

The Link

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



September 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**

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THE LINK DEADLINE IS THE 13TH OF EACH MONTH

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Small display ads are £45 p.a.

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

CHURCH LETTER

From the Rev. Christopher Jenkin

All Change!

That was what used to be shouted when a bus or a train reached the terminus – everyone had to get out, stop there or continue their journey some other way.

“Nobody likes change!” – a cliché which I’ve often heard or read, and which always irritates me, as it is just not true. Yes, some people hate change and find it disturbing or even threatening. But other people – and I confess I am one – find change interesting and stimulating!

Many years ago I took part in a church conference at which we all had to answer about 100 questions from which our personality type could be deduced (“the Myers-Briggs Test”). I can’t remember all the conclusions that were drawn, but one I do recall: such research had shown that 75% of clergy enjoy change, and 75% of lay churchgoers dislike it! This perhaps explains some of the conflicts that take place in churches!

In this past year and a half we have all experienced huge changes, of a type that few would enjoy. Things are now at last getting back to a kind of “normal” – but will life return to what it was before? Probably not, in many respects!

Do you find it easy to change your mind? I hope I am prepared to, if I am mistaken! I don’t want to be one of those people who say, in effect: “I know what I believe – don’t bother me with facts!” (Many conspiracy theorists seem to be of this type.)

What about in matters of religion and faith? I can look back to a life-changing moment, when as a young man I realised that just giving assent to certain religious beliefs, trying to live a moderately decent life, and going to church on Sunday, simply wasn’t enough; Jesus Christ was knocking on my door, and I had to

decide whether to say Yes or No! (I said “Yes!” - and my life changed...)

I know people, though, whose change of mind has gone in the opposite direction. Some of them I respect and even love; but after at one stage in their lives being deeply committed Christian believers, they have drifted (or even decisively turned) away from Christ, and now have no room for him in their lives. For some, it was that “church” just came to mean less and less to them, and they gave up on it. For others, for various reasons, they realised that what they used to believe no longer made sense to them.... (Though some of them, curiously, still ask believers they know to pray for them! Is there still some grain of faith there?) And for some, sadly, it was the behaviour of some deeply religious person, perhaps even a Christian minister, which repelled them, and they decided, “If that is Christianity, you can keep it!”

I still pray that they may find their way back to God. People do, even after years of rejecting him. It may be by getting to know someone who is not only “religious”, but reliable, and caring, and has something special about them. It may be a crisis in their own life, which prompts them to cry out, “God, if you’re there, help me!” And they begin to understand that he is there, and has been all along, and his love for them has never changed...

And so, perhaps slowly and gradually, they begin to change; not back to the immature and inadequate faith they used to have, but to something deeper and more honest – and which has room for doubts and things they don’t understand – yet!


I pray that some who read these words will allow this sort of change to come into their life. God hasn’t changed, and he’s lovingly waiting!

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 October issue: **13th September**

Front Cover: Newly refurbished organ at St. Oswald’s Church (see p.21)
(Photograph by Dave Wedd)

SUNDAY SERVICES IN OUR CHURCHES FOR SEPTEMBER 2021

<p>Sunday 5 September <i>Trinity 14</i></p> <p style="text-align: right;"><i>Sidesperson:</i> Proverbs 22:1-2, 8-9, 22-23 James 2:1-10 [11-13] 14-17</p> <p><i>Green</i> <i>Prayers:</i></p>	<p>Orton, 10:30am Holy Communion <i>Sandra Ward</i></p> <p>Angela Milburn Margaret Longworth Elizabeth Crossley</p>	<p>Tebay, 10:30am Anniversary celebration at the Methodist church</p>	<p>Ravenstonedale, 10:00am Family Service <i>Lay led...</i></p> <p>Diana Fothergill</p>
<p>Sunday 12 September <i>Trinity 15</i></p> <p style="text-align: right;"><i>Sidesperson:</i> Proverbs 1:20-33 James 3:1-12</p> <p><i>Green</i> <i>Prayers:</i></p>	<p>Orton, 10:30am Service of the Word <i>Neil Hughes</i></p> <p>Olive Bland Andrea Dutton Chris Bland Margaret Longworth</p>	<p>Tebay, 10:30am Holy Communion <i>Fran Parkinson</i></p>	<p>Ravenstonedale, 10:00am Service of the Word</p> <p>Ian Torkington</p>
<p>Wednesday 15 September</p>	<p>Orton, 7pm Café Church 'tryout' - all welcome <i>Led by Diana Nicholson</i> <i>(See page 10)</i></p>		
<p>Sunday 19 September <i>Trinity 16</i></p> <p style="text-align: right;"><i>Sidesperson:</i> Proverbs 31:10-31 James 3:13-4:3, 7-8a</p> <p><i>Green</i> <i>Prayers:</i></p>	<p>Orton, 10.30am Holy Communion <i>Sandra Ward</i></p> <p>Chris Bland Elizabeth Crossley Mary Jenkin Olive Bland</p>	<p>Tebay, 10:30am Harvest celebration at the Methodist church</p>	<p>Ravenstonedale, 10:00am Holy Communion <i>Fran Parkinson</i></p> <p>Michael Metcalfe-Gibson Sally Metcalfe-Gibson</p>
<p>Sunday 26 September <i>Trinity 17</i></p> <p style="text-align: right;"><i>Sidesperson:</i> Esther 7:1-6, 9-10, 9:20-22 James 5:13-20</p> <p><i>Green</i> <i>Prayers:</i></p>	<p>High Westmorland Parishes United Service Holy Communion from St James Tebay, 10:30am <i>Fran Parkinson</i></p> <p>Also on Zoom - Meeting ID: 815 2921 0306 <i>Readers: Richard Best and Keith Capp</i></p> 		

SUNDAY SERVICES IN OUR CHAPELS FOR SEPTEMBER 2021

All services are subject to change due to Coronavirus situation		5 th	12 th Education Sunday	19 th	26 th
Tebay	10.30 a.m. 6.30 p.m.	D Marston CA Cnxn Svce at Appleby	D Askew	A Hurd HF	LA
Orton	10.30 a.m. 6.30 p.m.	D Askew Cnxn Svce at Appleby	A Pallister	J Tebbutt HC	A Sterling HF A Sterling HF
Newbiggin-on-Lune	10.30 a.m. 6.30 p.m.	LA OA Cnxn Svce at Appleby	Queen's Students TBC	S Radford HC	A Pallister
Ravenstonedale	2.00 p.m. 6.30 p.m.	A Sterling HC Cnxn Svce at Appleby	A Pallister	K Hewitson HF	S Radford

Vineliflife Cumbria Fellowship: Every Sunday in Orton Market Hall, 10.30 a.m.

A VIEW FROM TEBAY

from Ines Carradice



The Language of Rainbows

When was the last time you saw a rainbow?

Possibly not long ago, since having the sun behind and rain in front is so common in our lovely hills and valleys.

Do you remember what you thought or what you said then?

As children we may have heard them described as 'rays of colour that together make sunlight look white', and have learned their names through rainbow rhymes: red, orange, yellow, green, blue, indigo, and violet.

Later we might have studied 'prisms' or 'refraction' and the 'spectrum' reflected back to the 'viewer'. Did you ever try to make one? It's quite easy.

Through entertainment we accepted that beyond them there are places to dream about, alongside yellow brick roads; or we "Sang a Rainbow", with Peggy Lee; or even danced to the rhythm, examining rainbow diversity with Jessie J.

We have possibly drawn one recently, or worn the badge. In the early months of the pandemic we got used to seeing it on windows and murals in support of the NHS; in June we saw public spaces celebrating the LGBT community through the rainbow colours; and we have heard it used in connection with multi-ethnic societies such as the South African nation.

I saw the most spectacular double rainbow a couple of weeks ago at Intake; it spanned the width of our farm, with two groups of sheep at the end of each side: our treasure. I was shaken by the beauty and the symbol, and later really grateful to my son-in-law John, who captured it in this fantastic panoramic photograph.

These have been dark times for us all, and there is so much going wrong in the world. My thought was "Heaven is here and smiling at the earth". It also felt like a sign that meant: "I am listening."

Rainbows are only mentioned seven times in the Bible.

Four of them are at the beginning, in the book of Genesis, in the well-known story of Noah and the new relationship between God and the people of the earth after the flood.

Roughly in the middle, in the book of Ezekiel, the prophet has a vision where the rainbow depicts the visible, dazzling beauty of the glory of God.

In the last book, Revelation, a rainbow halo is seen around the heavenly throne and later around an angel coming down from Heaven.

Shaping an arc through scripture, it is the symbol of hope in dark times, of relief during or after the storm, and of the closeness between God and us.

So next time you see a rainbow you might like to consider what it says to you.

The Link's Editor to Retire



I have been editing *The Link* for over eight years, and a few months ago I indicated to the churchwardens of Ravenstonedale and Orton with Tebay that I feel the time has come to hand this responsibility on. My final issue will be the next one, for October 2021—I reach my 85th birthday on the 8th October, and I would like to take things a little easier!

Producing the magazine each month is a substantial and time-consuming task, and one matter which is being considered (as mentioned in the June 2021 issue) is whether instead of a single editor, a team could share the many tasks involved. A possible scheme for such a solution has been drafted.

When I took over from the previous editor, David Aspden, in 2013, he very kindly helped me to become more competent in using the Publisher computer programme, and helped me with my first issue; and I would certainly be willing to do the same for my successor, if requested to do so.

In January this year there was an email survey of *Link* readers, in which one question asked "Will you help us develop or deliver *The Link* in some way?" 44 of the 116 respondents replied "Yes!"

The PCCs and the churchwardens have discussed the future of the magazine, and suggested that the first step should be to contact all these 44 people – and any others who did not take part in the email survey but are reading about it now, and who will get in touch to express interest - to explore this possibility further.

We feel strongly that the basic character of *The Link* as a church, i.e. Christian, magazine as well as a community magazine should be maintained, but there is no reason why people who are not church members should not be part of the production team if they respect that character. And it is likely that future issues will see changes and developments, with improvements in various ways.

So if you might like to be involved, but have not yet indicated your interest, please email as soon as possible – linkpines@hotmail.co.uk – or phone me on 015396 24410.

Or register your interest by clicking:

<https://is.gd/LinkHelpers>

(See also page 17)

Thank you!



Katie and Subtle would like to say a massive thank you to everyone for sponsoring them on their 49 mile walk which they completed in June. They raised a fantastic £393 for Animal Rescue Cumbria and Katie got her brownie charity badge.

Tebay Community Choir

Do you enjoy singing? If so, you may be interested to know that a community choir meets on Monday evenings from 7.30 until 8.30 in **Tebay Social Club** (*not the Hub as before*). It is not necessary to commit to coming each week; we will be very happy to see you whenever you can manage it. We sing a wide range of music – unaccompanied spirituals, folk songs, songs from the shows, old favourites and some more modern items. You will be given a warm welcome – and a piece of delicious cake along with tea or coffee! If you would like to know more, please ring Alison on 01931 716122 or send her an e-mail – alison@mott.me.uk.

Baptisms, Weddings and Funerals

If you want to make enquiries about a baptism at any of the Anglican churches of the benefice, please contact the **Curate, Rev. Fran Parkinson**—tel. 015396 23393.

Email: curate.hwparishes@gmail.com.

If you would like to ask about a wedding or funeral, please in the first instance contact the **Mission Community Administrator, Joyce Keetley**, on 07741 327318

or applebyme@carlisle-diocese.org.uk.

Joyce will speak to you about arrangements and discuss your options with you.

Orton and Tebay Local History Society

In 2020 we contacted all the current members of the Society by email or letter to express the committee's concern about the lack of attendance at meetings. Since late 2018 the attendance had been getting very low and we reduced the number of meetings each year – especially in the winter months; we also moved our venue to Tebay Methodist Chapel as a warmer and more comfortable place to sit for an hour or so to listen to a speaker, in the hope that this would help the situation.

However this did not seem to make any great difference and though members were loyally paying their subscriptions they were not attending meetings, and we concluded there may be several reasons for this, such as:

- We had just about exhausted the people we could use as speakers who gave talks on actual 'local history' as opposed to general history;
- As people get older some do not like coming out in the evenings and frankly some of the subject matter was of no interest to them.

We got to a stage in 2019 when attendance often did not reach double figures and it was grossly unfair to speakers who may have travelled a distance to come to such a small gathering.

In our communication to members in 2020, we said all the above and expressed the possibility that the Society could no longer function – we asked for comments on this and we had four written replies basically agreeing that perhaps we should close down – only one (oral) objection to this was received. One of the replies suggested a possible amalgamation with the Ravenstonedale group – this has not been followed up as anyone is free to join that group if they would like to. From a current membership of 32 the lack of answers seemed to speak for themselves. The Covid pandemic has not helped the situation, but there were already attendance problems before that struck!

At the end of May the Committee met and spent a long time discussing this but came to the conclusion that the Orton and Tebay Local History Society as it now is should close. This has been a sad and difficult decision and we hope that at some time someone will want to form a new local history group.

We have a library of books that will be stored at Tebay Methodist Chapel for the time being, and as this was a community group the funds we still hold, after two specific payments that are due, will be equally divided between the two villages of Orton and Tebay. In Orton the funds will go towards the setting up of a new Library at Orton School: in Tebay the money will go to the Parish Council to be ring-fenced as a contribution to the work proposed for the playing field and playground. As our History Society was a community group we very much wanted to support Community projects in each village.

This group began in March 2005 and we owe a huge debt of gratitude to the vision and enthusiasm of the founder members – the late John Falshaw, the first chairman, and then Bernard Thornborrow from 2007 up to now, and also the late Fran Higgins, the first treasurer ably assisted by Wendy his wife, and others too who played a major part in this group from the early years of its inception.

The Committee of OTLHS.

Upper Eden Medical Practice

Covid Vaccinations update

We are no longer giving first vaccines here at the Surgery. We have now attempted to contact all patients who are due their second vaccines. If anyone feels they may have been missed then they need to contact us urgently.

The following information is on our website:

COVID vaccination certification

We are unable to issue this certificate at the practice. Please see the [Gov.uk website](https://www.gov.uk) for further information. Proof of your vaccination status will be available on the **NHS app**, which is also valuable for accessing your health records and ordering repeat prescriptions. Alternatively, you can call the NHS helpline on 119 and ask for a letter to be posted to you. This must be at least 5 days after you've completed your course of the vaccine, the letter may take up to 5 days to reach you.

Shingles vaccination

Patients become eligible for routine vaccination against shingles when they become 70 years of age and all those aged up to and including 79 years are now eligible to receive the vaccine until they become 80 years of age. Individuals who were eligible for the Shingles vaccination programme who turned 80 years during the COVID-19 pandemic and missed the opportunity to be vaccinated, either due to lockdown or because they were shielding at home and unable to attend their general practice, can continue to be vaccinated up to 31st July 2021.

Please contact the Surgery to book an appointment.

Seasonal flu/Covid booster vaccination information:

This year the Practice will be contacting all eligible patients for their flu vaccination and likely Covid booster to be given at the same time.

The first two Saturday clinics will be held on **Saturday 18th September and 25th September**. Patients will be contacted in eligibility order and given an appointment time. Please can we ask patients to **wait for the Practice to contact them** as we are still awaiting information regarding the Covid vaccine boosters.

<https://www.upperedenmedicalpractice.co.uk/News/a778c2d8-e6e9-49a0-a0cf-ba9191fb690b>

☎: 017683 74015



Orton Surgery and Shap Medical Practice

Current Procedures

The Doctors and Nurses at the Practice continue to operate an initial telephone triage system. If a face to face consultation is necessary the Doctor or Nurse will book you an appointment at Shap later that day. Please contact the surgery at 8.30am to arrange a telephone triage appointment. Surgery appointments remain being kept to a minimum to reduce the risk of infection to our patients and staff. Please do not attend the surgery without an appointment and please check the NHS111 website if you are unwell with coronavirus symptoms. When attending an appointment at the Practice, face masks must be worn at all times within the building, unless you are exempt due to medical reasons. Hand sanitisers are placed throughout the building and we request for all patients to utilise these.

Online Consultation

We still offer online consultations using the eConsult. Please check the practice website www.shapmedicalpractice.co.uk to find out more about this.

Orton Surgery

There continues to be no Doctor's appointments at Orton Surgery for the time being.

Dispensary

Shap medication continues to be collected from the Dispensary window, and medication is available for collection at Orton every Tuesday between 10am and 11am.

Protected Learning Dates

The Practice and Dispensary will be closed for training from 1pm on the following dates:

Wednesday 15th September
Thursday 14th October

COVID Vaccinations Update

This vaccination hub at Penrith Hospital has now finished vaccinating, however the various larger vaccination sites, including Kendal and the Auction Mark in Penrith, are still vaccinating for the foreseeable future.

Keep an eye on our Facebook page ([@shapmedicalpractice](https://www.facebook.com/shapmedicalpractice)) for updates on COVID boosters.

Flu Clinics

The flu vaccination is available every year on the NHS to help protect adults and children who are at risk from flu and its complications. This year the flu vaccination is being offered on the NHS to:

- adults aged 50 and over
- people under 50 in the clinical at-risk group
- pregnant women
- children aged 2 and 3 on the 31st August 2021
- children in primary school
- frontline health care workers

Further information will be posted when flu vaccine appointments are available to book.

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

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

TEBAY PRIMARY SCHOOL

The end of another school year.....!!

It has certainly been a year like no other. The children, parents and staff adapted so well to the online learning with great feedback from parents, it was great to welcome the children back into school and they adapted well to the rules put in place to keep them safe.

We have said goodbye to our Year 6 leavers, Rowan, Maggie and Faiz as they take their next adventure in life at their chosen secondary school, and we welcome into reception in September Amber, Megan, Freddie, Harvey, Lewis and Rory. We also welcome Talula, Angus and Annie.

A huge thank you goes out to everyone who has supported the school in any way this last academic year.

'Tebay Tin Tuesday'

What a huge success this has turned out to be.

Every Tuesday (in term time) the bin was put outside the school gates for people to put donations in. The items that were collected were then passed onto Upper Eden Food Bank to support families in the area. The school will continue supporting this fabulous charity when we return in September. Thank you to everyone in our community who has supported us. We hope the support will continue.

SOME of the things we have enjoyed in 2020/2021:

Year 3 and 4 had Bikeability training.

Hockey lessons with Lucy Potter.

Filming with Mr Morland for the Channel 4 documentary.

Whole school Christmas dinner.

Families Together to plant the bulbs we grew in class.

Visit from a fire engine.

Active Ants @ Yanwath Primary School.

Alternative Sports Day.

French afternoon.

CET whole mile, picnic and visit from the ice-cream van.

Royal Garden Party.

CET 'Big Dance'.

CHANNEL 4 DOCUMENTARY – A Lake District Farm

Shop.

Back in November 2020 we had a film crew in from Purple Productions, who were making a documentary for Channel 4 about Westmorland Services Farm Shops.

Dave Morland, Head of Butchery, came in to school to show the children how they make their award-winning Cumberland sausage. The children ate the sausages they made for their dinner. The documentary was in 4 parts and the 1st week was shown on Saturday 11th July; the children making sausages was shown in episode 2 on Saturday 17th July.

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

TEBAY RECYCLING CENTRE



The recycling centre at the top of the village is well used by everyone and kindly kept clean by members of the Parish Council.

The money raised from recycling your cardboard, cans, bottles and plastics comes directly to the school (only from the recycling centre not the doorstep collections). Last year alone the school received approx. £900.00 which was used to buy some new Maths resources for the children.

Thanks to everyone who uses the recycling centre. (Some of the Maths items purchased out of the recycling money:-



TWINKLES

We are delighted to announce that 'Twinkles' playgroup will be run by the school from September. Sessions will take place on a Tuesday morning (during term time) starting on Tuesday 14th September from 9.30am to 11.00am run by a member of school staff for a trial period until the October half term. The cost (to cover tea and coffee) is £1 per child. All welcome. Any questions please get in touch with school.

Donation

We received a very generous £236.00 donation at the end of July. The money was collected at Tebay Sports and Social Club during the recent Euro tournament. Huge thanks to everyone who contributed. The money will be used for extra resources for the children.



**TEBAY METHODIST
CHURCH**

**Church Anniversary
Service**

Sunday 5th September

10.30 a.m.

Preacher:

Mr Donald Marston

Come and worship!

**TEBAY METHODIST
CHURCH**

**Harvest Festival
Service**

**Sunday 19th
September**

10.30 a.m.

Preacher:

The Revd. Alun Hurd

Come and give thanks!

Parish Registers

Funeral:

On 20th July, at St. James' Church, Tebay, the funeral took place of Graham Cave (63), of 1 Highfield, Tebay. This was followed by a private cremation.

Wedding

On Saturday, 7th August the marriage took place at St Oswald's Church, Ravenstonedale of Clara Blanche Shields to Paul Andrew Allinson.

Did you know?



Tebay Primary School Nursery....

- Nursery places available – April and September 2021
- Government funding is available for the term following their 3rd birthday – free 15 hours per week.
- Ability to pay for more hours if needed
- Half and full day sessions available.
- We offer 30 hour's provision for those eligible.
- Varied activities following the EYFS curriculum
- Small class sizes; all needs are catered for.
- Fully qualified staff.
- Extensive outdoor learning.



We would be happy to show you around (COVID safe) and discuss your child's individual needs

For more details or to arrange a visit contact Tracy Morland on 015396 24239 or email admin@tebay.cumbria.sch.uk



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.

Calling all Crafters, Sew & Sew members, and Rummikub players!

Starting Tuesday 7th September, 2-4pm,
In the Methodist Hall, Tebay.

Come and enjoy a cuppa,
and meet with friends.

EVERYONE WELCOME!

Contact Dennis—015396 24445
or Gillian—015396 23653

Little Asby Through the Keyhole

Season One of 'Little Asby Through the Keyhole' will begin
on Saturday 4th running until Sunday 19th September.

**We're looking for volunteers to help us with this
fascinating excavation project taking place on Little Asby
Common in September.**

The days are FREE to attend but places are limited so please
get in touch with which of the 16 excavation days you'd like
to attend but be quick, we expect lots of interest.

This excavation is a great opportunity to uncover
archaeology that could potentially be rare for the North-West
of England. It will be led by archaeologists from Oxford
Archaeology North as part of the Westmorland Dales
Landscape Partnership Scheme.

**No experience is necessary as all training will be
provided**, as will all the equipment. However, a certain level
of fitness is required due to the nature of the site.

**To attend any of our excavation days, please contact
Hannah Kingsbury (Cultural Heritage Officer)
by emailing hannah-kingsbury@fld.org.uk
or by phoning 01539 756624.**



The Howgills towards Cautley Spout
(Photo by Rosemary Campbell)

"I shop therefore I am - Compulsive buying and the search for self"

This is the title of one of the many books I have on
hoarding, procrastination etc.

I am a prime candidate for one of those hoarding
programmes. As I am awaiting an operation for a new
knee I decided that the time had come to try and mend
my ways. Getting around my home on crutches would be
a problem. With many thanks to some helpful folks in the
church the situation has improved and I can see more of
the carpet now!

As a consequence of emptying my home rumours
started going around that I was moving! At least 3 people
have asked me if I was on the move – no, not me, just
some of my stuff!

There was an excellent programme on TV about
Jasmine Harman's Mum a while ago. As a result Jasmine
started a website <https://helpforhoarders.co.uk> which is
well worth a visit if you or your family or friends are
affected.

So why do some of us get into this position?

There are two sayings that I have always liked: one in
the Bible – "Whatsoever things are lovely - think on
these things." (*Philippians 4:8*), and one by William
Morris:

I love both these sayings but I
go over the top and have too
many nice objects, paintings,
books, clothes and crafts. There
are far, far too many for one
person to have. So what can we
do? Get help - practical help - and
try and learn how to not fill our homes with so much
stuff that we no longer invite folks in for coffee or meals.
There are many helpful books: eg "Decluttering at the
speed of life – winning your never-ending battle with
STUFF" by Dana K. White and many more.

Good luck!



Rosemary Campbell



Flower Display at Tebay Recreation Ground
(Photo by Rosemary Campbell)

Hot, Cooked Food, delivered locally!

There are some local businesses who deliver hot food to our area, in 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!

Thursdays



Multi Award Winning
Fish & Chips
Served every Thursday 16:30 – 19:00
At Tebay Recycling Centre

Order via our app, or website or at the van! "Shappy Wheels"

UK TOP 10 Mobile Fish & Chips on your doorstep!

FRY MAGAZINE Awards 2020/21
10 SPOT



The Mini Eden Coffee Outreach Van



Barista prepared coffees, teas, plus cakes and snacks are coming to your village! Locally sourced artisan produce, lovingly prepared, at affordable prices. Our Van will also be fitted with lego play and activity panels, to help make your visit fun for the little people, too. Children's clothing and gifts from our Kirkby Stephen shop can be brought to you by request, or to browse.

Tebay Social Club Car Park **Tuesdays** 10 – 12.30

Card payment preferred.

Check Facebook for regular updates, news, and offers.
www.facebook.com/loveninieden

highlights THE SHOW MUST GO ON

rural touring scheme

A group of us are getting together to bring further live arts performances to Orton's Market Hall in 2022

If you'd like to help then we'd love to hear from you
Contact: Charles Fox

Tel: 01539 624856 Email: cfox5858@gmail.com

Café Church

You will see on the Services page (p.3) that on Wednesday 15th September at 7 p.m. there is to be at All Saints' Church, Orton, an event called "Café Church".

This is a new experiment for Orton, but something that has happened (and been much appreciated) on a Sunday morning every month or two at St. Patrick's, Bampton, for a few years. In order that we can benefit from their experience, Diana Nicholson from Bampton is to lead this "tryout" evening event at Orton.

What will happen? It will be an informal time, with (as the name suggests) tea, coffee and cakes, some music, a hymn or two, and then free discussion on a particular topic. (This time the topic is "Prejudice").

If this first "tryout" proves popular, the PCC may decide to repeat the pattern (with different discussion themes, of course, and different leaders) on the occasional Sunday morning. We hope that people will enjoy the change from the more formal worship which we usually have.

So do come along on the 15th and give it a try!

COMING BACK SOON!



Orton's Baby & Toddler Group

Every Thursday from 10am – 12 noon

Methodist Chapel, Orton, CA10 3RG

£1.50 per child

Check our facebook page for opening details

Tiny Hillbillies Baby & Toddler Group, Orton

Or contact Pat 01539 624303 or Jo 07837 767442



COVID permitting, we are planning to have a village sports day on the Tebay recreation ground on the **4th September from 2-4 PM** - so save the date!



Did you?

Did you put a rainbow in your window
 Did you bake banana bread
 Did homeschooling drive you crazy
 Did you clap the NHS
 Did you lose someone who loved you
 And did they really know
 Did you tell them
 How much you loved them too

Did you keep a live culture
 Upon your window sill
 Did you have a bit too much
 Netflix and chill
 Did you do a Joe Wickes workout
 Did you go out and paint the shed
 Did you sit a while and wonder
 About things you should have said

Did you zoom with friends and family
 For a cuppa and a chat
 Did you laugh about the judge
 Who appeared as a cat
 Did you miss, oh did you miss
 The warmth of human touch
 For without each other really
 We don't amount to much

Did you try some online dating
 It's not the same as in the flesh
 We need to lock eyes deeply
 For our souls to truly mesh
 Did you worry for your daughters
 When they walked home at night
 Did you hope you taught your sons
 To respect and love just right

Did you cry out of helplessness
 To change anything at all
 Were you urged to do something
 However big or small
 Did you support your local food bank
 Did you fight to march the streets
 Did you despair when there is so much
 Others don't have food to eat

Did you want to rid the oceans
 Of all the plastic waste
 Did you know to save our world
 We must act now with haste
 Did you look around and wonder
 How we landed in this mess
 Throughout our brief history
 We've collected much regret

Did you think about what privilege
 Looks like from the other side
 Did you pray the day is coming soon
 When we all unite
 Did you see the rainbow in your window
 In all its beautiful colours
 Did you feel that hope is here
 A brand new day upon us

Joanna Hayward



Orton



next market

Saturday 11th Sept.

Leanne | Market Coordinator

Orton Farmers Ltd

07969 335598 info@ortonfarmers.co.uk

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

REFRESHMENTS at the Farmers' Market

At the August Farmers' Market on 14th August, for the first time since March 2020, we were able to open the church for our Coffee Morning, with refreshments served both inside and outside.

The usual Book Stall and Bric-a-brac Stall were also able to feature, and over £400 was raised for church funds.

We hope very much that we will be able to continue this on future Farmers' Market days, even if Covid precautions are still required!

Orton Calendar 2022

The family and friends of Pat Brass have produced a calendar of scenes around Orton in memory of Pat, who sadly died in November 2019. Pat was a much loved Ortonian and well regarded in the community and beyond.

The images have been chosen from photographs taken by David Satterthwaite. Funds raised from the sale of the calendars will support the work of Target Ovarian Cancer charity. Calendars will be available from local businesses and from Brenda Iveson – tel. 015396 24617.

THANKS

Robert (Bob) Kenney Mitchell of Birch Tree Cottage, Orton.

On Saturday 26th June 2021 Bob died suddenly but peacefully at the Royal Lancaster Infirmary.

Cremation took place at Lancaster on 9th July 2021.

Penny and family would like to thank neighbours and friends for their many kind messages of condolence.



ORTON DROP-IN COFFEE MORNING AT THE CHAPEL SCHOOLROOM

We will be opening again on
Wednesday September 8th
10.30 - 12.00

*Everyone welcome!
Come and meet new friends!
FREE! (Donations welcome)*

We are an independent and non-profit community service for anyone who would like to meet up and chat every Wednesday morning. Any donations for drinks and cake will go to local charities

Food Bank

The Drop-In is one occasion when you can make donations to the Upper Eden Food Bank. (You can also do so when the Chapel is open for Sunday services, or at any time by leaving items in the box in the back porch of Beckside, just round the corner from the Chapel.)

The Upper Eden Food Bank is a project run by local churches, based in The Sands Methodist Church, Appleby. The aim is to supply short-term, crisis-led, food supplies to clients whose needs have been identified by health and social care professionals.

Goods collected in Orton are delivered to Appleby each week by a local person.

What gifts are needed? Any tins, jars or packets of food (so long as they are before their Best Before Date).

We are afraid we cannot accept fresh produce, or home-made jams etc.

Volunteers are also welcome to help in various ways—phone 07596 690 902.

Email: upperedenfoodbank@gmail.com



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

ALL SAINTS' CHURCH

HARVEST SUPPER

On Monday 4th October
it is hoped to hold this
annual community event
in the Market Hall.

This will be dependent on any Covid
restrictions that are applicable at the
time.

Please see the next *Link* for further
details, or check on any notice boards.



Harvest Thanksgiving
Orton Methodist Chapel

Sunday, 26th September
10.30am - All Age Harvest Service
Led by Rev Andrew Sterling

6.30pm
Evening Harvest Service
led by Rev Andrew Sterling

A warm welcome to all

Bus Shelter Charity Bookshop

A very big thank you once again for all your support.

Thank you for donating the all the books, DVDs and CDs etc and thank you also for continuing to make good use of these "once used" items and for donating so generously.

The total for June was £265 bringing the total raised in just 4 months to £1,025, a truly amazing figure. This has helped to support the Hospice at Home, Carlisle & North Lakeland.

From the 1st of July, the beneficiaries of the money donated have been changed to the Great North AIR AMBULANCE and All Saints' Church to be shared equally. This will apply until 31st December.

This small venture only works so well because of the generosity of a lot of people. Thank you again.

Olive & Chris Bland



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

Your local one stop shop – we stock:

Bread and cakes

Fruit and vegetables

Milk, butter and yoghurts

Sandwiches - freshly made and savouries - baked daily

Sliced beef and ham

Cheeses including local Piper Hole Farm goat cheese

Slack's bacon and sausage

Farrer's coffee - freshly ground to order

Bowness Bay Brewing bottled beers

Greetings cards including selections from local artists

Large selection of general grocery items

Opening Hours – Village Stores

Monday	9 am to 6 pm
Tuesday – Saturday	8 am to 6 pm
Sunday	10 am to 2 pm

Opening Hours – Post Office

(temporary opening hours dovetailing with Tebay Post Office to provide postal services from Monday to Saturday inclusive – see separate entry for Tebay Post Office opening hours, below)

Tuesday	9 am to 5 pm
Thursday	9 am to 5 pm
Saturday	9 am to 4 pm

We hope to see you soon.

Jayne and Neville Grove

orton.village.stores@btinternet.com

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.

The 5 Workouts Every Woman Over 50 should Do, According to a Kinesiologist

If Jennifer Lopez can do it at 50, so can you. When asked how she maintains her toned body, she said, "I eat right and exercise. I put in the work like everyone else." Everyone's favourite Fly Girl turned 50 this year, and if you've seen her sculpted abs or iconic butt lately, you were probably inspired. We all know that celebs have trainers, chefs, and a staff that helps them work out and eat right. But when it's time to work out, J.Lo has to sweat just like the rest of us.

Working out is good for us physically and emotionally; and while we might not look like J.Lo when we get to her age, we will at least have the wisdom of a 50-plus-year-old. Self-acceptance and a positive body image at any age and size are paramount, but exercise and healthy eating are both vitally important, too.

According to the National Institute of Health, physical activity offers a myriad of benefits. It helps everyone maintain a healthy weight, reduces the risk of depression, and helps maintain cognitive function (thinking, learning, and judgment) as we age. But as you get older, you'll probably have jobs, maybe crazy teenage kids, and possibly spouses demanding your time and vying for your attention and energy. What's a 50-plus-year-old woman to do to make sure her exercise routine works?

Associate Professor of Kinesiology and Health Education at the University of Texas at Austin Dixie Stanforth, PhD, has explored, researched, and published several papers about physical activity in adults over 50. She also has personal experience to share: "Age is just a number. Having turned the big 6-0 this summer, I am having to live this! You still want to remain functional for everything you want to do—and that means training smart."

So what are the top five workouts for women over 50? Stanforth encourages women to focus on functional training, moves where your muscles perform everyday tasks. "I'm also very big on primal/functional movement patterns, so I always recommend being able to perform basic moves that fall into simple categories of push, pull, rotation, double-leg, and single-leg. If you are training all these patterns in all three planes, you are going to move well and have a strong core," Stanforth explains.

As with any physical activity, make sure you're medically cleared to take on an exercise program and start slowly. Take a look at her recommendations:

1. Push-Ups

Try good old-fashioned push-ups and planks. They fulfil the "push" category of moves.

2. Rowing

This is the "pull" movement Stanforth mentioned. If that dreaded chin-up bar has been your nemesis since gym class, try rowing—either on a machine, with free weights, or in an actual kayak or canoe.

3. Squats

Any kind of squat does the trick; they're classified as a double-leg movement. Squat, jump-squat, or put a free weight (start lightly) on your shoulder for shoulder squats.

4. Lunges

This is a single-leg movement: Do lunges, walking lunges, lunges holding a medicine ball, or lunges wearing an exercise band.

5. Your Choice

This is the number one exercise for women over 50. Find

something you love and incorporate the moves above into it. It might be dance, yoga, swimming, walking, running, or hiking. If you enjoy it and you switch it up occasionally, you'll stick with it, and that's the goal.

And now that you know what to do, beware of this big exercise mistake women over 50 make, according to Stanforth: "Trying to train like your body is 20! Most of our bodies have more wear and tear on them, and we need to realize that joints at 50+ have had a lot more mileage on them. Be kind to yourself by listening to your body. Back off or alter your training regimen when you experience pain; consult with a fitness professional to learn how to modify movements; strengthen what is weak; and stretch what is tight."

CJH Fitness - Chris Hodder

Personal trainer & Sports Massage Therapist

07368 170470

[Website](#)

[Facebook - CJH Fitness](#)

[BOOK NOW](#)

[Google page \(Reviews\)](#)

[Commit With Chris Online \(FREE\)](#)



YOGA WITH ALISON

"If you can breathe, you can do yoga"

T. Krishnamacharya

Hello, I would like to introduce two new yoga classes:

Absolute Beginners yoga – Wednesdays 9am – 10am
Orton Market Hall

Chair yoga – Wednesdays 10.30am - 11.30am
Orton Market Hall

Both classes commencing **Wednesday 8th September**

Absolute Beginners is a class suitable for those who are new to yoga, who haven't exercised in a while or are recovering from injury. It will be a gentle class that will focus on improving strength and flexibility for everyday tasks, increasing balance, reducing stress and improving mental clarity.

Chair yoga is accessible to all and is a non-intimidating introduction to yoga. It is gentle and low impact and particularly suitable to those with limited mobility.

Our bodies become less flexible as we age. Stiffness and limited range of mobility can be felt earlier in life if we sit for long periods of time or we do repetitive actions such as walking, cycling and running. The stretching aspect of yoga is therefore important to ensure we have a wide range of mobility as we reach mid and old age. Yoga encourages us to move with ease and stay independent as we become older. Improved proprioception means we develop an awareness of where our body is in space and therefore enables us to coordinate our movements accurately. Combined with increased balance it can be important in preventing falls.

Whatever age we are and whatever our fitness levels yoga can be hugely beneficial. The classes are also a lovely opportunity to meet people and socialize.

If you are interested in either class or you would like more details then please contact me, Alison Dobson, on 07950435136 or at freerangegirl@outlook.com

Re-elected leaders meet 'Generation Green'

Farmer Neil Heseltine and Local Government Officer Julie Hutton (Chair and Deputy Chair of the Yorkshire Dales National Park Authority) met youth representatives Joe Hudson, 20, from Malham in Craven, and Laura Day, 25, from Orton in the Westmorland Dales at an event in Raydale to learn about the land management initiatives currently being run by the National Park Authority in partnership with local farmers and organisations.



Laura and Joe have become youth representatives on the steering group of the National Park Management Plan, giving them a say on the work programme of dozens of organisations operating in the National Park. They have also become part of [Generation Green](#), a programme with [volunteering opportunities to young people](#).

Laura Day, who is a postgraduate English Literature student currently living at her family's tenanted farm in Orton, said: "The opportunity to live at home again was something I didn't think I'd have, so being able to do something locally is important. I'm hefted here. This is where I'm from, so it's about understanding myself as well as understanding the landscape."

Joe Hudson, who is an Economics undergraduate as well as a record-breaking local fell runner, said: "A lot of young people tend to move away from the National Park, which is a shame, and it's important to show that you can still live and work in the National Park. The change in the way people are working, with more home working, is a great opportunity for the National Park."



YORKSHIRE DALES
National Park Authority

Young Explorers Capture the Sound of the Westmorland Dales

Children from Crosby Ravensworth, Great Asby, Orton, Shap, Tebay and Kirkby Stephen Primary Schools have been working with Cumbrian sound artist, Dan Fox, to record pieces of music made entirely from natural sounds collected on a 'sound walk' around their villages.

The collection of short compositions include the sounds of flowing and bubbling streams, birdsong and echoes, the rush of the wind through the trees, the knocking of branches, the vibrations from the twanging of a fence and the voices of children taking part.

The 'Sound Explorer' project is one of many forming the Westmorland Dales Landscape Partnership Scheme, which has been funded by a grant from the National Lottery Heritage Fund with the aim to engage people in revealing, conserving, enjoying and sustaining the hidden heritage of the Westmorland Dales.

Class 2 pupils from Great Asby Primary School said:

"We learnt everything and anything can make sound. We were surprised at how quiet the garden ponds were and found twanging the metal fence really cool. Also, who knew that grass can talk!"

During this unique group experience, Dan used industry standard, battery-powered location sound recording equipment linked via a wireless transmitter to each child wearing wireless headphones. Different types of microphones were utilised to enable the group to listen to different aspects of the landscape. The sounds range from close-up sounds using hydrophones and contact microphones to a wider sonic image with boom microphones and a parabolic dish. The children's favourite sounds were recorded during the walk, edited and mixed back in the classroom to create unique and immersive sound compositions.

The project closed with an online conference between all six of the schools involved, where the children got the opportunity to introduce and share their musical creations with each other. Dan Fox was on hand to explain how the sounds in each piece were collected and how the children discovered the diversity of sounds.

All of the sound creations are available to listen to online via the news section of the Westmorland Dales Landscape Partnership Scheme website

at: www.thewestmorlanddales.org.uk





2nd-5th June 2022

Orton Parish Council has been approached by The Queen's Platinum Jubilee Committee requesting that we take part in nationwide celebrations in June of next year, to mark the 70th Anniversary of the Accession of Her Majesty Queen Elizabeth II to the throne. This is the first time in our history that a monarch has reached this milestone.

The Council has therefore decided to form a Jubilee Committee and will provide funding towards the celebrations.

In the past Orton has enthusiastically celebrated royal Jubilees with large beacons and fireworks on the Scar, and various events and exhibitions in the village. Many will recall the most recent one, the memorable Diamond Jubilee celebrations in 2012, complete with patriotic songs sung by some 300 people, accompanied by a wind ensemble and drums, a wonderful sunset, a huge full moon rising, and other beacons visible on hilltops all around, many miles away. And of course these celebrations all took place at the Memorial Cross erected in 1887 for Queen Victoria's Golden Jubilee.

Bearing in mind that this is likely to be the Queen's final Jubilee, we wish to form a Jubilee Organizing Committee. If you would like to assist, or have ideas for the celebrations, please contact **Kyle Blue** at Townhead House, Orton.

Tel: 015396 24422. Email: kyleblue1@iCloud.com

We hope to have our first meeting in September.

<https://www.royal.uk/platinum-jubilee-central-weekend>



Melody Makers Brass Group

Learn to play an instrument from scratch
Open to all ages in Orton/Tebay



Back in April, we began a brass group for absolute beginners. Now the group has a name - Melody Makers - a venue - the Methodist Church in

Tebay - and boasts players of all ages.

When they are ready, players can choose to move on to Appleby, Kirkby Stephen or another of our local bands. The group aims in this way to keep brass going in the community and offers skills which can be expensive otherwise. Sessions are just £2.50/week with all equipment provided.

"An amazing opportunity, very inclusive" says one parent, who is learning with her 9-year old daughter.

After the summer break we are looking forward to welcoming new players.

Whatever your experience or background, why not try out an instrument on the recreation ground in Tebay on September 4th? We're having a free taster session as part of the sports day.

Or you might sign up for the Autumn term here:

<https://www.eventbrite.co.uk/e/163983672579>

All ages and abilities are welcome - do call and tell us what you need.

The Methodist Church at Tebay is easy to access from the M6. It has wheelchair access and easy parking. We provide all equipment including lightweight instruments which look fab and make a great sound.

Anyone wanting more information can call Julie on 07866 378392 or email me at juliehoggarth34@gmail.com.

The Link magazine needs your help!

As Chris Jenkin retires, we need to find and build a new team to help take The Link magazine forward in Orton, Ravenstonedale, Tebay and all our other little communities.

How might you might be able to help?

**Writing? Photography? Editing?
Distribution? Village correspondent?
Good with computers? Time to give?
Farmer? Poet? Care worker? Retired?
Ready to answer the phone / emails?**

Fill in our form: <https://is.gd/LinkHelpers>
or by email: linkpines@hotmail.co.uk
or by phone: 015396 24410





News from All Saints' Church, Kasese, Uganda
(parish linked with All Saints', Orton)

WhatsApp messages in July and August

From Rev. Nelson Walina, vicar



8th July: My wife Melina is trying to make our economic life possible during lockdown period. She is making charcoal briquettes at home.

14th July: Melina continues on the making of charcoal briquettes. Our youngest daughter is learning from her mother. She needs to train 20 members of the Mothers Union group of our church so that they can have it as a sustainable project and extend the project in the community. They have loved it and own it. Next week training begins in families. It is a mixture of charcoal dust, cassava flour and water. Thanks for your prayers and support.

Love, Rev Nelson and Melina Walina.

16th July: Nyanwamba River has flooded again yesterday. Water floods have again misplaced settlements; kindly pray as you did in 2020. "A youth was drowned when on this bridge and water rose suddenly." (from Robert Zziwa, 10th August).



19th July: Melina's home project during lockdown is doing very well. Food cooked on briquettes take 10-25 minutes to get ready for eating. We are expanding to some Christian homes for economical purposes. Thanks for continuing prayers and support.

23rd July: Today Melina has trained 7 families at the church. At the beginning she trained 2 families and they produce charcoals now without much costs. At the end of each training she gives needy persons some start-off materials so they go and begin immediately. They are appreciating the project. It is helpful to many.

28th July: We do not intend to make you tired in supporting us! But God has given us this new innovation through my wife Melina, to reduce the high costs on charcoal consumption. 2 sacks of charcoal dust cost 10,000/- (about



£2) and from that we get one full sack of charcoal briquettes. A full sack of ordinary charcoal costs 65,000/- (£13.40) – you can see the difference. This makes household economy stable. So far we are getting good reports from the few we have taught. They are no longer spending on ordinary charcoal. Even during lockdown they are managing.



Please look for other well-wishers to support this Project, Phase 1: To train family members, who will train others, till we



cover many people. Out of 750 families first we are targeting just 100. Pray that we get successful outcome.

(He sent a list of needs for 40 months' project, including pans, gloves, tarpaulins, sieves, sacks and cassava flour: Total: 1,219,000/-, or £250.

4th August: Yesterday we went to train people in my home village, who hardly have

firewood.

(We suggested he contacts some organizations in Uganda which offer micro-finance to help with small business projects, and also sent out £250 as our contribution.)



5th August: If we can get funds, our vision is to develop the charcoal briquettes Project further, operating at first in just 2 sub-counties – the All Saints church district and also Bugoye Sub-County (his home village district).

10th August: Thanks so much, our dear support and prayer partners!



From Rev Robert Zziwa

That's St. Paul's Cathedral Church, South Rwenzori Diocese in Kasese, where I am serving currently. Beautification work of the compound had started last

year, but Covid-19 situation hindered the progress of its completion. Keep our Diocese in prayer due to the closure of Churches that has paralyzed and affected most of our ministry programs. It has also affected servants of the church in their day to day welfare.



Distribution of food relief

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!**



Hope you enjoy this page—let us know if you have any ideas of what else you would like to see here: linkpines@hotmail.com

Light

Read this bit from the Bible. You can find an online Bible here: <https://www.biblegateway.com/>

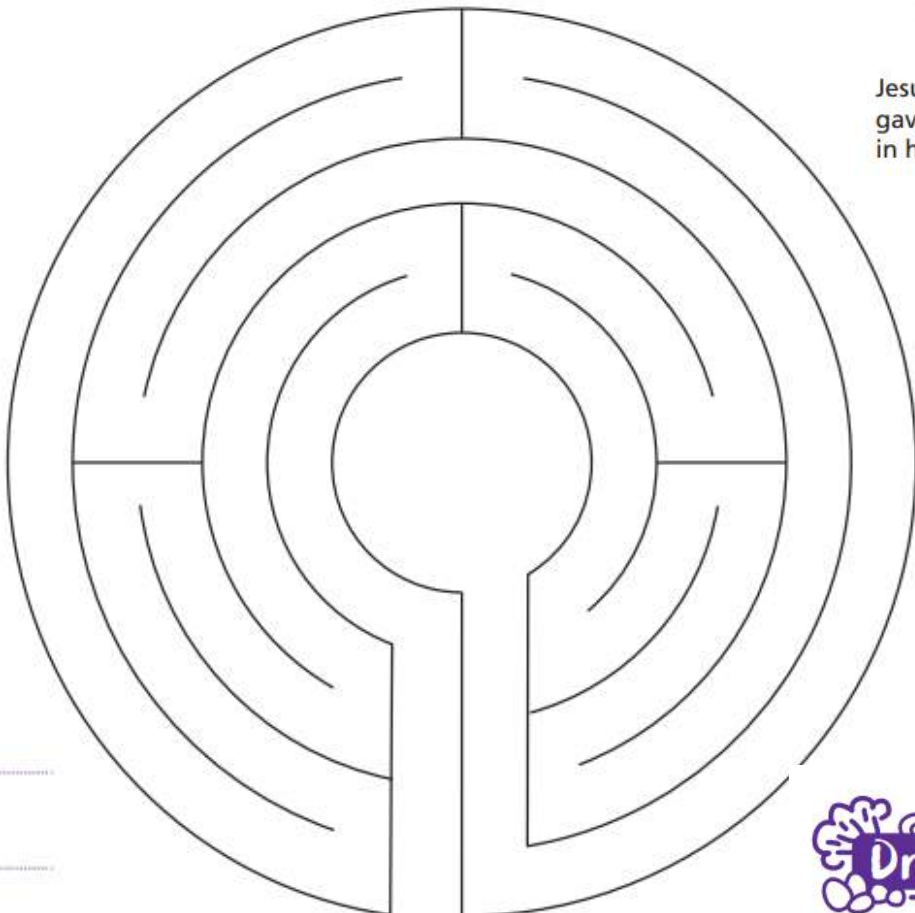
Jesusdove Write

Can you come up with something to thank God for, beginning with each letter of the word 'light'?

L _____
 i _____
 g _____
 h _____
 t _____

?????? Puzzle

Use your finger or a pencil to follow the labyrinth path as you think about God loving you for ever. You can start the journey wherever you like.



John 3.14-21

Jesus speaks about eternal life and living in the light of God.



Jesus says, 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not die, but may have eternal life.'



Draw!

In the flame, draw a way we can show the love of God in the world.

Newbiggin-on-Lune



WINE AND CHEESE TASTING

NEWBIGGIN-ON-LUNE
PUBLIC HALL

Saturday 25th September
7.30 p.m.

Booking essential.

Tickets from
Ian Clayton 015396 23226
Anne Brownrigg 015396 23594
Jim Wardrope 015396 23288

RAVENSTONEDALE PARISH HISTORY GROUP WEDNESDAY 15th SEPTEMBER

7.30 PM

Ravenstonedale High Chapel Community
& Heritage Centre

A HISTORY OF THE COLDBECK AREA OF NEWBIGGIN ANGLE

with Les Neal

Admission: Members £2.00 Non Members £3.00
including refreshments

For more information contact Val Fermer
on 07798 688057 or see

www.ravenstonedalehistory.org.uk

Subject to Government restrictions being lifted

RAVENSTONEDALE PARISH HISTORY GROUP WEDNESDAY 20th OCTOBER

7.30 PM

NEWBIGGIN VILLAGE HALL MUSINGS OF A TAPHOPHILE

A Tombstone Tourist

Origins of official burial grounds and
observations on grave markings

With Bev Brummitt

Admission: Members £2.00 Non Members £3.00
including refreshments

For more information contact Val Fermer on 07798
688057 or leave a message on

www.ravenstonedalehistory.org.uk



Macmillan Coffee Morning

Newbiggin-on-Lune Public Hall

Friday 24th September

10am-12midday

*Come and eat
cake!!*

All proceeds to
Macmillan Cancer
Support



Newbiggin-on-Lune Methodist Church Coffee mornings

These hopefully will be starting on

Tuesday 14th September

10-30 a.m. to 12 noon
and then fortnightly.

Harvest Celebration

Sunday 3rd October at 10-30 am.

We are delighted this year to have the friends from
St Oswald's at Ravenstonedale joining us



Scotch Argus butterfly in Smardale Gill; there are only 2 places south of the border where they breed. *Diana Fothergill*

Ravenstonedale



Doorway of St. Oswald's Church, after the wedding on Saturday 7th August

Photograph by Rosemary Campbell

THANK YOU!

I would like to thank the Members and Friends of St Oswald's Church for the very generous gift I received on my retiring from mowing the Churchyard. It was totally unexpected. Once again, thank you very much.

Percy Robinson

Organ refurbishment at St Oswald's

The front page photograph shows organist Alexander Ffinch putting the newly refurbished Harrison & Harrison organ through its paces.

He says it is in better condition than he would ever have believed possible. It was on this organ that Alex, as a child, first learned to play and which set him off on his career as a successful professional organist and teacher.

In between his teaching duties as head of music at Cheltenham College he has travelled the world giving recitals at churches as far apart as Hong Kong and California. In 2019 he was to have given a recital at Notre Dame in Paris but the recital was cancelled due to the tragic fire. He is to play at St Giles Cathedral, Edinburgh, at next year's Festival.

St. Oswald's Church

Dates for your diary!

Friday 17th September

Auction of Promises - **CANCELLED**

Sunday 10th October

Harvest Festival Lunch

Looking forward to seeing you in person again!

Memorial Service for John Bull

On Saturday 2nd October, at 2.00 p.m., at Kirkby Stephen Parish Church, there will be a Memorial Service for the late John Bull, who died on 7th June 2020, aged 85.

Because of the restrictions of Lockdown, it has not been possible until now to arrange such a service to which to invite the many people who knew, loved and respected John.

His widow, Tosca, would be very pleased if people would feel able to come to this Memorial Service to remember John.



An Evening of Opera

Appleby Public Hall
8th September 2021 | 19:30



Part of the
Cumbria Opera Festival:
4th-11th September 2021

Tickets at
www.cumbriaoperagroup.com
or by calling +44 (0) 7860 807183
£15 | £12 Concessions | £5 YPT



Cumbria Opera Festival

At **Appleby Public Hall on 8th September**, two star soloists, accompanied, present highlights from the opera repertory: from the 'Queen of the Night' aria to 'Nessun Dorma', from *Carmen* to *Candide*. These evenings will have it all. Opera is an art form known for its drama, adventure, and spectacle, and this evening will demonstrate why.

www.cumbriaoperagroup.com/festival

A BIT OF A DO

Saturday, 16th October, 2021
7:00 for 7:45pm

At Ravenstonedale Community
and Heritage Centre

Ticket £25.00
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Digging the Past 2022

The July 2021 test pit demonstration in Ravenstonedale



Doug Mitcham, the YDNPA Community Heritage Officer, at the demonstration 1 metre x 1 metre test pit excavated in the Millennium Field next to St Oswald's Church in Ravenstonedale village on 24th July. This was a chance for villagers to speak to Doug and to Hannah Kingsbury from the Westmorland Dales Landscape Partnership about the planned project to dig 30 test pits next year in the village over two weekends - perhaps to volunteer to have a test pit in their garden, and/or to help in other ways. Each test pit will be supervised by professional archaeologists and full training will be given.

This demonstration showed the turf being carefully removed in small squares, kept in the same relative positions using a grid, and then the topsoil being excavated by hand layer by layer, with the spoil being placed on a tarpaulin. The project next year aims to build up a picture of past activity in the village from a range of small finds such as pottery sherds from the topsoil.

The demonstration pit did yield a few small finds, although nothing of note, and there were also small finds on show from the similar Bainbridge We Dig Community test pit project led by YDNPA in 2017. These included a



small domino made from bone, a flint arrowhead and a button from a Civil Defence uniform.

At the end of the demonstration dig the test pit was filled in and the pieces of turf replaced in the same positions that they were taken from – you can only just see the outline of the pit on the photograph on the right which was taken as Doug and the volunteers were packing up. This is reassuring if you are worried about having a test pit in your lawn!



These are some of the post-medieval pottery sherds and small clay pipe stems found in the Millennium Field when it was partly landscaped for the football pitch in



2001. Lancaster University Archaeological Unit held a watching brief on that work, because of the nearby remains of the Gilbertine monastic buildings. These are now a scheduled Ancient Monument where digging is not permitted.



So - no prizes for guessing one of the past activities in Ravenstonedale - the bowl from a similar clay pipe was found while digging one of the village allotments recently!

If you live in Ravenstonedale village and would like a test pit in your garden or on land you own as part of this community project next year, please email Doug Mitcham at Douglas.Mitcham@yorkshiredales.org.uk or phone 01969 652353. At the time of writing, more than 10 people have already signed up. Remember you do not have to dig the pit yourself if you do not wish to do so – you can volunteer in other ways such as processing and washing the finds.

Jackie Wedd, Ravenstonedale Parish History Group
<https://www.ravenstonedalehistory.org.uk/>



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Extracurricular activities have always been important in developing soft, social skills as well as being associated with a range of other positive outcomes such as improved achievement and attendance at school. Due to the pandemic and the lockdown restrictions, many students have missed out on these activities such as sport, music, social clubs and so on. The Arts Society in Appleby offered to help local students at the Grammar school to participate in modern inspirational and innovative art activities outside their classrooms and provided a £1500 grant to fund a unique 3-part project.

They worked closely with the art teacher, Kellina Truch who recommended the purchase of digital drawing pads. These would enable the school to teach digital drawing to students and allow students to capture and edit professional images. This type of equipment is particularly valuable for students interested in Graphic Design and Fine Art. Evan, one of the students, said “The drawing tablet has allowed me to produce digital drawings more effectively. The camera has really helped me improve the quality of my work as it takes much clearer and professional images than my phone.”

Over sixty students aged 11-14 also took part in outside wood workshops hosted by ‘Woodmatters’ who specialise in outdoor activities and inspire students whilst encouraging environmental awareness, habitat ecology and sustainability. The children were able to light fires with natural timbers, whittle wood and make charcoal. They then crushed berries and ground rocks to produce their own natural pigments enabling them to create their own unique designs on calico.

Ro Thomas from ‘Woodmatters’ said “I have so enjoyed working with the year 7 & 8 Art Department at Appleby Grammar over the last two weeks. It’s a real joy to be able to offer the young people a fully immersive

session in the woods exploring and experimenting with a wide range of natural pigments, paint and ink, even using the gloopy Appleby mud to add to the range of colours on offer for their art work. It’s been a hard couple of years for all school age children so it was extra special to give them the opportunity to be working in a natural space outside the classroom.”

The extra funding will also mean the students can look forward to a visit in September from Alex Jakob-Whitworth, a contemporary, multi-disciplinary fine artist experienced in delivering creative and inspiring projects in the community and school.

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Stricklandgate	11.51	
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THURSDAY ROUTE 570: Shap to Kendal

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Shap	10.45	15.57
Orton	11.10	15.37
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Barnard Castle	11.20	10.45
Barnard Castle	14.40	13.20
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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: Clare Fox: clarefox59@gmail.com
Judith Cattermole: judithcattermole2@gmail.com
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 Society, 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: Louis Cotter: lf@lfcotter.plus.com
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