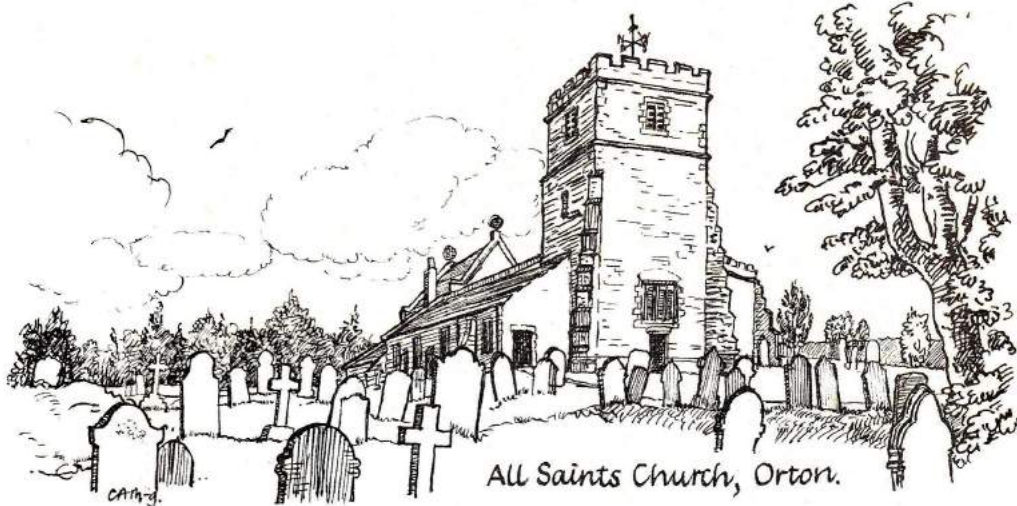


The Link

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



All Saints Church, Orton.



Saint James's Church, Tebay.



Saint Oswald's Church, Ravenstonedale.

April 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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CHURCH LETTER

From Diana Nicholson, Reader, St. Patrick's Church, Bampton

Dear Friends

When it is my turn to write the introductory letter for our Benefice newsletters I am very conscious that it will be several weeks before it is published and then delivered and read, so that many things may have happened or changed between now and then.

Never has this been more true than today as we wait to see whether the coronavirus can be contained in the UK or whether it will become an epidemic which will call for draconian action by the government. By the beginning of April will all our schools and universities be closed, and large gatherings prohibited as they are in Italy already? Which of the two strains of the virus will occur most frequently or will there be another mutation? Could it cause as many deaths worldwide as the "Spanish flu" epidemic at the end of the 1st world war? Will the NHS be able to cope? What a lot of questions to which nobody knows the answers, what a lot of dire possibilities, what a lot we could be worrying about. We certainly could be worrying but should we worry?

A few weeks ago the gospel reading in our church services was from Matthew's Gospel and the heading of the section in one of the newer translations of the Bible was **Do not worry** (Matthew 6:25-33). It is a very well-known passage in which Jesus tells his disciples that they must not spend their lives worrying about what they should eat, or what they should wear, because there was more to life than food and clothes. He gives the wonderful illustrations of the birds of the air which are fed even though they do not reap or store food, of the lilies of the field which neither labour nor spin but who are dressed more beautifully than Solomon in all his splendour. He urges his disciples to seek God's kingdom and his righteousness rather than thinking only of material things. In the 17th century King James' translation of the Bible the passage ends with the admonition

"Take no thought for the morrow, for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."

Well, I don't think that any of us would be very happy if we thought that our government, the NHS, the World Health Organisation, were not taking any thought for what might happen with this epidemic, what advice the public should be given, what plans need to be put in place. And, of course, we ourselves do think about our own future and make provision for it with pension schemes and savings if we can, and we pay house and car insurance so we are covered for accidents and other unforeseen troubles.

So was Jesus wrong? All the newer translations of the Bible which I read do not have the words "Take no thought for the morrow" but "Do not worry about tomorrow", which is rather different. Surely, what we should do is to think seriously about what future problems may arise, whether it be a global pandemic or devastating climate change, then we should decide what we can do to help avoid the most disastrous scenarios and act on our decisions. When we have done this, then we should get back to living in the present, to coping with today's problems and enjoying today's pleasures, to being good neighbours, friends, parents, grandparents, children, always remembering that there is a spiritual dimension to life and that what is most important is that we need to keep seeking the kingdom of God - God's rule in our daily lives.

So, let's try not to worry - remember (as some people say) "the worst may never happen!"

But suppose it does? Suppose, for you, *it already has!* I leave you with two Bible promises:

Matthew 6:8: Jesus said, "Your Father knows exactly what you need even before you ask him!"

Hebrews 13:5: "He himself has said, 'I will never leave you or forsake you.'"

NOTE - The management committee of *The Link* regret that it is unable to distribute literature for other organisations. Articles received after the 13th may be held over until the following month.

Next deadline: **13th April** for the May 2020 issue.

Front Cover: Drawings of our three churches by Caroline Metcalfe-Gibson

The Church and the Coronavirus outbreak

In light of the
Government guidance around
non-essential contact,
the Archbishops of Canterbury and
York have issued advice that
**public worship is suspended
until further notice.**

**Churches will be open where possible but with
no public worship services taking place.**

Prayers can be said by clergy and ministers on
behalf of everyone and churches will consider ways
of sharing this with the wider community.

*See the Letter from the Archbishops and an item
about The Link on a later page*

CANCELLED EVENTS that were to be advertised in *Link*

- Arts Society lecture
- Bag2School Collection (FoTS)
- Bible discussion group
- Bingo, Orton Market Hall
- Drop In (Orton)
- Drop In (Tebay)
- Easter Sunrise Service
- Eden Escape Festival
- Family Fun Quiz and Raffle (FoOS)
- Great Asby Scar guided walk
- Greenholme Show
- J'Unction Prayer Meeting, Tebay
- Lune Ladies group
- Lune Springs Lunch Club
- Newbiggin Bowls Club
- Newbiggin Chapel Anniversary Weekend
- Newbiggin VE Day planning group
- Orton and Tebay History Society
- Orton Church Exhibition
- Orton Farmers' Market Coffee Mornings
- Orton Methodist Easter Service
- Orton Methodist Sunday Club
- Orton Market Hall Boon Afternoon
- Orton Scarecrow competition
- Ravenstonedale Easter Coffee Morning
- Ravenstonedale Folk Dance Club
- Ravenstonedale Intermedii Choir Concert
- Ravenstonedale Village Open House
- Ravenstonedale Walking Group
- Remote Cinema (Appleby)
- Tebay 2 till 4
- Tebay Easter Bingo
- Tebay Lunch Club
- Tebay Methodist Coffee and Cake
- Tebay Senior Citizens Lunch and Trip
- Tebay VE Day Exhibition
- Tebay Youth Club
- Twinkles (Tebay)

*From Brother Richard,
of the Capuchin Franciscans*

Lockdown

Yes there is fear.

Yes there is isolation.

Yes there is panic buying.

Yes there is sickness.

Yes there is even death.

But,

They say that in Wuhan after so many years of noise
You can hear the birds again.

They say that after just a few weeks of quiet

The sky is no longer thick with fumes

But blue and grey and clear.

They say that in the streets of Assisi

People are singing to each other

across the empty squares,

keeping their windows open

so that those who are alone

may hear the sounds of family around them.

They say that a hotel in the West of Ireland

Is offering free meals and delivery to the housebound.

Today a young woman I know

is busy spreading fliers with her number

through the neighbourhood

So that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples

are preparing to welcome

and shelter the homeless, the sick, the weary

All over the world people are slowing down and reflecting

All over the world people are looking at their neighbours in

a new way

All over the world people are waking up to a new reality

To how big we really are.

To how little control we really have.

To what really matters.

To Love.

So we pray and we remember that

Yes there is fear.

But there does not have to be hate.

Yes there is isolation.

But there does not have to be loneliness.

Yes there is panic buying.

But there does not have to be meanness.

Yes there is sickness.

But there does not have to be disease of the soul

Yes there is even death.

But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.

Today, breathe.

Listen, behind the factory noises of your panic

The birds are singing again

The sky is clearing,

Spring is coming,

And we are always encompassed by Love.

Open the windows of your soul

And though you may not be able

to touch across the empty square,

Sing.

A VIEW FROM TEBAY

From Rosemary Campbell

Wow - what a time of change we are in at the moment! Owing to the spreading virus many public events are being postponed including football games and the London marathon. By the time you read this I do not know what our situation will be. I have never bought so many daily papers or caught up with the news day and night. And the disappearing toilet rolls are a mystery to me leaving vast empty shelves in local supermarkets.

I have friends who have serious medical conditions and some are very fearful about the future. There was plenty of fear around in biblical times and this word is mentioned 260 times in the New International Version of the Bible. And so this was a well-known feeling in those days, and in our lives today whatever we face. Music can be a great help in our journey in life. I am a great lover of all kinds from pop to folk to classical. I find listening to music in the car is a great opportunity to sing, conduct and join in without anyone knowing. I have always enjoyed the music of Abba and their song "Chiquitica" is a particular favourite as it refers to someone going through difficult times but the song reassures them that they will sing again. "One day at a time" by Lena Martell is a great song and tells us not to worry about yesterday or tomorrow – today is more than enough. Emile Sande's lovely song "You are not alone" says it all. I am sure you have your favourites too. So let's allow music to help us face the future whatever it holds

It is so good to see the Youth Club is running in Tebay on Thursday nights now thanks to the sterling work of Rachel Milburn and her helpers. It is really encouraging to have the community lunch at the school and the one at the Tea Room. Thank you to all who prepare the lovely meals and provide a space for folks to meet.

The sun came out yesterday – what a relief that was! We have had so much rain that the boot of my car seems to be full of it too. Let us remember those still recovering from the terrible floods, sometimes repeated too. I was in Keswick last week for "Words by the Water" and it was lovely to see the daffodils coming out.

Wishing you all a happy Easter!

Water, Community and God

(or not, as the case may be!)

"Water, water everywhere,
Nor any drop to drink"

There we were, one Monday morning, at the 'Drop In' in the Hub at St James', Tebay, when Kate from the Tebay Club popped her head round the door. "We've just heard that the water will have to go off!" There had been a major incident near Shap! Thank you, Tebay Club, for knowing that folk were in the Hub that morning and thinking to give us warning. Maybe a small, but significant, part of what Community is all about.

And then – it started! Thousands of folk in a huge area around Shap without water – not just for one day but for several days! What was so surprising though was that in this age of amazing communication possibilities (TV, radio, mobile phones, computers etc) many people still knew nothing until they turned on their taps. That's when community really matters. Funny, isn't it, that we can still be so isolated and not know anything! Without a caring community we are lost – "no man is an island" and all that! Up here in Cumbria we need that community and are probably more aware of its necessity; but when we lived in Liverpool and Warrington people were sometimes even more isolated because individualism so easily takes over.

Taking this even further – dependence on others, working together, caring and sharing is vital and no governments can ever solve our problems by rules and regulations. In our world as a whole each country cannot survive alone. Co-operation and sharing resources are essential and what we allow and do **here** affects the lives of others **there**. The whole world is our community and we have strayed so far from that ideal. This all reminds me of a 'Spinners' song from many years ago – "The Family of Man" (nowadays some of the language sounds politically incorrect, but it expresses some good values). The last verse goes –

"Some people say the world is a horrible place
but it's just as good or bad as the human race.
Dirt and misery, or health and joy,
man can build or can destroy."

We at St James' and the Chapel see our buildings as God's, but **for** the community. We seek to continue to be available and accessible where we see needs. We seek your care and support too as we often struggle to maintain our buildings, and so the community is very much needed and we appreciate all the help we receive.

Especially now (as I write the Coronavirus is hitting the headlines and people feel anxious about the unknown nature of it all), as a community of members of the Christian Church, we share these words with the wider community of Tebay, Orton and the world: "Keep on loving each other as Christian brothers. Remember to welcome strangers in your homes. There were some who did that and welcomed angels without knowing it...May the God of peace provide you with every good thing you need in order to do his will and may he, through Jesus Christ, do in us what pleases him" (*Hebrews chapter 13, verses 1, 2, 20, and 21*).

Ronnie Elliott

TEBAY PRIMARY SCHOOL

Last week we received a certificate for helping to break the record for random acts of kindness. We delivered 100 little bird feeders around the village and After School club made chocolate-pops and wrote special letters.



World Book Day

We enjoyed World Book Day in school. It was really nice to have some of our grandparents who, as part of the volunteering scheme for staff at Westmorland services, came to join in our fun and read books with us. They even dressed up too.

Coming-up we have Udance where we will be taking part in a dance competition. Our dance will be about friendship. Finally there is sport relief. We will be wearing sporty clothes and are having a danceathon.....reported by Class 3.

Dates for diaries:

Tuesday 14th April – Back to school.

Friday 17th April – Friends of Tebay School – BINGO at Tebay Club.

Wednesday 22nd April – Year 1 and 2 cross country at Hunters Hall, Penrith.

Tuesday 5th May – Twinkles visit to Class 1.

Thursday 7th May – Bag2school collection. Lacrosse competition at Penrith.

If anyone would like to visit the school please contact Mrs Tracy Morland 015396 24239 or email admin@tebay.cumbria.sch.uk

The school website has lots of news - please visit www.tebay.cumbria.sch.uk

BAG2 SCHOOL COLLECTION.

Bag2school help promote RE-USE of clothes and shoes to benefit those who rely on 2nd hand clothes as their sole option for quality items. Collection will be **Thursday 7th May 2020.**

'The More We Weigh the More We Pay'.

All monies raised will go to Friends of Tebay School to benefit the children.

If anyone has any unwanted clothing, shoes, bedding etc please contact the school. Bags can be dropped off at school at any time , visit www.bag2school.com to check what you are able to send.

Friends of Tebay School value everyone's support; please support our fundraisers if you can.

COMMUNITY LUNCH

The next 2 community lunches will be on:

Wednesday 29th April – Gammon, roast potatoes, carrot, turnip and gravy followed by chocolate and banana oaty.

Wednesday 24th June – Roast Pork, apple sauce, roast potatoes, carrots, peas and gravy followed by shortbread biscuit. Cost = £6.50 per person.

Please telephone Mrs Tracy Morland on 015396 24239 to book your place.

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*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.

ORTON MANOR COURT

GRASS LETTINGS

1st May 2020 - 1st April 2021

Howes Quarry (approximately 6 acres)

Small parcel of land at **Field Head, Park Lane**

Sealed bids to:-

Brenda Iveson, Treasurer to Orton Manor Court

Street Farm, Orton, CA10 3SE **Before Friday 10th April**

Orton Surgery

In light of the coronavirus pandemic, surgeries at Orton will be changing as part of emergency planning over the next few weeks. The doctors will be giving telephone advice in the first instance following NHS England instructions sent on the 12th March. Surgery appointments will be kept to a minimum to reduce the risk of infection to our patients. Please check the NHS 111 website if you are unwell with cough or fever. Thank you for your patience over the next few weeks.

Patients can collect medication as usual but this may also change if NHS England advice changes. If you have internet access then please check the practice website and Facebook pages for updates.

On Tuesday 14th April medication will be available for collection between 10am and 10.30am (unless NHS England guidance changes)

Shap Practice: 01931 716230

Out of hours: 03000 247 247



Upper Eden Food Bank

According to latest statistics there are now approximately 2,000 food banks in Britain, exceeding the number of McDonald's by around 600. So Upper Eden Food Bank (UEFB) is one amongst many nationwide, and exists to provide a caring and efficient means of getting food quickly to people in need of some short-term help.

UEFB is based in The Sands Methodist Chapel in Appleby, and operates through the use of a mobile phone which is held by individual volunteers on a rota basis. However, it is open once a week for donations only, on Tuesday mornings from 10.00am to 10.30am. St Lawrence church in Appleby is also open for donations only on Friday mornings, 11am to noon.

UEFB has many collection points for food donations in the area including the Co-op supermarket in Appleby, and in Kirkby Stephen. You can find a more extensive list on the website as detailed below.

UEFB volunteers, and thankful recipients of food parcels, are extremely grateful to all the kind and generous people who donate food and/or money, which means that the service provided can continue.

If you would like to find out more, please see:

Websites:

upperedenfoodbank.org.uk

ksaandtcircuit.org.uk

Facebook: [upperedenfoodbank](https://www.facebook.com/upperedenfoodbank)

Email: upperedenfoodbank@gmail.com

Phone: 07596 690 902

PRIZE BINGO

We made a grand total of £579 for Asby School and would like to thank everyone for coming. Future meetings cancelled until further notice.

**Women's World Day of Prayer
All Saints, Orton
on Friday 6th March**



25 people attended from our 4 Methodist chapels and our 3 Church of England churches in our parish. The readers represented all 7 churches. The theme of the service was 'Rise! Take your mat and walk' and was written by the women of Zimbabwe.

During the meditation we were all asked to write on a piece of card our commitment to support our communities with actions of love, peace and reconciliation. These cards were left on the altar until Sunday. Here are some of the commitments:-

- Commitment to visit people who live alone
- Lead by action to help people
- Come to Boccia to combat loneliness
- I will not criticise my neighbours
- Help those who are unable to do things for themselves
- Do what I can
- Be kind to those around you
- Lack of passion for those of us who have faith & pray for revival in our village.

The collection came to £180.50 which will be sent to the National Committee to give out grants to Christian charities worldwide.

We were encouraged to bring to the service some food/drink representing Zimbabwe. I made a cornmeal cake which we shared at the end of the service. Many people said they liked it & how was it made – so here is the recipe:

Ingredients

- 225g (8oz) cornmeal flour (or polenta)
- 1 litre milk
- 2 eggs
- 175 g (6oz) butter/marg
- 110g (4oz) sugar
- 1 tablespoon vanilla essence
- 150ml ($\frac{1}{4}$ pint) sour cream

Method

1. Heat milk until almost boiling – cool 10mins
2. Stir in sugar, eggs & 2/3 butter, bring to boil,, stirring constantly – remove from heat
3. Stir in cornmeal, return to heat & cook 10 min, stirring all the time (at this stage it looks like creamy scrambled egg)
4. Remove from heat. Melt & add remaining butter. Stir in flavouring of your choice – vanilla, caramel. ginger, maple .etc
5. Pour mixture into 8” tin & cover with greaseproof paper
6. Cook in preheated 180C for about 40mins. It will seem a bit sticky but as it cools it will set
7. Eat warm or cold, with or without a topping – jam, yoghurt, crème fraiche

Elizabeth Crossley

Orton Farmers' Market

At the March meeting we raised **£311.92** to help us continue God's work at All Saints.

Many thanks for your continued support.

The Farmers' Market Coffee Mornings will be discontinued until further notice



CHRISTIAN AID WEEK

IN OUR PARISHES.

Christian Aid week will be 10th to 16th May.

If you live in Orton then you should receive a **Christian Aid** envelope in this magazine.

Tebay and Ravenstonedale will receive envelopes in the May edition. If you are happy to support this good cause then please give them to any PCC member or members of the Methodist Chapels in Orton, Tebay, Ravenstonedale & Newbiggin-on-Lune.

Or contact **Chris or Olive Bland, 015396 24258**

Tebay Surgery

The Upper Eden Medical practice is currently experiencing huge pressures as a consequence of Covid-19, and regular surgeries may not be able to be held.

Enquiries to

01768 371369

Westmorland Dales Apprentice Update

In February we attended a barn survey training course in Crosby Ravensworth run by Hannah Kingsbury (Heritage Officer). It was a fascinating day and it has made us look at barns in a whole new light.



Barns are a distinctive feature of the Westmorland Dales landscape, but due to the changes in farming practices many of them have now been made redundant. However these barns can tell us so much about the history of farming and the evolution of building design and technology, so it is important to survey them whilst they are still here.

We have been given an area around Kirkby Stephen to survey and began surveying barns in this area in March. There are many factors we look at when surveying, from the external features such as the material used and what openings there are, to the internal features such as the floor surface, roof trusses and any graffiti or carpenters markings. It has been an enjoyable and insightful experience and we are looking forward to continuing our surveying.



Let your grass grow long for nature this summer!

If you have grass in your garden, you're invited to join in a bid to boost insects in Eden, all while bringing some lovely colour to your lawn. Households are being asked to leave their grass to grow longer this summer, giving wildflowers a chance to bloom, which helps insects including bees and other pollinators.

"The staggering decline in insect numbers both here and globally has been widely reported in the media," said Chris Cant, from Penrith Action for Community Transition (PACT), the volunteer group behind the Long Grass for Nature campaign. "More than 40 per cent of insect species are declining. Given that about three-quarters of crops grown by humans rely on insects to pollinate them, we all have a stake in helping their numbers to recover. Many species of birds and other wildlife also rely on insects for their food, so if we can all give the insects a helping hand in our gardens, we'll be supporting nature more widely, too."

It couldn't be easier to take part. Simply choose a patch of grass, or your whole lawn if you can, and let it grow long. You can try it for the month of May, or see if you can leave it all summer. Then, watch as the wildflowers like buttercups and daisies take their chance to shine. If you have a larger lawn, you could even mow a pathway through it, so you can enjoy watching all your new insect visitors.

If you plan to give it a go, PACT would greatly appreciate it if you'd fill in their online form, so they can track how many people take part this summer. You'll find the form and more information on their website: www.penrithact.org.uk.



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Ravenstonedale



Pancake Day

A good crowd assembled at Studfold, the home of Tim and Fran Parkinson, for delicious soups and pancakes, on Shrove Tuesday, 25th February.



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.

Please come along on Friday 24th April to find out more – Venue TBC but most likely to be St Michael's Church, Shap, at 19.30. If you are interested please let me know you are coming, and if not able to make that date also let me know. (01931 716048)

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

Best wishes and Shalom

Alun

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Notes from the Herald April 1920.

Wet and cold (been so since November). Coal shortage (NER short of coal trucks). Bread and bacon dearer. Farm wages increased on 17th by Government Order. Swallows returned by 20th and Easter on 4th was cold, wet and windy.

Orton Church had four Communion services on Easter Day; Tebay Primitive Methodists had their Sunday School Anniversary weekend; Ravenstonedale Congregational Annual Festival was on Good Friday, tea (for over 200) and meeting.

Tebay Died at 1 Woodend Terrace on 28th March, William, husband of Elizabeth Fulton, 62, buried at Orton on 1st April. Mr. John Hunter, Byebeck, Tebay, was top bidder for Lodge Farm in Brough Sowerby (house and yard, 117 acres, 19 stints) sold to him for £3,550 – now would be £274,000. The RDC has costed four schemes to sewer Tebay. Adjourned.

Ravenstonedale's Winter Evening School went well on its two evenings each week. Professor Percy Frankland of Needhouse, Ravenstonedale, scientist, is now CBE for his War work on explosives. Died at Beesleys Farm, Barton, near Preston on 23rd Mach, aged 11 weeks, the unnamed daughter of Thomas Hewetson and Alice Beck, late of Smardale Hall. Ravenstonedale Wesleyans Christian Endeavour Society's 8th Anniversary meeting, Mr. John Pallister (Orton) in Chair – report on 10th.

Newbiggin on Lune's Welcome Home for its ex Army lads, 27 plus friend each, on Wednesday 7th. Report names them. Dinner, concert and inscribed silver teapot each. Died at Hwith House on 16th, Adelaide nee French, widow of John Hewetson, Ravenstonedale. She was 89.

Our thanks to Jeremy Godwin for the Notes.

Orton Scar Habitat survey

Local ecologists have carried out a survey and condition assessment of 'priority habitats' across ten parishes in the Westmorland Dales area of the Yorkshire Dales National Park.

A total of 40 square kilometres was surveyed, with 60 landowners granting access to the ecologists. Just over a quarter (10.2km²) of the land surveyed was identifiable as priority habitat. Sixteen priority habitats, including blanket bog, limestone pavement, native semi-natural woodland and upland hay meadow, were found.

Among the priority habitats found was a 'speciality of the Dales', limestone pavement.



The job for Steve Heaton from Otley firm Haycock and Jay, on a cloudy September day, was to survey the Beacon Hill area just north of Orton in the Westmorland Dales. A few hundred metres southeast from Beacon Hill is Great Asby Scar Natural Nature Reserve. Here you will find a stunning area of limestone pavement that is a site of special

scientific interest (SSSI). In fact, Steve was doing the first ever 'condition assessment' of the limestone pavement around Orton Scar, which runs north from Beacon Hill for half a kilometre. Somewhat disappointingly, much of the limestone pavement along the scar was found to be far from pristine.

"All the rocks are broken up," said Steve. "Traditionally one of the threats to limestone pavement was rock extraction; the Victorians loved their rockeries." But since the 1980s, these "unique geological features" have been protected by Limestone Pavement Orders. Overall it's not in great condition because of all the broken rocks, but it will pass the condition assessment because of the plant species found. Limestone pavement is a unique habitat, as well as a real speciality of the Dales. A big range of insects rely on it."

As we moved off the beacon and moved a couple of hundred metres east of the scar to near an old quarry site, we came across a much more intact area. Here were plenty of limestone pavement indicator species.

Member Champion for the Natural Environment at the Yorkshire Dales National Park Authority, Ian McPherson, said: "I would like to sincerely thank all the landowners who gave access to their land. Getting this data is the first step on the path to nature recovery. The information will be used not only to plan



Maidenhair spleenwort grows in the grykes

biodiversity conservation work, through programmes such as the Westmorland Dales Landscape Partnership, but also to help farmers to access funding through national agri-environment schemes. There is so much urgent work that can and must be done to stem the loss of priority habitat, and restore what remains."



Kirkby Stephen Grammar School

A co-operative Academy

NEWS

www.ksgs.cumbria.sch.uk



KSGS along with teaching and support staff recently competed in the Tomorrow's Engineers EEP Robotics Challenge competition at Nissan, Sunderland. The lunchtime club has been very popular attracting a large number of potential engineers. The students have designed and built two robots, which they then had to program to carry out a variety of challenges, ready for competition day.

Within just 6 weeks of forming our group, we were competing in a National competition at Nissan in Sunderland against all entries from northern England in the Northern England regional final. The other teams, mostly from large schools, were seasoned programmers and were regular competitors. Our team was not put off by this, displaying cool heads and quickly setting the scene with their speed robot. The team continued to put in some impressive performances, rarely showing any nerves, demonstrating their skills through the challenges set. Their team spirit, confidence and attitude was commented on by all of the judges. The team did themselves and the school proud managing a very credible third. Being only two points behind the eventual winner and one point behind the 2nd place team.

The team have had support from teachers Mrs Park and Mrs Slack and IT Technician Matthew Alderson as well as technical support from Richard Park. The team would also like to thank Mr Michael Hall from JCB for their generous support.



Thanks to funding from the Bluespark Foundation and inspirational teaching staff at KSGS, all students and cluster Primary school pupils were able to take part in practical medical workshops. Every student at KSGS had the opportunity to learn about the '350' different job opportunities in health care and the NHS. With practical hands on experiences of using a real needle to take fake blood from a dummy arm, trying their hand at key hole surgery, to recording and printing their own ECG, the workshops were a means of providing all students with the information and knowledge to encourage them to consider different career paths.

It certainly enthused our students.. Many of our students have no idea what careers and opportunities there are out there for them and the workshops have provided all the students with an alternative career path, which they may never have previously considered. Claire Slack and Michelle Thwaites from the Science Department at the school are very keen to broaden and enhance the curriculum offer at KSGS, and this is just one of the additional opportunities they have worked hard to cure for students at the school. Thanks also to Becky Wolstenholme for co-ordinating and securing funds for projects.



Y11 Blencathra March 4th 2020

As part of their GCSE we visited Blencathra Field Studies Centre in March. The students were fantastic and we even enjoyed a bit of sunshine which was a welcome relief from a rather wet February. The students were quite happy to get into the river and take the measurements needed to complete their fieldwork. They measured width, depth and speed of flow of the river and have been working hard at school to write up their results. A great day with hardly any wet feet!



This year KSGS attended U-Dance 2020 at Theatre by the Lakes, Keswick on the 11th February. From year 7 to sixth form, 19 pupils attended the festival. From previous years we have always had a trained choreographer come in to help us choreograph our routine, however this year I choreographed our performance as a part of my Gold Arts Theatre Award, an enrichment subject I take alongside my a-levels. We had a full day rehearsal during school time off timetable, to allow me to teach the dancers the routine. I taught the dance to the girls during the day and by the end we had it fully choreographed. We practiced every lunchtime in the run up to the festival and we even performed in the interval of this year's talent show as a pre-show. Our dance was inspired by the film 'Footloose'. Dancing to the song Footloose by Kenny Loggins, we wanted to show our audience a fun uplifting routine that would want to make them dance.

Ellie Hall – Sixth form student

Bringing the memories of a first world war childhood to life

In the February talk to Ravenstonedale Parish History Group (RPHG), Jackie Wedd presented her extensive research entitled 'Mary's Memories, a life in Newbiggin-on-Lune during the early 20th Century'. The talk drew upon the archive collection curated by RPHG and demonstrated the importance of a local parish archive as an invaluable resource for researchers, that can bring local history to life.

Mary recorded her recollections of childhood in a self-published volume, intended for her grandchildren, written in her later years. She lived in Newbiggin in the early 1900s as a very young child, and her recollections were of domestic daily life, schooldays and her favourite times exploring the fells and moorlands of Ravenstonedale parish. The volume was discovered in a donation of archive material discovered in the former village school in Ravenstonedale. A teacher had used the text to develop history lessons although the version in the archive was not illustrated. The original volume, complete with illustrations was tracked down by locating Mary's son who contributed extensively with personal recollection and family heirlooms to the development of the talk.

Mary, who would have been 5 years old at the outbreak of WW1, recalled the domestic routine of each day of the week, undertaken by her mother who was the sole parent in the household as her husband served with the Border regiment in India throughout the conflict. The story included the activities on washday Mondays, Ironing Tuesdays, Baking Wednesdays, Bedroom (cleaning) Thursdays and Friday 'clean all downstairs' days. Jackie presented many

photographs, including those drawn from RPHG archives, to illustrate Mary's narrative.

Memories included the collection of heather, so the ling could be used along with collected twigs as the firelighter, used every morning for lighting the range. The features and



Mary and Elsie Straughan outside Whin Cottage, c1918
Courtesy Townsley family

uses of the range were explained, including the preparation of porridge and a full fried breakfast of bacon, eggs and fried bread (in the recollection of Mary's father, his favourite meal). The activity and tasty results of baking day were reported in verbatim extracts, read to the audience and brought to life with explanatory photographs, including reference to preparing and enjoying the weekly apple turnover. The audience were amused by the story of Mary's sister Elsie, taking a bite out of each apple, from the annual supply of harvested apples stored on the floor of the spare room, each bite seeking to find the sweetest apple.



Newbiggin-on-Lune School Group 2, 1908.
Eva Straughan, Mary's older sister, is holding the slate.
Courtesy Ravenstonedale Parish History Group.

On Saturdays Mary was excused assisting with domestic chores, as she would walk from Newbiggin-on-Lune to Ravenstonedale for piano lessons, given by Ann Potter, proprietor of the Bottom Shop. The walk back from her lesson took a trepid Mary (a small child) past the burnt out Dogbar School, where the boys at school had told her that the scary bogles lived. Her recollections of school included the rough behaviour of the big boys, who when being punished by their teacher with slaps around the head, would duck so that the blows from the teacher instead settled unintentionally on Mary, who had been sat between the two naughtiest boys! From RPHG archives, the syllabus plans of the teachers revealed the content of lessons during WW1, that prepared Mary for later prowess in her secondary education and a long career as a librarian.

Mary produced the volume of memories for her grandchildren, so they would have a permanent record of her early life as a child in rural Westmorland. In preparing and presenting the talk, Jackie was able to honour that memory, as Mary has since passed away, and share the tribute with one of those grandchildren, who with his father journeyed from Buckinghamshire to be at the talk.

Archbishops call for Church of England to become radically different as public worship is put on hold to help stem spread of coronavirus

The Archbishops of Canterbury and York are calling for Church of England churches to put public worship on hold and become a “different sort of church” in the coming months to face the challenge of coronavirus.

In a joint letter, Archbishops Justin Welby and John Sentamu said it was now necessary to put public services on hold until further notice.

But they said that far from having to “shut up shop”, the Church of England must face the challenge by becoming a radically different kind of church rooted in prayer and serving others.

It comes after the Government announced unprecedented peacetime measures to try to control the spread of the virus, with restrictions on public gatherings, transport and working.

The Archbishops expressed the desire that church buildings may, where practical, remain open as places of prayer for the community, observing social distancing recommendations.

They also invited clergy to maintain the ancient pattern of daily prayer and, where possible, the eucharist – live streaming their worship if they have the resources to do so.

And they urged congregations to be in the forefront of providing practical care and support for the most poor and the most vulnerable during the crisis.

“Being a part of the Church of England is going to look very different in the days ahead,” they wrote.

“Our life is going to be less characterised by attendance at church on Sunday, and more characterised by the prayer and service we offer each day.

“We may not be able to pray with people in the ways that we are used to, but we can certainly pray for people. And we can certainly offer practical care and support.

“Please do carry on supporting the local foodbank and buy extra provisions for it. Ensure the night shelters wherever possible are kept open. There are many very encouraging schemes happening right across our country in communities to focus on caring for the most vulnerable and do continue to play your part in those.

“Then by our service, and by our love, Jesus Christ will be made known, and the hope of the gospel – a hope that can counter fear and isolation - will spread across our land.”

They added: “This is a defining moment for the Church of England. Are we truly are a church for all, or just the church for ourselves.

“We urge you sisters and brothers to become a different sort of church in these coming months: hopeful and rooted in the offering of prayer and praise and overflowing in service to the world.”

Coronavirus and *The Link*

We hope to continue publishing *The Link* in the coming months, but inevitably the pandemic will impact it. Because church services and many of the usual events expected in these months will have to be cancelled, the next few issues are likely to be slimmer than usual.

But we owe it to our advertisers, as well as the rest of the community, to continue to publish.

We are thankful to our deliverers who go out, month after month, around their areas; some may be unable to do so in the coming months, and other ways of making copies available may have to be found. There will always be copies available in the churches.

Please continue to send items for publication

- if not posters of concerts, coffee mornings, services and meetings (which cannot take place), then send other items like reports of past events, and any thoughts, opinions, memories and especially photographs which may be of interest to readers.

National and church edicts or advice are likely to change rapidly in the coming weeks, and these will affect us all, some more than others. In Ronnie’s article on an earlier page about the Tebay water stoppage, she writes of the community spirit which was so encouraging. We will need all that community spirit in the coming months to support each other, especially if older people have to cut themselves off from usual social contact.


Self-isolation of over-70s will profoundly affect church life in rural congregations - most of whom are in that age group, including the retired clergy who are crucial to maintaining church services.

Services and meetings may have to be cancelled - but let us

- (a) Continue to care for one another**
- (b) Think of imaginative ways of helping people, that will lift the heart**
- (c) Remember that our heavenly Father is not shut in, but “will never leave us or forsake us.”**

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Saturday 25th April - Shap and District Darts Presentation
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Saturday 9th May - Live Music from
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Sunday 24th May - Live Music from D.U.O from 8:30pm

Saturday 30th May -Shap Football Presentation,
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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
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TUESDAY ROUTE 569:

Ravenstonedale to Hawes

July to end of October	Outward	Return
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Kirkby Stephen Station	11.10	15.40
Kirkby Stephen Square	11.20	15.30
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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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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: Paula Coward: 24225
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: 46601
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>
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