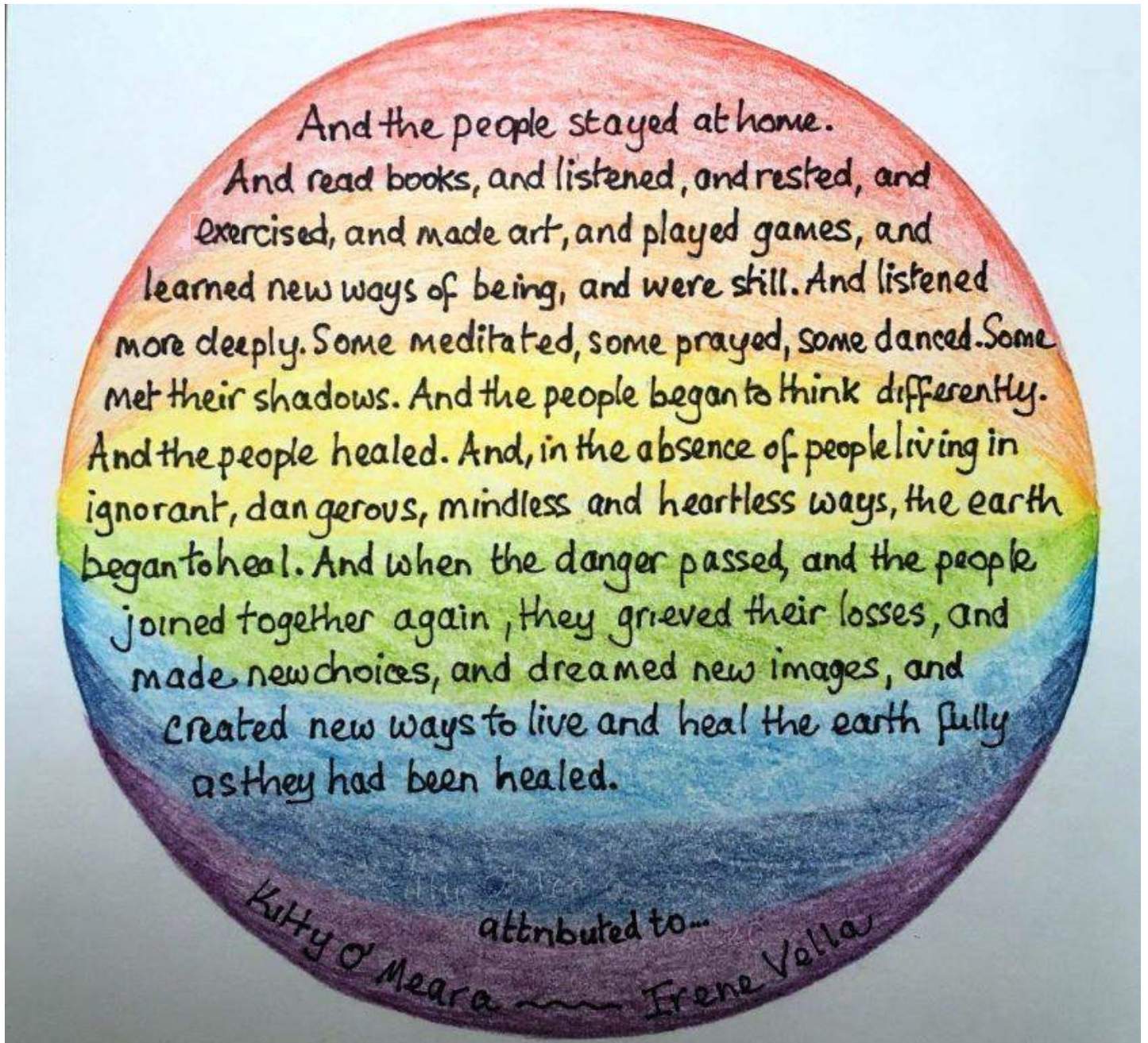


DIGITAL ISSUE

The Link

THE PARISH MAGAZINE FOR ORTON, TEBAY AND RAVENSTONEDALE WITH NEWBIGGIN-ON-LUNE



And the people stayed at home.
And read books, and listened, and rested, and
exercised, and made art, and played games, and
learned new ways of being, and were skill. And listened
more deeply. Some meditated, some prayed, some danced. Some
met their shadows. And the people began to think differently.
And the people healed. And, in the absence of people living in
ignorant, dangerous, mindless and heartless ways, the earth
began to heal. And when the danger passed, and the people
joined together again, they grieved their losses, and
made new choices, and dreamed new images, and
created new ways to live and heal the earth fully
as they had been healed.

Kathy O'Meara ~~~~~ attributed to ~~~~~ Irene Vella

May 2020

**THE LINK IS PUBLISHED BY THE
PAROCHIAL CHURCH COUNCILS
OF ALL SAINTS', CHURCH, ORTON,
WITH ST JAMES' CHURCH, TEBAY,
AND ST OSWALD'S CHURCH,
RAVENSTONEDALE
WITH NEWBIGGIN-ON-LUNE**

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HURD THE WORD

From the Revd. Alun Hurd, Vicar of High Westmorland Parishes

As my Methodist colleague Stephen Radford writes elsewhere in this historic first edition online of the Link, are we living in the 'new normal'? Well you can read what he has to say on that matter at your leisure. What is certain is that these are unique times and unprecedented and we have all had to adapt in some way to the circumstances we find ourselves in.

It is possible that we have made more phone calls and actually spoken to a relative or friend rather than simply use social media. It is likely that for many of us our email traffic has increased due to the cessation of 'physical' meetings although many of us will have now embraced new online media to meet and chat, each in our own way.

In our parishes of the High Westmorland we have continued to worship and meet on Sundays at 10am through the medium of Zoom, and also on Tuesdays at 9.30am for Morning Prayer.

Although it may have seemed odd at first, especially grappling with the new technology, it has rapidly become the norm..!

Details should be available on the High Westmorland Parishes website – www.hwparishes.org.uk and in this edition of the *Link*.

I think it fair to say that we have enjoyed meeting in a live context, albeit with some limitations and protocols to be observed. You will find details in *The Link* of how to log on and join us if you would like to.

Of course, there are many other options out there if you can't or do not fancy the online option. You can tune into BBC Radio Cumbria or Radio 4 on Sundays as well as BBC 1 for the Sunday worship at around 10.45 and Songs of Praise at 1.15pm which will most likely include at least one of your

favourite hymns and maybe introduce you to a few new ones and also have amazing stories of faith – give it a try.

It is also an understatement to say that we have witnessed many good things to come out of this terrible pandemic of COVID19. The clapping and recognition of all that our key workers are doing for our benefit. Particularly those who work for the NHS and other frontline services, and not least those making sure we get the food and essentials to sustain us.

We are however living in sad times of grief and sorrow as we hear each day of the deaths of hundreds of people, including medical and care staff, loved ones of grieving families who in most cases are unable to be with them in their last moments, and subsequently in difficult and limited circumstances at the funeral. You may well have personal experience of losing someone yourself and our thoughts and prayers are with you.

At the time of writing we remain in Lockdown for a while and I want to assure you along with my colleagues that we continue to pray for you and your families and friends' well-being and welfare.

There are already many examples in our communities of practical 'Loving our neighbour', of caring and looking out for each other. Long may it continue and be a blessing to you all.

Remember the foundation of our expressions of love and care is to be found in the words of Jesus as Stephen says in his article.

We also know and can believe that *'God is our refuge and strength, and ever present help in times of trouble. Therefore, we will not fear.'* Psalm 46:1.

May it be true for you also with all God's blessings.

Alun

Next deadline - for the June 2020 issue: 13th May if printed, 26th May if digital.

Front Cover: Contributed by Rev. Sandra Ward

<https://www.oprahmag.com/entertainment/a31747557/and-the-people-stayed-home-poem-kitty-omeara-interview/>

Public Worship in our Churches

Our Church services are moving online.

There will be **no public services at any of our churches** until further notice.

(Details of how to access our online worship can be seen below.)

Church of England and Free Church leaders have urged everyone to follow the instructions given by the Prime Minister to stay in their homes in a national effort to limit the transmission of the coronavirus (COVID-19).

All churches will remain closed until further notice. There will also be no weddings or baptisms.

For Online Worship:

1. High Westmorland C. of E. Parishes Zoom Worship and Prayer

You can take part in services led by one of our Ministry Team "live" - i.e. while they are happening - by using your computer or smartphone. (You can even join in by ordinary phone, but of course you will not see or be seen, but you can still hear and be heard.) On recent Sundays about 60 people took part. Here's how:

- a. Download the Zoom app: <https://zoom.us/> and join - this is free (on your computer or smartphone).
- b. To join in any particular Zoom service, you will need to be invited by the Vicar, Revd Alun Hurd - alunjhurd@gmail.com. So email him and say you would like to take part, and he will send you an email with **date and time** of the next meeting, a **Meeting ID number** - usually 9 digits - and (sometimes) a **Password** - usually 6 digits.
- c. At least five minutes before the scheduled time, on the Zoom site (on your computer or smartphone) click on the blue button, "Join a Meeting"
- d. Type in the Meeting ID number in the space. (You can also put your name in the appropriate space)
- e. If asked for the password, type in the number.
- f. Click on "Video", and you should see and be seen.
- g. Click on "Audio" and you will hear what people are saying.
- h. On the bottom left (if you click on the screen) you will see a microphone icon: click on it to mute it except when you actually want to speak (otherwise all extraneous noises like the dog barking or your private comments will be picked up!)
- i. At the end, tap the screen, and click on "Leave".



2. Heart of Westmorland Mission Community YouTube Channel

We will be broadcasting **ecumenical Sunday services** here, and other material (e.g. Thought for the Day, Prayers, and general news updates). It will be available to watch at any time. Do join us. You can access it as follows:

- **Online.** Go to <https://www.youtube.com> and type "Heart of Westmorland Mission Community" into the search box. Then just click on any of the videos and it should play automatically.
- Download the **YouTube App** from your App store. Again, type "Heart of Westmorland Mission Community" into the search box and follow the steps above.
- **Most modern TVs** have a YouTube channel that allows you to search as above.
- **Apple TV** also has a YouTube channel that can be used in the same way.

You don't need a YouTube account to access the videos in the ways mentioned above, but if you do have one, you can **subscribe** (free) to our channel. That will give you notifications every time a new video is uploaded and allow you to comment on what you see.

3. Methodist services

The Revd. Stephen Radford writes:

We send out an e-mail with the Sunday Service to all who want to receive it, full service sheet plus links to worship songs, also the link to the Heart of Westmorland YouTube service, plus worship sheet. If anyone wants to receive them, please call me on 017683 71202 or email on - stephen.radford@methodist.org.uk .

4. TV

BBC1: Act of Worship every Sunday about 11 a.m. (*times vary*)

Songs of Praise usually at 13.15. Well-known hymns and contemporary worship songs, and performed music and songs. In addition - one of the best bits - are human stories and testimonies of Christian experience and endeavour and blessing.

5. Radio

BBC Radio 3: 15.00 Choral Evensong. 23.30 Slow radio: The Cathedral

BBC Radio 4: from 07.10 the Sunday programme. 08.10: Sunday Worship.

*To access any of the internet links (in blue) hover your cursor over the link, and hold down the **CTRL** button. (The cursor will turn into a pointing hand.) Then **left click**. Then wait! You should reach the website in about 10 seconds. Alternatively highlight the web address and copy and paste.*

A NEW NORMAL

From the Revd. Stephen Radford, Methodist Circuit Minister

We hear the phrase a “new normal” being bandied around a lot at the moment. For me, this present situation is very different – when I open the front door on our Manse and look across the layered fields up to the Nine Standards and at the beautiful blue skies, I can hear ewes and lambs bleating into the distance, the birdsong seems louder and, as I look and listen, the constant roar of the traffic has gone! We go for our daily walk and we notice celandines, wood anemones, speedwell, violets, primroses and cowslips. But the world seems very strange, as we weave our way (2 metres apart) past other walkers, on the old railway line that ran from Stainmore to Tebay. The windows of the houses along the streets of Kirkby Stephen are filled with rainbows and teddy bears in thanks to the NHS and all front line carers and workers.



Our rainbow carries the words of God from Genesis 9v13 – “I have set My bow in the clouds and it shall be a sign of the covenant between Me and the earth” – a reminder of God’s covenant promises and God’s faithfulness, which is new every morning.

But is the present situation a “new normal” or simply a temporary adjustment to our lifestyles? Our communities and Christian Fellowships are very different at present; where we once met only weekly, we now have frequent phone calls (or internet) connecting us, and we are experiencing an outpouring of compassion and thoughtful neighbourliness, in spite of the isolation of the lock-down. The ‘new normal’ is bringing other benefits too. The world is now a cleaner place, the environment has benefited from the drop in travel by air and car, pollution is at record low levels. The homeless are now housed – let’s pray that, with support and love, their

physical and mental health will improve. Perhaps there are lessons to be learnt from the ‘new normal’ to take with us into the future.

Over Easter this year, I have been struck by the thought of the isolation and loneliness of Jesus Christ as He carried His cross to Calvary on that first Good Friday. The costliness of that isolation is emphasised from the cross, yet on the first Easter Sunday there truly was a “new normal” beginning. Jesus Christ had risen and the world and our lives would never be the same again! That day there was a wonderful ‘new normal’ rising out of death – our sins forgiven, hope, love and life available to all and we can now live in that resurrection power of Christ Jesus.

May is normally the time for our summer holiday – a few weeks spent on the Isles of Scilly – trip boats shuttling us across the aquamarine sea to the sandy shores of Bryher or Tresco – gentle walks along country lanes with hedgerows full of flowers, the call of seagulls on the wind and the sound of the sea. It is a time of seeing God in creation, in friends – old and new – and of celebrating Pentecost.

A few years ago, on the islands, Pentecost began with a hurricane-force sea squall, roofs were lifted off, doors crashed to and fro, the campsite was flattened by the gusts and those arriving for worship were met with towels and a cup of tea! It was a reminder of the power of ‘rushing wind’ which accompanied the coming of the Holy Spirit on that first Pentecost, when Jesus’ words to “wait in Jerusalem and I will send you the Holy Spirit” were fulfilled and a ‘New Normal’ began as the Christian Church was born. The Holy Spirit transformed the disciples and they burst onto the streets telling everyone of Jesus’ death and resurrection. This was the greatest “New Normal” ever and the message is for everyone.

Yesterday I had the privilege of leading my second graveside funeral service during this time of

lockdown. It was in a village cemetery, out in the countryside, only a few miles from where the family farm had been. Skies were blue, the sun shone and the wind blew, as the family gathered in God’s presence to say farewell and many others from the community joined us in prayer and thought. Another ‘new normal’ as we heard the moving family tribute and, although we could only stand in household groups, Jesus Christ embraced us all.

Many people are having to adapt to the ‘new normal’ in ways they would never have dreamed of! My parents, both in their mid-80s, live in Derby with Mum caring for Dad who has memory loss – a concern for us all. Mum has mastered “face time” on a laptop for the first time – a ‘new normal’ for all of us! The separations in many families are real and deep, grandchildren who can’t understand why they can’t see their grandparents, friends and family separated in nursing homes and even those in self-isolation within households.

Thursday evenings at 8pm is now another ‘new normal’, when people all over the country stand on their doorsteps and applaud those front-line workers – whatever their job! We continue to pray for all who feel separated and for all who step out of their homes daily to go and care – risking their own lives and family – to care for others.

Jesus faced vulnerability, isolation and separation as He climbed that hill to Calvary – separation even from His heavenly Father as he cried, ‘My God, My God, why have you forsaken me?’ But other words from the Cross hint at a ‘new normal’ when He says “Father forgive them”.

Jesus died for us all, knowing pain, violence, abuse and then death. But that wasn’t the end, it was only the beginning!

‘God so loved the world, that whoever believes in Jesus will not die but have eternal life.’

That is God’s ‘New Normal’ for us all!

So will we take up the challenge of living and sharing the “new normal” in our communities and fellowships?

A (restricted) VIEW FROM TEBAY

From Reg Capstick, Reader Emeritus

My view has not changed much even with the lockdown. I still see a variety of people passing my window or while out on one of my regular walks - to the school, down the churchyard or to Leagate. There are walkers, runners and cyclists, most of whom I know (if not by name) and who appear to know me! One thing which we ought to thank God for is the current spell of fine weather. Had it been more windy and very wet, it would have been really depressing.

Not being able to go to Church or chapel is a blow, of course, but provision for a form of worship 'on line' undoubtedly helps some people. I must confess, as a Luddite of long standing, that I prefer solitary prayer during my prayer time. I think of the many people, both locally and country wide, who mean a lot to me. I know some of them are not religious but at a time like this a prayer on their behalf may just help them to cope.

At a time of uncertainty such as this all of us must try to behave sensibly, even if living in a small community appears to pose less risk than if we were in a large town or city. The traffic on the M6, so much less of it than usual, does bring the outside world close to us, especially if we go to the shop in Old Tebay where lorry drivers from all parts call.

One thing which gives me encouragement is the way so many people offer help to those of us who are on our own - help with shopping, help with water supplies, help by simply a friendly gesture or greeting - and in my particular case provision of meals, laundry and shopping. The family at the Old School are indeed my guardian angels and I cannot imagine how I would cope without them.

Ian Elliott sent me two articles of hope recently, one of which is a message by N. T. Wright, former Bishop of Durham, whose wisdom is inspiring to many of us. His final sentence is, I think, worthy of quoting in full:

"As the spirit laments within us, so we become, even in our self-isolation, small shrines where God's presence and healing can dwell, and out of that there can emerge new possibilities, new acts of kindness, new scientific understanding, new hope, new wisdom for our leaders? Now there's a thought!"

However you celebrated Easter, I hope you will all spare a thought for anyone who is alone and fearful in this time of uncertainty, 'God bless us everyone'.

The Link during the Lockdown

From the Editor

The May issue is not being printed in view of the Coronavirus regulations, but will be produced and circulated purely in digital form - as an email attachment, and posted on various village and church websites. (One advantage in not having it printed is that it can be **in full colour**, at no extra cost!) Future issues will not be printed until Lockdown restrictions are lifted.

I have compiled from various sources an email address list for this. **If you do not want to receive *The Link* this way or to receive further emails please let me know** and I will delete your name.

We invite you to send items for June and future issues of *The Link*! I am sure many people have ideas and experiences which would be of interest to others, and maybe encouraging and uplifting too! So please consider if you could send something like any of the following - probably not mentioning names of other people outside your family, but signing it with your own name if you like. (Items can be sent to me as an email attachment, or actually written into the email.)

- Acts of kindness and thoughtfulness from friends and neighbours
- The joys of nature and the spring
- Words that you have found helpful or inspiring, that you have heard or read
- Photographs
- Your experience of home-schooling children - its challenges and rewards
- Writings by children of how they are feeling, or stories and poems they have written
- Drawings by children
- Aspects of shutdown that you find most painful and distressing
- Things that have made you laugh
- Things that have made you cross!
- What you would like other people to pray for you or for others
- Any answers to prayer you have experienced
- Ways in which the pandemic has made you re-think your faith - or lack of it
- Websites that you would like to recommend
- Any ways you hope that ordinary life might be different from before, when the pandemic has passed
- Perhaps - unrelated to the pandemic - memories of the past: holidays, life in our villages in past years,
- Anything else!

You might mention this to your friends and acquaintances, and ask them if they have received the ***The Link*** - and if not, and if they would like to, email or phone the editor so that their address can be added to the list - number/address on the second page of ***The Link*!**

Upper Eden Medical Practice and Tebay Surgery

The Upper Eden Medical Practice are still able to see patients for a face to face consultation, but only after a telephone conversation and at the discretion of the Doctor.

Please **do not attend the Surgery** without a prior appointment.

Patients with Coronavirus symptoms who feel they need medical attention are asked to contact 111 as there is a separate system in place to care for these patients.

We are also helping out the District Nurses with some of their work at present.

We are still open our usual hours:

Tebay Surgery: 9am to 12:30pm on Tuesday mornings and 3pm to 6:30pm on Thursday afternoons

Medication can be collected from the window – you do not have to come in to the surgery. If you pay for your prescriptions please try to pay by card if possible or have the correct cash. The new prescription fee from 1.4.20 is £9.15.

Shielding patients – please contact us if you are having any problems collecting your medication.

If you would like advice from a GP you can use the new eConsult service. There is a link to this on our website www.theupperedenmedicalpractice.co.uk

Replies are made by 6:30pm the following working day. Please do not use this service to order medication - continue to ring our prescription line, use your online app, or post the right hand side of your prescription through our letterbox.

We are attempting to make contact by telephone with all our frail, elderly patients and those with severe underlying health conditions – if you are worried about anyone in these groups please do not hesitate to contact us.

Some of our services have been deemed non-essential for the present time but we can advise you about these over the phone.

We are attempting to keep everyone as safe as possible.

If you require any further information please do not hesitate to ring me.

Kind regards.

Sue Birkbeck,

Enhanced Services & Projects Coordinator
Upper Eden Medical Practice, Silver Street,
Kirkby Stephen, CA17 4RB

(: 017683 74015 (Direct line)

(: 017683 71369 (Main office)

:: Susan.Birkbeck1@gp-a82013.nhs.uk

:: <http://www.upperedenmedicalpractice.co.uk>

Tebay Primary School Community Update



It has been so lovely to see Tebay Primary School at the heart of the village and getting involved with the community in so many ways over the last year.

The children were busy out in the community, making dog poo bag dispensers to tackle dog fouling in the village and delivering bird feeders to raise a smile on blue Monday. Both activities were so well received and it was so nice to see the children thinking of others and caring for the beautiful place in which we live.

Twinkles Playgroup visited school to take part in two rhythm time sessions. Living in such a rural area, it isn't always easy to get out and about to events when you have small children, so having these sessions available in the village has been fantastic.

The community lunch has proved very popular, with many members of the community joining the children for lunch at the school. We have had some wonderful feedback from those who have attended and the lunches have been a great social event for those who may otherwise be on their own.

The school have been working with Family Learning to provide some fantastic free courses. As well as English and maths skills, resilience and story sack courses have offered opportunities for parents and carers to learn how to support children with their learning and help build confidence and improve communication.

Thank you to all the parents, children and staff for making our school such a friendly and welcoming place for the whole community. Our Local Advisory Board and CET continue to provide invaluable support to the smallest school in the Trust enabling the school to provide a caring and productive learning environment.

FOTS have had to postpone all fundraising events for the time being; however we will be working as hard as ever when school reopens, organising events and raising money to enhance opportunities for all the children at the school. All our events have been so well supported, thank you to everyone who has contributed in any way, it really is very much appreciated.

Many children from the school have drawn and displayed rainbows and messages of support in their windows for our key workers, helping to spread the message 'Stay home, save lives'. I'm sure all the children will be missing their friends and the staff and will be looking forward to the time when school can reopen and life can get back to normal.

Finally I would like to look back on an amazing memory from September, when school, FOTS, parents and helpers all worked together to create a fantastic float for the torchlight procession in Kendal. The float was based on 'Tebay - what makes our village' and looking at all the smiling faces and seeing the hard work that went into it, I would say it is most definitely the people!

Julie Foster, LAB member

*To access any of the internet links (in blue) hover your cursor over the link, and hold down the **CTRL** button. (The cursor will turn into a pointing hand.) Then **left click**. Then wait! You should reach the website in about 10 seconds.*



A Pilgrimage to the Holy Land

1st – 8th February 2021

I am planning to lead a Pilgrimage to the Holy Land at the beginning of February 2021 having just been on a Clergy Study Tour at the end of January with Sharon.

We already have names of some people interested and I would like to invite you to an information evening to find out more without any commitment.

To enable the trip to go ahead we will need a minimum 15 people plus myself and hopefully many more..!! Fran Parkinson is also hoping to assist with the leading as well.

Pilgrimages to the Holy Land are often described as once in a lifetime opportunities, and give us a chance to truly breathe life into the stories, history and culture of the Bible and walk in the footsteps of Jesus.

It is an experience like no other and can be a real encouragement and boost to our spiritual journey and faith.

If you are interested please let me know (01931 716048; alunjhurd@gmail.com).

I look forward to sharing some of the experiences of a Pilgrimage to the Holy Land with you.

Best wishes and Shalom

Alun

Orton Surgery and Shap Medical Practice

Because of the current situation regarding Coronavirus, Shap Medical Practice is operating a total triage system. This means that the doctors will phone everyone requesting an appointment, and only bring patients to the surgery if absolutely necessary.

Only one month's medication will be provided at a time.

For general advice consult www.nhs.uk. Please check our Facebook page for regular updates.

We are changing prescription arrangements. From Tuesday 5th May prescriptions will be available again for collection from Orton Village Hall. Prescriptions will be available between 10am to 11am on Tuesdays. Any not collected will be returned to Shap.

If you are shielding or have difficulty collecting your prescriptions please let us know. We can arrange delivery or refer to the Good Sam service for help.

We apologise for the ongoing changes to the service and thank you for your understanding.

THANK YOU FOR YOUR UNDERSTANDING

Dr. McCabe Dr. Woodstrover Dr. Kehoe
and all the staff

Shap Practice: 01931 716230

Out of hours: 03000 247 247



The Easter Garden in the porch of
All Saints' Church, Orton



The Easter Flower Cross outside Kirkby Stephen Methodist Church

We had to do the cross very differently this year due to social distancing. Two of us put up the bare cross at night. We let the church members know it would be there, and over the morning from 7am various people came down and added their bits.

A Locked Church

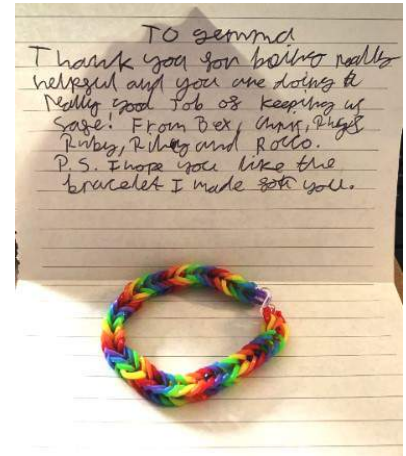
By Alan Amos

**Ah, my dear Lord, the church is locked,
But let my heart be open to your presence;
There let us make, you and I,
Your Easter garden;
Plant it with flowers,
And let the heavy stone be rolled away.**

This poem was found pinned to the door of
All Saints' Church, Orton, at Easter

TEBAY PRIMARY SCHOOL

It's been a funny few weeks but at Tebay School we are all managing to stay happy and connected. Although we can't see each other in person, we can see what others been doing at home.



Tebay Services

We want to say a big thank you to Tebay Services for donating Easter Eggs to us after their closure. It definitely created lots of happy faces to those who found a delivery on their doorstep.



Staying Safe and being Mindful of others

Schools are closed to allow people to look after themselves and their families. We have encouraged our children to continue to be mindful of others. Some have already helped neighbours and elderly relatives and it is those stories we want to celebrate and encourage in the coming months. We have encouraged the children to send a letter or take the small action of calling Grandparents more often to keep them feeling supported and connected with us all.

As a school, acting in a remote capacity or not, we are always committed to ensuring the welfare and safety of all our Children. During term time it is less difficult for us to ensure that children are safe, warm, fed and happy. However, if you know of anyone that may need some extra support or help at this time, please do not hesitate to contact school and myself or Tracy will be in reply as soon as possible.

head@tebay.cumbria.sch.uk
admin@tebay.cumbria.sch.uk

Our advertisers

Please support our advertisers, and when you phone one to ask for their services, please tell them that you saw their advert in **The Link!**

Things to be thankful for

I have been on the receiving end of little acts of kindness this past week, and they each made such a difference to my day.

- ◇ **Flowers and yummy choc. cakes from children, handed over the wall.**
- ◇ **A smile and a wave, sometimes from a friend, sometimes from a stranger.**
- ◇ **Playing "hangman" on What'sApp with all the family ...chaos!!**
- ◇ **Listening to birdsong.**
- ◇ **Laughing as my dog jumped into the beck for the first time.**
- ◇ **Pictures and letters from Grandkids!!**

All drops in the ocean of LOVE. OLIVE



Thank you!

I would like to say a huge Thank You to Jane and Neville at our local village shop. Since this awful virus has taken hold they have been so supportive in providing groceries and a delivery service to us. My husband and I are both in the high risk category, so we are very grateful for their unfailing attention to our needs, their patience and their ability to go the extra mile.

Bronagh and Andy at The George have also supported us with delivery of delicious meals. I would also like to express our thanks to our neighbours in Raisbeck for their offers of support too. It is much appreciated. We are certainly not alone in our isolation.

Dorothy and Ian Foster
The Rookery
Raisbeck

A Bleating Place

The sheep all had a meeting,
Atop a lonely hill.
To discuss their existence,
And all the worldly ills.

They covered every topic,
Religion, famine, war.
But conversation turned to,
"What we'd been placed here for?"

The Suffolks talked of eating grass,
Until the day was done.
The Texels spoke of show sales,
And red rosettes they'd won.

A group of Bluefaced Leicesters,
Couldn't see the point at all,
Of carrying on living,
If the sky was doomed to fall.

A minority of rare breeds,
Wouldn't stop to think,
Of current situations,
Just their prehistoric links.

The remaining congregation,
Herdwicks, Roughs and Swales,
Having barely spoke a single word,
Proceed to tell their tale.

Each knew the route to happiness,
And the point to all their strife.
Long days spent wandering the fells,
Were the best times of their life.

So if ever you're feeling lost,
Or can't hold back the tears.
Think like a hardy hill sheep,
A farmer's had to shear.

Climb up on a mountain top,
Look at the world below.
A day spent walking in the clouds,
Will stop you feeling low.

Calum Stott



Middleton Fell



My Lockdown privileges

Yes, privileges! Despite everything - having to use new words and phrases that a few months ago no one had heard of, like Lockdown, and Self-isolating, and Shielding, and Furlough; and having to learn new computer skills with apps like Zoom. And of course, far more devastating than these trivial things, we hear every day of the appalling death toll, leaving thousands of families stricken with grief. My heart goes out to them.

But I am aware that we personally are very, very privileged.

- Though I am 83 and my wife is 73, and therefore we are in the “vulnerable” category, we are both (so far) hale and hearty and have no (another phrase constantly being used) “underlying health conditions”.
- We live in a house with a lovely garden, which is keeping us busy on fine days, and is a lovely place to sit in the sunshine. I’m so thankful we don’t live in an urban block of flats!
- We live in a village in a beautiful area, and we can go for walks from our own front door, and revel in the scenery and the sounds and scents of nature.
- We have a village shop whose proprietors have promised to deliver supplies to our front door - but we can walk there and collect the milk and the paper, so long as there are only two people in the shop at a time. Chances are we will meet no one on the way, and if we do, keeping 2 metres apart is no

problem as we greet each other cheerfully.

- We have family members only a mile or two away, who not only phone regularly but do supermarket shopping for us when they go.
- Other family members also phone or WhatsApp or email, to check that we are OK - which is lovely, even if our daughters fuss and scold! We know others who are so alone.
- Though we can’t go to church just now, we can experience real times of worship and prayer, with perhaps two dozen people from the 5 villages all together on Zoom. That’s more people than we usually see at a normal Sunday service in church! (We do miss singing hymns, though - can’t do that on Zoom, without getting all messy and out of time with each other!)
- We live in a marvellous country with more freedoms and justice than in many lands, and with an amazing National Health Service staffed by courageous and committed people, and don’t let’s forget those wonderful people who care for the elderly in care homes or at home.
- Unlike hundreds of thousands who have lost their job or whose businesses are collapsing, as pensioners we have no financial worries. Well, not yet - who knows what will happen to pension funds in the months ahead?
- Above all, we have a heavenly Father who hears our prayer, and promises to be with us at all times, to the end of the world, in the hard and puzzling times, as well as in the easy, happy times.

What more can I say?

Westmorland Dales Apprentice Update

Last month at the Westmorland Dales Landscape Partnership Scheme the apprentice team had been busy still with doing some tree felling at Waitby alongside Cumbria Wildlife Trust to clear the area around the footpath and put our recently passed chainsaw qualifications into practice.

Additionally we have been able to help out with Hannah Kingsbury's project at Great Asby Scar, which was completing archaeology surveys with the Northern Archaeological Association to unlock the hidden heritage of the area. There were many finds such as quarries, cairns and evidence of an ancient roman settlement. We are all looking forward to the months to come, whatever they may bring us.



Westmorland Dales Landscape Partnership

Skills for the Future Project

Working from home as an Countryside Worker Apprentice is a challenge but the team of Westmorland Dales Landscape Partnership apprentices are embracing it with positivity. It's a great opportunity for them to complete their NVQ Environmental Conservation for which they have already built up much experience in the last 6 months. However, this is still an apprenticeship so, as Apprentice Supervisor, I ensure the team are still getting out. One day a week the team work on practical jobs in their local vicinity; so far, repairing drystone wall gaps and building bird boxes. Through the power of the internet, we show each other the photos of our jobs at the end of the day. Every other day we work on ID skills, first concentrating on birds. After a fortnight of home working, the apprentices are all now able to identify a range of garden and farmland birds by sight and song. They have surveyed their gardens and a local loop, producing maps and summary sheets. Whilst we await the arrival of the migrant bird species to re-survey, we will work on tree ID, as the buds burst into leaf with the arrival of Spring.

Belinda Lloyd, Apprentice Supervisor

For more information about the Apprenticeship Project please contact Belinda Lloyd :

Belinda.Lloyd@yorkshiredales.org.uk
or call 07971 528776.

www.thewestmorlanddales.org.uk



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News from rton School

Hello Everyone.

When we put together our school news for last month's edition of the Link we could never have imagined the changes that were about to happen.

COVID 19 arrived and completely changed the delivery of our educational provision. Leading us to embrace digital learning, slightly quicker than we had ever intended!

As always our children, families and staff embraced the challenge as a team travelling the home learning journey together.

We are truly blessed to be part of such an amazing community.

One of the platforms our families have been using to "keep in Touch" is the school website, please have a look at the wonderful creativity, concentration and hard work that is happening.

<https://www.ortoncofeprimary.co.uk/team-orton-keeping-in-touch/>

Every child is a different kind of flower, and all together, they make this world a beautiful garden.



With love to all our flowers.
We can't wait to see how much you have grown.
Love from everyone at Orton School.



"I have been having my ballet and now contemporary dance lessons on Zoom. Zoom is an app which you use to connect with friends, family or when you have a meeting. I have also started having a video call with some of my school friends everyday. Stay safe!" *Catherine*

"I have been watching wildlife in the garden. I have seen newts, frogs and beetles in the pond. Lots of common birds - tits, finches, corvids, etc - and some rarer - nuthatch, dipper, flycatcher, oyster catcher and green woodpecker (just heard that one)." *Morland*

Since we broke up from school early I have been feeling upset, scared, nervous, excited and happy. I miss the teachers who are amazing and all my friends at school, I don't know if I will be going back to Orton school or if it will be straight to KSGS.

While we have been in lock down I have done school work, painted shells, made slime, made Easter masks, played out, planted sunflower seeds and so much more.

I can not see my Nanna Pots or Tebay Nanna and Grandad which upsets me but when we do get to see each other we will have a lot of cuddles to catch up on!!! *Madison*

Please visit our website
<https://www.ortoncofeprimary.co.uk/>

Update from Orton Market Hall Trustees

It's been an oddly busy time for the Trustees of Orton Market Hall. As the implications of COVID-19 began to sink in, it made sense to close the Market Hall to most users, especially as a majority of our regular users had indicated that they would be cancelling their events, given the official advice to avoid gatherings and keep social distancing.

Closing the Hall also meant that Shap Surgery could continue to have a regular base in the village for as long as possible. They're now delivering prescriptions rather than opening up at the Hall but thank you to everyone involved and also to Lynne Potter who made sure that every handle and surface from kitchen door to Supper Room was as clean as possible during those early weeks.



More recently, Trustees were in touch with the Farmers' Market, investigating how best to support local producers through tough times. It didn't make sense to encourage visitors into the village so there was no April Farmers' Market and this is likely to be the case in May too but we hope to see them back later

in the year.

Trustees have "met" through emails instead of their quarterly meetings and things like a Health and Safety Policy update and a review of banking arrangements have all carried on in recent weeks.

When things begin to return to normal, look out for details of the postponed Boon Afternoon and, if you could help the Trustees in any practical ways – or even join them – then please get in touch via Jayne at the Village Store.

Thank you and hope to be seeing you in the Market Hall again very soon.

Keep well.



Nina and Charlie

(from "Charlie's Church")
wish all their friends a

Happy Easter!



Mental Health

Looking after our mental health is one of the challenges we have at the moment. Carlisle and Eden Mind have produced a brilliant resource with advice for parents and links to support their Mental Health. Please do not hesitate to make the most of these resources **and vitally ask if you need help.**

<http://carlisleandedenmind.cmail19.com/t/ViewEmail/r/DEE6B7547E5B31902540EF23F30FEDED>

For general Mental Health help and advice:
<http://www.cemind.org/>

Diocesan Coronavirus Prayer

Loving God, as your Son healed the sick

And brought good news to the needy

Be with us this day.

Loving Jesus, you taught us:

'Do to others

as you would have them do to you'

Be with all the medical staff this day.

Loving Spirit, your gift is healing,

Bring your healing fire to our homes,

our hospitals and our county,

But most of all, be with us this day.

Amen.



Hope you enjoy this page—let us know if you have any ideas of what else you would like to see here: linkpines@hotmail.co.uk
 (To do the Sudoku or the colouring you will have to print this page!)

Bible Sudoku

1. Firstly you will need to write in your 'starter' numbers. This is done by using the clues below, and the A-I and 1-9 co-ordinates on the top and side of the grid. *F5 has been done for you already.*

2. Once the starter numbers are in place, complete the Sudoku puzzle as usual.

For D1, G2, B3, I4, H7, F9:

Josiah was ___ years old when he became king. (2 Kings 22:1)

For F5, A7:

The 10 commandments were written on ___ tables of stone. (Deuteronomy 9:11)

For H2, D5, B6, E8:

Og, king of Bashan, had a bed which was ___ cubits [$\sim 4\frac{1}{2}$ metres] long. (Deuteronomy 3:11)

For A4, I8:

The number of times Paul was whipped with 39 lashes. (2 Corinthians 11:24)

For E2, C4, G5, D6, F8:

The age of Joash when he began to reign over the kingdom of Judah. (2 Chronicles 24:1)

For A2, I3, F4, C5, G6, D7, B8:

The number of days it took God to create heaven, earth and all in them. (Exodus 20:11)

For C2, H4, G8:

The number of languages spoken before the building of the tower of Babel. (Genesis 11:1)

For B2, F3, A6, C8:

Lazarus was dead for ___ days before Jesus raised him from the dead. (John 11:17)

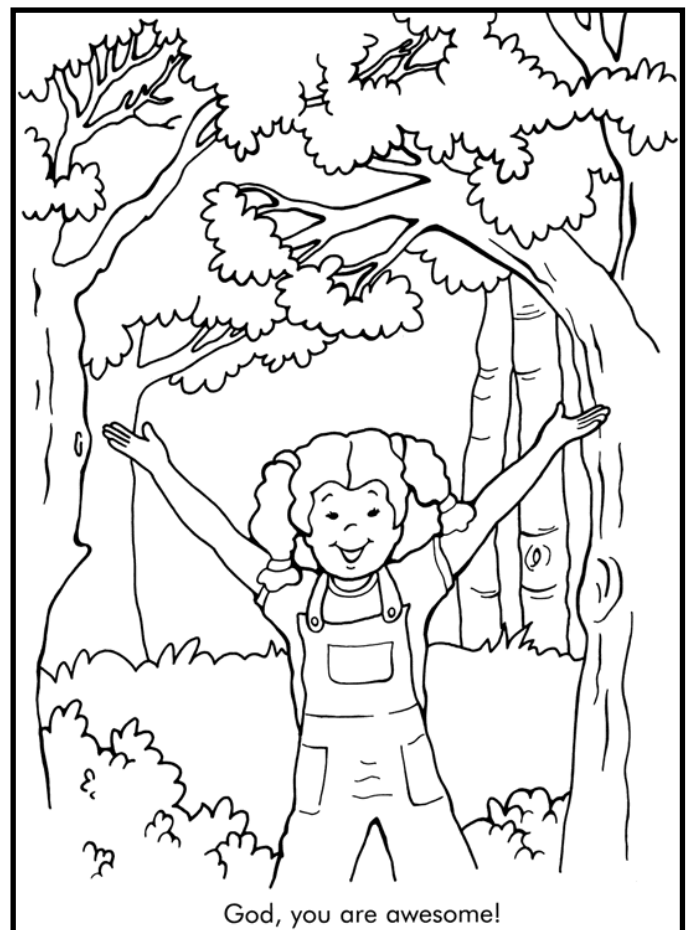
For G1, D2, I6, H8, C9

Noah had ___ sons (Genesis 6:10)

	A	B	C	D	E	F	G	H	I
1									
2									
3									
4									
5						2			
6									
7									
8									
9									

Use [Bible Gateway](#) online if you don't have a bible to hand

Try colouring this in!



God, you are awesome!

Have a look at [Sameboat music](#) for some great songs to sing at home, on your own or together with your family, along with lots of activity ideas.

sameboat





Upper Eden Food Bank

'A church led, community fed project'

Upper Eden Food Bank would like to thank with huge gratitude the kindness and generosity of all those people and organisations who have offered food and finance to help keep UEFB up and running. It is heart-warming to know that when challenges arise, community pulls together to help one another, each offering their own gifts and talents. Please know that volunteers are applying extra and stringent hygiene measures during the Covid-19 pandemic.

We are also here to help any who find themselves in difficult financial circumstances. Either call Citizens' Advice Bureau on 0330 056 3037, or alternatively Cumbria County Council on 0800 783 1966 who can supply local numbers to refer you to the Food Bank. Or they may offer alternative help.

The UEFB website is a good place to check the current situation and needs:

Websites: www.upperedenfoodbank.org.uk

Facebook:

www.facebook.com/upperedenfoodbank

Email: upperedenfoodbank@gmail.com

Phone: 07596 690 902

Strange times

One of the phrases I hear often is 'we are living in strange times'. These strange times have proved something Jim and I have always known – that we have the most fantastic neighbours and friends. Nothing has been too much trouble – offers of shopping, chatting at a distance over garden walls, exchanging seeds and plants – just a few of the many things that makes this lockdown time bearable. The telephone has been hot with long conversations with family and friends further afield. Even I am getting used to modern technology with more than just emails.

Neville and Jayne at the Shop have been a lifeline keeping us stocked with food and all delivered to the door. We cannot thank them enough for all their kindness.

Easter was again very strange. I was in All Saints' Church completely alone on Good Friday and Holy Saturday and with Jim on Easter Day. It was so quiet, but yet precious times I will always remember. Jim and I did manage to join the virtual Easter Day Service and it was so good to see happy familiar faces from around our Benefice. Thank you, Alun, for arranging this.

Like many of you, Jim and I have watched the beautiful sky with no vapour trails, the magnificent sun rises and sun sets, tried to name the stars and planets that have been so visible. We continue to enjoy the spring as it blossoms before us.

Each evening we have listened to the news and been shocked and saddened by so many deaths. I hope that we cannot go through such a dreadfully sad time without learning to live differently. Surely we can live simpler lives completely enjoying the many gifts we have around us.

Angela Milburn

Two Poems

The More You Give

*The more you give, the more you get;
The more you laugh, the less you fret.
The more you do unselfishly,
The more you live abundantly.
The more of everything you share.
The more you'll always have to spare.
The more you love, the more you'll find
That life is good and friends are kind.
For only what we give away
Enriches us from day to day.*

Never Quit

*When things go wrong, as they
sometimes will,
When the road you're trudging seems
all uphill,
When funds are low and debts are high
And you want to smile but you have to
sigh,
When care is pressing down a bit,
Rest if you must, but don't you quit.*

*Success is failure turned inside out -
The silver tint of the clouds of doubt,
And you never can tell how close you
are -
It may be near when it seems so far;
So stick to the fight when you're
hardest hit -
It's when things seem worst that you
MUST NOT QUIT!*

*These two little poems came from Canada, and the
author is unknown.*

They were contributed by Chris and Olive Bland.

www.jmpfoodservice.co.uk

**JMP Foodservice: Frozen, Ambient & Chilled
Food, Foodservice Supplier**

JMP Foodservice is an independent family run business backed by our membership of Fairway Foodservice, which means we can offer our customers Local Service coupled with National Strength.

During the current crisis we will be offering a home delivery service to homes within a 20 mile radius of Sedbergh.



CHRISTIAN AID WEEK

9th to 16th May 2020

Sadly we have to report that owing to the worldwide epidemic, Christian Aid have informed us that Christian Aid Week this year will not take place in its usual form.

Note, NO Donations by envelope.

BUT “Christian Aid Week is moving online! We would love you to join in to show love for our neighbours near and far, as a global family.”

During Christian Aid Week, “It’s more important than ever that we come together as a community to worship and to share fun and fellowship. That’s why during Christian Aid Week we will be live-streaming worship each day, and hosting a fun daily quiz to join and raise funds. Sign up using the links below to take part.”

We hope that you will agree that the worldwide need in 2020 will be even greater than ever, so we encourage you all to give online as generously as you can. We have done it and it is easier than you might expect. Please use the Link below; the donation option is at the bottom of the page. If you live in Orton, please DESTROY the ENVELOPES which you received last month.

<https://www.christianaid.org.uk/about-us/christian-aid-week/coronavirus-guidance>

(If you are not on the Computer someone may make a donation for you.)



We are very sorry that there will be no Coffee Morning this year but it is far more important that we all do our very best to keep safe and give thanks for the work of all our Doctors and Nurses in the NHS and all other carers.

Please let us show our LOVE in a practical way.

Best wishes, Olive & Chris Bland



**The Square,
Orton, CA10 3RX
015396 24225**

Orton.village.stores@btinternet.com

Shopping if self-isolated

If you have been advised to self-isolate due to Covid 19, we will be happy to deliver any shopping you need. Call the number above with your list. Two receipts will be printed - the first with your shopping, and the second will be held at the shop for payment at your convenience.

This service is free to the Orton village area.

My “Lockdown” miracle!!

When my older brother was married about 52 years ago he cut himself off from the rest of the family for various reasons rooted in our childhood.

Over the intervening years we have met probably only on four occasions – the funerals of both my parents and two of our other siblings. This separation from my brother has caused me great sadness over the years and although I have tried to phone him to talk that has never been a success. He never answers the phone - always leaving it to go to ‘message’ so that he does not have to speak to anyone he does not want to.

When “Lockdown” came into operation on March 23rd I phoned my brother to see how he and his family were. As usual the call went straight to message - so I left a brief message to ask how they were and to say that it would be good to have a chat.

The next day my brother called and we had a proper conversation for the first time for many years!

Praise the Lord!!

Anonymous, Orton

To access any of the internet links (in blue) hover your cursor over the link, and hold down the CTRL button. (The cursor will turn into a pointing hand.) Then left click. Then wait! You should reach the website in about 10 seconds.

Notes from the Herald, May 1920.

Cold and wet, except for 16th, 21st and 26th onwards; cuckoo and swifts back by 26th. Whitsun was on 23rd and there was rain 21st – 25th. Wheat shortage as America has bought it all. Clothes are cheaper but life is dear now. Public pressure for better housing and higher wages.

Orton Band of Hope concert on Friday evening, 24th April, for its funds. Held in the Temperance Hall.

Tebay Died at West View on 27th April, Mary Agnes, wife of Mr. John Horsley, age not given. Buried at Tebay on Sunday, 2nd May, cortege to leave house at 2.45p.m.

Ravenstonedale's milk suppliers agreed to sell at 6d per quart (two pints), the same price as in Penrith as it happens! Died on Whit Monday afternoon (24th May) Mrs. Mary Fawcett, 74, been ill. A widow for more than 30 years she was genial. A strong Wesleyan Methodist she fed their preachers after their services whether ministers or laity. Big funeral.

A doctor writes on Saturday, 1st May, "Don't gobble. Walk. Don't smoke endlessly. Seek variety in life. Don't ignore symptoms or forget to clean your teeth".

Telephones are rarities in the countryside. Shap has been pressing the GPO for one for months now, in vain; and now Kirkoswald and District's parish councils are pressing jointly for one each there.

Our thanks to Jeremy Godwin for the Notes.

TALLEST SUNFLOWER COMPETITION

Rachel Milburn, our Network Youth Church minister, is running a **Tallest Sunflower Competition** to brighten up our summer. I've just planted mine and there is a short video about it now on our YouTube channel <https://www.youtube.com/watch?v=nf61R3C6bR0>

I'm told there is a prize. We'll let you know how to submit your entries later in the summer. Get planting and see if you can beat me!



*Revd Stewart Fyfe
Rector, the North Westmorland
Parishes, Rural Dean of Appleby
The Vicarage, Morland
Penrith CA10 3AX
01931 714620*

News from All Saints' Church, Kasese, Uganda



WhatsApp message from the Rev. Nelson Walina, Vicar, 22nd March:

Kindly pray with us. Churches in Uganda (and we hear worldwide) have not been allowed to congregate for prayers but remain in their homes and pray therein. But All Saints Pro-Cathedral Church

has no income - we only depend on Christian offertories and thanksgiving gifts for survival. Just pray with us especially, my Lay Reader and I - no salaries for March as I speak.

Reply: I will indeed pray...

Rev. Nelson: Thanks for your elderly advice and we shall do pray as well. But our survival as leaders will be probability. We shall not lose hope, we hope the Lord will open avenues for us, we can't think of going back to our villages.

Reply: Can you give me your Lay Reader's name?

Rev. Nelson: Her name is Immaculate Muhanguzi. We are staying closely each other.... Thanks so much for minding about our survival during this period.

Message 25th March:

Thanks for prayers and support. Today is one week when we are in quarantine period. Closed in our homes for prayers and fasting, and Word of God, to avoid congregating in the churches. Most of the gathering places have been banned. As well, public transport is stopped. That is why we who don't have, keep indoors.

Message 3rd April:

We are now in the 3rd week indoors. With my Lay Reader we have purchased foodstuffs from the support you gave us. So important to us. We do appreciate. Only that you continue praying: the Government again gave us at least 14 days in Lockdown, said no movements by vehicles, motorcycles, only to garden. My wife Melina had planted beans, maize, sweet potatoes, some 30 km away from where we stay - we cannot walk there on foot. We had hoped that by end of May to June 2020 we would have enough food from our garden which we recently bought. Pray hard the LORD to open ways to get there, or use some people who are there nearest our garden. Greet all including your madam and Rev Ian Elliott.

Message, 15th April

Yesterday we walked to Bugoye to my garden, about 30km to and fro. Trying to weed my beans for survival if the Lockdown continues. I went

with my wife and one of my boys. A good but

tiring experience. We thank God who enabled us to walk to work in the garden.

Love, Rev. Walina Nelson & Melina.





Hello, if you are self-isolating we'd love to help.

Helplines:

All Saints', Orton: 24258 - Olive and Chris
St. Oswald's, Ravenstonedale: 23393 - Fran

You can call for a friendly chat or to ask us to arrange for a named person who can collect urgent supplies, post mail or pick up shopping for you.

We are aware that Coronavirus is contagious and every precaution has been taken to ensure we are spreading only kindness.

God is our
refuge and
strength, an
ever-present
help in trouble.
Therefore we
will not fear

Psalm 46:1-2

HELP and HOPE

We are still available should anyone in the village want to call for a friendly chat, or we can arrange supplies and shopping with a named person.

*Olive and Chris
Fran*

Arts events online

The concert halls and theatres may be quiet and the galleries and museums empty at the moment, but there's lots of arts and culture online and most of it is free for the duration of the COVID-19 outbreak. I've been keeping an eye on some of these links and happenings as part of my work and thought that readers of this online version of The Link might be interested too.

Music

From the [Wigmore Hall](https://www.wigmore-hall.org.uk/wigmore-hall-live/past-live-streams) to the [Berlin Philharmonic](https://www.digitalconcerthall.com/en/home), the big international classical music venues have been sharing their back catalogue of performances online. The Sage Gateshead, home of the Royal Northern Sinfonia and lots of other styles of music, has been sharing [Spotify playlists](https://www.sagegateshead.com/listen/) and you can listen to Ulverston native, saxophonist Jess Gillam, with the archive of her regular Saturday show on BBC Radio 3, [This Classical Life](https://www.bbc.co.uk/programmes/m00040ch/episodes/player) online. And, of course, there's loads of music and talk radio podcasts on the BBC Sounds app if you have that on your phone.

[https://wigmore-hall.org.uk/wigmore-hall-live/past-live-streams](https://www.wigmore-hall.org.uk/wigmore-hall-live/past-live-streams)

<https://www.digitalconcerthall.com/en/home>

[https://sagegateshead.com/listen/](https://www.sagegateshead.com/listen/)

<https://www.bbc.co.uk/programmes/m00040ch/episodes/player>

Theatre

Both [The National Theatre](https://www.nationaltheatre.org.uk/nt-at-home) and [Shakespeare's Globe](https://www.shakespearesglobe.com/discover/blogs-and-features/2020/04/03/how-to-watch-our-free-globe-player-films/) theatre have been sharing performances via YouTube. If you've never made it to a live streaming in a local cinema then these will be a revelation. And then, once things return to normal, look out for dance, opera and theatre live streaming dates at The Brewery in Kendal, the

Alhambra in Penrith and at Rheged too.

<https://www.nationaltheatre.org.uk/nt-at-home>

<https://www.shakespearesglobe.com/discover/blogs-and-features/2020/04/03/how-to-watch-our-free-globe-player-films/>

Exhibitions and museums

Spring and summer are usually peak times for local artists across Cumbria to exhibit their work and for local galleries to be open to visitors. This hasn't happened this year, for obvious reasons, but artists have taken the opportunity to "go online", creating slide shows of pictures and other work or virtual tours of an exhibition. For instance, wildlife and landscape painter, Fiona Clucas should have had her [Waterlands exhibition](https://www.gallery68ulverston.co.uk/current-exhibition-waterlands) at Gallery 68 in Ulverston through April but, instead, it's been online. And, if you've never had a chance to visit the [Museum of Military Life](https://www.cumbriasmuseumofmilitarylife.org/museum/virtual-tour/) at Carlisle Castle, you can take a virtual tour on its website.

<https://www.gallery68ulverston.co.uk/current-exhibition-waterlands>

<https://www.cumbriasmuseumofmilitarylife.org/museum/virtual-tour/>

If you know of other events or cultural places online, please let me know and I'll pull together another selection for next month's **Link** if I can. Thanks.

Sally Seed sally@stoneleighcomms.co.uk

To access any of the internet links (in blue) hover your cursor over the link, and hold down the **CTRL** button. (The cursor will turn into a pointing hand.) Then **left click**. Then wait! You should reach the website in about 10 seconds. Alternatively you can copy and paste the web address.

Who used to live in your house? A family history detective story, for the 'self-isolated'

In common with other Ravenstonedale Parish community groups, the Ravenstonedale Parish History Group (RPHG) lecture and social evening for March 18th had to be postponed during the current public health emergency. The subject is of particular interest for LINK readers, as it provides guidance through the example of five case studies, for how anyone can investigate the history of their house. As we are all confined to our houses at this time, this can be an activity that is relevant and fun to undertake.



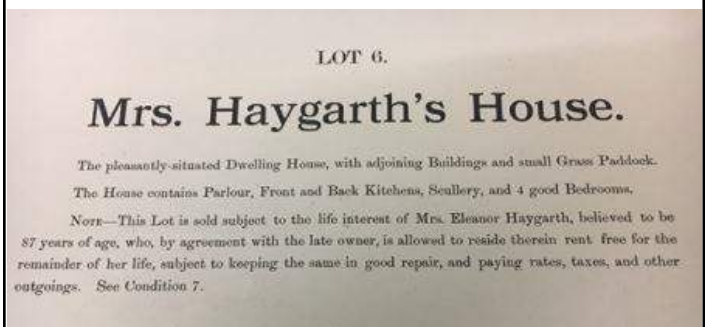
Val Fermer had prepared the talk, during which she researched the history of five houses in Ravenstonedale parish. The five houses included a present-day farm, two former farms, a former pub and a cottage. Farms, present day and former farms, can offer a richer vein for comprehensive local history research, as the property can be clearly identified in the commonly available search-

able archives, such as census returns and parish records. Because farms were traded in the past as Land Owners acquired and disposed of property, records of sale can also add to historical depth and insight. Sales records may be located by searching digitally archived newspaper records or by interrogating original copies of land sale prospectus's, such as the extensive collection of this type of documents held by RPHG.

Similarly, collections of local photographs and press cuttings featuring locally prominent people (often including Farmer's at agricultural events and landowners at Village society events), like those held at RPHG can also be searched for clues. The historical trail often begins with the deeds of the property, from which the name and time period of previous ownership can be established. Births,

marriages and death records build a picture, using these name and date clues, of the family history of a household and census records provide evidence, gathered every ten years of a building's occupants and their occupation or job. Within that ten-year timeframe, any change of ownership or occupation can be discovered.

While private houses and cottages can sometimes be more difficult to locate in the records, sales records and anecdotal reports can be helpful in linking a specific property to a specific person. As an example, the Ravenstonedale cottage that Val researched is known today as The Bield. Documents held by RPHG, identify that in the past the same building was known as Mrs Haygarth's house. This identification was despite proof that the property was owned by Mr Carver, a London based millionaire, as part of an extensive parcel of property investment made him in the 1900's. His purchase of Mrs Haygarth's house transpired to be conditional on her remaining in the property until her death. Consequently when she died the property was sold and the available original sales prospectus identifies the property for sale as 'Mrs Haygarth's house.'



Because of the research advantage that Farm's have, the history of the farm properties (due to be presented at a future date by Val to RPHG) spans from 1500 to the present day, although any surviving residents are not included in the lecture to respect the privacy of those individuals.

If any readers of this article are inspired to research the history of their home, to maybe occupy the increased time to be spent over the next few weeks in that home, Val Fermer and her fellow volunteers at RPHG would be pleased to offer guidance, support and where appropriate access to the locally held records. While personal visits to RPHG are not possible at this time, documents can be extracted, copied and shared by email. Anyone interested in researching the history of their house should contact – www.ravenstonedalehistory.org.uk.

Val Fermer

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Buried treasure – secrets from St Oswald's Graveyard

A walk idea, for daily exercise, revealing some local history

On our daily walk, for exercise, we continue to be thankful for the solitude and lovely countryside that we are fortunate to have around us. We thought we would share one idea for a walk, which reveals some of the historical secrets that can be discovered from an ancient Churchyard. On the day we walked around St Oswald's, we were quite alone, however should readers of the Link be interested to follow our route, the open space afforded by the Churchyard is very amenable to proper observation of social distancing, even if a number of Villagers are there at the same time.

Introducing the Potters

There are a number of tombstones dedicated to members of the Potter family. Thomas Potter, who died in 1927, was a notable builder during Victorian times. His gravestone confirms he lived at Townend House, which he built, along with the Old Vicarage and the White House. The latter was built as a second Vicarage, as the Minister at the time felt the Old Vicarage was too grand, so a smaller, although still attractive property was built. Thomas Potter had lived at Townend House for 46 years.



The Hewetson Memorial

There is a very distinctive Hewetson memorial, with a spire not dissimilar to the Cleopatra's Needle monument in London. This design is called an obelisk.

According to

<https://www.gravestonestudies.org/> the obelisk is



one of the most pervasive of all the revival forms of cemetery art. Obelisks were considered to be tasteful, with pure uplifting lines, associated with ancient greatness, patriotic, able to be used in relatively small spaces, and, perhaps most importantly, obelisks were less costly than large and elaborate sculpted monuments.

The London obelisk is on the Victoria Embankment. It was originally erected in the Egyptian city of Heliopolis around 1450 BC. In 1819, Ali Pasha gave Britain the obelisk as a gift. However, Britain's prime minister at the time, Robert Jenkinson, hesitated on having it brought to the country due to shipping expenses. It remained in Alexandria until October 1877 when its transport to London was funded by William Wilson

From the earliest memorial date, the Hewetson 'needle' pre-dates the arrival in London of Cleopatra's needle. There are legible and interesting inscriptions on all four sides of the Hewetson Monument.

'A Yeoman'

On John Robinson's gravestone (died in 1895), the inscription confirms it is in memory of a Yeoman. This recognition is important as denotes that John was a Freeman, and as such would be the owner of land and property, 'holding and cultivating a small landed estate'.



According to Encyclopaedia Britannica, a Yeoman,

in English history, was a class intermediate between the gentry and the labourers; a yeoman was usually a landholder but could also be a retainer, guard, attendant, or subordinate official. Most yeomen of the later Middle Ages were probably occupied in cultivating the land. In the late 1500's Yeomen were described as having free land worth £6 (originally 40 shillings) annually and as not being entitled to bear arms.

Other sources state that 'A Yeoman in the sixteenth and seventeenth centuries was a 'customary tenant' - in other words, someone who held his land by 'custom' rather than by the 'will' of the lord of the manor. This meant in practice that his land would pass from father to son automatically - the lord couldn't prevent the inheritance.



Two memorials for one family

The Airey Gravestone is dedicated to the memory of several generations of the Airey family. This family became wealthy during the Industrial revolution and sons of the Airey

family prospered in Manchester and Liverpool as canal operators and flagstone dealers. The gravestone is of interest, as if your walk is extended up the hill to the



former 'High Chapel', an exact copy of the same inscription can be found on a gravestone in this Churchyard as well.

The missing

Scarborough Sisters

Jane and Ruth Scarborough were

wealthy landowners in the local area from (from 1812 to 1876). They inherited estates from their Uncle and Father. Their Father was George Scarborough and his memorial is well preserved. Alongside George's grave is the grave of Ruth and Jane, although the stone itself is badly damaged, a fragment lies at the foot of the gravestone and the name Jane can be deciphered.

Before the Fat Lamb

The gravestone commemorating Ralph Lisle who died

in 1921, also states he was of Cross Bank. This would have been Cross Bank Farm, the property we know today as the Fat Lamb. Cross Bank has a long history as a Farm and Public House (from 1824 and has been known by various names) before coming under the ownership of Paul Bonsall in 1978 and becoming the Fat Lamb that we know today.



It matters not!

The memorial to Mary Metcalfe (died 1780) has an



unusual inscription, 'where I was born or when, it matters not, to whom related or by whom begot.'

Little Frank

This distinctive memorial, of a childlike angel or cherub, is to the memory of a little boy who died aged just six years old. The right hand may have

been pointing downwards which according to <https://headstonesymbols.co.uk/> is representative of a life that ended prematurely, as in this case.



The Indian Empire

Within the memorial to Robert Metcalfe is a smaller memorial to May Weston Gribbon, who died in 1971 and had been born in India in 1884. She was the daughter of Robert Weston Metcalfe who had been in India since at least 1882. He returned to Ravenstonedale in 1888 to become the vicar of St. Oswald's.

1884 was an important year in Indian history as during that year the organisation that eventually went on to negotiate Indian independence was 12 months from being officially formed. The Indian National Congress was founded in December 1885. During 1884, Gandhi, who would become a pivotal figure in the movement, began, in secret, to eat meat, but gave up meat before the end of 1884, to respect his Father.

1884 was during the period known as the British Raj, which began in 1858. The British government assumed political control of India from this date up to independence in 1947. May would have been born 26 years after the foundation of the British Raj.

We hope you enjoyed this story of our walk and if Ravenstonedale residents choose to follow the route, we wish you luck in locating the featured gravestones.

Val and Steve Fermer



Kirkby Stephen Grammar School

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NEWS

www.ksgs.cumbria.sch.uk



Staff and students from KSGS have had to adapt to a new way to teach and learn..... from home. Staff have been providing school work to students via an online platform called Show My Homework. Staff and students have also been setting each other challenges— and sharing these via Instagram, blogs and Facebook. Here are some pictures of our wonderful students, helping, showing random acts of kindness and their baking skills!

KSGS STUDENTS PAST AND PRESENT YOU ARE SHINING AND WE ARE PROUD

We knew full well that the true spirit of Kirkby Stephen Grammar School would shine through, that the young people in what is a remarkable community would shine. Hearing about some of the truly wonderful stories of students both past and present has proved that prediction to be true, some ex students are on the front line in the NHS working as nurses, doctors, midwives and paramedics. These amazing young people are giving everything to help those in need and are putting others' lives before their own. Others are playing equally important roles in other sectors to keep the country going.

Current students are also working as part of the community to ensure that the most vulnerable are looked after.

On behalf of the staff at Kirkby Stephen Grammar School I would like to offer my heartfelt thanks to all of our truly amazing young people past and present. You are an absolute credit to your school and to your community and you are the wonderful people that will help us rebuild after this crisis.



Rowan Dey helping deliver food parcels.



Carley Thwaites helping her younger brother with his homework.



Bicci Clark, sending letters to friends in isolation.



Bake Off Competition, made by James White.

NEW EMERGENCY SUPPORT HELPLINE

0800 783 1966
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Only for people at high risk of becoming seriously ill as a result of COVID-19 and who do not have support available from friends, family or neighbours.

Full details can be found online at cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.

Emergency Support Helpline

An emergency support service for people at high risk of becoming seriously ill, as a result of COVID-19, and do not have support available from friends, family or neighbours has been set up.

0800 783 1966 COVID19support@cumbria.gov.uk

The lines will operate Monday to Friday 9.00am to 5pm and 10am to 2pm at weekends.

The service will also accept referrals from members of the public who may be concerned about people in their community.

Further details about this support service can be found online at <https://bit.ly/2Xp9x9c>.

Domestic Abuse: Myths and Facts

Myth: Domestic abuse is physical violence.

Fact: in the majority of cases an abuser does not need to use violence to get what they want - exerting control and coercion is enough.

Myth: Domestic abuse doesn't happen to people like us.

Fact: Domestic abuse can and does happen to anyone.

Myth: If it's that bad, they can just leave.

Fact: Domestic abuse is not a one-off; it can gradually increase over years. The perpetrator will use threats such as "If you leave, I will kill you." I will tell the police you are abusing the kids." Would you leave given that choice?

Myth: They must have done something to deserve it.

Fact: Domestic abuse is ALWAYS the fault of the abuser. NEVER of the victim.

Victim Support provides specialist support for people affected by domestic abuse and can be contacted on 0300 303 3797. Cumbriaidsva@victimsupport.org.uk

Report Domestic Violence online

You can report domestic violence safety and anonymously online at www.notinmyhome.co.uk

Women's Aid 24 hour helpline:

0808 2000 247 www.womensaid.org.uk

The Men's Advice Line:

0808 801 0327 www.mensadvice.org.uk

Childline: 0800 11 11 www.childline.org.net



Reporting Domestic Abuse

The stress and strain caused by the current situation with COVID-19 is going to be a testing time for people.

However, no situation should ever lead to someone abusing their loved ones. With families and couples spending extra time isolating indoors together, it is important to remain respectful to each other.

If you are a victim of domestic abuse, or are concerned for someone who is, you can report this or receive guidance by calling 101.

Always call 999 in an emergency.

For more information on domestic violence please visit Cumbria Constabulary dedicated webpage:

<https://bit.ly/2VakQPS>

Cumbria Constabulary continues to treat domestic abuse very seriously. It is maintaining services to support victims, keep children safe and target perpetrators.

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Ravenstonedale School	11.00	15.45 Garshill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
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THURSDAY ROUTE 570: Shap to Kendal

	OUTWARD	RETURN
Ravenstonedale School	10.07	16.30
Shap	10.45	15.57
Orton	11.10	15.37
Mount Pleasant bus stop, Tebay	11.18	15.26
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
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Revised 02-01-2020

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TUESDAY ROUTE 569:

Ravenstonedale to Hawes

July to end of October	Outward	Return
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Ravenstonedale School	10.40	15.40
Kirkby Stephen Station	11.10	15.40
Kirkby Stephen Square	11.20	15.30
Arrives Hawes	12.25	14.30

WEDNESDAY ROUTE 572:

Kirkby Stephen to Barnard Castle

NEW TIMINGS from 08/01/20	Summer	Winter
Departs Bus Depot	09.20	09.20
Ravenstonedale School	09.30	09.30
Kirkby Stephen Station	09.40	09.40
Kirkby Stephen Square	09.50	09.50
Brough Clock	10.00	10.00
Middleton in Teesdale	10.40	
Barnard Castle	11.20	10.45
Barnard Castle	14.40	13.20
Brough Clock	15.15	14.02
Kirkby Stephen Square	15.28	14.15
Kirkby Stephen Station	15.38	14.25
Ravenstonedale School	15.46	14.33
Depot	15.58	14.45

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(We can even help out with toilet rolls!)

Should anyone know of any NHS staff or care-worker who needs to isolate themselves from their family to avoid catching the virus and continue working then please get in touch, we can offer temporary accommodation FOC.

We hope everyone in the community stays safe and look forward to welcoming you all back once this crisis is over.

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Following direct instruction from our Prime Minister, it is with a heavy heart that we have been forced to close to ensure that we support the Government in fighting the Corona Virus.

During this time of closure we will retain all of our staff and our full Team will be here and raring to go when this madness is over!

We will take the time to ensure we all stay healthy and fit, help our loved ones and our community and take stock of what has happened to us, the Country and the World and ensure we continue to ensure we value what is important in life

We will get busy making further improvements to our lovely Inn, brainstorming new ideas for the future to ensure we return strong, healthy and enthusiastic

Any guests who have rooms reserved with us in the foreseeable future, and have paid deposits, will have their deposits carried forward to future dates, without restriction, when we re-open.

We will monitor our e-mails and answerphone messages weekly and endeavour to contact anyone who has contacted us, health dependent.

We wish all our customers good luck and hope you all stay healthy and safe during this time.

Warm regards and much love Louise & The Black Swan Team

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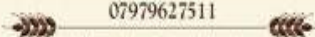
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Contact List

(Phone area code: 015396, unless shown otherwise)

For children and young people

Orton C. of E. School:
Headteacher, Mrs. Emma Pomfret
Office: Vicky Percival: 24268
Friends of Orton School: Julie Watson, 07792 742415
Tebay Primary School:
Headteacher: Mrs. Lisa Bland
Office: Tracey Morland: 24239
Friends of Tebay School: Claire Penhallurick 07986 692527
Catchment Area Secondary School:
Kirkby Stephen Grammar School: 01768 371693
For Little Children:
Tebay: "Twinkles": Pippa Smith: 24367 /
07487 776904
Orton: Tiny Hillbillies: Pat Alexander: 24303
Ravenstonedale: Biggins Nursery: Samantha
Alderson: 23670
Newbiggin Baby & Toddler group: Fi: 017683 71921
Scout Group – Scouts, Cubs, Beavers
Shap area: Jackie Wright: 01931 716490
Kirkby Stephen: Lois Wiseman: 01768 341107
Appleby Guides: Jean Truman: 07799 505723
Appleby Brownies: Alison Taylor: 01768 361241,
Kate Mulholland: 07948 201685
Appleby Rainbows: Sue Grainger: 07876 403895
Kirkby Stephen Brownies and Guides: Audrey Gray: 07889
093848
Northern Inter-Schools Christian Union (NISCU):
Ruth Evans, ruth.evans@niscu.org.uk
Appleby Deanery Network Youth Church Pioneer Minister:
Rachel Milburn, Rachel.Milburn@carlisle-diocese.org.uk
Families Together in Orton and Tebay: Pam Lawson: 26028
Tebay Kids' Band: Pam Lawson: 26028

Miscellaneous

Orton/Tebay Parish Clerk: Margaret Longworth, 24900
Upper Eden Medical Practice, Kirkby Stephen : 01768
371369 (with Surgery in Tebay)
Shap Medical Practice: 01931 716230
(with Surgery in Orton)
Vets: Kirkby Stephen: 01768 371359
Appleby: 017683 51507
Shap: 01931 716024

Adult groups

Archaeological Society: Jan Hicks: 01931 714122
Arts Society, Appleby: Val Gornell: 24123
Badminton: Richard Percival: 24352
Band: Appleby Town Band: Chris Jenkin: 24410
Bell Ringers: Julian Thorpe: 24166
Bingo: Jillian Hewitt: 01931 715000
Boccia: Felicity Lawler: 015396 24465
Book Club: Sally Seed: 24907
Bowls at Newbiggin: Stephen Dickinson: 07766 833500
Combined Churches Choir: Chris Jenkin: 24410
Community Choir: Alison Mott: Alison@mott.me.uk
Concerts:
Appleby: North Westmorland Arts: 017684 83777
Kendal: contact@lakelandsinfonia.org.uk
First Responders: Steve Dunkinson: 24286
Folk Dance Club: Chris Bland: 24258
Greenholme Show: Keith Golding: 01931 715446
Heating Oil Syndicate: Chris Jenkin: 24410
Howgill Harriers Running Club:
Admin@howgillharriers.co.uk
Local History Societies:
Orton and Tebay: Mary Jenkin: 24410
Ravenstonedale: Val Fermer: 07798 688057
Lunch Clubs:
At the George Hotel, Orton: Bronagh: 24071
At Lune Springs, Newbiggin-on-Lune: Sally Cannon:
23230
At Old School Tea Room, Tebay: Bernard Thornborrow:
24272
Men's Meeting, Newbiggin: Jonny Capstick: 23141
Orchestra: Cobweb Orchestra: Richard Best: 23470
Quiz Team, Orton: Sally Seed: 24907
Sew and Sews, Orton: Gillian: 23653
Volunteer Social Car Scheme: Michael Heywood:
07768 444686
Women's Groups:
Orton: Pat Alexander: 24303
Lune Ladies: Carole Clayton: 23226
Women's Institute: Jackie Huck: 24266
Mothers' Union: Angela Milburn: 24382

Websites

Church Websites:

High Westmorland parishes: <http://hwparishes.org.uk>
Entries in the Church of England's "A Church Near You" directory
Orton: <https://www.achurchnearyou.com/church/12220/>
Ravenstonedale: <https://www.achurchnearyou.com/church/12221/>
Tebay: <https://www.achurchnearyou.com/church/12223/>

Orton Community Website: <https://ortoneden.co.uk>

Orton Parish Council: <https://ortonpc-eden.org.uk>

Tebay Parish Council: <https://tebaypc.org.uk>

Ravenstonedale village website: <https://www.ravenstonedale.org>

Ravenstonedale Parish Council: <https://www.ravenstonedale.org/council/index.html>

Churches' Facebook pages

Orton: <https://www.facebook.com/AllSaintsOrton/>
Tebay: <https://www.facebook.com/groups/stjamestebay>
Ravenstonedale: <https://www.facebook.com/pages/St-Oswalds-Church-Ravenstonedale>