay on arrival by cash or cheque only.

Booking essential. Please phone 01900 85219 or book at the bar. **NO**
bookings will be taken before Friday 1st November.

Please note that specific tables cannot be allocated.

under Starter's Orders



SATURDAY 16TH NOVEMBER
TICKETS RACE NIGHT
YEW TREE HALL 7PM FOR 7.30PM START

TICKETS/DETAILS

For further details and tickets please contact Catherine Armstrong (07917 795404) or Nige Lee (07827 338834)

Why not purchase and name your own horse for £2





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CUMBRIA FARMERS FARM SHOP

Thank you so much to all the wonderful local businesses that donated lots for our Harvest Supper Auction. Here are photos of them all



LAKES WOOD FUEL FAMILY



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SAVE THE DATE

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LORTON
8 till 12.30

FURTHER DETAILS
TO FOLLOW

LETTERS TO THE EDITOR

I'm sorry I'm late sending the fee for the magazine, due to mislaying the March Link. I do appreciate the work you do getting The Link to people like me being delivered by the lovely, friendly Ann Peck. It keeps me in touch with old neighbours - some of whom I feel I haven't seen since we made the church kneelers.

Thank you

Mrs Georgina Gibson. 25-3-2024

Note from The Editor

I was in church this morning and took a photo of the kneeler created by Georgina (known as Jean) and also thought it would appropriate to publish the text about the kneeler, as follows:

Poppies - Taken from a design book - Designs for Embroiderers and Craftsmen. The design was chosen by Jean Gibson as a remembrance dedication for her father-in-law William Gibson, who was wounded and invalided out of service in the first World War.





On 24 October we held our first meeting of the season. After the AGM we heard a presentation by David Gardiner the of the Melbreak Communities Wildlife Group on *Halting Curlew Decline in the Cocker Valley*. David explained how Britain is probably the most important location for the Curlew worldwide, but the species has declined dramatically in recent years. The bird is now on the red list and could face extinction unless action is taken. David explained how predators (foxes and crows), changing agricultural methods, and increasing forestation have all contributed to the decline. But the local Curlew Recovery Project has had a good first year in finding and protecting local Curlew nesting sites. It was clear that with the enthusiasm and commitment of David and his coworkers the Curlew has a good chance of increasing in numbers, and that we will once again hear its iconic call more frequently in our valley.

Our next meeting is on Tuesday 12 November when Steve Bober will talk about his work in Africa with Médecins sans Frontières (more details below). The charge for the supper is £10, with an additional £2.50 for non-members. Wine, beer and soft drinks will be on sale. There will be no raffle on this occasion, but there will be prizes to be won in December and January. We need to know the numbers for catering at the Pie and Peas meeting, so if you didn't sign up at the Curlew meeting please give me a phone on the number below by 9 November.

Dates for your Diary: On Saturday December 7 we are holding our Christmas Party at 3pm. After tea we shall hear a Christmas concert by *Sing Owl*, and everyone is asked to bring a wrapped present for *Secret Santa*. There is no charge to members for this event. On Friday January 24 we are holding our traditional Burns Supper. There will be a raffle with Scottish themed prizes.

John Hudson 01946 861555

77 Club Meeting, Loweswater Village Hall

**PIE/PEA SUPPER £10 - followed by Talk
Tuesday 12th November at 7.30pm**

Medecins Sans Frontieres (Doctors Without Borders) is an international humanitarian organisation providing medical care, typically in treating people caught in complex crises and chronic healthcare emergencies around the world.

Steve worked intermittently as an obstetrician in several places in Africa, between 2013 and 2018.



**Talk by
Steve Bober
of his experiences
working for
MEDECINS
SANS FRONTIERES**

Nature Notes – Rooks

In the Lorton valley most residents will be familiar with the sight and sound of large numbers of this bird, particularly if they happen to live near a rookery. Rooks are a large member of the Corvid family usually seen in sociable groups, with a rather angular shape and somewhat dishevelled appearance. They are distinguished from carrion crows, which are often solitary or in twos and threes, by the bare patch at the base of their bills. Young develop this at about six months.



Rooks are widely distributed across northern and central Europe as far east as Siberia and are not at present a threatened species. However numbers have declined slightly over the last few years probably due to changes in agricultural practice. It is estimated that there over a million pairs in Britain. Lifespan averages around six years though individuals may live much longer. Rooks mate for life.

During winter rooks flock, often with jackdaws, for feeding and sometimes spectacular flying displays of rolling and tumbling. By January many have taken up residence in the rookery and are strengthening bonds with partners. The volume of cawing starts to ratchet up with lots of ‘chattering’ accompanied by flight displays and some arguing over territory and materials. Nest building starts by late February. Old nests will be refurbished and new ones built, with twigs and lining materials supplied by the males, often from neighbouring nests, and rearranged by the females. After mating and laying a clutch of 4-6 grey-brown blotched eggs the female will do most of the incubating, the male scavenging for food.

During spring rook visits to the garden become constant as they quickly learn where the easiest sources of food are. At this time of year feeders provide a useful source of seeds etc and we are able to watch their fascinating behaviour. Rooks are intelligent birds and in captivity have shown the ability to learn to use tools and to choose the right tool for the job. In our garden, they soon realised that, having been unable to access the seed readily by perching on the feeders, a simpler and more effective tactic was to upend the whole feeder, spilling the contents onto the ground. Even better was to detach the whole thing from its hook by removing the peg or pecking the knot of the string undone then swinging on it until it fell. Later, when they were outwitted by firmer fixing, they took to flying pell mell at the feeder to dislodge seed. When the feeders were moved to a different spot the first arrivals strutted around looking puzzled then having discovered the new location, sized up their approach comically from every angle, heads on one side before making the attack. They seemed to co-exist warily with visiting wood pigeons and were surprisingly easily alarmed by human activity but small birds were brushed aside. There also seemed to be a rook hierarchy with larger birds dominating proceedings when they arrived. Occasional squabbles broke out with quite vicious use of beak and claw. Once the young had fledged they would accompany their parents and beg food with loud caws and much wing fluttering.

By early summer most of the birds have dispersed to surrounding pasture land to seek their normal omnivorous diet of invertebrates, roots, seeds and occasional carrion or small mammals. The rookery quietsens to a background mild cawing as stragglers return on the way to a roost in the evening. Now, as autumn approaches, we are again starting to see groups gathering noisily, soon to start their joyous aerial antics in the winter winds. The rooks cannot be ignored for long.

Christine Walmsley



The Loweswatercam Calendar 2025

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Wine Tasting

7pm Friday 10th January 2025

Loweswater Village Hall

Finger buffet to accompany

£16 per ticket, available from

David Robinson

0190085234 david@loweswater.net



Proceeds to Loweswater and Buttermere churches



loweswatervillagehall.co.uk
Loweswater Village Hall

Thank you to everyone who supported our Arts Out West evening on September 26th. A very appreciative and enthusiastic audience enjoyed a performance of the life and times of Gertrude Lawrence, portrayed in song. Our thanks to Arts Out West for another opportunity to bring high quality performance art to our community.

We were delighted to host a very well attended Melbreak Communities Coffee Morning on October 12th. In addition to the usual warming offering of tea/coffee and delicious cakes, visitors were able to peruse the photographic display of prints, calendars and cards on offer from Rosamund and John Macfarlane, as well as their hugely impressive slide show of British wildlife, which proved very popular. For every item sold, a donation was made to Cumbria Wildlife Trust and Loweswater Village Hall. We would like to thank John and Rosamund for their kind support and everyone who attended.

We have a full programme of musical, theatrical and recital entertainment lined up for our **Magnificent Melbreak Showcase – at 7.30 on Friday November 1st**, with contributing local talent from all ages, including solo musicians & singers, Cumbrian dialect & local stories, shadow show & ghost stories, with novelty and comedy performances. The evening will conclude with a sing-along for all to join in. **£5 entry at the door**, (cash or card), **including refreshments**, (tea/coffee). **Licensed bar** from 7.00pm and at the interval. **We look forward to welcoming you.**

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Advent Quiet Day

Saturday 30th November



In a season of many preparations, Poiema Retreat House is offering a Quiet Day to help us pause, and prepare our hearts to celebrate the coming of Christ among us. The day will include short times of input and periods of quiet for personal prayer and reflection.

Time & Venue: 9.45am – 3.30pm, The Vicarage, Loweswater CA13 0RU

We suggest a donation of £10-15 for this event.

Please bring a packed lunch.

There are limited spaces, so please book your place. For more information and to book your place, e-mail us at: info@poiema.org.uk



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Friends of Lorton School

PUBLIC SERVICE ANNOUNCEMENT - WE HAVE A CLOTHES BANK

Educating the children of Lorton School on the importance of looking after and protecting our environment is something we firmly believe in.



Recycling is one of many ways of doing this, which is why we are excited to announce that there is now a clothes bank at school. It is accessible to the public 24/7 and so can benefit the whole community. It is located near to the main school gate.

In addition to raising funds, for every 5000kg of recycling we achieve through this project, the children of Lorton School will receive an apple tree to plant or a wooden bench. This will help to reinforce the positive message of recycling within the school.

You can donate used but clean clothes and shoes only. No rags or non-reusable items. All donations must be in bags before they go in the clothes bank.

If the bank is full, please leave bags neatly to the side and we will store them until the bin is emptied.

We hope this makes it a little bit easier for everyone to recycle.

FOLS x



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LORTON CHRISTMAS FAIR

at Lorton School 10.30am

Draw for the Grand Christmas Raffle will take place during the Fair

**Saturday
7th
December**



Lorton Vale Calendars, cards and St Cuthbert's merchandise for sale

Books, CDs & DVDs
Tombola
Christmas Tree Raffle
Kid's stalls and Games
Homemade Crafts & Produce



Children's Books & Games
Hamper Raffle
Plants
Cake Stall
Delicious Refreshments

Proceeds in aid of: **St Cuthbert's Church, Lorton
and Friends of Lorton School**

Lorton & Derwent Fells Local History Society

The Rise and Fall of Maritime West Cumberland

Illustrated talk by Alan Bell, Drigg
Heritage Group, 14 November
2024, 7.30 pm at Yew Tree Hall



**Harrington Harbour by William Daniell, 1816,
British Museum**

Alan Bell's interest in the history of West Cumberland's shipping was awakened when shipwreck timbers washed up on the Drigg beach following storms in early 2018. They were originally thought to date from the 16th century, but laboratory analysis revealed the timbers were likely to date from 1790 to 1810, still a very rare find in Britain where over 96 per cent of all wrecks date back to 1840 or later.

This talk will present an overview of the state of shipping up to Elizabethan times and the

dramatic change in the Stuart times through to the 20th century. It will include Whitehaven, Workington, Harrington and Maryport - the centres of shipping and trading that made West Cumberland part of the world economy in the 18th and 19th centuries. Alan will focus on Whitehaven when it became the second biggest port in England. He will discuss the reasons for its slow decline while other ports flourished.

The last surviving Whitehaven ships and their locations will be featured, as well as information on the last ship built in a West Cumberland port.

Everyone is welcome; visitors pay £4 cash including refreshments. Alternatively, they can benefit from a free entrance if they decide to join our society for 2025. Individual membership is £12 p.a. and includes a subscription to our quarterly publication the *Wanderer*.

Come and see us at Yew Tree Hall on Thursday, 14 November, or contact us about membership at ldflhs.subs@gmail.com.

Lena Stanley-Clamp

Loweswater Ladies October 2024

First of all I need to thank Jenny for covering for me in last month's Link. Indeed it was all about substitutions in September. We had to get a replacement speaker at the last minute and the raffle and tea rota bore only a passing resemblance to that prepared in January. Thank you to everyone who stepped in to help.

Calamity seems to be befalling us at the moment with 3 of our ladies having taken a tumble - and there is not even any snow or ice yet just some very wet grass! We hope the broken bones are on the mend and that members are all back on their feet soon.

We welcomed Katie and Patrick from Garden Organic to speak at October's meeting. Garden Organic is a charity that promotes organic growing and composting. The topic for the evening was Successful Composting. Well, who would have thought composting would engender such a lively evening. Our speakers were not only enthusiastic advocates for composting; providing information, advice and samples of compost in various states of decay but they encouraged questions and anecdotes from the audience throughout the evening. Whether we currently actively gardened or not I think we all learned something that evening.

Plans are now in place for our Christmas meal which will take place at Hundith Hill Hotel on Wednesday 4th December at 7pm. Jenny is now taking names and menu options.

Our next meeting will be on Wednesday 13th November at 7.15pm in LVH when we will hear from another local producer, Gail Hailes from Fellside Candles. (Visitors Welcome £2.50)

Doreen Robertson



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

November is our month for remembrance, with All Saints on 1st followed by All Soul's Day on 2nd when we remember all those who have died especially those we love but see no longer, and on Remembrance Sunday we remember all those who have died in war, or still suffer as a result of it.

We will be holding our annual All Soul's service at Buttermere on 3rd where during the service our loved ones can be named in a special way. We extend a warm welcome to all. Note Buttermere services are now at 3pm.

We are anticipating a special commemorative service on 19th at Buttermere for the Canadian airman who perished in 1944 when their Wellington bomber came to grief on Red Pike. A Honister slate memorial has been erected on the north wall.

We held an enjoyable Harvest Supper and auction at Loweswater raising over £400 in aid of the church and the Bishop's Harvest Appeal. Our thanks to Andy Burr our auctioneer for coping with his usual aplomb. Also thanks to all who decorated the church so beautifully and helped at the supper.

Work on the Vestry roof at Loweswater is progressing well despite some setback with the rain and recent storm. Some may have noticed a large portion of the churchyard wall at the top has come down and some remaining looks precarious so hazard tape has been put up. We are in the process of getting tenders for the repair.

The autumn colours in our local woods are stunning as the leaves begin to fall. We are fortunate in being surrounded by such beauty. Spending time among trees we know to be therapeutic and prompts me to reflect on poet Mary Oliver's poem

"When I am among the trees " and ends as the trees speak to her saying It's simple, and you have come into the world to do this, to go easy, to be filled with light, and to shine.

Eleanor Ella

From St.Bartholomew's Register,
Baptism
6th October Mabel Isabel Susanne Model
26th October Rex Jonah Mark Hamilton

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Melbreak Net Zero Project

THERMAL IMAGERY FOR YOUR HOME - AVAILABLE NOW!

The Melbreak Communities Net Zero Project is once again offering free thermal imaging surveys by local volunteers in the Melbreak Communities area. We conducted 35 surveys over last winter and people have been enthusiastic about the results. These surveys have helped people to identify particular areas of heat loss in the home, which helps them identify what can be done, whether there may be a quick and easy solution or a more in-depth response is required. So, if you are interested in a free survey please contact Pip – contact details below.

The thermal imagery project is funded through a Cumbria Action for Sustainability programme. Look out for a forthcoming webinar and, if there is enough interest, a local talk on heat pumps in the New Year. We will be promoting this at a later date.

If you'd like further information and support on reducing heat loss in your home, CAFS can offer information and advice, webinars, a free 30 minute phone call, plus information on their free 'Cold to Cosy' programme. Check out their website

<https://cafs.org.uk/retrofit-made-easy>

Melbreak Net Zero Project contacts

Pip Wise, thermal imaging co-ordinator, 07729 004943, pip.wise@hotmail.co.uk

Aine Kelly, 01900 85010, akc.kelly@gmail.com



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DIARY DATES

NOV

- 1 Fri Magnificent Melbreak Showcase. LVH, 7.30pm.
4 Mon Farmers discussion Group, Kirkstile 8pm
6 Wed Lorton Parish Council meeting YTH 7.30pm
7 Thu Loweswater Parish Council LVH 7.30pm
11 Mon Community Lunch, Lorton School, 1.15pm
12 Tue 77 Club. Pie and Peas supper. Speaker Steve Bober of MSF 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
18 Mon Farmers, Speaker "Farming for Nature" visitors welcome. Kirkstile 8pm
21 Thu Lorton Garden Club "Biochar in Gardens" YTH 7.30pm Talk by Darryl Kelbrick
30 Sat Advent Quiet Day, Poinema Community & Retreat House, Loweswater 9.45am-3.30pm

DEC

- 3 Tue Buttermere Parish Council, Buttermere Old School, 7.30pm
4 Wed Loweswater Ladies Christmas Meal. Hundeth Hill 7pm
7 Sat Lorton Christmas Fair Lorton School 10.30 am - see poster and flyer
7 Sat 77 Club Christmas Party, with local singers "Sing Owt" LVH 3pm
9 Mon Community Christmas Lunch, Lorton School, 1.15pm
11 Wed Kirkstile Inn Locals Night , in aid of Cockermouth MRT
17 Tues Loweswater Carol Singing Evening - ending up at LVH -
19 Thu First Responder Mulled Wine Mince Pies Evening, YTH All welcome
31 Tue NYE party - YTH - see poster

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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 November 2024

3 rd November	All Saints		
10.30am	Holy Communion		Loweswater
3p.m	All Souls' Service		Buttermere
10 th November	Remembrance Sunday		
10.30am	Holy Communion		Lorton
17 th November	2nd before Advent		
10.30am	Morning Service		Loweswater
3p.m	Holy Communion		Buttermere
24 th November	Christ the King		
10.30am	Holy Communion		Lorton

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 December/January is Friday 22nd November - all articles, photos(especially for the front cover), funny stories, letters to lortonvalelink@gmail.com by this date. Thank you