

The Link

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



February 2021

**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**

VICAR

Revd. Alun Hurd 01931 714812
3 Crown Inn Fields, Morland, CA10 3EB
Email: alunjhurd@gmail.com

Curate

Fran Parkinson 23393
Email: curate.hwparishes@gmail.com

Retired clergy

Ian Elliott 24441
Christopher Jenkin 24410

Reader Emeritus

Reg Capstick 24497

ORTON with Tebay

CHURCHWARDENS

Chris Bland 24258
Angela Milburn 24382
Linda Garrick 24262
Martin Lawson 26028

PCC SECRETARY

Susan Thorpe 24166
Email: s.thorpe669@btinternet.com

TREASURER

Bill Lawler 24465

LOCAL LAY MINISTER

Rosemary Campbell 24837

**RAVENSTONEDALE with
NEWBIGGIN-ON-LUNE**

CHURCHWARDENS

Ann Brownrigg 23594
Martin Windle 07899 907958

SECRETARY

Diana Fothergill 23288
djfothergill@googlemail.com

TREASURER

Tim Parkinson 23393

Methodist Church

Revd Stephen Radford, 50 South Road,
K. Stephen, CA17 4SN. 017683 71202.
Email: stephen.radford@methodist.org.uk

Roman Catholic Church

Fr Peter Houghton, Church of Our Lady of
Apleby 017683 51244

Cumbria Vinelife Fellowship, Orton

Colin Cox, 2 Ashfield Court, Orton
015396 24253

**THE LINK DEADLINE IS THE
13TH OF EACH MONTH**

**Please send all copy including
advertising to:**

**Editor: Christopher Jenkin,
Beckside, Orton, CA10 3RX.
015396 24410
Email:
linkpines@hotmail.co.uk**

**Advertising (finance only):
Linda Garrick, 015396 24262**

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*Views expressed in 'The Link'
are not necessarily those of the
publishers or editors.*

CHURCH LETTER

From the Revd. Fran Parkinson

Dear Reader,

I wonder how this letter finds you.
I wonder too how you are
managing to survive in these dark
days that we find ourselves in.

As we watch in dismay the
continuing, heart-breaking news
about the effects of Covid-19, the
tensions in American politics that
have exploded into public riots, the
depressing statistics about the state
of our environment and the gloomy
weather forecasts that seem to keep
us locked in the constant damp and
darkness, it does make me wonder,
how we will keep going?

And yet, there is much to be
grateful for in the communities in
which we live. For those people who
care for us and help to keep us safe.
For those helping with our shopping,
or delivering our shopping, or even
cooking and delivering our meals
(you know who you are!). For those
who are wrestling with the wonders
of technology so that we can
'gather' even though we can't meet.
For those sending a lot of love
online through messages or music.
For those dedicated to serving in the
NHS to save precious lives. For
those who are continuing to publish
magazines, like this one, to help
keep us connected.

And there are also signs of new
life beginning to peep through the
gloom, like the picture of a friend's
early snowdrops, that little-bit-more-
light at the end of each afternoon as
the night's draw out again, the news
of another family member who has
received the vaccine, and the
promise of Easter as the clock keeps
turning and the earth continues its
faithful rotations around the sun.

And this is the answer to the
question that I find myself coming
back to again and again.
How do we keep going? *One day at
a time.*

And as I write that line I can feel a
song coming on . . . ! I'm just about
old enough to remember the Lena
Martell version that hit the charts in
1979 but some of you may know the

original by the country singer
Marilyn Sellars in 1974?

It's perhaps not the 'spiritually
enlightened' answer you'd expect
from a church minister, but it's the
one that resonates with me at the
moment. Losing a loved one
suddenly last autumn put the whole
idea of time and days into sharp
relief. I realised, very powerfully,
that none of us know whether we
have a tomorrow; all that we have is
today, this gift of grace at the hand
of God

The Bible reminds me that God
provided manna for the Israelites
'one day at a time', and in the prayer
Jesus taught us we ask, 'give us *this
day* our daily bread'. We are
encouraged neither to live in the
past, nor to worry about the future,
because doing either of these will
mean we are missing the present,
this gift of today.

This one day. Where we are right
now.

And where we are is tough, and it
may feel like a never-ending trial,
but we are here together, as one
community, and we are not on our
own. And while we can't choose our
circumstances, we can choose how
we will respond to them.

Do I hear a song coming on?

*One day at a time sweet Jesus
That's all I'm asking of You
Just give me the strength
To do every day what I have to do
Yesterday's gone sweet Jesus
And tomorrow may never be mine
Lord help me today,
show me the way
One day at a time.*

[https://www.youtube.com/watch?
v=8Ba7vasQSBU](https://www.youtube.com/watch?v=8Ba7vasQSBU)



Fran Parkinson

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 - for the March 2021 issue: **13th Feb** if printed, **26th Feb** if digital
Front Cover: "Snowy Morning" (picture by Chris Jenkin)

SUNDAY SERVICES IN OUR CHURCHES FOR FEBRUARY 2021

<p>Sunday 7 February <i>Second before Lent</i></p> <p style="text-align: center;">Proverbs 8:1, 22-31 Colossians 1:15-20 <i>Prayers:</i> Rosemary Campbell</p>	<p>Zoom, 10:30am All Age Worship Fran Parkinson</p>
<p>Sunday 14 February <i>Feast of St Valentine</i></p> <p style="text-align: center;"><i>Speaker:</i> Alun Hurd 2 Kings 2:1-12 2 Corinthians 4:3-6 <i>Prayers:</i> Sandra Ward</p>	<p>Zoom, 10:30am Common Worship (& S.C.) Chris Jenkin</p>
<p>Ash Wednesday 17 February</p> <p style="text-align: center;"><i>Speaker:</i> Diana Nicholson Joel 2:1-2, 12-17 2 Corinthians 5:20b-6:10 <i>Prayers:</i> Elaine Allison</p>	<p>Zoom, 10.30am</p> <p style="text-align: center;">Alun Hurd / Sandra Ward</p>
<p>Sunday 21 February <i>First Sunday in Lent</i></p> <p style="text-align: center;"><i>Speaker:</i> Ian Elliott Genesis 9:8-17 1 Peter 3:18-22 <i>Prayers:</i> Diana Nicholson</p>	<p>Zoom, 10:30am Morning Praise Alun Hurd</p>
<p>Sunday 28 February <i>Second Sunday in Lent</i></p> <p style="text-align: center;"><i>Speaker:</i> Alun Hurd Genesis 17:1-7, 15-16 Romans 4:13-25 <i>Prayers:</i> Rosemary Campbell</p>	<p>Zoom, 10:30am Celtic Spiritual Communion Sandra Ward</p>



ZOOM Services

It is likely that for many weeks it will not be possible to hold services in our churches, and so **every Sunday at 10.30 a.m.** there will be a single Sunday service on Zoom for members of all five High Westmorland Anglican churches (and of course other people are also very welcome to join us!).

In addition, **every Tuesday** at 9.30 a.m. there will be a short service of Morning Prayer on Zoom. It will include time to greet each other and chat, and share topics to pray about together.

To get an invitation to any of these, please email alunjurd@gmail.com.

Open Churches

Opening the churches for private prayer on Wednesdays is also discontinued until further notice.

The Church is People

not buildings! Though we value and love our ancient buildings, many of us have found worshipping and meeting online by Zoom very rewarding - though for some of us it has been a steep learning curve! But seeing the faces of fellow-worshippers (rather than the backs of their heads as we do in church!) from all five churches of the benefice, and sometimes hearing their stories of faith, has meant a lot to many of us.

Those without computers or smartphones cannot join in fully - but people can take part on their ordinary phone! Do encourage non-techy friends to do that.

SUNDAY SERVICES IN OUR CHAPELS FOR FEBRUARY 2021

The Kirkby Stephen, Appleby and Tebay Methodist Circuit at present are not holding any "in person" services due to the national lockdown and high Covid rates locally.

The Circuit in conjunction with the Heart of Westmorland Mission Community provide a number of services led by both local Methodist and Anglican clergy and lay people, predominantly streamed on YouTube. There is also a live Zoom service from Appleby Methodist church each week in February.

For a live Methodist led **Zoom** service from Appleby Methodist Church on Sundays at 10.30am follow link <https://us02web.zoom.us/j/83090615411?pwd=bGhNbWJWZWlXQkYrektvOXBlTEExQT09>

Or for a **YouTube** service on Sundays at 10.30 from the Heart of Westmorland follow link - <https://www.youtube.com/channel/UC6iZVadGymIBC04aEEOJryw>

The KSAT Methodist Circuit and Heart of Westmorland also provide a service by e-mail, with embedded worship songs, or alternatively this can be posted directly to you.

Please contact Rev Stephen Radford 017683 71202 stephen.radford@methodist.org.uk or Rachel Woof 015396 24372 for this service to be sent to you.

On the second Sunday evenings of the month at 6.30pm there will be a whole Circuit (area) services, for contact details to obtain a Zoom link, see phone numbers above.

Further details of events such as bible studies and prayer can be found on the KSAT Circuit Facebook page or contact phone numbers above.

A VIEW FROM TEBAY

From Pam Lawson

As I write, a whole month has gone by since what must have been the strangest, and for many, the most difficult Christmas we can remember. Once again, we find ourselves in lockdown and our TV screens are filled with grim news of huge numbers of Covid deaths and our amazing healthcare staff stretched almost to breaking point.

Perhaps there are days when we feel overwhelmed by the bigness of it all and the seriousness of the situation we find ourselves in across the planet. Some of us are grieving those we have lost, whilst many are struggling with the loss of jobs, incomes, health, relationships and a sense of purpose and identity. How can we respond to such challenges?

Every year it amazes me that after the winter equinox and the shortest day on 21st December, the days seem to get even darker for a while - especially as it seems to take so long for the daylight to filter into each morning. Where I was hoping for the sense of turning the corner, the darkness instead seems to get more intense and drags on for weeks. Days and nights of rain, gales, snow and fog add to the gloom, and hibernating inside actually feels like not such a bad idea after all.

And yet...there are moments of wonder. The blizzards give way to days of brilliant sunshine and I gasp at the stunning view of snowy fells rolling against deep blue skies, incredible ice formations in the grass and frozen spiders' webs. I stare into the fire in the evening, amazed at how such a fleeting thing as a flame can be so beautiful and bring such warmth. I watch the steam from my mug of coffee rising into the morning shafts of sunlight and remind myself how wonderful it is to be here - to be alive on this day, at this time, in this place.

There are moments of encouragement, too. A friend sends a card with comforting words through the post. I connect with a family member over Zoom and realise that even though we haven't met in person for ages, our relationship has deepened over this last year with all that has happened. A colleague expresses appreciation for my work. I stop in the midst of what I am doing and take a moment to be grateful - for this person, for this moment, for this act of kindness.

Maybe this time is teaching me - and perhaps all of us - that part of our response to the huge

challenges of this time is simply to be grateful for each day that we are given, realising that life itself is an amazing gift, and we need to celebrate all the little moments of joy that God brings us every day, if we only take the time to notice them.

And from the frozen soil, snowdrops push their way through to reach for the winter sunshine, reminding us that spring is coming. Hope is around the corner. Death does not have the final word. God's love never fails.

And maybe I can respond to that love by playing my part in creating a cleaner, fairer, kinder world for everyone.

Now that would be a worthy response from each of us.

Upper Eden Medical Practice

There are a limited number of Tuesday morning clinics at Tebay Surgery if patients do not want to travel to the Saturday clinics in Kirkby Stephen.

We are sorry we have not any further information this month.

We have been flat out booking in Covid vaccinations for the eligible cohorts.

How we are booking appointments during Covid - please see link to our website.

[https://
www.upperedenmedicalpractice.co.uk/News/
a778c2d8-e6e9-49a0-a0cf-ba9191fb690b](https://www.upperedenmedicalpractice.co.uk/News/a778c2d8-e6e9-49a0-a0cf-ba9191fb690b)

☎: 017683 74015



Cattle up Tebay fell brought in for winter at the end of the year
Mark Mawson



WORLD DAY OF PRAYER

Friday 5th March
at 7.00pm

As we cannot meet in church, this service will be a Zoom service instead. We hope to be able to put the whole of the service/booklet online so that everyone will be able to follow it.
Final details in the March *Link*.

Elizabeth Crossley



A United Day of Prayer

was held in Upper Eden on Wednesday 13th January. People were invited to “pray as we go, anywhere and any time, at all times and in all places, and to raise our hearts and voices to God.”

That day is past; our prayers continue!

*Almighty God, our Father,
With one voice we cry to You,
Have mercy upon us!
Turn this great tide of infection
which overwhelms us,
And by Your unfailing grace
Restore our lives and health.
For Your eternal praise and glory
We pray in Jesus' Name,
Amen.*

The Link - Back to digital!

From the Editor



We were very glad to be able to distribute actual printed copies of the Christmas issue of *The Link*, by using the services of a Mailshot company. (They had promised to send it in translucent, biodegradable bags, but in the event these were not available and brown envelopes were used instead.) They arranged delivery by post to all addresses in the 98 postcodes of the usual *Link* delivery area. This was very expensive, and could only be considered for that single issue; but we had money in the funds from saving on printing in 2020, and we felt that at Christmas it was worth it to communicate with all our parishioners, not just those with email access. So that is how you have got your copy!

At least, I hope you did! For some reason, some residents in Newbiggin and Ravenstonedale never received their posted copies - we were able to give some of them a copy from the “leftovers” batch. I do not know why there was this hiccup, or whose fault it was, and can only apologise to those who missed out.

But we heard many expressions of appreciation from readers that at last they had a printed copy of *The Link* to read - and in full colour throughout.

(We also sent it by email, for the sake of those who prefer to read it on screen. Yes, many people do!)

Sadly, with the worsening pandemic situation, we have had to revert to digital only for this month's issue, and we fear this is likely to continue for several months.

Some people have said we should just leave printed copies at some point in each village for people to pick up, if we don't want to ask our distributors to deliver it; but diocesan advice remains that this carries an infection risk, so - despite some indignant protests - we will follow that advice until it changes. (It would be impossible in the current lockdown anyway.)

We continue to solicit contributions of items of all kinds for inclusion, both written, photographic and artistic, and really appreciate those we have received!



We can all help to bring hope and encouragement to our neighbours in these difficult times.

Christopher C. Jenkin



To the nation

26 January 2021

A Letter from our Archbishops

Dear friends

As we reach the terrible milestone of 100,000 deaths from COVID-19, we invite everyone in our nation to pause as we reflect on the enormity of this pandemic.

100,000 isn't just an abstract figure. Each number is a person: someone we loved and someone who loved us. We also believe that each of these people was known to God and cherished by God.

We write to you then in consolation, but also in encouragement, and ultimately in the hope of Jesus Christ. The God who comes to us in Jesus knew grief and suffering himself. On the cross, Jesus shares the weight of our sadness.

We therefore encourage everyone who is feeling scared, or lost or isolated to cast their fears on God. We also know that poorer communities, minority ethnic communities and those living with disabilities have been afflicted disproportionately and cry out for the healing of these inequalities. During this pandemic, we encourage everyone to do all they can to live within the guidelines and constraints given by government following the advice of the Chief Medical Officer and Chief Scientific Adviser. We show our commitment, care and love for one another by ensuring we do everything we can to stop the virus spreading.

None of this is easy. Very many of us are experiencing isolation, loneliness, anxiety and despondency like never before. Many people have lost their livelihoods. Our economy struggles. Also, the necessary restrictions we live with have also prevented us from being alongside loved ones as they died, or even at their graveside. All grief profoundly affects us, but this pandemic grief is so hard.

Therefore, we need to support each other. We do this by following the guidelines. But we also do it by reaching out to each other with care and kindness.

One thing we can all do is pray. We hope it is some consolation to know that the church prays for the life of our nation every day. Whether you're someone of faith, or not, we invite you to call on God in prayer. Starting on 1 February we invite you to set aside time every evening to pray, particularly at 6pm each day. More than ever, this is a time when we need to love each other. Prayer is an expression of love. A number of resources will be made available at www.ChurchofEngland.org/PrayerForTheNation.

Lambeth Palace, London SE1 7JU

Continued on next page

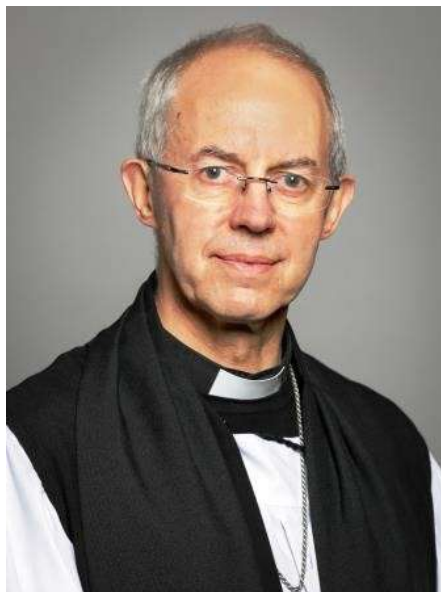
Finally, we write of hope. We are grateful for the hope we have because of the service of our NHS and social care staff. What a blessing and lifeline for our nation. We are grateful for the service given in local communities by clergy, other frontline workers and so many good neighbours. We are grateful for the hope of the vaccine. It is a testimony to the God-given wisdom and gifts of scientists and researchers. We urge everyone to take the vaccine as soon as it is offered to you.

Most of all, we have hope because God raised Jesus from the dead. This is the Christian hope that we will be celebrating at Easter. We live in the hope that we will share in his resurrection. Death doesn't have the last word. In God's kingdom every tear will be wiped away.

Please be assured of our prayers. Please join us.



The Most Revd & Rt Hon Justin Welby
Archbishop of Canterbury



The Most Revd & Rt Hon Stephen Cottrell
Archbishop of York



A prayer for those who mourn

*Gracious God,
as we remember before you the thousands who have died,
surround us and all who mourn with your strong compassion.*

*Be gentle with us in our grief,
protect us from despair,
and give us grace to persevere
and face the future with hope
in Jesus Christ our risen Lord
Amen*

TEBAY PRIMARY SCHOOL

Cumbria Education Trust Christmas Bauble Competition

Well done to Katie in Year 3, Tebay School's winner of the CET "Design a bauble" competition.



Year 4, 5 and 6 children along with Miss Fisher and Tracy delivered Christmas cards to people around the village from everyone at Tebay Primary School. They were delivered to people who are on their own, friends of the school and the older community. Great feedback received.....

Thank the children for the Christmas Card. It's a lovely thought after the awful year we have had.

Please thank the children for the Christmas card it was a lovely thing to do.

What a lovely surprise the Xmas card was, please thank everyone from us.

A wonderful term of generosity

Tebay Tin Tuesday has been a huge success. Upper Eden Food Bank send their thanks to everyone who has donated, and we will continue with this when it is safe to do so.

Mrs Bainbridge kindly donated £700.00 from sale of plants and masks to be used in the Early Years playground.

Tebay Brownies kindly donated £250.00
Miss Fisher raffled 12 cupcakes and raised £165.00.

Julie Foster made some fabulous recipe books to sell and the total at present raised is £212.00

Kass Haygarth and Rachel Lewis raffled a 'sloth' kindly donated by Morrisons at Kendal which has raised £200.00. The winner of the sloth was Galina English.

Kirkby Stephen Community Group kindly donated a Christmas Tree to the school. The school chose this charity to send the £38.00 raised from Christmas jumper day - they support people in the area with hot food, hampers, packed lunches etc.

The Bell Group from Dumfries kindly paid for every child and member of staff's Christmas dinner (which was absolutely delicious) - Thank you to Julia Capstick for cooking us such a lovely meal.

J38 Services (part of Westmorland Services) kindly gave our Free School Meal children the opportunity to have a free hot meal over the Christmas period.

A huge thank you to everyone who has supported the school in any way!

Friends of Tebay School

Julie Foster has put together this lovely recipe book with recipes in from pupils, staff and friends of the school. The cost is £4 per book; if anyone would like a copy please contact Tracy in the school office (015396 24239 or admin@tebay.cumbria.sch.uk).



TEBAY PRIMARY SCHOOL

Tebay Primary School has places for children in Nursery for January, April and September 2021. We can offer COVID-secure school visits for potential new starters.

Contact 015396 24239 or email admin@tebay.cumbria.sch.uk to arrange a visit.

Visit our school website:

www.tebay.cumbria.sch.uk

Find us on Social Media:

Facebook -

www.facebook.com/TebayPrimarySchool

Twitter: [@TebaySchool](https://twitter.com/TebaySchool)

Tracy Morland. School Administrator.
Tebay Primary School. Tel: 015396 24239
admin@tebay.cumbria.sch.uk



Brandrith Stone: Information request

I am researching local boundary stones that were erected in former times to mark county boundaries and other limits. Early maps of the area around Tebay show a prominent large red stone (about 1.1m high) located between Old Tebay and Roundthwaite in the vicinity of Galloper Park. The stone also goes by the names: Bradrith or Brunsdreth. The stone was an important location for travellers navigating north and south.

Two crosses were incised on one side. Later maps show this stone to be incorporated within a drystone wall and used as a stile. Tradition states that in antiquity it was a boundary stone between England and Scotland, and latterly as a meeting place for cattle drovers to brand cattle.

The stone appears to have disappeared in the late 19th or 20th C, possible due to the construction of the M6 motorway, and would lie approximately where junction 38 services and roundabout are now. There is a rumour that it was removed to a local garden.

Any information (and photographs) as to the fate of the stone would be welcome.

Prof Paul A. Carling

P.A.Carling@soton.ac.uk

01539 624462

FOR SALE

ALPACA POO – VERY GOOD FOR GARDENS (HARDLY ANY SMELL)
WILL DELIVER ORTON, TEBAY,
RAVENSTONEDALE



Tel. 24311
£1.50 per bag

ALL money towards All Saints' Church, Orton, funds

'I feel more happy. I never feel like I need to get away now. I've got much, much more confidence. The Children's Society is just amazing. It's proper changed my life.'

Rosie, 16



The Children's Society

Thank you for celebrating Christingle with us.

Together we raised a fantastic

£93 at Tebay and **£191** at Orton

to help support vulnerable children and young people in this country who are facing poverty, abuse and neglect

Charity Registration No. 221124



Full-Time Nursery Places Available

Did you know that Orton CE Primary School can offer Part-Time, Flexible or Full-Time Nursery Places for children from their 3rd Birthday?

Nursery care is offered from 8am—5.30pm Monday to Friday during term time.

Orton CE Primary School is a really happy and caring setting where experienced staff work hard to meet the needs of each individual child. We accept Nursery vouchers and can support you with applying for any Nursery funding that you may be entitled to.

If you would like to find out more or arrange a visit please get in touch with either Vicky or Emma at the school on 015396 24268

email - head@orton.cumbria.sch.uk

<https://www.ortoncofeprimary.co.uk>

Orton CE School is a
happy place to learn, grow and thrive.

Hot, Cooked Food, delivered locally!

There are several local businesses who deliver hot food to our area, in one case, to your home (for reheating at your leisure), and others arriving in a van to serve you where you can come and collect it.

The Link decided to feature some of these, both to encourage such businesses developing their market in a difficult context, and to inform our local residents where and when they can obtain tasty food, as a change from home cooking!

Seasons & Stone Ltd

This small family-run business is based in North Stainmore. They provide a range of home-cooked, vegetarian dishes, which can be eaten fresh or frozen to enjoy at a later date. They cook seasonally and source locally, and supply their food in bio-degradable and compostable packaging.

Order Monday, they will deliver to your home on Thursday - at present twice a month - a new menu each time. Place your order by phoning **07590 919085**

Thursday 4th February: (Price per portion)
SOUPS

(with home-made croutons using Ivy Cottage loaves)

Pea and Watercress - £2.80

Potato and Leek - £2.70

Creamy mushroom - £2.90

MAINS - £5.00

Thai style Coconut, Sweet Potato & Mushroom Curry

Sweet potatoes & mushrooms slow-cooked with Thai spices and coconut milk, served with Basmati rice

Vegetable Stir Fry in Sweet Chilli Sauce

A selection of fresh vegetables gently sautéed and served in a home made sweet chilli sauce, served with Basmati rice

Tarka Dhal & Bombay Potatoes

Creamy, curried lentils served with spicy potatoes

Thursday 18th February: (Price per portion)
SOUPS

(with home-made croutons using Ivy Cottage loaves)

Lentil Soup - £2.70

Roasted Tomato Soup - £2.70

Winter Squash & Apple Soup - £2.80

MAINS - £5.00

Jerk Sweet Potato & Jack Bean Curry

Caribbean style spicy curry served with rice

Aubergine Tagine

Moroccan spiced vegetables served with rice

Lentil & Mushroom Shepherdless Pie

Served with sweet potato mash



Thursdays

at Tebay Recycling Centre

adjacent to the tennis courts

17.30 - 19.30



Fish & Chips from Shap Chippy

Order from Shapchippy.co.uk

Fridays

at Tebay Recycling Centre

adjacent to the tennis courts

Takeaway Burgers, £5

(Beef, Wild Boar, chicken, mixed veg)

Add portion of crispy fries for £2.

Text Marc on 07754 083525 with your order, and the time you would like to pick up

Or for more details go to

<https://www.facebook.com/Lancscatering/>

Saturdays

at Tebay Recycling Centre

adjacent to the tennis courts

Pizzas

PIZZA ARTIGIANO

served from 5 till 9 every Saturday

Stonebaked 9" artisan pizzas with the menu changing weekly.

Please message [@pizzaartigiano](https://www.facebook.com/pizzaartigiano)

on Facebook or Instagram

Phone 07572 349214 to book a slot

WESTMORLAND DALES APPRENTICES UPDATE

After a festive break, the Westmorland Dales Apprentices returned for the final two months of their apprenticeship.

First on the agenda was to teach them how to manage a hedge with the traditional countryside skill of hedgelaying.

Working with Tebay Parish Council, who had planted a hawthorn hedge at



Roundthwaite a decade ago; the team set about preparing the trees, chipping the removed material and laying the hedge. In the Spring the section we have laid will sprout and over time will become a thick hedgerow, providing shelter and habitat for wildlife.



Next winter a new team of apprentices will lay the remaining hedge as March will see these four young people using their skills in new jobs. Before that, there are still jobs to complete, including erecting a fence at Gamelands Stone

Circle and waymarking a circular route over Crosby Fell.

It has been a great pleasure to equip Sarah, Rebekah, Abbi and Billy with skills for their futures and I look forward to repeating the challenge with four more budding conservationists later in the year.

*Belinda Lloyd
Apprentice Supervisor*

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

Belinda.Lloyd@yorkshiredales.org.uk

or call 01539 756620

www.thewestmorlanddales.org.uk



Orton Surgery and Shap Medical Practice

COVID VACCINATIONS

We are delighted to say that we finished the first dose vaccinations for our patients who are over 80 or health and care workers on 21st January. Patients aged 75 to 79 are being vaccinated at the moment. Patients who are over 70 or in very high risk groups are being called for their first dose in early February. We are really keen to vaccinate everyone as quickly as possible. The number of vaccinations we can give has been limited by the amount of vaccine delivered so far. Most vaccine delivered so far has been the Pfizer vaccine which has difficult transport and storage needs. (It can only be moved 5 times from the factory in Europe and has to be stored at -70°) For this reason most people will be called to the central hub in Penrith to be vaccinated. We have small amounts of the Oxford vaccine which are being given to our housebound patients and those with severe allergies to medication so can't have the Pfizer vaccine. For the most up to date information follow <https://www.facebook.com/TeamEdenPCN/> as the situation changes quite quickly. Once again, thank you for all of your support.

APPOINTMENTS

Sadly it is not possible at the moment to book a face to face doctor's appointment at Orton surgery. The doctors and nurses are continuing to operate a "telephone first" system at Shap Medical Practice. It is also possible to have a video consultation if you wish.

If a face to face consultation is needed, it will be arranged for you on the same day at Shap surgery. Some telephone and video appointments can be pre-booked online, otherwise contact the surgery at 8.30am to arrange one. Surgery attendance for appointments will be kept to a minimum to reduce the risk of infection to our patients.

Please check the <https://111.nhs.uk/> website if you are unwell with cough, fever or change in sense of smell or taste symptoms.

MEDICATION

Prescriptions will be available for collection from the Orton Village Hall between 10am and 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.

If you have internet access then please check the practice website and Facebook pages for updates.

Dr. McCabe Dr. Woodstrover Dr. Kehoe
and all the staff
01931 716230

<https://www.shapmedicalpractice.co.uk/>

FAMILIES ADVENTURING Together IN Tebay & ORTON

In Advent, families in Orton, Tebay and further afield, took part in a month-long project with various elements. 34 households asked for a "Make your own Nativity Set" craft box, and these were delivered to them, and there were a lot of wonderful, colourful and imaginative sets appearing in homes and windows around our parishes. One is shown here.



Another challenge set was to look at classical pictures of the Shepherds or the Nativity, and reproduce one with models or members of your own family.



A life-size set of Nativity figures, changing week by week, appeared in Orton Chapel field.



There were Zoom meetings at the start and end of Advent, and these included drama, dressing up, and opportunities for families to share what they had been doing.

FAMILIES QUIZZING Together

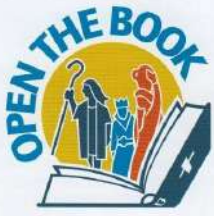
QUIZ NIGHT

Sunday 17th January
3.30pm - Online
Wear A FUNNY HAT!

On Sunday 17th January on Zoom I was on the Families Quizzing Together event. It was so much fun. At the start we had to wear hats and have a team name. We had 5 questions and 1 challenge in each round. The questions were about books, Cumbria, TV, Music and Catchphrases.

Some of the challenges were dressing up to go walking and finding something that is related to your favourite TV show. In the middle of the quiz we were split into groups to chat and get to know each other. At the end of the quiz we had chocolate as a snack. I can't wait for the next event of Families Together as I really enjoy taking part.
By Katie James, Age 8, Tebay





Open The Book

We are still taking Bible stories into our schools!

Last month I told readers about the films we were making of Bible stories, which were sent into our three schools and much appreciated.

Since then we made one more film - the visit of the Wise Men to see the young Jesus, after their abortive visit to



the evil King Herod.

Because according to the Bible they did not go to the stable (despite traditional portrayals in Nativity Plays and Christmas cards!), and probably met Jesus many months after his birth, we recruited a real child, Euan Sterling (10



months old) and his Mum Amy (his Dad, Rev. Andrew, looked after the older children in the car while filming went on!). It was filmed in and around the Raisbeck Dame School one evening, with a cheerful fire in the fireplace.

Because of social distancing rules the Wise Men had to enter one by one and present their gifts!

We were planning further filming this term, but strict



lockdown rules put paid to that.

However, not to be defeated, we are now making arrangements that the members of the Open the Book team are going to visit the schools on Zoom, just reading the Bible stories in pairs - one doing the introduction and closing prayer, the other reading from the Storyteller Bible. This will include several married couples.

Not quite like acting them in costume, in school or on film, but at least we can continue our contact with our schools, and the teachers are delighted! We hope the children enjoy the stories too. (And sometimes parents or grandparents are there too!)

FAMILIES COOKING TOGETHER

Come and join us online for a **PANCAKE DAY COOK-ALONG!**

Bring your favourite toppings and frying pan for some fun, food and of course pancake flipping!



Tuesday 16th February

For more details find us on Facebook or email:

FamiliesTogetherTebayOrton

families_together@googlegroups.com

<https://www.facebook.com/events/231499638522658/>

Orton

ORTON MARKET HALL

The Annual General Meeting of the Orton Market Hall Trustees was held via Zoom on Monday, 11th January, 2021.

Owing to the Covid-19 pandemic, 2020 was a challenging year for the Market Hall, with most events having to be cancelled and use very limited, as indeed is still the case currently. Much time has been spent in making sure that the Market Hall is Covid secure.

However, in spite of all the setbacks, some maintenance and further insulation work has been completed. The Trustees hope to make further improvements in the next years, and would like feedback from the local community by way of a survey as to what you feel would significantly enhance your experience of the hall.

We would welcome new members to the Trustees to bring fresh ideas and inspiration.

Our next meeting will take place on Monday 29th March.

Carola Frank - Chairman Orton Market Hall Trust

Orton Farmers' Market

Although we're still very keen to return to Orton for our monthly Farmers Markets, with the strict government guidelines still in place to reduce the risk of spreading the virus by encouraging people to stay home, we as a committee believe holding off for another month is the right way to proceed. We thank you for your support and look forward to being back in Orton at such time when it is appropriate.

Leanne | Market Coordinator

Orton Farmers Ltd

07969 335598 info@ortonfarmers.co.uk



Upper Eden Food Bank
'A church led, community fed project'

With our churches being closed, people may not be sure how they can contribute goods for the Food Bank.

Chris and Mary Jenkin will be very happy for goods to be left in a box in their back porch which is always open - at Becksides, just round the corner from Orton Methodist chapel. Items donated will then be taken to the food bank in Appleby.

<https://upperedenfoodbank.org.uk/>



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

If you have been advised to self-isolate due to Covid-19, we will be happy to deliver any shopping you need. This service is free to the Orton village area.

The only thing we would ask is, if possible, to refrain from ordering either on Fridays or Saturdays, but we would welcome orders on Mondays, Tuesdays, Wednesdays and Thursdays.

Please note we have daily deliveries of fresh milk, fruit and vegetables usually before 9:30 am.

PLEASE ADHERE TO THE FOLLOWING:

WE HAVE REVERTED TO

**ONLY TWO CUSTOMERS IN THE SHOP
AT ANY ONE TIME.**

NO FACE COVERING = NO ENTRY

Customers and colleagues must wear a face mask unless exempt. Please do not take offence if we ask for proof of your exemption - we are trying to protect our customers and colleagues.

**YOU MUST SHOP ALONE UNLESS YOU ARE A CARER OR
WITH CHILDREN.**

**FOR VULNERABLE CUSTOMERS WE CAN ARRANGE
EITHER A HOME DELIVERY OR ACCESS TO THE SHOP
OUTSIDE NORMAL OPENING HOURS.**

Best wishes and keep safe.

Jayne and Neville Grove

Orton.village.stores@btinternet.com

Temporary opening hours

Orton Post Office will NOT close for lunch on
Tuesdays, Thursdays and Saturdays.

Post Office		Shop	
Mon:	CLOSED	Mon:	9-6
Tues:	9-5	Tues:	8-6
Wed:	CLOSED	Wed:	8-6
Thurs:	9-5	Thurs:	8-6
Fri:	CLOSED	Fri:	8-6
Sat:	9-4	Sat:	8-5

Tebay Post Office

will be open as at present on Mondays, Wednesdays and Fridays, closing for lunch between 1 and 2 p.m. This means that you will have access to an open Post Office six days a week.



What is Lent?

**When does Lent start?
What to do during Lent?**

Lent is the six week period leading up to Easter. It's one of the most important times of year for many Christians around the world, particularly those within the Anglican, Catholic and Orthodox traditions.

Lent is a time of solemn observance and preparation for the celebration of the death and resurrection of Jesus at Easter. From its start on Ash Wednesday until its conclusion on Easter Sunday, Lent has been a traditional time for fasting or giving something up or abstinence. Just as we carefully prepare for events in our personal lives, as a wedding, or birthday, Lent invites us to make our minds and hearts ready for remembering Jesus' life, death and body resurrection.

Lent begins on Ash Wednesday, 46 days before Easter Sunday. Ash Wednesday is the day after Shrove Tuesday, which in the UK is more commonly known as Pancake Day.

Christians around the world observe Lent in many ways. Some will choose to give up just one item for Lent, more commonly a 'luxury' such as chocolate, meat or alcohol. It is also becoming increasingly common for people to give up other things in order to refocus their faith during this time; such as watching TV, going to the gym, even social media. Christians also use Lent to study their Bibles and pray more intensively, making use of the many devotional books and courses now available.

Shrove Tuesday (In 2021, 16th February)

"Shrove" comes originally from the word shrive (meaning "absolve").

As the last day before the Lent, Shrove Tuesday was a day of self-examination where Christians would consider what sins they needed to repent of and what changes to their life they would focus on during the fast.

Centuries ago, people would use Shrove Tuesday to remove from their house any of the items that they were foregoing for the 40 days of the Lent fast. Traditionally this included meat, fish, eggs, fats, milk and sugar – so Shrove Tuesday became the final blowout before Lent began!

These ingredients combine easily to make pancake batter, hence why in the UK Shrove Tuesday is now synonymous with the making, tossing and racing of pancakes. (See "*FAMILIES COOKING TOGETHER*", Page 13!)

Ash Wednesday (In 2021, 17th February)

Ash Wednesday begins Lent. The day gets its name from the traditional blessing of the ashes taken after the burning of Palm branches (or crosses made from Palm leaves) from the previous year's Palm Sunday celebrations. In some churches the ashes are used to draw a cross on the forehead of people to mark the beginning of their Lent fast., often done while repeating the words "Repent and believe in the Gospel" (Mark 1:15) or "Remember that you are dust, and to dust you shall return" (Genesis 3:19).

Lent Course in High Westmorland

During Lent we will be running a Lent Course online based on the Diocesan Course for this year provided by Bishop Emma.

There will be two options: **Tuesday evenings at 7.30pm** and **Thursdays at 2pm** starting on the 23rd & 25th February respectively, and running the five weeks during Lent. The Course will be offered throughout the Northern and Southern Mission Communities and led by the Clergy and Ministers of the Appleby area.

It will include Breakout Bible Study Groups as well as worship, fellowship and prayer.

The group sessions will follow up and link into sermons based on the Gospel readings of the previous Sunday.

We hope very much that you will find time to come and join us as part of your Lenten devotion.

Although no formal name has been ascribed to our Course I suggest that you can call it '**Ready to go**' based on Exodus chapter 12, as the Chosen People prepared for what became known as the Passover and left Egypt to head for the Promised Land.

In the same way we should be ready and prepared to go for Easter.

A Zoom invitation link will be emailed out nearer the time.

For further details please contact me, Rev. Alun Hurd, at alunjhurd@gmail.com or on 01931 712814

COVID-19 EMERGENCY SUPPORT HELPLINE

Cumbria County Council can provide urgent help and emergency support, including basic food and essential items, if you are struggling to cope with your current situation for whatever reason.

Call: **0800 783 1966**
or email: **COVID19support@cumbria.gov.uk**

Open Monday to Thursday 9.00am - 5.00pm
Friday 9.00am - 4.00pm

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.



News from Orton School



Hello everyone! Here at Orton school we are extremely proud of our children and their families for their hard work with home learning.



Class 1



Class 1 have been learning all about bears; including having tea parties with Winnie the Pooh! Lots of phonics and number learning too! We have also been thinking about what makes a good friend, linked to reverence.



Class 2



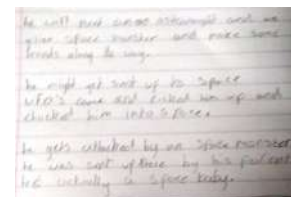
Class 2 have been very busy! We have been looking at Hinduism and making our own Rangoli and mandala art-work. Keeping fit with our gymnastics lessons and our writing has included aliens!



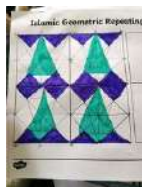
Class 3



Class 4



Class 4 have really shown their hard work this lockdown! Working on their maths and English, learning about the solar system in science, printing in art, Islam in RE, map reading in geography and complex gymnastics routines.



Class 3 have been working hard with their Maths and English. They have been learning about Islam in both RE and art. Microsoft Teams has helped them to stay in touch with their friends and in PSHE they have been thinking about their own communities.



highlights

rural touring scheme

Highlights planning and hoping for 2021

Like so many things in recent months, the Highlights Rural Touring Scheme has seemed very quiet but the team have been working behind the scenes. With COVID-19 limiting so much, Highlights has been waiting for opportunities to bring live performances and events back to Cumbria's village halls - Ladies That Bus in Orton Market Hall, complete with bus from Shap, seems a very long time ago.

Provisional plans are in place for a Spring/Summer season but, at present, it's looking as if the two performances planned for Orton in March will have to be postponed or cancelled. If by any chance they can go ahead, look out for last minute publicity around the village – there'll be far fewer tickets on sale than normal and a push to online booking if at all possible to reduce handling of cash.

The third event planned for Orton Market Hall may have a bit more of a chance as it is booked for Saturday 24 April. This will be a 4-hour Introduction to Lino Printing with Liz Jones Studio <https://www.lizjonesstudio.co.uk/> and one place of the six available is already booked! The cost will be £25 per person with basic materials supplied and, don't worry, your ticket price will be refunded if the workshop doesn't go ahead.

You can find out more and book a place at

<https://highlightsnorth.co.uk/event/introduction-to-lino-printing-workshop/> .

Hoping to be welcoming you back to Highlights some time in 2021.

Best wishes and keep well,

Sally Seed, volunteer promoter

PS While you're on the Highlights website, have a look at the other events that are planned. There's another craft workshop on Leather Tooling with Mark Rowney due to run in May with dates at Shap, Crosby Ravensworth and Appleby.



Ladies That Bus

It seems a very long time since Orton Market Hall was full of laughter for Ladies That Bus, the last Highlights Rural Touring Scheme performance in Orton before lockdown in March 2020.

Trees for Eddie

I've always had a deep love of trees, most likely from on my early days in Ashton-under-Lyne, Lancashire. There were few trees in the town apart from around some of the churches, and the War Memorial. One special place was Stamford Park, which was rich in mature trees, and a joy to explore. Therefore it has been with a sense of pure delight and satisfaction that I had 200 trees planted on a piece of fallow land at Mill House, a couple of months ago.



This would not have been possible except for the help from Alison and Steve Dobson, who have already planted a number of trees on their land. They made the arrangements for me, and with advice from the Woodland Trust, helped me to purchase the trees. They are made up of oak: rowan: lime: hazel: silver birch: wild cherry: bird cherry and crab apple, and they came with wooden stakes and protective green tubing.

The day after their arrival in late November, Alison and Steve worked for three days to plant all the trees. So I now have a 'baby' woodland to send into the future. Eddie, my late husband, would have been thrilled to see the new planting, as he was always very attuned to nature. He had a saying which he often repeated: 'The land is faithful'. It would not have been possible in the past, as this part of the field was used for night grazing for our dairy herd.



At the moment a great deal of imagination is required as I peep down the green tubes, to see just a tiny twig sitting at the bottom – but I know they will grow, bringing new life and eventually a new habitat to the field.

Jackie Huck, Mill House, Orton



Zoom Lectures for Appleby Arts Society

The Arts Society, Appleby has started its 2021 season. Lectures will be on Wednesday mornings as usual, but due to Covid restrictions will be Zoom lectures.

January started this 'Zoom season' with a superb lecture: '**Excess Baggage – The Journey of the Magi from St Matthew to the Medici.**' Lecturer Shirley Smith has an Honours degree in the History of Art, specialising in Italian Renaissance Art and Architecture. She is a Fellow of the Royal Society of Arts.



The scene of the 'Adoration of the Magi' is central today to our image of the Christmas story so it may come as a surprise to learn that their number, names and ethnic origins were all later additions to the biblical account.

By the 16th century they were not the only additions to the text. Showing beautiful works of art by artists from several countries and from early to Renaissance times, Shirley was able to illustrate how the story was recorded, illustrated, and became altered over the centuries.

The February lecture will be '**Rococo: A Masterpiece, a Mystery and Madame Pompadour**' – French Rococo dress in all its glory! The lecture will be given by Jacqui Ansell, Senior Lecturer, writer, presenter and online tutor. Jacqui studied at the Courtauld Institute, specialising in the history of costume.

For further information please contact taswestmorland.org.uk



News from All Saints' Church, Kasese, Uganda

(parish linked with All Saints', Orton)

WhatsApp correspondence

Rev Nelson Walima (vicar), 13.12.20:

Today God has given us the third Bishop of South Rwenzori, the Rt. Rev. Nason Baluku.



30.12.20: Today I have wedded Dave Fabre Gallado with Kezabu at All Saints Church. Dave is from Belgium while Kezabu is from Kasese. She comes from a Moslem community. I baptized them all on 20th December 2020.



Rev Nelson Isebagheen (previous vicar, now archdeacon),

22.12.20: My wife Yoledah had to stop business because of Covid-19. She started growing millet, sogam, rice and tomatoes. Pray for this venture.



1st January 2021: I have been transferred to Kagando Hospital as a chaplain from 15th January. The Diocese has a university project at this hospital. I need your prayers for I do not know the future of my goat project (an important element of his personal finances).

Rev. Robert Zziwa, 25th December.

May your heart glow with the light of Xmas and may this magical time bring you happiness and prosperity. The new bishop made some reshuffle and repositioning of the servants of the Lord. I have been transferred to St. Paul's Cathedral, Kasese, as Assistant Sub-Dean in charge of Mission, youth and children's ministries. (I need Mary to teach me how to handle children!) Keep us in prayer about that new assignment. A house will be provided, and we shall have to find new schools in Kasese town for the children.

31st December: A few minutes to the New Year. We bless the name of the Lord. We have seen his hand in the year 2020. It has not been easy, but "thus far the Lord has brought us." We were locked down but the Lord provided for his people. We were sick but the Lord healed us. Those of us who are still alive God has given us life. For those who lost their dear ones may the Lord comfort you. As we celebrate the New Year, let us pray for God's guidance and protection. 2020 was a lake but with Jesus in the boat we are crossing to 2021. May his name be glorified. HAPPY NEW YEAR!

Rev Nelson Walima: 2.1.21: It is our pleasure that God has enabled us to reach this new year 2021. Hope you are fine over there.

Our new bishop has asked me to continue serving at All Saints' Church, to strategically look into the repayment of loan for church land project, which has increased due to lockdown. So he can't miss me at this position.

(As mentioned in the November [Link](#), Nelson had previously been asked to take charge of 46 congregations as a new Archdeacon.)

My wife Melina and I will launch the first fundraising for church loan repayments on 14th February. (On the same day I will celebrate my birthday!) We hope to raise over

10 million Uganda shillings (about £2,000). On 25th April we shall hold a fundraising dinner; we are looking for the Chief Guest of this day. (Some of us may send a contribution to help our Ugandan brothers and sisters.)



6.1.21: Baptized a Muslim convert, Kyomuhendo Rinah, at the New Year First Fellowship. Melina my wife was given responsibility to disciple the new convert into Christian faith, I offered to her a Good News Bible, Prayer Book and supper meals.

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!**



Heritage Talks on The Westmorland Dales

thewestmorlanddales.org.uk

We have a fabulous selection of **ONLINE** heritage talks coming up this spring from neolithic discoveries to ancient routeways and distinctive limestone geology. Find out how the community tree planting project in Crosby Ravensworth is improving the landscape for people and wildlife for the future or find out about the excavation at Pendragon Castle. There are many exciting talks to choose from that are all taking place and making a difference in the Westmorland Dales.

To attend any of our online talks, click on the button below to complete your details and reserve your place on one or more of the talks featured. We will get back to you with your confirmation details and instructions on joining the Zoom talk/s. We look forward to seeing you online!

If you have any questions in the meantime, please do email us at westmorlanddales@fld.org.uk .

Reserve a Place

Wednesday 3rd February



Rebecca Cadbury-Simmons,
Northern Archaeological
Associates Ltd

Revealing the Past: Great Asby Scar

Archaeology Survey

Start time: 3pm

Length: 30 minute presentation plus Q&A

Wednesday 17th February



Lifting the Lid: Excavation of an
early lime kiln at Pendragon
Castle in its wider context

Start time: 3pm

Length: 40 minute presentation plus Q&A

Presented by: Dr David Johnson

THE STORY OF GOOD KING WENCESLAS, THE POOR MAN, WENCE AND LASSIE

Many years ago, Good King Wenceslas decided to give the poor inhabitants of his village of Porton some lasting gifts. He gave them a church (St. Wenceslas); a village hall (Wenceslas Hall) and a statue of himself for the market square. After his death the church fell into disrepair and the poor villagers did not know how to find the money to do it up. The village hall was condemned by the Health and Safety people as having no loos, no fire exits and no disabled access. His statue had become covered in graffiti, far too rude to mention here.

The Poor Man also wanted to leave gifts for his friend (Wence) and his daughter (Lassie), but he was stony broke. However, he noticed that Wence was doing a grand job on repairs to the church and he suggested that Wence apply to the Pumbrian National Park Authority for an apprenticeship to be a carpenter. Wence was not sure he would qualify, but the Poor Man gave him a good reference and Wence got the job. He later went on to be a master carpenter and established a thriving business, giving employment to the people of Porton for many years.

The Poor Man noticed that Lassie was a talented Sunday School teacher (classes held in bus shelter due to leaking church roof). He encouraged Lassie to apply for a grant to train to be a teacher and she went on to teach the children of Porton and surrounding villages for decades. She was greatly respected and loved by all who knew her. Her pupils volunteered to clean the graffiti off the statue of Good King Wenceslas.

MORAL OF STORY – if you would like to give a lasting legacy – give encouragement and support!

Margaret Longworth



Vibrant Milky Way over Norber Ridge *Matt Gibson*

Dark Sky Reserve Success for National Parks

The Yorkshire Dales and North York Moors National Parks have been designated International Dark Sky Reserves, joining an exclusive global family of Dark Sky Places. The Yorkshire Dales and North York Moors are home to some of the darkest skies in the country, with large areas of unpolluted night sky where it's possible to see thousands of stars, the Milky Way, meteors and even the Northern Lights.



Sunset
by Joan
Barnard

I shall not compare you

By Joan Barnard

**I shall not compare you to the winter flu
You are more deadly, and more feared.
Summer's warmth does not deter you
You rage, long after snow has disappeared.**

**So we empty the streets, and the pubs and
the shops**

**While filling the wards, and the graves.
We must huddle at home until it all stops,
Held in bubbles, through long empty days.**

**But our worlds can zoom out with digital
tricks**

**We embrace distanced befriending
Hopeful that millions of needle pricks
Will bring a back-to-front fairytale ending.**

**And then some of this we'll remember,
and some we'll try to forget
But we'll welcome each day's sunrise,
after yesterday's sunset.**



Sunrise
by Joan
Barnard

KIDS CORNER



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

Hope in Sadness



Family time

Talk When have you felt sad about something but still had hope?

Do Read *The invisible string*, Patrice Karst, and talk about it together as a family.

Pray Take turns for each member of the family to say one thing they are hoping for. Bring this time together by thanking God for hope.

You can find a video of *The Invisible String* being read [here](#).



Jesus loves Write

1 Thessalonians 4.13-18

When sad things happen, Jesus gives us hope.



Can you make at least eight different words from this word wheel? Each word can only use a letter once and must always use the central letter. We've given one word to start you off!

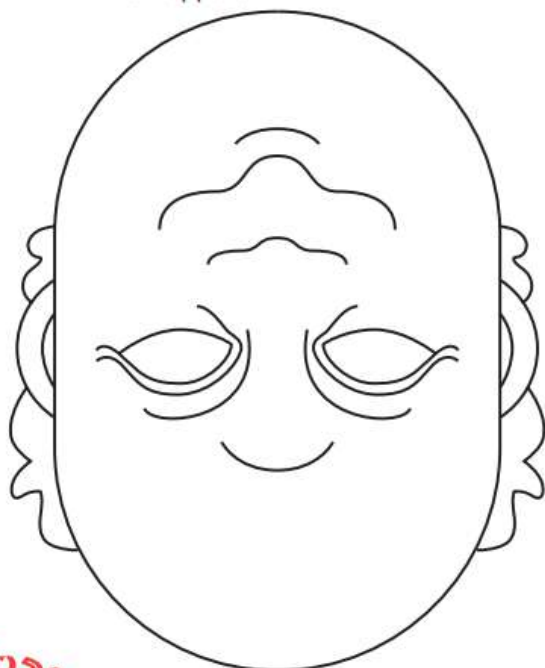


near

Can you put all the letters together to make a nine-letter word? (clue: it's what we do to make each other feel better).

Draw

Add a sad mouth and some eyes to this face. Now turn it upside down – what happens?



Picturing the Westmorland Dales

This autumn children in the Westmorland Dales have been exploring the landscape through land art. We are working with Community arts 'We are Team', land artists 'Stomping Ground' and 6 local primary schools using Land Art creations to celebrate local landmarks and nature. This lovely project has helped connect children with the natural world encouraging them to look closely at materials such as sticks, pine cones, stones, soils, leaves, grass and wool.

They have created collages used natural materials, using them like a paint brush, creating beautiful art pieces. During these sessions children began first by creating individual art pieces which helped to develop their skills and fire the imagination leading to the final group piece. The children chose an image, made a frame and built the image up in layers, like a sketch before fine tuning the outlines of the final piece.



Some of the images created by Primary schools include Hardendale Cairn and Smardale Viaduct, Nine standards, a red squirrel, a short-eared owl, Orton Scar monument and a Tebay fell pony. Jon Chappell from M60TV filmed and photographed the sessions which showcases their work and bring the schools together in this unifying joyous project. It highlights the children's connection to their villages and creates a sense of place and a sense of hope for the future.

Many thanks to the children and teachers at our fantastic local Primary Schools who enabled this to happen. Orton C of E School, Crosby Ravensworth C of E School, Asby Endowed School, Tebay Primary, Shap CE Primary and Kirkby Stephen Primary School.

They work so hard to maintain a sense of normality whilst keeping children safe during these difficult times.

Please have a look at this film-'Picturing the Westmorland Dales' is a little bit of joy for a dark night!

<https://www.friendsofthelakedistrict.org.uk/land-art>

For further information about the Westmorland Dales Landscape Partnership Scheme please email Nicola Estill : nicola-estill@fld.org.uk



Join us* for our Virtual Coffee Morning!

Every Wednesday morning from 10am

For access (meeting ID) contact . .

Alun Hurd – alunjhurd@gmail.com or

Fran Parkinson – curate.hwparishes@gmail.com

Bring your own refreshments!

**The churches of High Westmorland*

A painting-by-numbers lockdown artwork, patiently created by Izzy Woodburn, a Year 9 student at Kirkby Stephen Grammar School, aged 14



Well-rotted horse manure

An environmentally-friendly alternative for your garden

Step away from environmentally-unfriendly, peat-based compost and turn to locally-produced, well-rotted horse manure for your gardening needs instead. Available **free of charge** in recycled bag; cost-effective with low road miles.

The horses are bedded on wood pellets so there is no straw or shavings in the compost.

Collection in recycled bags from Fell End, Ravenstonedale or bring your own trailer and we'll help you fill it up. Please call **07759 665 233** to arrange collection.



Lady Anne Clifford



In September 2020 a bronze statue of Lady Anne Clifford was installed outside the Tourist Information Centre in Kirkby Stephen in Cumbria. Born in 1590, Lady Anne was the daughter of the Earl of Cumberland and, as a woman, had to fight to claim her natural inheritance. Two marriages made her Countess of Dorset and of Pembroke, but when she was widowed a second time she returned to spend her old age in Westmorland.

The 2m high statue was made by Diane Lawrenson, sculptor and member of Appleby-in-Westmorland Arts Society. Diane said: "The sculpture captures the spirit of the indomitable Lady Anne Clifford with her steely determination, walking through old Westmorland."

Lady Anne, who lived from 1590 to 1676, was a formidable lady who often walked the 100 miles between her five ancestral castles in Westmorland and Cumberland. After her many years' absence her castles and other properties were in a ruinous state so she set about rebuilding, visiting and caring for her tenants. There is now a long-distance walk called *Lady Anne's Way*, which visits the five castles, starting at Skipton in North Yorkshire, and goes north by Pendragon, Brough, and Appleby, finishing at Brougham near Penrith.

Diane's earlier prize-winning group, the Bronte Sisters of Haworth, was set on the Yorkshire moors that Diane knows so well. Diane has received several awards for her work, including London Art UK Special Sculpture Awards, at the Society of Women Artists exhibitions in the Mall Galleries in London.

Rangers repair Ravenstonedale footbridge

A short, popular walk in the Westmorland Dales can be enjoyed once again after a footbridge close to Scandal Beck was put back into place.

Flood waters ripped the footbridge from its abutments earlier this year and left the structure against a field wall.



The footbridge was a key part of a circular walk

out of Ravenstonedale village to Bowber Head and back by Low Lane or via Ash Fell.

The ranger service obtained consent from Cumbria County Council for works on 'ordinary watercourses', carrying out an ecological impact assessment. A local contractor then built mortared stone walls either side of the stream and laid concrete pads, before the wooden bridge was repaired and lifted into place.

The work was funded through the 'Discovering the Westmorland Dales' project, part of the Westmorland Dales Landscape Partnership scheme supported by the National Lottery Heritage Fund.

Member Champion for Recreation Management at the Yorkshire Dales National Park Authority, Nick Cotton, said: "'In the west area of the National Park, reaching from Kirkby Lonsdale in the south to Sedbergh and beyond to the Westmorland Dales, there are 339 footbridges. This one crossed a tributary only a few metres away from Scandal Beck, just upstream from Ravenstonedale village. As is typical in the Dales, innocent little streams can become pretty vicious after heavy rainfall and the footbridge couldn't withstand the force of the water. Rangers have put back the bridge slightly higher than before and carried out some landscaping. I'm glad to see it looking well again. Ravenstonedale is a beautiful part of the world and a quiet place to see wildlife such as red squirrels and kestrels."



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A tapestry David Merritt designed and made for a dining chair

Building works complete at Community and Heritage Centre in Ravenstonedale

Works to extend the Community and Heritage Centre in Ravenstonedale were completed just before Christmas, providing new toilet facilities and disabled access as well as storage and office space.



This ambitious project was first discussed in 2006 when the Parish Council purchased the old URC Chapel and set about turning it into a community space available for hire.

The recent extension was made possible thanks to generous grants from Eden District Council's Signature

Projects Fund and Yorkshire Dales National Park's Sustainable Development Fund as well as donations from local residents.

The Community and Heritage Centre is now available to hire for events, functions, meetings and other activities. The centre boasts a large main hall, two meeting rooms, kitchen areas, toilet facilities and disabled access. It also hosts a substantial historical local archive which is maintained by the Ravenstonedale History Group.

It is hoped that many groups will be able to make use of the facility once we are free from the current pandemic.



"Until now, I never understood why you got so excited when someone walked past the house!"

RAVENSTONEDALE PARISH HISTORY GROUP

Lockdown 2 inspires Ravenstonedale to Zoom in on a pub's history

The Herald recently reported the achievement of Ravenstonedale Parish History Group (RPHG), in organising a live meeting in October, working with Newbiggin-on-Lune Public Hall, to implement social distancing rules and procedures to enable an event to be presented. Despite the enthusiastic response from members, Lockdown 2 meant the live November meeting could not proceed as planned.

In an attempt to respond positively to the new circumstances and recognising the continuing interest in Ravenstonedale Parish for local history events, RPHG followed in the footsteps of many other groups and signed up to Zoom. Val Fermer edited a talk from 2018 and presented for 25 minutes on the history of The Black Swan in Ravenstonedale. Such was the interest that around 40 people attended the on-line talk, a much larger audience than the live events typically attract. In addition to regular members and others who enjoy the live events, the Zoom invitation could be extended to the more remote members and those new to RPHG, with an interest in the subject. Consequently there were many participants from further afield than the Parish, including Wales and Kent, who entered the Zoom meeting.



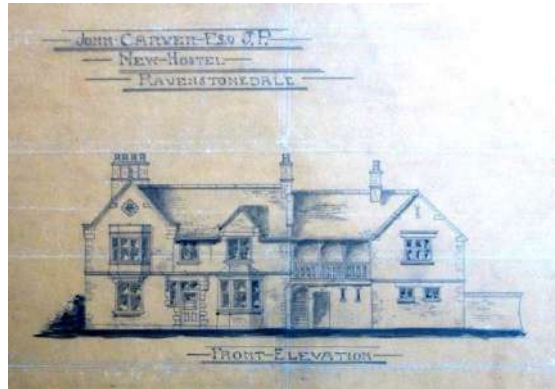
The Black Swan circa 1890

The Black Swan – before demolition by John Carver in the late 1890's

In the truncated 25 minute talk (considered the most suitable duration for an on-line lecture) Val reported on 247 years of the Black Swan history, including a 1769 document in the possession of RPHG that suggests the pub was one of the first in the Northern Hemisphere to be named The Black Swan. Extensive research was presented, regaling the audience with the identity of Landlords and owners from the 1700's right up to the present day. It was only the period between 1940 and 1952 that Val was unable to confirm the identity of the Landlord, however for the entire 247 year period (1773 –

2020), the identity of the owner was traced.

In many cases anecdotes gathered from oral histories added further depth to the chronological account of owners and Landlords. These included Laurie Hemms (1980's), a competitor in the TV programme 'it's a knockout', Tim Hartley (1960's), owner of a locally admired, occasionally wrecked, Jaguar sports car, Stan Smith who was famous for also driving a taxi in which the passenger could expect to be sharing the ride with a calf (1950's) and Joshua Brunskill who in 1864 held a trotting race against the Kings Head Ravenstonedale, which he lost to the local rival, all the way back to 1773 when Isaac Teasdale was recorded as the Innkeeper.



Architect's design for the new 1899 building for John Carver

There were famous and infamous historical guests (it is believed the pub has been an Hotel throughout its existence), including Hinge and Brackett, popular TV stars from the 70's and 80's. Sergeant Thompson was a short lived guest, who hanged himself in 1821 in the pub (and possibly remains as a guest, if rumours of haunting are true). A multi-millionaire Victorian investor in the Village, John Carver of Manchester, rebuilt the hotel in the late 1800's. The rebuilding was part of a project to develop Ravenstonedale as a spa resort. Photographs, many of which can be seen today in the bar of the Black Swan, record the pub before and after its rebuilding.

As Ravenstonedale is fortunate to have three popular pubs in the parish, two further Zoom events are planned, to be dedicated to the Kings Head and the Fat Lamb respectively. Details of all events are available on the RPHG website. Zoom events are free and open to members, visitors and new participants.



Living Lord,
as we offer to you our common life,
refresh our vision
that we may know your will
and seek to follow in all your ways.
May we **follow daily** as your disciples,
care deeply for one another in
community,
speak boldly your gospel words of love,
and **tread gently** as faithful stewards of
your goodness.
We ask this in the power of your holy
name,
as Creator, Redeemer and Sustainer
of our lives,
today and for ever.
Amen

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	OUTWARD	RETURN
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Kirkby Stephen West Station	10.55	15.53
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	
Blackhall Road layover 1.45 hours		

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	
Blackhall Road layover 1.45 hours		

Revised 02-01-2020

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TUESDAY ROUTE 569:

Ravenstonedale to Hawes

July to end of October	Outward	Return
Departs Bus Depot	10.30	15.50
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

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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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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 (*currently suspended*)
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: Leagh Wilkinson: 07869 078977
Appleby Brownies: Alison Taylor: 01768 361241,
Emma Williamson 07800564170
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
Orton Market Hall Bookings: Julie Renwick-Smith: 24796
ortonmarkethall@outlook.com
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: Gillian Stoddart: 01768 862501
Badminton: Richard Percival: 24352
Band: Appleby Town Band: Chris Jenkin: 24410
Kirkby Stephen Silver Band: Caroline Souter:
017683 72376
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 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: Dennis Humphreys:
26052
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.rdalepc.uk>

Churches' Facebook pages

Orton: <https://www.facebook.com/AllSaintsOrton/>
Tebay: <https://www.facebook.com/stjamestebay>
Ravenstonedale: <https://www.facebook.com/StOswaldRavenstonedale/>
Families Together in Tebay and Orton
<https://www.facebook.com/FamiliesTogetherTebayOrton/>
Families_Together@googlegroups.com