

The Link

The Church & Community magazine for Newbiggin-on-Lune, Ravenstonedale, Orton & Tebay

The Caministas are coming!



November 2021

The Link

Published by the churches
and communities in
Newbiggin-on-Lune,
Ravenstonedale,
Orton & Tebay

The Link is currently being put together by a group of willing volunteers in our villages.

We will list the details of who get in touch with and how to do so in future issues of **The Link**.

In the meantime — do email us with any comments or questions you may have and one of us will answer:

TheLinkMagazine@outlook.com

Many thanks ,

David, Emma, Jess,
Martin, Paula & Sophie.

If you want to help, fill in this form: <https://is.gd/LinkHelpers>



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

Front page photo credit:
Pam Lawson
(Caministas crossing the Lune)

What's going on?!

The Link magazine is evolving slowly — we are so grateful to Chris Jenkin for steering the magazine for the last eight years: nearly all of the energy and development of the magazine has come directly from him. We are keen to keep that legacy and energy as we move forward, but we want to do that with new contributors and helpers, while still being amazingly supported by those who continue to submit content, notify events and distribute magazines — particularly those who have done so faithfully over many years.

The Link will continue to be a church magazine, underwritten financially and prayerfully by our local churches, provided to the community as a service, and also used by them for publicity and coordination.

However, we would love to see the community side of it grow further as well — we've already had a few volunteers offer to help, and we are still looking for more. *See the web address in the left hand bar, or scan the QR code with your phone, or email us, if you would like to have a voice in how it should develop.*



**Find out more
about how the
Westmorland Dales
need your help on page 19**

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.

THE LINK DEADLINE IS THE 13TH OF EACH MONTH

Please send all copy including advertising to: **TheLinkMagazine@outlook.com**

We hope to give village addresses for dropping off copy, or phoning in the next issue

Advertising (finance only): **Linda Garrick, 015396 24262** (Small display ads are £45 p.a.)

A view from Tebay

I was privileged to be part of something amazing this month. On a grey and drizzly October afternoon I met an unusual sight as a party of about 30 walkers emerged from the fields of the Lune Valley onto the road towards our village. Carrying flags and banners, this band of people of all ages, of all faiths and none, had walked from London, making their way to Glasgow for the COP-26 Climate Summit. For them, this was much more than just a walk. It was a fierce yet gentle fight – a 493-mile pilgrimage for which they were prepared to sacrifice two whole months of their lives.

But for what?

As Tebay residents welcomed them, fed them and listened to them sharing their stories and their hopes, as some of us walked with them for a while, and wore the Coat of Hopes they carry with them, we began to glimpse something of their passion for change. In a world of hopelessness and so much challenge, these pilgrims ('**caministas**') walked to express their solidarity with those who suffer through climate and ecological breakdown. In fact, they walked to show their love for the Earth itself and to embody the vital call that is made to us all, no matter what our background, beliefs or profession – the call to bring healing to our world.

As we reflect on their sacrifice and their passion, their desire to communicate the peaceful nature of their cause, and to build bridges between disconnected communities, we are challenged by what their pilgrimage embodies. I have been personally motivated to think harder about what I can do, and have been wondering what we can do as a community,



to make those small changes which gather pace and bring about the change that is needed.

Maybe you would like to come and join some of us as we begin our own monthly walk to reflect on the sacred nature of the task that faces us, seeking connection with the God who - I believe - set it all in motion and sustains his creation... wondering how we fit, what we can do, and seeking to bring hope where there is no hope.

Why not join us for Wild Wanderings - be part of the change!

Pam Lawson

For more information on the **Camino to COP** pilgrimage, go to: <https://caminotocop.com/>

For information about **Wild Wanderings**, see the publicity on page 13.

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Can't find what you want? Let us know and we'll see if we can find ways to change — we know people want more photos and more local news — you can help with that!

Newbiggin-on-Lune Village News & Events

Lune Ladies

At our social get together to discuss our speakers, trips out and our Christmas meal, many suggestions were put forward on a variety of events and themes.

We are delighted to have our first demonstration with the young and enthusiastic Rachel Bland who will be making a **Christmas table decoration on Wednesday 3rd of November at 7.30pm.**

Please do come along to Newbiggin-on-Lune village hall and bring your friends.

Wendy

N.S. P.C.C. Coffee Morning Newbiggin on Lune

Cake stall — Raffle
Bring & Buy

Sat 6th November

10:30~12:00

£3:50 Adult Children 50p
(Including Refreshments)

Saturday Night Rendezvous

Youth meeting (Ages 15 to 30)
Newbiggin-on-Lune Public Hall
November 20th at 8 o'clock
Few songs and a short word,
Bacon sandwich to follow.

CHRISTMAS LIGHTS TURN ON

by Mr Phil Dew



NEWBIGGIN-on-LUNE PUBLIC HALL

5 PM SATURDAY 27th November

CAROLS and READINGS

MINCE PIES, MULLED WINE, PAY BAR.

COLLECTION IN AID OF CHARITY

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 applebymc@carlisle-diocese.org.uk.

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

POP up Pub

NEWBIGGIN ON LUNE PUBLIC HALL

SATURDAY 6TH NOVEMBER 2021

7.30PM TO 10.00PM



BRING YOUR OWN
DRINKS/SNACKS/GAMES
GLASSES SUPPLIED
ADULTS £2
CHILDREN FREE

St Oswald's Ravenstonedale & Newbiggin-on-Lune Harvest Service and Lunch 2021

St Oswald's and Newbiggin-on-Lune Methodists joined together this year, on Sunday 3rd October, for a Harvest Festival and Service which was held at Newbiggin-on-Lune Chapel.

The service was led by Wilf Capstick who introduced guests, Michael & Christine Harklus, from Westray in the Orkneys, who opened the service with a lovely selection of songs for us to join in with. Michael was lead vocalist and guitarist and we were accompanied by his wife, Christine, on the piano.

The talk was given by Chris Fawcett from Sedbergh. A collection for charity was taken at the Chapel.

Afterwards, many of the congregation went onto Newbiggin-on-Lune Village Hall for a splendid Harvest Lunch, where a good time was had by all.

A collection was taken at lunch for Youth Work in the area.

Many thanks to our friends at the Chapel and also to all those who helped out at the Village Hall to make the event such a success.



THE VAGABONDS ARE RETURNING!

IF YOU ENJOYED THE SHOW IN 2019
PUT THE DATES IN YOUR DIARY NOW!

FRIDAY 3rd AND SATURDAY 4th DECEMBER
IN ST OSWALD'S CHURCH

It is not too late to volunteer to be involved - on and off stage roles are available

email djfothergill@googlemail.com.

It is great fun and a good way to get to know people if you are new to the area.

A CHRISTMAS CAROL
- NO, NOT THAT ONE!

Friday,
3rd December &
Saturday, 4th December

ST OSWALD'S
CHURCH,
RAVENSTONEDALE

Doors -
& Bar! - open 7pm
Performance 7.30pm
Refreshments
& Bar from 8.30pm

Adults £10 | Children free
with accompanying adult

In aid of 4Eden (formerly Eden Mencap Society) & Friends of St Oswald's
Numbers strictly limited | Phone 07974 151390 to book tickets



Fell & Dales Carvery

Live Band
(Squeeze Box)
and disco

7:30pm - LATE

Dress code:
SMART

£25pp inc.
complimentary
drink

SAT 13TH NOVEMBER

RAVENSTONEDALE SHOW DINNER DANCE

NEWBIGGIN-ON-LUNE VILLAGE HALL

TICKETS TO BE BOOKED

**Mark Curr 07866 562290 Anne Capstick 015396 23447
Joyce Law 07528 133700 Sue Huck 015396 23209**

RAFFLE

50 % Profit from
the evening to go to
MOTOR NEURONE DISEASE.

RAVENSTONEDALE PARISH HISTORY GROUP
PROGRAMME OF TALKS FOR 2021-2022 all at 7.30pm
VENUES WILL BE NOTIFIED NEARER THE TIME

17th November – Diana Fothergill
More Famous Fothergills

15th December
Xmas Get-Together

Including the enactment of a story from a historic newspaper report about
“The Dangers of Crinolines”

19th January – Pete Brummitt
Curiosities of Castle Design. A lighthearted delve into
garderobes, staircases, turrets etc

16th February – Maurice Hall
History of Common Land

16th March – Jackie Wedd
Parish Millennium Projects – part 2
To include the four Parish Millennium Embroideries
(which it is hoped to reunite for the evening)

20th April – Les Neal
Further Histories of Quaker Families in Ravenstonedale

A 400 year journey through Coldbeck's past

Ravenstonedale Parish History Group (RPHG) welcomed 16 members and 8 non-members back to the Ravenstonedale Community and Heritage Centre, for the first live meeting since Autumn 2020. The Community centre has recently re-opened to the public after extensive renovation and impressive upgrading of kitchen and bathroom facilities.

Dr. Les Neal, one of the regular panel of Ravenstonedale local history research enthusiasts and speakers, had volunteered to present the first live lecture of 2021 entitled 'A History of Coldbeck 1538 – 1911'. For his research Les draws upon the manorial records, to add greater depth to the routinely searched sources such as poor law returns (held by RPHG as a local archive), the local graveyard, census, births, marriages and death records. Wills, now available digitally were also interrogated. The talk was brought to life with old photographs submitted by Caroline Morris, many of which, with Caroline's permission are also available to researchers at RPHG.

Les took the audience on a journey of almost

four centuries. Manorial record data provided the background and introduction for a talk which focused on the ownership and transfer of ownership of property in Coldbeck, a district within Ravenstonedale parish. The talk spanned from the earliest records, identifying Robert Holgate and Thomas Lord Wharton as Lord and Steward of the Manor, respectively. A specific record of Lord Wharton leasing the water mill, known to be located in Coldbeck, was presented.

In 1540, Robert Holgate, at that time Bishop of Landaff, received a life grant of Ravenstonedale Manor, prior to becoming Archbishop of York in 1545. In 1546 Lord Wharton bought the 'reversion' of the manor to the Crown that would occur on Holgate's death, Wharton became Lord of the manor when this happened in 1555.

In 1655, there is a manorial record identifying Caldebeck House (Coldbeck House today), this illustrated the ancient rent and the improved rent which was a consequence of land improvement implemented by Lord Wharton.

Delving deeper...

Delving deeper into the properties that form Coldbeck, Les used a Caroline Morris collected photograph from 1900 and one of the many ancient maps, held by RPHG in its archives, to introduce the houses to be covered in more detail. Ownership of Coldbeck Farm was presented, from 1561 to 1910. Coldbeck House history, including valuations drawn from wills, was reported from 1540 through to 1999, telling the story of the transfer from each owner, which in later years was entwined with inheritance related to marriage and consequent bequests between influential Ravenstonedale families.

Coldbeck Mill, mentioned earlier, no longer exists as a Water Mill, but photographic records preserve the memory of the watermill and other early rural industrial buildings in the same area, including a malting house and kiln. The identified lineage of millers commenced in 1684 and the succession was presented through to 1861. In the 1860's the Mill was relocated to nearby Newbiggin-on-Lune, where water power was replaced by steam and the new location was intentionally near to the newly arrived railway.

The history of Bridge House was more recent, with surgeon George Spencer being identified as tenant in 1841 and 1851 (using census records). The Malt Kiln, mentioned earlier, is reported as one plot including Bridge House. Ownership records for the plot demonstrate that in 1854 ownership of the Malt Kiln, Bridge House and other buildings was obtained by George Spencer.

Les diverted from the property ownership theme, to explain the process of malting, including a visual tour using old estate maps and floor plans, of the locations of each stage of malting, in the various rooms of the Malting House, which still exists today as a private cottage. The talk concluded with a return to the records of ownership of the cottages that have subsequently been formed in the early 1900's from the original malt kiln site.

The audience welcomed the much missed occasion for post-lecture refreshments and the opportunity to speak individually to Les about his research and for the chance to mingle together at this community event. For those unable to attend, Les and RPHG will present a shortened version of this talk on Zoom – the date will be announced on the RPHG website, attendance will be free of charge.

What's next?

The next 'live' RPHG lecture will be at Newbiggin-on-Lune, on 20th October at Newbiggin Village Hall, full details are on the RPHG website - <https://www.ravenstonedalehistory.org.uk/>, members and non-members are welcomed.

Ravenstonedale Parish History Group

“MORE FAMOUS FOTHERGILLS”

with Diana Fothergill

7.30pm Wednesday 17th November

RAVENSTONEDALE HIGH CHAPEL COMMUNITY & HERITAGE CENTRE

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

Orton and Tebay Village Planters

Many people have commented on the lovely troughs in Orton and Tebay, filled with flowers. The bulbs were initially distributed at the Easter Egg hunts in the churchyards, and grown on by people at home; and then we met in groups at the end of May to plant out in the "New Life – New Hope" troughs around the two villages. We have enjoyed seeing the vivid gladioli, begonias and other flowers through the summer.



But what happens now? The bulbs are coming to the end of their flowering, so must soon be dug up and kept safe through the winter.

So then we plan to plant spring bulbs in the troughs - daffs, tulips, crocuses, grape hyacinths etc.; and on top, to give something beautiful to look at over the winter before the bulbs grow, some winter-flowering pansies, heathers, perhaps a little conifer...

Would you like to contribute toward this?

For **Orton**, please contact Chris or Mary Jenkin: 24410: ccjenkin81@gmail.com

For **Tebay**, please contact Tracey Huddleston: 07811 610133; danandtraceyh@aol.com

We will then arrange planting parties in each village to get the troughs ready for winter and spring. Please let us know if you and your family would like to take part!



Orton's baby and toddler group

Every Thursday from 10am - 12 noon

Methodist Chapel, Orton, CA10 3RG

See our facebook page for the latest information

Tiny Hillbillies Baby and Toddler Group, Orton

Or contact Pat 07790 700401 or Jo 07837 767442

CHRISTINGLE SERVICE



ALL SAINTS CHURCH

TUESDAY 14th December at 6.30pm.

with Rev Sandra Ward

Everyone very welcome

Donations to CHILDRENS SOCIETY.

News from rton School

Fell Walk to Murton Pike

The sunshine definitely helped when Classes 3 and 4 pulled on their walking boots to walk up Murton Pike on Friday 15th October. Everyone did really well - it was a challenge but we smiled all the way. Finn and Lucy celebrated their birthdays by sharing cake at the top then everyone sang "Happy Birthday" to them!



Class 4 Sporting Success!

Class 4 took part in the Eden Valley Sports Partnership netball tournament; where both teams reached the finals. They showed great team work and determination.



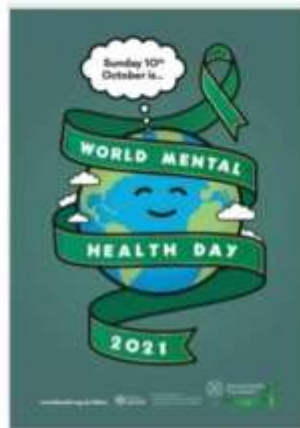
Child Led Worship

Our class 4 children have been leading worship on a Thursday. Story telling with their acting skills to share bible stories with the younger children.



World Mental Health Day 2021

On Friday 8th October we took a day off from our usual lessons to think about 'World Mental Health Day'. We had a visit from 'Andy the Jester' we spun plates, balanced feathers, juggled and much more. Some delicious rocky road was being created in one of our classrooms. While our third group took some time out with a yoga session.



Rooted in Christian values of love, forgiveness and hope
Growing strong in a caring and safe environment
An excellent place to learn
Thriving and flourishing to go out into the world

www.ortoncofeprimary.co.uk

Orton Primary School Awards

Last year, Mr Falshaw's family approached Orton CE Primary School with the idea of a school trophy to be given in his memory.

Mr Falshaw was Head Teacher at Orton CE Primary School for many years as well as being an active member of the community here in our village. We thought it was a lovely gesture and a good way to remember Mr Falshaw and to keep a link with his family who no longer live in the village.

"The Mr Falshaw Trophy" - will be awarded each year for contribution to school life

In July, at our end of year service, the lovely silver trophy was awarded to **The Proctor Family**. Toby, Anna and their parents have made a huge contribution to developing the outdoor area for our Early Years classroom. This involved a lot of landscaping the area, making it useable all year round for the children. The whole family got involved along with some very hard workers over the holidays. When the children returned to school - they were amazed at the new outdoor area. What a difference it has made for our younger children's outdoor learning environment- we are so thankful!



Orton Christmas Tree Festival



We are hoping to have a Christmas Tree festival this year at Orton Church, and we would like to invite anyone who has a business, or belongs to a Community group – such as the Book Club, or WI or Boccia for example, or even a family group - to take part.

All participants would provide their own tree - either real or artificial – no bigger than 5 feet tall, and decorate it in some way to represent their situation and label it accordingly. Only battery-operated lights are to be used, as we do not want to overload the system or find ourselves with large increases in our electricity bills!

Depending on interest we would allocate each tree a position in Church, and we hope that visitors and villagers alike will enjoy looking at these trees and celebrate with us the joy of Christmas through this medium.

If you think you would like to take part or want more information please contact Mary Jenkin, Beckside, Orton (phone: 015396 24410) or email: marypienkin@gmail.com - but please **register your interest no later than November 12th** so that we can get further information into the December Link.

THE SHOW MUST GO ON!

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

highlights
rural touring scheme

If you'd like to help then we'd love to hear from you!

Contact: Charles Fox. Tel: 01539 624856 Email: cfox5858@gmail.com



CAFE CHURCH

In October at All Saints church, we had “a service with a difference”. This form of service has been used monthly at Bampton for several years & also at many other churches. The intention is for the service to be more relaxed & less formal. So for the “Cafe Church” service we met at 10.30am with Coffee/Tea & cakes, sitting around tables with friends. We had an easy to follow service sheet & this month our theme was “Who/How is my Neighbour?” We began with the song, “When I needed a neighbour, were you there?” & we listened to the parable of the “Good Samaritan”.

Instead of a sermon, people on each of the tables discussed their thoughts on the topic & there was certainly a lively buzz of conversation & laughter in the church. We will be having another similar service in January & at some stage a decision will be taken about the possibility of continuing Cafe Church in the future.

We were very grateful to Thomas Mawson for sharing his guitar skills to sing to & also background music.

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.



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.

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!*

If you want to advertise here yourself, or know a local business that would like to — do get in touch with us on the email at the bottom of every page!

Donate to help
tearfund

fight the
climate crisis
in struggling
communities



SAT 20TH
NOVEMBER
7PM – 8.30PM
TEBAY CHAPEL AND
ONLINE

REFRESHMENTS
FREE ENTRY
Suitable for all ages
GATHER YOUR TEAM!
Teams of up to 6

For more details and to book your place, go to www.facebook.com/FamiliesTogetherTebayOrton



Thank you all so so much for the ongoing loveliness...

Quick heads up... there will be a humongous sale on all the clothing and gifts a'happening very very soon, as

we won't be here much longer watch this space!

(Xmas party is in the planning stages though, as we are gonna go out in style - oh YEAH baby)!

Thanks so much for your visits to Tebay and around — we'll miss you!

Spotted any mistakes, or typos? Let us know and we'll try and make sure we don't repeat them next time — our email address to get in touch with us is at the bottom of every page.



Our live orchestral concerts are back!
Kendal's Westmorland Hall

Saturday 27th November 2021

Lakeland Sinfonia featuring Bradley Creswick on violin

Saturday 22nd January 2022

Lakeland Sinfonia featuring Noriko Ogawa on piano

Saturday 19th February 2022

Royal Northern Sinfonia featuring Mariam Batsashvili on piano

www.lakelandsinfonia.org.uk

For details and to download the brochure

Watch this space for more concerts from March to May 2022

Thursdays



Saturday 13th November.

Leanne | Market Coordinator

Orton Farmers Ltd

07969 335598 info@ortonfarmers.co.uk

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

BUS SHELTER Update

Again, a huge thank you to everyone who continues to support our community "bus shelter" book shop. Thank you for your continuing kindness & generosity.

The total raised for Orton Church & the GNAAS from July to September is £960, which is £480 each.

Thankyou again - Olive Bland & Joyce Wharton

Many thanks to our printers:



cerberus



ORTON DROP-IN COFFEE MORNING

AT THE CHAPEL SCHOOLROOM

We are open Wednesdays

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

The Mothers' Union

Orton Branch members hope to hold four meetings as follows:

28th September at 2 p.m. in All Saints' Church (before the winter chill sets in). Holy Communion Service. Rev. Sandra Ward will celebrate.

26th October at 2 p.m. (home venue to be agreed) Prayer meeting followed by discussion with refreshments.

23rd November at 2p.m. (home venue to be agreed) Prayer meeting followed by discussion with refreshments.

14th December at 2 p.m. Christmas service hopefully in church.

Please telephone Angela Milburn 015396 24382 for details and to ensure the meeting is going ahead.

M.U. meetings are open to all - everyone is made welcome.

Wild Wanderings

Come and join us

to connect *with each other & the divine in creation*

to reflect *on where we are & who we are called to be*

to act *together to create the change we want to see*

Walk with us,
or stay and prepare
refreshments for later!

We're trying out something new for our community, hopefully monthly, for people of any age and background. Sessions will include a local walk (about an hour, whatever the weather - come dressed appropriately!), times of reflection and discussion, cake and hot drinks.

For further details, please contact Pam on 07552 405500.

Upper Eden Rotary Club Collecting Redundant Disability Equipment

Upper Eden Rotary Club has started a project of collecting redundant disability equipment for shipping overseas to help people with disabilities.

Working with the "PhysioNet Foundation" who are a national charity working throughout the UK, volunteers assist with the identification, collection, repair and packing of equipment before it is shipped, usually in 40 ft shipping containers, to countries around the world. In 2019, there were 14 direct container shipments to 7 different countries around the world with almost 8000 items. These shipments consisted of physiotherapy / pediatric equipment, wheelchairs, mobility items and some hospital hardware that would have normally ended up in landfill.

Rotarian Tony Taylor is also looking to roll this out across other Rotary Clubs in the district.

For more information on the charity please see www.physionet.co.uk and to donate any redundant or surplus equipment, please contact Rotarian Tony Taylor on 017683 42702 or email revtt@hotmail.com.

BOCCIA

IN ORTON MARKET HALL

Sessions are on Thursday afternoons from 2pm until 4pm



Thursday 4th November
 Thursday 18th November
 Thursday 2nd December
 Thursday 16th December

For more details please contact Felicity Lawler
 Email:- fglawler@gmail.com



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

Your local one stop shop – we stock:

Large selection of general grocery items including your favourite branded items

- Bread and cakes
- Fruit and vegetables
- Milk, butter, cream and yoghurts
- Sandwiches - freshly made and savouries - baked daily
- Sliced beef and ham
- Cheeses including local Piper Hole Farm goat cheese
- Slack's bacon, sausage, black pudding and gammon
- Farrer's coffee - freshly ground to order
- Romney's Kendal Mint Cake and weigh-out sweets
- Bowness Bay Brewing bottled beers
- Greetings cards including selections from various local artists
- Floral displays from Lavish Flower House
- Cumbrian Honey
- Souvenirs: "Coast to Coast" items from Wolfe & Wood
- Carola Frank Handmade Fused Glass
- The Village Stores & Post Office fridge magnets, key rings, mugs and notelets

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)

		Last Collection
Tuesday	9 am to 5 pm	3:45 pm
Thursday	9 am to 5 pm	3:45 pm
Saturday	9 am to 4 pm	11:20 am

We hope to see you soon.

Jayne and Neville Grove

orton.village.stores@btinternet.com

Additional information:

Opening Hours – Tebay Post Office (015396 24967)

Monday	9 am to 1 pm and 1:30 pm to 5:30 pm
Wednesday	9 am to 1 pm and 1:30 pm to 5:30 pm
Friday	9 am to 1 pm and 1:30 pm to 5 pm

This means there is access to an open Post Office six days a week.

Recipe: Roast squash and kale salad

This “salad” can be eaten hot immediately or cold for lunch the next day – either way it is a warming dish full of seasonal autumn ingredients and a lovely variety of textures and flavours. As it is the recipe is vegan, but try adding feta or goat's cheese for a tasty twist!

Ingredients

Salad

1kg squash (a medium-sized butternut squash, or half a large kabocha like used here)
250g kale
1 medium onion
1 bulb of garlic
Tin of chickpeas
1 large orange
Olive oil
1 tbsp maple syrup
Salt and pepper
Pumpkin seeds
Sumac (optional)

Chickpea seasoning

½ tsp cumin
½ tsp coriander
½ tsp mild chilli powder
1 tsp smoked paprika
1 tsp garlic powder
1 tsp salt

Dressing

2 tbsp fresh orange juice
1 tbsp maple syrup
1 tbsp olive oil
2 tbsp apple cider vinegar
¼ tsp Dijon mustard
Salt and pepper



Editor's note: for those that don't think they like kale — it tasted good in this salad!

Method

Preheat the oven to 200°C. Chop the squash into chunks about 3-4cm wide, optionally removing the skin. Toss the squash with 2 tbsp olive oil, 1 tbsp maple syrup, and salt and pepper, making sure everything is well coated. Spread out on a lined baking tray and roast for 35-40 mins.

Meanwhile, prepare the rest of the ingredients. Remove any tough stalks from the kale and roughly chop, then set aside. Cut an onion into slices and spread it on a baking tray. Add the whole bulb of garlic to the same tray and drizzle everything lightly with olive oil.

Drain and rinse a tin of chickpeas, and spread out on a baking tray. Once the squash has had about 10 minutes in the oven, put both the chickpeas and the onion and garlic in to roast as well.

Prepare the chickpea seasoning and the salad dressing by mixing everything together.

While everything is roasting, peel the orange by slicing off the top and bottom and carefully slicing down the sides, following the curve of the orange. Then cut out segments of orange by slicing in between the flesh and the membrane – once you have done a couple it is easy to get the hang of it. Chop the segments of orange in half and set aside.

Check the oven – the chickpeas can roast quicker or slower depending on your oven. When they are golden brown and crispy, remove them and immediately sprinkle them with the seasoning, shaking them around the tray to make sure everything is coated.

Take the garlic out of the oven and pull apart the bulb – careful, as it will be hot! Gently squeeze on the bottom of each clove to push the garlic out. Lightly mince. Blanch the kale by putting it in a colander and pouring over boiling water. Sprinkle lightly with salt and massage it a little to spread the salt around.

Now it's time to assemble. Remove the squash and onion from the oven, and mix together with the kale, chickpeas, orange and minced garlic. Toss everything in the dressing and top with pumpkin seeds and a sprinkling of sumac to serve – as it is or as a side with couscous and yoghurt!



ROYAL BRITISH LEGION

ROYAL BRITISH LEGION CENTENARY
Saturday 4th December 2021
1 - 4pm, Tebay Sports and Social Club

Tebay Royal British Legion invite everyone to join in our celebrations.

The Royal British Legion is 100 years old - and Tebay Royal British Legion is 77 years young.

Refreshments Available.

Card / Craft / Christmas / Jewellery Stalls etc., are welcome.

Please call Alison on 01539 624762 for further information.

Over 60's Christmas Dinner

Tebay Sports & Social Club

Sat December 18th, 1pm

Please give names to Keith and Liz on 015396 24566 by December 10th

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!

TEBAY PRIMARY SCHOOL

Great start to the new academic year...

The children have all settled in well, they all came through the gate on the 1st morning with big smiles on their faces.

We would like to welcome into school:

Callum, Jaxon and Maisie into Nursery, Amber and Annie into Reception, AJ into Year 2, Megan into Year 4 and Talula into Year 5. They have all made a great start and made lots of new friends, all receiving 'Star of the Week' certificates for how well they all settled into Tebay School... well done to them all.

Our breakfast and after school clubs have been well attended in the first week back with various activities such as craft club, forest school, cooking and sports, they are run by the school's HLTA Miss Fisher, supported by other school staff.

What COVID-19 measures have changed at our school?

School will feel different for your child as COVID-19 measures are relaxed

Bubbles and staggered starts and finish times are no longer advised.

Children can again have breaktimes and lunch together and take part in practical lessons and sports with other classes and year groups.

Face coverings are no longer required for staff and visitors.

Schools are advised to continue with regular handwashing, hand sanitising, cleaning regimes and to keep spaces well ventilated

If your child is identified as a close contact they will not need to self isolate.

School will have plans in place on what to do if anyone at school tests positive for COVID-19.

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.



Bag2school Collection

(Thursday 14th October).

We will once again be holding a Bag2school collection. Bags can be dropped off at school during school hours (8.30am to 5.00pm). The bags will be collected on Thursday 14th October.

We accept the following **'good quality'** items for RE-USE:

- Men's, Ladies' and Children's clothing
- Paired shoes (tied together or elastic band around)
- Handbags
- Hats
- Bags
- Scarves and ties
- Jewellery
- Lingerie
- Socks
- Belts
- Soft toys
- Household linen
- Household curtains
- Household towels

- Household bedding (bed sheets, pillow cases and duvet covers)

We DO NOT accept:

- Duvets and blankets
- Pillows and cushions
- Carpets, rugs and mats (including bath, shower and toilet mats)
- Soiled, painted, ripped or wet clothing
- School uniforms with and without logo
- Corporate clothing and workwear
- Textile off cuts, yarns or threaded material



The school has once again signed up to Morrisons 'Lets Grow' programme.

Help us get FREE gardening equipment by collecting tokens at your local Morrisons.

For every £10 you spend (in store or online) at Morrisons, you'll get a Grow Token to help your school get everything they need to get growing. Download the MyMorrisons app today to start collecting Grow Tokens and choose the school you'd like to donate them to. School can then redeem the vouchers for Gardening equipment.

Tracy Morland — School Administrator.

admin@tebay.cumbria.sch.uk

Tebay Primary School Tel: 015396 24239



TEBAY COMMUNITY CHOIR



Do you want to improve your mental and physical health?

Would you like to meet new people?

If the answer to either of the above questions is "Yes", why not try singing in a choir?

Singing with others can help breathing, posture and muscular tension. It can help to relieve stress and other emotional pain and can improve your mood and sense of well-being.

TEBAY COMMUNITY CHOIR is a friendly group of singers. There is no audition -everyone is welcome. You do not need to commit to attend every single week.

We meet in Tebay Social Club on Mondays during school term time from 7.30pm until 9pm (with a refreshment break in the middle- very important!).

If you would like to find out more, please email Alison on alison@mott.me.uk or ring her on 07964 978961.

TEBAY COMMUNITY CHOIR CHRISTMAS CONCERT

MONDAY 13TH DECEMBER 7.30 PM
TEBAY SOCIAL CLUB

Come along and get into the festive mood with carols and other seasonal entertainment!

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

THE HUB



**Tebay Community Library and Drop In in the Hub
St. James' Church, Tebay**

Every Monday morning, 10.00am - 12.00 noon
Refreshments - Books to borrow and buy.

All ages welcome

Westmorland Dales

Look out for consultation posters about our interpretation proposals, both online (www.friendsofthelakedistrict.org.uk - visit the Resources page) and in village centres. Your ideas are welcome! If you would like to be involved, share ideas or research, or have your say, please get in touch!



Interpretation board at Rutter Force

As part of the Westmorland Dales Landscape Partnership Scheme, a Heritage Funded project, we would like to support new interpretation in our Westmorland Dales villages. This could be general information welcoming all to the Westmorland Dales, or it could be specific information telling the stories of a particular village, for all to enjoy.

Contact:

Amanda Walters,
Interpretation Officer
Westmorland Dales Landscape Partnership

Unit 1B, The Sidings,
Tebay, Penrith,
Cumbria, CA10 3XR
Tel: 01539 756623



Cobweb Orchestra, Tebay

Conducted by Roland Fudge, we meet in Tebay Methodist Church Hall, every Tuesday at 7.30pm during term time. Come and join us - we don't do auditions!

So, if you have ever played an orchestral instrument, or would like to play a different instrument, we have an instrument bank from which you can borrow an instrument for a modest fee.

You will receive a warm welcome if you come along to Tebay, so dust the cobwebs off your instrument and join us!

For more information go to our web site

www.cobweborchestra.org.uk

or ring Richard Best for more details:

Phone 07939 540139

NORTH WESTMORLAND ARTS

2021-2022 Concert Season

All concerts at 7:30pm

in Appleby Public Hall

Tickets at the door and online

- Sun 10th Oct:** MERAKI DUO - Meera Maharaj (flute) & guitar
- Sun 7th Nov:** EMMA ABBATE (piano), mezzo-soprano & viola
- Sun 28th Nov:** SACCONI STRING QUARTET
- Sun 27th Feb:** BOGLARKA GYORGY & AMY BUTLER (violin/piano)
- Sun 13th Mar:** JAMAL ALIYEV & MAKSIM STSURA (cello & piano)
- Tues 3rd Apr:** MELIORA COLLECTIVE (strings, flute, harp, clarinet)

www.appleby-concerts.org.uk

E-mail: enquiries@appleby-concerts.org.uk

Tel: 017684 83777

Supported by Westmorland Arts Trust,
Hadfield Trust, Bryan Lancaster Trust

A Lad from Tebay

Born during the Second World War in Tebay, local boy Vic Harrison, has published his memoirs of a life when Tebay was better known for its railway junction, than its service station!

Available to download from Amazon, 'A **Lad from Tebay**', is the fascinating tales and tribulations of an ambitious entrepreneur who never stopped. His life has taken him from Winfell Terrace, Tebay Sheds and being woken up by Knocker Uppers, to a career in the RAF and moving to Milton Keynes during the seventies property boom where Vic still lives today in the house he built.

Do you remember Fishy Joe's Warehouse, taking Fred Braithwaite's bus to football matches, or playing Tayyoodo on Downstreet?



Find 'A Lad from Tebay' on Amazon or enter this link to be taken directly to the page to download <https://amzn.to/3iPq5Bh>

"A veritable kaleidoscope of all your entrepreneurial ventures with good and bad outcomes. Looking back Vic, you have had a great and almost unique life history. It serves as an example as to what can be achieved in this life through absolute self-motivation and sheer determination."

Dave Henderson

Hot meal provided

Christmas Crafts

Explore the meaning of Christmas!

Families Together invites you to our

All ages welcome

Collect your Advent Activity Party Bag!

Advent Party

Saturday 27th November
Orton Market Hall
4pm – 6.30pm

Games

More details at:
<https://www.facebook.com/FamiliesTogetherTebayOrton>



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

SERVING OTHERS

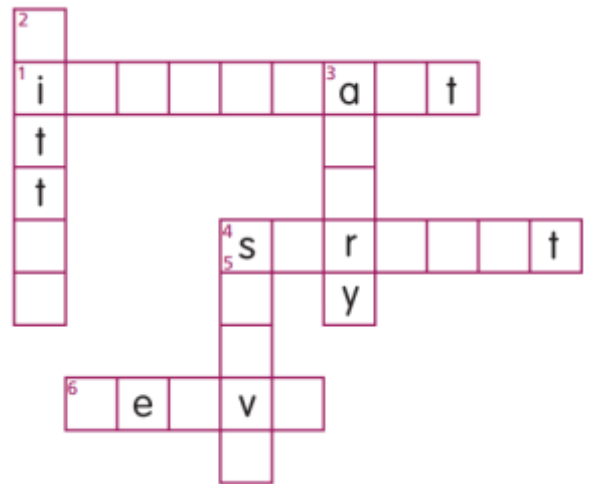
Read this bit from the Bible and colour the picture.
You can find an online Bible here:
<https://www.biblegateway.com/>

Mark 10.35-45

For Jesus, being the greatest means putting the needs of others before our own.



Jesus' disciples wanted to be powerful, he wanted them to serve others.



A serving chart: draw something you can do each day to serve others.

Monday		Friday	
Tuesday		Saturday	
Wednesday		Sunday	
Thursday			

1. What did James and John want to be?
2. What cup did Jesus say the disciples would have to drink?
3. How did the other disciples feel when they heard about what James and John had asked?
4. What did Jesus say anyone had to become if they wanted to be great?
5. What do you have to be prepared to be if you want to come first?
6. What did Jesus say the Son of Man came to do?

1. important 2. bitter 3. angry 4. servant 5. slave 6. serve

Answers

Appleby Arts Society's October lecture '**The Whole Art of the Book**' gave members a fascinating insight into construction of a hand-made bound book. Lecturer Dominic Riley is a restorer, designer binder, teacher, writer, lecturer, elected fellow of Designer Bookbinders in 2008.

Papermaking came from China 1200 years ago and the process of bookmaking requires skill in many artisanal crafts, of which papermaking is one. Traditional papermaking required rags, and bundles of rags were bought from dealers who sourced old, worn out clothing, bed linen, rope, as in 'money for old rope'. Women sorted the rags, removing buttons, rivets, pins, rubber and sorting linen from cotton. These shredded rags were put in a machine which broke them down into a porridge of rag pulp, called 'stuff'. This was pumped into Stuff Chests, large, round storage containers with revolving arms which kept the stuff suspended in water and didn't settle to the bottom and solidify. After a time in the papermaking vats the vatman would begin to create sheets of paper. Paper was made in several grades, the highest quality being used for important documents, into which it was possible to put a watermark. Watermarks were created with wire shapes and letters sewn onto the mould, and being integral to the sheet of paper provided security as the document could not be copied.

Leather for the cover needed careful preparation. The best goatskins for bookbinding come from an area of northern Nigeria where environmental conditions are ideal for producing hides with the right balance of strength and suppleness. They are tanned using vegetable materials and thousand-year old methods, the best tanning agent coming from the baobab tree. Tanning helps preserve the skins, which are graded and sent off to Northampton. The tails are used for shoe laces! Traditionally the skins were transported by camel across the Sahara desert to merchants in Morocco (hence the term 'Morocco leather') from where they would be distributed throughout the ancient world.

Paper and leather are initial stages in the bookmaking process. The paper must then be printed, the pages stitched together, the covers bound, and end papers inserted. Gilding the edges of the pages once the book is assembled is an important procedure, as it



preserves the life of the book forever. The book is squeezed tightly in a vice and gold leaf applied. You may be surprised to hear that the best adhesive for applying gold leaf is good old 'Robin' starch. Looking at today's casual fashions you might be surprised to find that Robin starch is still available! The gold leaf is burnished, waxed and brushed. The finishing touch, tooling on the covers and spine with more gold leaf, produces a book which can be treasured for centuries.

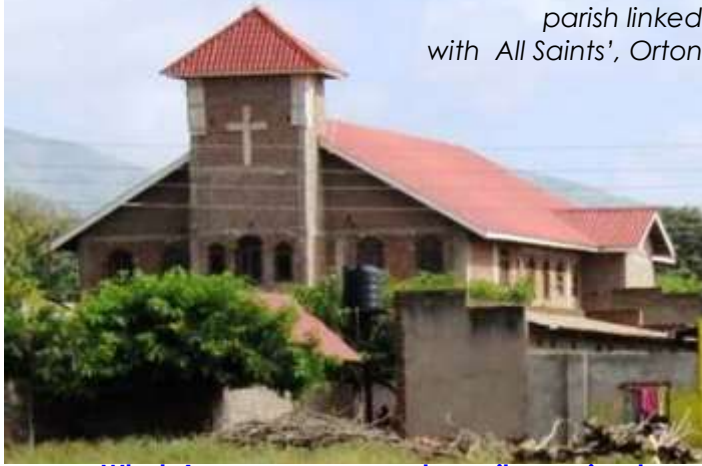
Dominic showed us images of some of the beautiful books he has covered, many winning prizes in international bookbinding competitions. Altogether it was an interesting and informative lecture.

**Our November lecture will be
'Vermeer' with Mike Fossey.**

For further information do visit our website
taswestmorland.org.uk

News from All Saints' Church, Kasese, Uganda

*parish linked
with All Saints', Orton*



WhatsApp messages and emails received

From Rev. Nelson Walina:

19th September (after we led a service with them on Zoom.)

Dear Rev Chris and Mary and Rev Fran,
On behalf of Couples Corner Services, we thank you for loving us passionately.

Our sincere appreciation to you for the wonderful sermon that the Lord has delivered to us through you. Thank you and God bless you. By your word we believe that there will be a change in our relationships and that our marriages will become even better than before.

We are very grateful for your prayers towards our children and family; please remember us always whenever you pray. We know that you don't necessarily know all the details of what we are going through, but your prayers are always important and welcome.

Please extend our greetings and love to your entire families and other Christians whom you fellowship with. May God bless and keep you.

23rd September: Remarkable lifting up Churches, allowed to reopen after the second wave of Covid 19.



24th September: We are officially occupying our office after long lockdown. This is Zakete the Cashier (i.e. treasurer), Immaculate the Layreader and Nelson the Vicar. Continue praying with us because four months of lockdown

was long; it is as if we are starting afresh.

From 3-5pm today I am reopening the fellowship which was to have been held overnight. I am the one to speak the Word.

(A UK Christian lady wrote: I'm so glad normality is returning. Rev Nelson's family and their community are in my daily prayers.)

Nelson: I am glad to receive encouraging words!
Chris, I surely manage this workplace because of your combined efforts, through prayers and support.

26th September: All Saints Pro-Cathedral Church, Kasese, 4th service, praising God for his protection and salvation to us. (He also sent a video of their joyful worship.)



2nd October: Thanks for your prayers for my second daughter, Ithungu Aziriel, who volunteers with Afyi Clinic, Kasese. A thief entered into the clinic, directed to her, threatened to beat and hurt her, and stole her phone worth 500,000/- (£120). She cried out, no one came to her rescue. It was 3.30 a.m.



6th October: These days we get many challenges. Yesterday we buried my younger brother of 47 years. He drowned in Lake Victoria, far from Kasese; it cost much to bring his body

home. He has left us with 9 children to look after, 2 are grand-children. His wife had divorced 8 years ago. The orphans you see are seated on the tarpaulin. Don't get tired, friends, of receiving the challenges to pray with us and support us by any means possible.

13th October: This is a Christian lady who was involved in a car accident 3 months ago. She is unable to walk by herself. My Layreader and I went to pray and give holy Eucharist to her in her home. She is improving. More prayers are needed.



From Revd. Robert Zziwa:

3rd October: What a joy today evening in our youth fellowship!

The picture below shows the enthusiasm our youth had as they have been longing to fellowship again. We thank God for opening churches.



'Do this is remembrance of Me'

1 Corinthians 11 v 24

At the beginning of October, Heather and I travelled to Bude (Cornwall) for a Thanksgiving Service for the life of Rev James Stanley Kyle – affectionately known as 'Paddy' – but always Stanley to his family! Paddy had died during the Covid lockdown last year and now many friends and colleagues were able to gather, in God's presence, with his family to remember a special man.

As each generation of the family spoke, alongside those who had ministered with, and been ministered to by Paddy, we remembered his deep faith in the abiding presence of Christ Jesus, whatever life threw at him. Paddy had served in the RAF and was present on Easter Island at the first test of Britain's nuclear bomb – and his time there marked his life and health from then on – but his faith and his witness for his Lord never wavered.

November is a time for remembering. On All Hallows Eve, many Anglican and Methodist churches will be holding a 'Remembering' Sunday Service – a time to gather at this point in the Covid pandemic and remember those who are no longer with us, to grieve together and to draw strength and comfort from God's love and compassion. It will also be a time to remember and give thanks for the NHS and all the front-line workers, small and great, who put themselves in the way of danger that others might live.

The weariness, the pressure and the sadness live on in so many areas, but God is also at work and we pray that we will remember those who still suffer around the world, especially those nations (the majority) where, even now, only small numbers have been vaccinated. Pray for world leaders to remember their promises to provide vaccine for all.

As the leaves fall from the trees and the frosts and cold, damp mornings welcome our days, we will remember all those who have fallen in recent wars. On Remembrance Day at 11am, we will stop and remember those who gave the ultimate sacrifice and those who still bear the scars, physical and emotional. The words of Kohima Epitaph, used in Remembrance

Services, have always struck and challenged me, 'When you go home, tell them of us and say, "For your tomorrow, we gave our today"'. These words speak to me of Jesus Christ, who gave His life for us on the cross – giving His everything, to offer us, not only a tomorrow, but an eternity, enfolded in the love of God.

Remembrance Sunday will see chapels and churches full – and perhaps overflowing – as the act of National Remembrance draws us together; grief, love, loss and hope mingling together as 'We will remember them'!



As we remembered Paddy and the legacy of his inspirational faith and life to so many; as we remember those who gave so much during recent conflicts and as we remember the ultimate sacrifice of Jesus Christ on the cross for us, we pray that our 'remembering' will inspire us as a community, county and country to live lives of selfless sacrifice for each other.

A Prayer:

Father, enable me to be today, the temple in which You make Yourself at home.

Protect me from any and every unholy way.

May the words I write or revise today be like that river of living water, flowing from within me through the channel of trust.

Grant me ears that hear, eyes that see, and a heart and mind that are attentive, receptive and responsive to You.



I offer this to You as my prayer. Amen

Finally, from Rev 'Paddy' Kyle's service, an Irish Blessing:

May the road rise up to meet you, may the wind be always at your back.

May the sunshine warm upon your face, the rains fall soft upon your fields, and until we meet again, may God hold you in the hollow of His hand. Amen.

Services in our Anglican Churches

<p>Sunday 7 November <i>3rd Sunday before Advent</i></p> <p style="text-align: center;"><i>Sidesperson:</i> Jonah 3:1-5, 10 Hebrews 9:24-28</p> <p><i>Green</i> <i>Prayers:</i></p>	<p>Orton, 10:30am Holy Communion <i>Sandra Ward</i></p> <p><i>Olive Bland</i> <i>Andrea Dutton</i> <i>Elizabeth Crossley</i> <i>Margaret Longworth</i></p>	<p>Tebay, 10:30am Songs of Praise at the Methodist church</p>	<p>Ravenstonedale, 10:00am Family Service <i>Tim Parkinson</i></p> <p style="text-align: center;"><i>Michael Metcalfe-Gibson</i> <i>Sally Metcalfe-Gibson</i></p>
<p>Sunday 14 November <i>2nd Sunday before Advent</i></p> <p style="text-align: center;"><i>Sidesperson:</i> Daniel 12:1-3 Hebrews 10:11-14,19-25</p> <p><i>Green</i> <i>Prayers:</i></p>	<p>Orton, 10:55am Service of Remembrance <i>Sandra Ward</i></p> <p><i>Chris Bland</i> <i>Keith Capp</i> <i>Olive Bland</i> <i>Elizabeth Crossley</i></p>	<p>Tebay, 10:55am Service of Remembrance <i>Phil Rigby</i></p>	<p>Ravenstonedale, 10:55am Service of Remembrance <i>Chris Jenkin</i></p> <p><i>Caroline Morris</i> <i>David Morris</i></p>
<p>Sunday 21 November <i>Christ the King</i></p> <p style="text-align: center;"><i>Sidesperson:</i> Daniel 7:9-10, 13-14 Revelation 1:4b-8</p> <p><i>White</i> <i>Prayers:</i></p>	<p>Orton, 8:30am Morning Prayer (BCP) <i>Chris Jenkin</i></p> <p><i>Mary Jenkin</i></p>	<p>Tebay, 10:30am Holy Communion <i>Chris Jenkin</i></p>	<p>Ravenstonedale, 10:00am Holy Communion <i>Sandra Ward</i></p> <p><i>Hilary Law</i> <i>Richard Best</i></p>
<p>Sunday 28 November <i>1st Sunday of Advent</i></p> <p style="text-align: center;">Jeremiah 33:14-16 1 Thessalonians 3:9-13</p> <p><i>Purple</i></p>	<p>High Westmorland Parishes United Service Service of the Word from St James, Tebay, 10:30am <i>Alun Hurd</i></p> <p>Also on Zoom - Meeting ID: 886 6629 9391 <i>Readers, etc., to be confirmed</i></p> 		
<p>Sunday 5 December <i>2nd Sunday of Advent</i></p> <p style="text-align: center;"><i>Sidesperson:</i> Malachi 3:1-4 Philippians 1:3-11</p> <p><i>Purple</i> <i>Prayers:</i></p>	<p>Orton, 10:30am Service of the Word <i>Rosemary Campbell</i></p> <p><i>Mary Jenkin</i> <i>Margaret Longworth</i> <i>Andrea Dutton</i> <i>Angela Milburn</i></p>	<p>Tebay, 10:30am Songs of Praise at the Methodist church</p> <p>Also on Zoom</p> 	<p>Ravenstonedale, 10:00am Family Service <i>Fran Parkinson</i></p>

Services in our Methodist Chapels

		7th	14th	21st	28th
Tebay	10.30 a.m. 6.30 p.m.	J Betts US	P Rigby HC Cnxn Svce at TBC	LA	H Hutchinson
Shap (class of Tebay)	10.30 a.m.	T Dent	CofE led	CofE led	CofE Led
Orton	10.30 a.m. 6.30 p.m.	M Harris	S Radford HC Cnxn Svce at TBC	LA	R McGregor
Newbiggin-on-Lune	10.30 a.m. 6.30 p.m.	LA OA	S Joel OA Cnxn Svce at TBC	W Riley	WB Robinson
Ravenstonedale	2.00 p.m. 6.30 p.m.	W Ousby	A Sterling Cnxn Svce at TBC	T Dent	S Radford

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

Remembering Service

Once a year, in late autumn, we get together in the High Westmorland Parishes for what we call our '**Remembering Service**'. In it we remember all whom we have 'loved and see no longer'. We like to make this known especially to those who have lost someone close to them in the preceding year.

The service is a short, very simple service. We say some prayers, have readings, hymns and a short address.

It will be held this year at St. Michael's church Shap on **31st October at 2pm** and you are most welcome to come along. It would be lovely to see you and any relatives and friends you would like to invite.



Church Contacts

VICAR

Vacancy

Mission Community Administrator

Joyce Keetley 07741 327318
Email: applebymc@carlisle-diocese.org.uk

Curate

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

Retired clergy

Sandra Ward 24213
(Penrith Hospital Chaplain)
Christopher Jenkin 24410

ORTON with Tebay

CHURCHWARDENS
Chris Bland 24258
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

Suesi Windle
Email: suesi.windle@gmail.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
Appleby 017683 51244

Cumbria Vinelife Fellowship, Orton

Colin Cox, 2 Ashfield Court, Orton
015396 24253

United Carols Choir

We are planning to have a Carols By Candlelight service, with a united choir, at All Saints' Church, Orton on Sunday 19th December at 6.30 p.m.



**Would you like to take part in the choir?
Please let me know as soon as possible.**

Please tell me what part you would prefer to sing (soprano, alto, tenor or bass) – and if you can read music!

Please also suggest anyone else - perhaps newcomers to the area - who might be invited to take part. This could include children!

Please let me know your preferred evenings of the week you could manage four or five rehearsals between now and then.

Christopher Jenkin — 015396 24410 — ccjenkin81@gmail.com



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.

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>

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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.

COVID Vaccinations Update

This vaccination hub at Penrith Hospital has now finished vaccinating, however the various larger vaccination sites, including Kendal and the Auction Mart 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.

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Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garhill
Newbiggin on Lune village hall	11.05	15.40 on A683
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	
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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
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Ravenstonedale School	15.46	14.33
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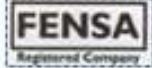
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Arts Society, Appleby: Gillian Stoddart: 01768 862501
Badminton: Richard Percival: 24352
Band: Appleby Town Band: Chris Jenkin: 24410
Kirkby Stephen Silver Band: Caroline Souter:
017683 72376
Bell Ringers: Julian Thorpe: 24166
Bingo: Jillian Hewitt: 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
Lakeland Sinfonia concert series in
Kendal, www.lakelandsinfonia.org.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: lfc@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: Wendy Dickinson 07766 833500
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