

Coniston and Crake Valley News

Serving the parishes of Colton, Coniston and
Torver, Egton cum Newland & Lowick with Blawith



August 2020 www.conistonandcrakechurches.co.uk

The Coniston and Crake Valley Benefice

"To Grow, Witness and Love Like Jesus"



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Pastoral Letter

SOCIAL-DISTANCING

There will be a few words that will be vying for the title of “new word of 2020” when we get to the year end. I think a few of the suggested candidates will be – coronavirus, COVID-19, face mask and social-distancing.

What will be in little doubt come the end of the year will be the greatest impact of the coronavirus outbreak. Yes, we will see an economic impact, and yes, we will see the impact of the restrictions on travel, but by far the greatest impact will be the consequences of social-distancing. I believe, at present, we are seeing only the very tip of the iceberg of the impact on loneliness, depression and any number of other mental health issues. Most of the iceberg is currently hidden as a consequence of, well, social-distancing. We do not see the problems because they hidden away by the very thing that causes them – social-distancing.

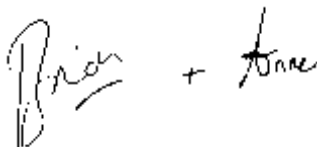
However, fortunately for us there is one person who will never, ever have to socially-distance from us – the LORD God. Which reminds me of a well-known Christian poem that I would like to share with you called “Footprints in the Sand”.

One night I dreamed a dream. As I was walking along the beach with my Lord. Across the dark sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand, one belonging to me and one to my Lord. After the last scene of my life flashed before me, I looked back at the footprints in the sand. I noticed that at many times along the path of my life, especially at the very lowest and saddest times, there was only one set of footprints. This really troubled me, so I asked the Lord about it. "Lord, you said once I decided to follow you, You'd walk with me all the way. But I noticed that during the saddest and most troublesome times of my life, there was only one set of footprints. I don't understand why, when I needed You the most, You would leave me." He whispered, "My precious, precious child, I love you and will never leave you. Never, ever, during your trials and testings. When you saw only one set of footprints, it was then that I carried you."

One of my lowest and saddest times in my life was when my father died when I was 13, my mother having already died when I was 8. At the time I thought the LORD God had deserted me. Instead, as the years have rolled on, I have realised He was right by me, even carrying me.

If you are experiencing the impact of social-distancing. If you are experiencing feelings of loneliness, depression or that you are unable to cope emotionally or mentally, then know that you can always pray that simplest of prayers to the LORD God – “Help!”. He will be right beside you, and He may even be carrying you.

Blessings in Christ,

A handwritten signature in black ink, appearing to read "Brian + Anne". The signature is written in a cursive, flowing style.

From the Registers

Weddings



11th July Mark Utting and Theresa Lea at St. Andrews, Coniston

Funerals



14th July Thomas Alan Westall at St Luke's, Lowick
Interment of Ashes
16th July Sheila Hutchinson at St Luke's, Torver
Burial Only

Churches in the Coniston and Crake Valleys

St Andrew's Church, Coniston LA21 8EN

St Luke's Church, Torver LA21 8AZ

St Luke's Church, Lowick LA12 8EE

Holy Trinity Church, Colton LA12 8HF

Church of St Mary the Virgin, Penny Bridge LA12 7RQ

Tottlebank Baptist Church, Colton LA12 8HY

Welcomes you to our Sunday services from 10.30 to 11.30am followed by refreshments, and midweek prayer meetings on Wednesdays at 7.30pm. Our moderator is Rev. Andrew Dodd. For further information contact Chris and Margaret Hamps, hampsc@outlook.com

Coniston Methodist Church, Coniston LA21 8HH

The Sunday morning service is at 11.00am and a warm welcome awaits you. For further information contact Joyce Holland on 015394 41594.

St Francis of Assisi Church of the Sacred Heart, Coniston LA21 8AW

Mass is held on Saturdays at 6.00pm.

For further information contact Father Matthew Jacob on 01229 779673.

Coniston Christian Fellowship LA21 8AL

During the month of August we will not be meeting on Sunday morning. For further information, including the venue, please contact Norman and Christine Beech on 015394 41780 or Alex and Ruth Stewart on 015394 49539. See our website for more details www.conistonchristianfellowship.co.uk



CORONAVIRUS, COVID-19 UPDATE

The Bishop of Carlisle, the Rt. Revd. James Newcome, has written to all clergy and chaplains to advise that the suspension of public worship has been lifted in the Diocese of Carlisle.

Please refer to the benefice website for the latest information on the provision of worship and the associated risk assessments, and note that face masks must be worn

Church Services and Rotas for August 2020

2nd

Eighth Sunday after Trinity

St. Luke Torver	10.30am	Zoom Service	Pamela Hull
St. Luke Lowick	10.30am	Zoom Service	Pamela Hull
Holy Trinity Colton	10.30am	Zoom Service	Pamela Hull
St. Andrew Coniston	10.30am	Zoom Service	Pamela Hull
St. Mary Penny Bridge	11.00am	Morning Worship	Rev Brian Streeter

9th

Ninth Sunday after Trinity

St. Luke Torver	10.30am	Zoom Service	Rev Brian Streeter
St. Luke Lowick	10.30am	Zoom Service	Rev Brian Streeter
Holy Trinity Colton	10.30am	Zoom Service	Rev Brian Streeter
St. Mary Penny Bridge	10.30am	Zoom Service	Rev Brian Streeter
St. Andrew Coniston	11.00am	Worship For All	Rev David Bickersteth

16th

Tenth Sunday after Trinity

Holy Trinity Colton	9.30am	Morning Worship	Rev Brian Streeter
St. Luke Torver	10.30am	Zoom Service	Pamela Hull
St. Luke Lowick	10.30am	Zoom Service	Pamela Hull
St. Mary Penny Bridge	10.30am	Zoom Service	Pamela Hull
St. Andrew Coniston	10.30am	Zoom Service	Pamela Hull

23rd

Eleventh Sunday after Trinity

St. Luke Torver	10.30am	Zoom Service	Rev Brian Streeter
St. Luke Lowick	10.30am	Zoom Service	Rev Brian Streeter
Holy Trinity Colton	10.30am	Zoom Service	Rev Brian Streeter
St. Mary Penny Bridge	10.30am	Zoom Service	Rev Brian Streeter
St. Andrew Coniston	11.00am	Holy Communion by Extension	Peter Fox

30th

Twelfth Sunday after Trinity

St. Luke Torver	10.30am	Zoom Service	Pamela Hull
St. Luke Lowick	10.30am	Zoom Service	Pamela Hull
Holy Trinity Colton	10.30am	Zoom Service	Pamela Hull
St. Andrew Coniston	10.30am	Zoom Service	Pamela Hull
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter

Parish Prayer Diary
August 2020

1st: Pray for Christian medical and nursing staff on the frontline of the Covid-19 pandemic who minister the love of Jesus with those who are afraid.

2nd: Sunday, the first day of the week.

Lord Jesus, You left the riches of heaven and became poor for our sake; when we prosper save us from pride, and when we are needy save us from despair, that we may trust in You alone.

3rd: Pray for those who made redundant as they seek new employment.

4th: Pray our nation nurtures respect for the dignity of all peoples, seeing the worth of every soul as God our Father sees them.

5th: Join with Christians across the benefice at 10am for an hour of prayer at home, praying for family, our community, our nation and the needs of the world.

6th: Pray for those involved in providing public transport through our local bus services, voluntary social car scheme and taxi services.

7th: Pray for the safety of our farming community not only in their day to day working but also as they prepare contingency plans should families or key workers become unwell during this pandemic.

8th: Pray for our Bishops and Clergy as they consider the reopening of church buildings in response to the phased lifting of restrictions.

9th: Sunday, the first day of the week

Lord Jesus, in these days of being Church in a new way, help us daily to grow holy, strong and faithful, for Your glory's sake.

10th: Pray for Christians in Libya, mostly migrant workers, facing intense persecution, that they are able to share faith and be encouraged.

11th: Pray for those involved in the Cumbria tourist industry working to reopen their business in line with current guidelines.

12th: Pray for those working in the judicial system as it moves to more face to face hearings, and for those who will be going to court or a tribunal.

13th: Pray for pupils as they receive their A and AS level results and consider their future options. Pray for parents and teachers as they support them.

14th: Pray for those who are exhausted by the strain of dealing daily with Covid-19 in even the most simple of tasks such as shopping and travelling.

15th: Pray for the charity MIND working to give support and respect to everyone experiencing mental health problems.

16th: Sunday, the first day of the week

Lord Jesus, as You taught Your disciples to be persistent in prayer, give us patience to never to lose hope but always to bring our prayers before You and to wait expectantly.

17th: Pray for marriages and families under pressure, and pray for the charity Relate as it works to help those experiencing relational problems.

18th: Pray for children who will start a new school in September, that they will be able to enjoy the summer school holidays without anxiety.

19th: Pray for Barnardo's helping children, young people and families in need.

20th: Pray for pupils receiving their GCSE results. Pray also for their families as they help their children prepare for next steps.

21st: Pray for local food banks helping those going through difficult times.

22nd: Pray for our community missing the opportunity to meet at the local shows and events which have been cancelled this year.

23rd: Sunday, the first day of the week

May our God of glory, help us to lay aside all that prevents us from seeking His kingdom, for we have found that pearl beyond all price: Jesus our Saviour.

24th: Pray for missionaries serving God far from home as they learn to share the good news of Jesus through the local language and culture.

25th: Pray for charities working abroad to prevent the spread of Covid-19 in areas affected by poverty, drought and conflict.

26th: Pray for all those who earn their living from the sea, especially the fisherman and merchant sailors, and their families.

27th: Pray for the vulnerable who are confined still to home, and pray for those anxious about leave the house after being so long in isolation.

28th: Pray that those suffering from addiction of any kind may be helped and accompanied on their journey to wholeness.

29th: Pray for new Christians as they daily root their security in Jesus and their identity as child of God.

30th: Sunday, the first day of the week

Remembering our Almighty and everlasting God is always more ready to hear than we to pray, we ask He will increase His grace within us that we, ever thankful, may serve Him with freedom and joy.

31st: Pray for the overlooked and discriminated in our community and nation.

Prayer Hour, At Home

5th August, 10am – 11am

Although for the time being we cannot physically meet together in a church building, our prayer fellowship can still pray, each at the same hour, in the safety of our own homes on the first Wednesday of each month. If you can join in at 10am on 5th August please use this format to guide your prayers as we pray together.

Settle into this hour of prayer by reflecting on the opening three verses of Psalm 5

*In the morning, Lord, You hear my voice;
In the morning I lay my requests before You
And wait expectantly*

And as we begin our time together, we say the prayer Jesus taught us:

*Our Father in heaven, hallowed be Your name
Your Kingdom come, Your will be done on earth as it is in heaven
Give us today day our daily bread
Forgive us our sins, for we also forgive everyone who sins against us
And lead us not into temptation, but deliver us from evil.
For Yours is the kingdom and the power and the glory for ever.
Amen.*

In the quiet...

hold before the Lord, the matters that weigh heavy on your heart, situations you have seen in the media, items or issues from the prayer diary which especially speak to you;

pray for your family, your neighbours, your community contacts;

the Christian fellowship in the Benefice of Coniston and Crake Valley;

the Church across its national and international denominations;

pray for our Country and the Nations of the world.

Take time also to be still, to listen to the gentle whisper of God.

Finally, we close our prayer hour with the words of The Grace:

*May the grace of our Lord Jesus Christ and
the love of God and the fellowship of the Holy Spirit
be with us all, evermore. Amen.*

AROUND THE PARISHES

Coniston & Torver

Rainfall, Garden House, Coniston, June 2020

Total - 241.2mm (9.5ins)

Wet days - 23, More than 1mm on 17 days

Wettest day - 28th - 70.0mm (2.8ins)



Coniston Institute and Ruskin Museum – August 2020 events

The Ruskin Museum opened its doors again on the 4th July having been closed since the 20th March. This was probably the longest the Museum had been closed to the public since it originally opened on the 31st August 1921. It was a lovely feeling getting the shutters open and natural light streaming in again. We are now open every day from 10am with last entry 4.30pm.

To celebrate reopening we would like to extend an invitation to all residents within the parishes of Coniston and Crake Churches to visit us **free of charge** for the remainder of the year. Please bring either proof of your address or a copy of this magazine. We look forward to welcoming you.

The Ruskin Museum would very much like to thank our volunteers: Maureen Fleming and Kay and Don Shepherd for continuing to look after the Village's Model Village even during lockdown. The only visitors to the Museum during lockdown were a few cheeky Herdwick sheep looking for tasty treats amongst the miniature houses, knocking off a few chimneys in the process!! Thanks to the hard work of the volunteer team all was repaired and looking good ready for reopening.



If you would like to get involved in volunteering at the Museum, please contact Helen Glaister on 015394 41164 for more details.

The Coniston Institute is now able to take bookings for room hire. There are new guidelines in place for the safety of service users and care must be taken regarding numbers to allow for social distancing guidelines. If you would like to discuss a possible booking please contact Tracy Hodgson, General Manager on 015394 41823

We are pleased to welcome back **Coniston Vintage Summer Shop** in the main hall for its ninth year. Measures are in place for safe shopping, contactless payment is available, and dogs are welcome

Remember you can keep up to date with what's happening at both the Ruskin Museum and Coniston Institute by following us on Facebook and Instagram



Coniston Coronavirus Support

015394 41812

Call us at Coniston Sports and Social Centre between 10am and 3pm daily to chat to our volunteers or leave a message on the answerphone outside of these hours. We can organise practical help with collecting shopping and prescriptions, walking dogs, posting letters and other things as well as being available for just a chat.

We also have a Facebook group where those online can seek support and advice, search for "Coniston Coronavirus Support"

Charlie Day is also answering on the phone every Tuesday and Thursday afternoon from 12:30 - 2:00 for those wanting spiritual support and chat.

CRAKE VALLEY HELP

We are a group of Crake Valley residents here to help during the corona virus outbreak.

If you are self isolated or house bound without support.

We can help with : shopping,
urgent supplies,
post,
dog walking
a friendly phone call

CALL 01229 357951
select option 5 for Crake Valley

This is not a medical Help Line

To Volunteer please join Crake Valley Help Facebook Group
or phone 01229 357951 option 5 and leave a message.

Egton cum Newland

"On behalf of the school children parents and grandparents, I feel we should say a massive thank you to Ms Smolinski and all staff at **Penny Bridge CE Academy**, for making it possible for all children to be able to return to school. For these children to have been given the chance of classroom lessons, meeting up with their friends in bubbles with social distancing bringing a kind of normality to their daily lives, in these unprecedented times can become quite scary for children. How many times has anybody heard children asking when can we go back to school? Through excellent leadership this has been made possible. How wonderful for these children to have been able to return for the last half term of the school year. We wish all staff at Penny Bridge C E Academy a very well earned summer holiday. Very well done, hopefully see you all in September for the NEW NORMAL"



Barbara Satterthwaite

Greenodd Village Hall

Coffee mornings/evenings, music shows and more

Find out what is going on in Greenodd Village Hall

www.greenoddvillagehall.co.uk

We are on Facebook... search for Greenodd & Penny Bridge Village Hall

Lowick with Blawith



Lowick Community Hall

LOOKING FOR A GREAT VENUE FOR YOUR CLASSES,
MEETINGS OR PARTIES?

LOWICK COMMUNITY HALL IS WARM, SPACIOUS, VERSATILE AND
COMFORTABLE *AND OFFERS EXCELLENT VALUE FOR MONEY*

*SINGLE BOOKINGS: £20.00 FOR UP TO FOUR HOURS

*SIX OR MORE BOOKINGS PER YEAR: £13.00 FOR UP TO FOUR HOURS

ACCESS TO FREE WiFi AND DATA PROJECTOR

ALSO AVAILABLE FOR FULL DAY EVENTS

FOR MORE DETAILS AND TO CHECK AVAILABILITY GO TO WWW.LOWICK.ORG.UK
OR CONTACT ROB DOVE 01229 885647 OR LISA GRAVE 01229 861834

TRANSPORT DIFFICULTIES? WE MAY BE ABLE TO HELP

Cumbria County Council

Lowick, Blawith and Oxen Park Voluntary Social Car Scheme.

The Voluntary Car Scheme provides transport to members of the community of any age (under 16's must be accompanied by an adult, appropriate car /booster seats must be supplied) who cannot make their journey by public or private transport. The charge is £0.45 per mile travelled.

Typical journeys include hospital appointments and visiting, doctor's or dentist's appointments, shopping or transport to railway station.

The local contact number is 01229 885498

Questions? Worries? Chat?



The Vicar invites you to join him and others around the virtual table for a coffee and a chat.

Every Monday* where possible, from 2.00-3.00 pm the Vicar will be hosting an afternoon session on Zoom to answer questions, discuss concerns or just have a chat. If you would like to join him and possibly others dropping in, then all you need to run Zoom and join the meeting.

Meeting ID is **648-733-8111** and then enter the password is **883299**

*Please check the website Calendar to ensure that the Coffee with the Vicar session is being held that week.

Reports and News

Young Farmers Club Report

Cumbria YFC Virtual Field Day Competition

Although the coronavirus may have put paid to Cumbria YFC's Northern and Southern District Field Days scheduled for May, the virus has not dampened the young farmer spirit and clubs were eager to take part in the Cumbria YFC Virtual Field Day. The idea for the Virtual Field Day evolved out of discussions between the County and District Chairs who were keen to give our young farmers an opportunity to take part in some of the most popular and accessible field day competitions.

The Officers looked at a whole host of competitions but settled on 14 popular competitions that the young farmers would be able to take part in using things that they would find around the house or in their gardens. The chosen theme for the Virtual Field Day "Key Workers" which the Officers felt was relevant and would give those taking part a broad scope for their creativity.

The Virtual Field Day was launched on the 25th May with photos of entries due in on Monday 22nd June. The photos were collated at County Office and then emailed out to the judges who placed the top 5 in each class. Raughton Head Advisory and past



Northern District President Matthew Burbury reprised his usual field day role and kindly acted as Scorer for the competition. The results for each class were released throughout the day on the Cumbria YFC Face Book page with the final results being made public at 4 pm.

The Junior 4 decorated cupcakes proved a very popular class which Cumbria YFC stalwart Gillian Potts was delighted to judge. Gillian commented that "overall this was an excellent class of decorated cupcakes to the theme "key workers", and all produced by juniors - the county has some very talented young people!"



Kate Rowland from Raughton Head YFC was placed a very well-deserved 1st and Gillian noted that Kate produced "Excellent and very neat cupcakes. The mask is so good and the toilet roll made me smile! Very well done indeed!" In 2nd place was Kirsty Smith from Kirklington YFC, whose NHS lady looked exhausted after a hard day's shift! Kirsty was very clever, covering most key workers and Gillian particularly loved the rainbows and clouds on each bun.

Katie Liddell from Longtown YFC took 3rd place and showed great skill in her portrayal of key workers, right down to the little parcels. Lowick YFC's Ruth Cooper produced some very classy cupcakes decorated with red hearts to secure 4th place and Jack Sibbald from Drigg YFC's muddy wellie cupcakes caught the judge's eye along with his eye catching rainbows and took 5th.



Christine Knipe, Chief Executive of the Westmorland County Agricultural Society was the judge for the Inter 4 decorated biscuits. The entries for this competition looked good enough to eat, unfortunately this was the only field day where tasting what the young farmers had produced was not on the cards!

Christine felt that Drigg YFC's Emily Pratt deserved 1st place with her well thought out and innovative designs which were colourful and showed an excellent interpretation of the theme.

In very close 2nd place was Mollie Bowe from Wigton YFC. Her biscuits showed brilliant attention to detail. Lucy Peile from Skelton YFC took 3rd place with her neat decoration and different biscuit shapes. The intricate work on Erin Lewis from Longtown YFC's biscuits secured a 4th place and Rachel Bell from Raughton Head YFC was placed 5th with her simple but lovely design.

Newton Rigg lecturer and current Northern District President Richard Gardiner had a tough time judging all the wonderful entries in the Junior garden on a tin lid competition, stating that everyone who took part should be commended on the amount of work and detail that had gone into their displays. The top 5 were as follows:

1st place went to Alice Walmsley from Kent Estuary YFC with her inspired wig wam garden. Mark Musgrave from Raughton Head YFC took 2nd place with his relaxing in a deck chair garden.

3rd place went to Lola Armitstead from Crook YFC with her lady scarecrow garden and 4th went to Eldon Irving from Lowick YFC with his hedgehog and toadstool garden. Sam Pratt from Drigg YFC came 5th with his football and collie dog garden.

Penrith YFC Advisory member Kathleen Twentyman had a great time judging the Inter decorated wellies class and was delighted at the level of creativity shown. Tyra Mason from Skelton YFC took a very well-deserved 1st place with beautiful artwork depicting key workers.



Eden Valley YFC's very own Sally Barker used simple but effective art and design for her creation securing 2nd place. 3rd place went to Ella Batey from Wigton YFC with her use of beautiful mosaics to create a rainbow effect. Adam Lomas from Cartmel YFC took 4th place with wellies that showcased a great deal of detail and Lola Armitstead from Crook YFC had created a lovely design on her wellies.

What a hoot past County Presidents Pat Bell and Dorrie Galbraith had in judging the Senior

vegetable animal competition! Pat and Dorrie were delighted to be asked to judge with Pat commenting that the time spent poring over the entries was the best few days that they have both had in months. Pat and Dorrie felt that judging "virtually" brought a different perspective particularly when the subject composition was testing. Pat and Dorrie had great fun, laughter and indecision in judging and thoroughly enjoyed this new field day experience!

Lauren Bowe from Wigton YFC was placed 1st with her highland cow, 2nd and 3rd places went to Amy Nicholson from Wigton YFC and Lucy Winter from Kirklington YFCs with their vegetable sheep. In 4th place was Raughton Head's Josie Mitchinson with her highland cow and in 5th place was Imogen Johnston from Eden Valley YFC with her dog.

Southern District President John Garnett had his work cut out deciding the placings for Open model made out of toilet roll tubes as there were some very creative models! 1st place went to Rebecca Sisson from Kirklington YFC. Her model of a nurse showed lots of detail and captured the theme of the competition perfectly. John thought it was an outstanding exhibit! Eden Valley YFC's Amy Swinbank's rainbow inspired theme was well thought out, cleverly done and very topical to the theme taking 2nd place. 3rd was Rachael Marrs from Lamplugh YFC, her model of a tractor showed great detail and was very well-staged and photographed in its working environment. 4th place went to Emma Blaylock from Longtown YFC who totally embraced the theme of the competition promoting key workers in the shape of a caterpillar. In 5th place was Hayley Simpson from Lowick YFC who made some great pigs in her farming model.

The Junior thank you card for Captain Sir Tom Moore proved a very popular

competition amongst our younger members and Cumbria YFC County President Judith Emmott had the pleasure of judging the very accomplished entries. Judith was delighted to be asked to judge and commented that "there was a lovely selection of cards with some great ideas and clearly much thought had gone into each and every one".

A very well-deserved 1st place went to Hannah Nelson from Walton YFC whose drawing of a fighter jet was excellent and very neat and one that judge Judith thought Captain Tom would really appreciate. 2nd place went to the equally talented Charlie Connell from Longtown YFC. Charlie's card covered many of the aspects associated with Captain Tom and was very well thought out and eye catching. Eden Valley YFC's Torie Wilson took 3rd place producing a neat and colourful card with some wonderful poppies on it. 4th was Rosie Pratt from Drigg YFC with her eye-catching design and 5th was Crook YFC's Lola Armitstead with her equally colourful and well executed design.

Cumbria YFC were very lucky to have the excellent Jean Scott-Smith and her colleagues from the Cumberland Dialect Society judging the Open Cumberland Dialect competition with young farmers tasked with producing a piece of Cumberland dialect entitled "Lockdown". Jean noted

" We have thoroughly enjoyed reading the entries and seeing the different takes on ways to write dialect. Some very talented youngsters there, and if they carry on in a like vein, the future of "oor mak o' talk" is secure for the future". All of the top 5 entries will feature in the next Cumberland Dialect Journal due out in the autumn of this year.

1st place went to Kate Jackson from Skelton YFC, 2nd to Emma Blaylock from Longtown YFC

Joint 3rd was Mark Sisson from Kirklington YFC and Robbie Tuer from Raughton Head YFC and 5th place went to Melissa Gorst from Crook YFC.

Stephen Rowlinson, the Southern District Treasurer and judge of many years standing was the judge for the Advisory acrostic poem using the word "Isolation". Stephen reported that he really enjoyed reading all the entries to a small socially distanced gathering who enjoyed the poems as much as he did! Julie Bowker from Kirklington YFC took 1st place with Lowick YFC's Katy Carr in 2nd place. Gill Winspear from Skelton YFC was placed 3rd, Jen Armitstead from Crook YFC 4th and Fiona Ritson from Walton YFC took 5th place.

The level of skill and creativity shown by our young farmers who entered the Open garden flowers in a vase competition was outstanding according to judge and florist Sophie Brooksbank who thoroughly enjoyed her virtual judging experience.

1st place went to Alice Ritson from Walton YFC. Sophie Loved how Alice had done the shape of her display using the flowing 5 red hot poker flowers. Imogen Johnston from Eden Valley YFC took 2nd place with layers of contrasting colours and the use of 3 bright orange lillies. Longtown YFC's Emma Blaylock was placed 3rd with her use of lovely contrasting colours and balanced numbers



being commended by the judge. 4th place went to Lucy Peile from Skelton YFC for her stunning display of poppy seed heads and use of texture. The final 5th place went to Robbie Tuer from Raughton Head YFC. His neat posy of warm contrasting colours would be perfect for a wedding.

The Junior animal photography competition judged by past Southern District President, Maureen Boyren had some fantastic entries and Maureen had a great time judging the many wonderful photos that were entered into this competition. Maureen confessed that she had a tough time deciding on the top 5 as they were all so good!

1st went to Lewis Bancroft from Lamplugh YFC, 2nd to Anna Hayton from Crook YFC. Amy Wilson from Skelton YFC took 3rd place and Billy Sibbald from Drigg YFC and Megan Carter from Kent Estuary took 4th and 5th place respectively.

Former County Office Administrator and Field Worker Claire Mason was cheered up no end by the Inter isolation selfie photographs she was asked to judge. Joe Jackson from Eden Valley YFC took a well-deserved 1st place with Chloe Dodd from Walton YFC placed 2nd and Mark-Lucas Winspear of Skelton YFC placed 3rd. 4th place went to Carrie Tyson from Lowick YFC and 5th place was taken by Mark Musgrave from Raughton Head YFC.

In a normal field day year Richard Gargett is usually the chief judge for the work-shop skills competition. With not a tractor or ATV task in sight this year, Richard put his judging skills to good use by casting his discerning eye over the Senior machinery photography competition entries.

1st place went to Amy Swinbank from Eden Valley YFC. Richard really liked the old rake in black and white which was centre focus of the photo. In 2nd place was Abi Marston from Raughton Head YFC. 3rd place went to Paul Morris from Cartmel YFC and Skelton YFC's Zac Walsh was placed 4th. Brad McManus from Kirklington YFC was placed 5th.



The final competition which came under the category of "novelty" was the "How many pints of milk can 1 young farmer drink in 1 minute" competition. Cumbria YFC Chief Officer Joanne Mills laughed and groaned (in sympathy!) in equal measure whilst judging this competition which was definitely not for the faint hearted!

In 1st place was Matthew Williamson from Eden Valley YFC who downed a magnificent 3 1/4 pints. In joint 2nd place were Daniel Smith, Kirklington YFC, Joe Shepherd from Lowick YFC and Paul Gardner from Longtown YFC who all managed a very credible 3 pints. 5th place went to John Kennedy from Walton YFC who consumed 2 3/4 pints

Finally, at 4pm the wait was over and the results were announced! Thanks were given to all the amazing young farmers for putting their imagination and creativity to such good use and producing some wonderful entries into Cumbria YFC's very first (and hopefully last!) Virtual Field Day! The trophy for the Virtual Field Day, kindly donated by NW Auctions will be awarded once the young farmers are all able to meet up again!

1st - Eden Valley 620; 2nd - Skelton 520; 3rd - Kirklington 500; 4th - Longtown 440; 5th - Raughton Head 420; 6th - Walton 400; 7th - Lowick 300; 8th - Crook 240; 8th - Wigton 240; 10th - Drigg 220; 11th - Lamplugh 160; 12th - Kent Estuary 120; 13th - Cartmel 100

Huge congratulations to Eden Valley YFC on their win! It is hoped that they will enjoy some socially distanced celebrating! It has been lovely to see some of the smaller clubs take an active part in the competition and although Grayrigg did not make it onto the score board the club should be proud for taking part.

Thank you to the incredible judges who had the toughest of times placing the top 5 in each class: Gillian Potts, Christine Knipe, Richard Gardiner, Kathleen Twentyman, Pat Bell, Dorrie Galbraith, John Garnett, Judith Emmott, Jean Scott - Smith, Stephen Rowlinson, Sophie Brooksbank, Maureen Boyren, Claire Mason and Richard Gargett.

A very big thank you to brilliant scorer Matthew Burbury who kept the scores on the doors and his spreadsheet at the ready! Thank you also to NW Auctions for their kind donation of the Virtual Field Day trophy and their ongoing support of Cumbria YFC.

Citizens Advice



I do a lot to help my elderly mum, like picking up shopping, sorting out her finances, making important calls and organising her post. But with lockdown in place I haven't been able to help her as much. I'm particularly worried about what I've heard about scammers at the moment, and I wondered whether there's anything I can do to help protect my mum?

There are a few steps you can take to keep your mother safe and lessen your need to worry.

With your mother's permission you can register her landline with the Telephone Preference Service. It's free to register and doing so will reduce the number of unwanted sales and marketing calls you receive. This won't block all unwanted calls (it won't work on calls from abroad or companies she's given her number to already, for example), so your mother will need to continue to remain vigilant, but it'll certainly lessen the number of them.

You can encourage your mother to talk to her phone provider to see what privacy services and call-blocking services are available. These services aren't always free but are useful in ensuring any call coming through is from a trusted or known source.

In terms of unwanted post, with your mother's permission you can contact the Mailing Preference Service to have her name taken off of any marketing lists. You can also contact Royal Mail and opt out of receiving any leaflets or unaddressed promotional material. Attaching a 'no junk mail' sign to her front door may also help with this.

It's also vital that you chat to your mother to help her spot the marks of a scam herself. At Citizens Advice we always advise the following:

- Be suspicious if you're contacted out of the blue, even if it's from a name you recognise
- If it sounds too good to be true it probably is

- Never give out your bank details unless you are certain you can trust the person contacting you
- Don't be rushed – you never need to make a decision straight away and if you feel pressured say “no”, hang up the phone, or close the door

If you find yourself needing to take over your mother's finances in the future, it's worth looking into a long term solution like a Power of Attorney.

Lastly, if your mother is receiving care from her local authority and you think she might be being scammed, it's worth reporting your concerns to their Adult Safeguarding team.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice. How to access:

- Call 015394 46464 - this is being staffed from 9:30 - 12 noon
- Adviceline: 03444 111 444
- Email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444

Conserving Coniston & Crake

Since writing the last article about the prolonged dry spell, the rain has returned and the becks and lake are now full of water and it seems to be turning into a typical Lakeland summer. After putting some extra precautions in place some of our volunteers are back out helping again.



The monthly water quality monitoring resumed and we were also able to do a little extra at a place of interest, looking in particular at levels of phosphate. Too much phosphate can enrich water, leading to an increase in algae which can then bloom, a sight that we are unfortunately familiar with on Coniston Water. Phosphate inputs largely come from agricultural run-off and private sewage systems and is one of the things the project has been trying to address. We have just produced a guide for septic tank owners to help them look after their tanks and are encouraging neighbours to get together to form a group for discount emptying. Look out for the guide or visit our website for more information.

We also went to Thurston OEC to check the trees that were planted back in December 2017, as part of the re-naturalisation works around the new channel that had been created for their the hydro-electric power scheme. Some serious weeding was needed as we could see grass growing out of the top of the tree guards. We also removed some guards that were beginning to impact on tree growth, the rest will be taken off next year. The whole site looks amazing, the trees are doing remarkably well and there were plenty of bugs and butterflies amongst the long grass and wildflowers.

Kath Smith, Communities & Engagement Officer, Conserving Coniston & Crake
Email: kath@scrt.co.uk Tel:07825873109 Tel:01539 530047 www.ccc.scrt.co.uk

Grizedale Arts

Calling All Crake Valley Residents - Send us Your Family Recipes and Tips for Growing Vegetables and Fruit

As part of our Valley project's community catering enterprise, The Valley Table, artist and gardener Jo Ball is looking to collect your recipes and memories of food, gardening and growing.

If you have any tried and trusted recipes, tips for growing your own fruit and vegetables or foraging wild ingredients, we'd love to hear from you. Jo is interested in anything that has an

association with the Crake Valley and the people who call it home, and is especially keen to uncover hand-written recipes and old recipe books that have been passed down via family or friends over generations. Many of these books often contained recipes for old remedies or medicinal plant knowledge which are also of interest - maybe you've got a special hot toddy recipe to share?

If you would like to take part, please contact Jo on the details below:

Call Jo - 07596 664063

Email Jo - joballstudio@gmail.com

Post a letter to Jo - Grizedale Arts Office, Coniston Institute, 15 Yewdale Road, Coniston, LA21 8DU



A THOUGHT FOR THE MONTH by Rev. David Gregg

AUGUST 15th: FEAST OF THE BLESSED VIRGIN MARY

Whilst on holiday near Biarritz, we made a day trip to Lourdes. The actual shrine was very moving, and surprisingly inspiring to "protestant" pilgrims. But the town itself was something else. Running the gauntlet of souvenir shops and tacky booths, I was reminded of the story of the young Catholic curate in Ireland who had gone to his Parish Priest and said, "What do you do? What do you do? Dat Missus Moiphy 'as bin to Lourdes an' bought me anudder o' dem dreadful plastic Madonnas. Dat's de fourt' one this year!" The seasoned old priest replied, "Whoi dawn't yer jus' do what oi do? Oi tell 'em, 'If yez gooin' ter bring me back sometin' *religious*, mek sure it's sometin' useful – loike *Benedictine* or *Chartreuse*!"

The actual New Testament evidence about Mary puts all the emphasis on her being the supreme example to us of *Christian discipleship*: her *humility* and *obedience* at the Annunciation; her *patience* and *forbearance* with the Lord Jesus in the boyhood escapade at the Temple, the marriage at Cana, and the encounters in Galilee during His ministry; her *willingness to suffer*, as predicted by Simeon, especially at the Cross (her very name 'Miriam' in Hebrew, conveys this particularly); and her *faithfulness and openness* to God, awaiting in prayer, along with Jesus' other disciples, the coming of the Holy Spirit. But it is the first two lines of her wonderful hymn (the Magnificat) that provides the foundation for me of Mary's prime example of discipleship,

“My soul magnifies the LORD,
And my spirit rejoices *in God my Saviour.*”

Our first need is to acknowledge and bow before Almighty God, and to receive His salvation and forgiveness.

On our visit to Lourdes we found a particular inspiration and blessing in complying with the invitation (repeated in several languages, including English) at the Grotto, where the waters of the spring are delivered to the pilgrims with the words:

“Like Bernadette, wash your face in the water and
Ask that God will wash away your sins.”

We also enjoyed some holiday reading. In a book of short biographies, I came across Heinrich Heine, the romantic poet. It said that as he lay dying in Paris (in February 1856) his friends asked if he had made his peace with the Almighty. He replied, “Oui, Dieu me pardonnera,” then added with the trace of a smile, “C’est Son métier!” (“Yes, God *will* forgive me. That’s His occupation!”)

Later, on our way home, we went to Paris, and visited the wonderful basilica of the Sacre Coeur on top of Montmartre (the “hill of Martyrs”) – where the first French believers died for their faith. We found a deep sense of the presence of Christ, witnessing, like them, to God’s loving and faithful provision, for those who long to be cleansed and forgiven – the gift of the Saviour – Mary’s son, Jesus.

Local Placenames – Coniston

I have been working on digitising the Coniston burial records from 1813 onwards. Each record gives the person’s address as well as their name and age, and although most of the places are familiar (with a few spelling differences) there are one or two I don’t know. I have the 6 inch map of 1889 online but the following places are not marked, I wondered if any readers would know where these were?

Forge
High Bobbin Mill
Low Bobbin Mill
Mill Dam
Bridge End

There are also a couple of features on the 1889 map which I don’t recognise; again local readers will I’m sure be able to fill in the detail:

South of the Walna Scar Road at Banishead there was a Rifle Range with a flagstaff and targets – it is marked out on the map every 50 yards to 600 yards length. What was this and what was it used for?

Going towards the head of the lake, and just before School Beck Bridge, in the field to the left there was a “labyrinth” – a circular maze type structure. It looks as though there is now a little copse there. Does anyone know what this was and who built it?

I’d love to hear from anyone with any information on the above, please get in touch:
juliet.caldwell@btinternet.com

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Obituary—Lesley Lancaster RIP

Leslie was born on the 16th November 1929 to Elizabeth known locally as Bid and brought up in a country environment and rural community living at Beach Hill near Spark Bridge attending Penny Bridge School later moving to Ulverston Grammar School.

As a young lad his time was spent helping out at the local Farms and roaming the woods, and fishing in the Crake looking after the extensive garden. As a teenager in the War years many tales were told of light batteries sited in the near by fields and chatting to the soldiers and the prisoners working on the local farms and been called upon to play the organ in Colton Church. Driving the Horse and Cart into Ulverston on market day.

After leaving school Les obtained a Commission in the British Army attending Sandhurst but due to circumstances a change in career took Les in a different direction and he joined Vickers Shipbuilders pursuing a career as an Industrial Chemist Retiring at 64 after a long and interesting career spanning over 47 years with sea trials on Britain's first Nucleus Submarine Dreadnaught and sea-going experience as a young man on Motor Torpedo Boats in the North Sea among many experiences with his colleagues who also went on many climbing adventures in the Lakes with numerous black and white photographs documenting the events which was one of his hobbies.

At the local Dance Les eyes were taken with Joan Queen a local Ulverston Girl getting married in 1955 at Trinity Church Ulverston with the reception at the Old Mill Bardsea, making the first home in Hartley Street Ulverston.

In 1958 Paul was born and in 1962 Nigel came home to a New House Hill Side Road which Les and Joan had built after purchasing a Plot. In 1970 Les purchased Hob-bicrafts 30, Queen Street Ulverston at retail DIY Shop after a 9-month renovation project the family moved to the premises running the ever-changing Business for over 46 years. Joan on a daily basis and Les after work and on a Saturday.

The next move with Les aged 72 was Greenside Yealand Drive purchased for retirement and its garden after a very long working career. In his later years Les remained fit and able spending time in his Garden, Meeting friends at the Probus playing Golf a sport spanned over 45 years of his life, watching sky sport

Les kept his rural roots and really enjoyed a day out at a local Agricultural Sale chatting to old friends about old times and using horses on the land and the first tractors over a bacon butty, which was a must. Also enjoying a trip to a Local show in one year managing to clock up 15 helping out on the Family Display Unit.

Les and Joan were married for 64 years and have a rich legacy with a Great Grand-child on its way in March to Scott and Gee, Les will be missed by all and never forgotten.



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"Soultime is a beautiful, quiet and accessible way of drawing close to God in Jesus day by day. I warmly recommend it to you." **Archbishop Justin Welby**



Heartwarming Stories

This month there is no What's On list as events have been cancelled or postponed indefinitely. Nevertheless, even with people having to continue to self-isolate and practice social distancing, there have been notable demonstrations of neighbourliness and social action.

Therefore, if you have a **heartwarming** story or an example of someone being a **good neighbour** then please do share it by sending the story in to the editor, and we will make sure that the community knows.



Please email to **editor@conistonandcrakechurches.co.uk**

September Magazine

Please can all items, news, advertising enquiries and "What's On" events for this Magazine be emailed to the editor at **editor@conistonandcrakechurches.co.uk** by **August 15th**, or phone **07884 232281**, or to Jean Johnson if that's more convenient : **enquiries@conistonholidays.co.uk** or tel. **015394 41319**. If you don't have access to a computer you can leave items at the Vicarage but please give plenty of time to convert them to electronic format.

Calling all photographers!

If you have photos of local interest, perhaps not landscapes, that would be suitable for the cover of a future Magazine please email in as above. This month's cover photo is of Repainted Penny Bridge Church by David Bickersteth. We also have a gallery of contributed seasonal photos of our beautiful area on the website:

www.conistonandcrakechurches.co.uk.

Please continue to send your images of life and work in the parishes to **editor@conistonandcrakechurches.co.uk**

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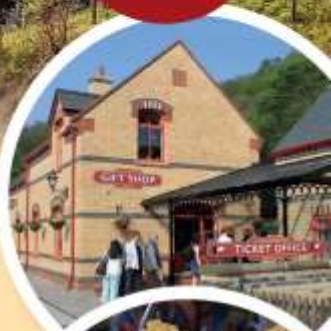
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