The Link

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



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 still need help — do think about volunteering if you can. Email us or use the link below to tell us how you might help.

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

TheLinkMagazine@outlook.comMany thanks ,

David, Martin, Paula.

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
"Easter trail, St James, Tebay"

Easter Treats

As the seasons of the year shift, and the days get longer, the fields start to fill with lambs, and the shops with Easter eggs, have you ever wondered on the origins of Hot Cross Buns?

Well, they date further back than I'd ever thought. During Saxon times the pagans would celebrate a month-long festival from the transition of winter into spring.

Buns were baked marked with a cross to reflect the four phases of the moon to offer to the goddess of springtime.

When Christianity became Britain's main religion these buns were adopted and now the cross symbolises the cross that Jesus was crucified on.

There are many other superstitions & traditions surrounding these tasty treats,

but apparently, from the Christian tradition, they were first to be eaten on Good Friday.

Don't know about you, I enjoy them well before then!

There's more on Easter Treats over the page, where David shares a bit about the traditions behind Simnel Cakes and you'll find many other topical references, both to Easter (see Fran's reflections opposite) and the season, as you leaf through The Link.

You'll also find reason to pause and reflect on the current situation around the world, with fundraising and other appeals for Ukraine, and Jackie's poignant poem reflecting on that situation on page 25.

Wishing you all the best for Easter and the school break!

Paula, Martin & David



THE LINK DEADLINE IS THE 13TH OF EACH MONTH

Please send all copy including advertising to: TheLinkMagazine@outlook.com
Paying for advertising: Linda Garrick, 015396 24262

We hope to give village addresses for dropping off copy, or phoning in, as we develop local links

Hopeful at Easter

The story is told of a preacher's child who was a kindly soul with a passion for natural history. She had found a chrysalis and watched with great excitement as it started to twitch with emerging life. It cracked to reveal a moth whose slow egress was painful to watch. It bucked, it jerked, and it strained but made such little progress that she could see little prospect of it ever breaking free from its once protective shell.

But the little girl saw a way to help. She took a scalpel and made some delicate cuts, taking great care not to touch the moth with the blade.

The moth was soon out, but it never flew. It's wings had been denied the struggle that would have grown the muscles required for flight. What the child had failed to understand was this: struggle is not a block to life, rather it is a necessity. In rescuing the moth with her intended kindness, the girl had quite literally spoilt it.

(From the book "Alongside" by Henry Martin)

I read this story and was powerfully reminded of what my own struggles have taught me, things like endurance, strength of character, that relationships are more important in than things! I don't know about you, but some of the richest people I know are those who have endured struggles, like the pearl which is formed in the oyster from an irritant.

them. Right before our eyes we are witnesses the worst of humanity and the best of humanity, with thousands being killed, yet thousands more being housed and cared for, and communities rallying to bring something good out of the mess.

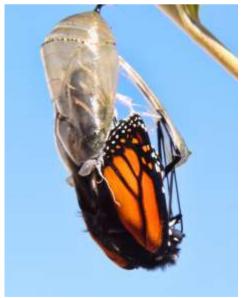
I'm also reminded powerfully that as we journey toward Easter in this Lenten season, we journey with Jesus toward the cross, knowing that he comes alongside us in our struggles because he has walked this road too, knowing what it is to be a refugee, to flee for his life, to be scorned and tortured and ultimately killed at the hands of evil men.

And out of his struggle came something much more glorious than the metamorphosis that occurs from the chrysalis of the moth. Because out of the darkness of the tomb came life, and out of the despair of Easter Saturday came hope, and out of his death came resurrection, and the promise of an end to all of our struggles in a future we have yet to see.

And this is the story that keeps me hopeful in spite of the struggles all around us.

He is risen indeed. Hallelujah!

Rev. Fran Parkinson



Experience isn't what happens to us, rather it's what we do with what happens to us, so the saying goes. Which feels easy to say until you watch the dreadful experiences of those in the Ukraine, or the refugees fleeing Afghanistan or Syria before

Newbiggin-on-Lune Village News & Events

MEN'S MEETING

WHEN

Wednesday 4th May, 7:30pm

WHERE

Newbiggin-On-Lune Methodist Chapel

Brews, biscuits & Banter!

Contact Jonny Capstick for more info 01539623141

All ages welcome!

4TH MAY
lan Hartley,
founder of
Out of Eden
Kirkby
Stephen;
Can God be
found at
work?

Newbiggin-on-Lune Public Hall Enquiries: Ian Clayton (23226), Anne Brownrigg (23594), Jim Wardrope (23288)

Facebook:

https://en-gb.facebook.com/NonLPublicHall

Indoor Bowls



Friday night is Indoor Bowls night at Newbiggin-on-Lune

Starts at 7.30pm costs £2, (first night free) you don't need a partner, just turn up.

More information from 07880 706485

- see you there!

Simnel Cake

Simnel Cake is a fruit cake, similar to a Christmas cake. There are some weird and wonderful theories about how the cake was named. One of the most humorous is a 19th-century tale about an old couple called Simon and Nell. Leaend has it that they decided to use leftover ingredients from Christmas to make a cake for spring. They argued over what to do with the dough - Simon wanted to boil it and Nell wanted to bake it. They compromised by doing both, with their invention becoming known as a Sim-Nell. It's been suggested that the cake is named after Lambert Simnel, a claimant to the throne in Henry VII's time. There is also a reference in 1226 to 'bread made into a simnel' from the Latin simila (fine flour).

There were many local variations and different methods of making Simnel cake. The Shrewsbury variation was a fruit cake which was made inside a pastry case. The whole was then boiled in the manner of a Christmas pudding after which it was baked, the resulting pastry described as being 'as if made of wood'.

The second type is Devizes star simnel, a star-shaped cake made with currants and lemon peel, coloured golden with saffron, then boiled, baked and glazed in a similar fashion to the Shrewsbury variation. The Wiltshire Heritage Museum has an original recipe of the local version.

The Simnel cake we eat today is most like the one originating in Bury, Lancashire. It has a layer of marzipan in the centre with another on top. Round the edge are usually placed eleven balls of marzipan to represent the apostles minus Judas Iscariot. Sometimes there is another marzipan ball in the centre for Jesus himself. The whole cake is then traditionally placed under a grill to toast the marzipan although nowadays the same effect can be obtained by using a chef's blowtorch.

Simnel cake is associated with Mothering Sunday, not to be confused with Mothers' Day, the fourth Sunday in Lent when traditionally young men and women who worked and lived away from home returned to their 'home' churches and often took with them a rich fruit cake to make sure their families had enough food during the last days of Lent. Nowadays Simnel cakes are most often eaten at Easter.

Ravenstonedale Village News & Events

Looking ahead @ St Oswald's

Easter Saturday Coffee Morning at St Oswald's

Will take place in the church on Easter Saturday 16th April 2022 from 10.30 to 12.00 noon. Selection of refreshments and homemade cakes and scones.

No tickets necessary, just turn up!

Donations to a charity to support the situation in Ukraine (to be decided on the day)

Organ Recital Saturday 28th May, 5.00pm

on the recently fully restored historic (1891) Harrison & Harrison organ

- by Adrian Self, long time Director of Music and Organist at Cartmel Priory

No ticket required, just turn up. There will be a retiring collection in support of the Restoration Fund for the St Oswald's three 18th Century oak panelled painted Prayer Boards, one of which had been hidden from view behind the organ for 130 years but is now in full view for all to see on the south wall of the Sanctuary.

Organ Recital Saturday 9th July 2022

- by Alexander Ffinch,

Alexander, has international status as an organist performing throughout the UK, Europe, USA and Asia.

He was appointed organist of Cheltenham College in 2004 after a three year tenure as Director of Music at St Catherine's College, Cambridge.

Throughout his time at Cheltenham he has continued to give recitals regularly, featuring in Cheltenham International Music Festival and also on BBC Radio 3 broadcasts.

Alexander has close family roots in Ravenstonedale... he practiced his organ playing on the St Oswald's Harrison in his childhood!

More details to follow...

RAVENSTONEDALE SHOW 20th AUGUST 2022

The Ladies Committee would like to thank all who have, in the past, kindly donated prize money for classes in the Industrial Tent

If you would like to donate prize money for a class in the Industrial Tent at this year's show, please

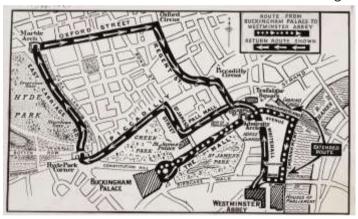
email RASLadies@outlook.com

Or phone Debbie on 015396 23567 / 07871 733245

Coronation Memories

I was not born in 1952, but my mother (who was 3 weeks younger than the Queen), was at the Coronation procession. She was on duty in Pall Mall as a WPC in the Metropolitan police. She said she had her first taste of champagne given to her by one of the onlookers after the procession had passed through (probably totally against the rules today!)

Diana Fothergill



RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 20TH APRIL 2022

7.30PM

at

RAVENSTONEDALE HIGH CHAPEL COMMUNITY AND HERITAGE CENTRE

EARLY QUAKER FAMILIES IN RAVENSTONEDALE

with

Les Neal

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

Westmorland Dales Landscape Forum 2022 Saturday 23rd April 2022, 10.00am – 4:00pm

Our landscape forum this year will be taking place in Ravenstonedale.

If you would like to find out more about our local heritage please book and come along. It will comprise a series of talks in the morning, lunch, and options for walks in the afternoon in and around Rayenstonedale.

The day is being planned to give an update on what we're doing to reveal the hidden heritage of the Westmorland Dales, and give an insight in particular into the Ravenstonedale area.

Our key note speaker will be landscape archaeologist David Johnson, talking about dry stone walls, but we'll also be hearing about the area's geology, history, meadows, rivers and much more.

A full programme will be published nearer the time but booking is now open and places are limited

To find out more about events coming up and to book please see our website:

https://www.friendsofthelakedistrict.org.uk/westmorland-dales-hidden-landscapes-partnership

Pancake Lunch at Studfold

It was great to be able to meet together again to enjoy some delicious soups and pancakes, whilst basking in the sunshine.

Over £400 was raised, thankyou all the cooks and raffle prize donors.



70th GREENHOLME GALA AND AGRICULTURAL SHOW Saturday 11th June 2022

ROUGH FELL SHEEP CLASSES

- 1. Ewe sucking a lamb
- 2. Gimmer Shearling sucking a lamb
- 3. Gimmer Hogg
- 4. Tup Hogg
- 5. Shearling Tup
- 6. Aged Tup
- 7. Best female that has not won a prize in classes 1-6
- 8. Best male that has not won a prize in classes 1-6
- 9. Best matched pair of Gimmer Hoggs,
- 10. Best legged in Bone and Colour, Male
- 11. Best legged in Bone and Colour, Female
- Best overall in Bone and Colour to be judged from winner of class 10 and 11
- 13. Prize for Best pair, 1 Male, 1 Female.
- 14. Society prize for best collection of 3 sheep: 1 Aged Ram, 1 Shearling Ram, 1 Tup Hogg.
- 15. Society prize for the Best Ewe, Best Gimmer Shearling, Best Gimmer Hogg.
- 16. Society prize for Best Male or Best Female shown in the Breeders hands

TEXEL SHEEP CLASSES

Many thanks to

all our sponsors!

- 17. Ewe or Shearling that has reared a lamb this season
- 18. Gimmer Hogg
- 19. Tup Hogg
- 20. Aged Tup
- 21. Shearling Texel Tup
- 22. Texel Tup Lamb
- 23. Texel Gimmer Lamb
- 24. Pair: 1 Male and 1 Female.
- 25. Pair Females
- 26. Pair Males

26a. Best female not won a prize in classes 17-26

26b. Best male that has not won a prize in class 17-26

ANY OTHER BREED OF SHEEP

including rare and native breeds

- 27. Female. Ewe or Shearling
- 28. Male. Aged Tup or Shearling
- 29. Gimmer Hogg.
- 30.. Tup Hogg
- 31. Pair of Females
- 32. Pair of Males
- 33. Tup Lamb
- 34. Gimmer Lamb
- 35. **Young handler** [up to and including aged 16]—To be entered on the day. £1 entry

DOG CLASSES – enter on the day (£1 per class)

Large Dog

Small Dog (below Judges knee height)

Dog with the waggiest tail

Dog most like its owner

Dog with the Best Trick

Dog The Judge Would Most Like To Take Home

HOME PRODUCE and CONFECTIONERY

- 36. 3 Brown Eggs
- 37. 3 White eggs

- 38. Best 3 sticks of Rhubarb
- 39. Jar of Lemon curd
- 40. Handmade sour dough loaf
- 41. Handmade Loaf of brown bread
- 42. Handmade Loaf of white bread
- 43. Rich fruit cake
- 44. Ginger bread
- 45. 3 Cherry scones
- 46. Favourite Mary Berry cake
- 47. 3 Sausage Rolls
- 48. 3 pieces tray bake
- 49. Savoury vegan tart
- 50. 3 Viennese Finger
- 51. Lemon drizzle cake
- 52. Tea bread
- 53. Best Chocolate cake [unfilled, undecorated and made in one tin]

See our Facebook

page for more

details

- 54. Fruit Crumble
- 55. Jubilee Buns
- 56. 70th Anniversary Cake
- 57. 3 Butterfly buns
- 58. 3 peppermint creams
- 59. Jar Raspberry jam
- 60. 3 slices Bakewell tart
- 61. Banana loaf
- 62. Jar of chutney
- 63. Damson/Sloe Gin or any Liqueur [in clear glass bottle, labelled]
- 64. Cornish pasty
- 65. 3 Chocolate Brownies
- 66. Sticky Ginger and Orange Cake to set recipe see schedule /Facebook page
- 67. 3 shortbread biscuits
- 68. 3 Pieces of fruit Flapjack
- 69. 3 Savoury Samosas

SPECIAL CLASS - MENS BAKING

70. 3 Cheese Scones

HANDICRAFTS

- 71. Homemade Jewellery
- 72. Christmas Craft Item
- 73. Item of Crochet or Knitting
- 74. Homemade Apron
- 75. Painting any medium
- 76. Homemade Animal any medium
- 77. A Paper Craft
- 78. Novelty Mug
- 79. Article hand or machine sewn
- 80. Needlecraft inc cross stitch
- 81. Any other handicraft
- 82. Best pot plant
- 83. Succulents (2 or more) in container
- 84. Decorated Wreath
- 85. Homemade felt article
- 86. Homemade Place Mat
- 87. Famous Person out of a vegetable (please name)
- 88. Something upcycled
- 89. Homemade bag
- 90. A show related Limerick
- 91. Homemade Cushion
- 92. Miniature Fairy House (base not > than 12")
- 93. Homemade Wooden item

PHOTOGRAPHS:

7x5inch or less – including any border

- 94. Any Photo 'Gone with the Wind'
- 95. Any View
- 96. Any Photo of Child/Children
- 97. Any Photo of Animal/Animals
- 98. Any Photo of a Cat
- 99. Any other Photo
- 100. Any other Photo with a caption
- 101. A Collection of 2 Photographs Day and Night
- 102. Any Photo of Trees
- 103. Action Photo
- 104. Photo 'Field barn'
- 105. Selfie
- 106. Black and White photo

NEW! - Special FREE Class for 70th Show

107a – Photo of previous Greenholme Show – Animal

107b – Photo of previous Greenholme Show – People

CHILDREN'S CLASSES - No entry fee

- 107. PRE-SCHOOL only A Picture any medium
- 108. Decorated Pizza (base can be bought)
- 109. Homemade Fish
- 110. 3 Cornflake Cakes
- 111. 3 Decorated Sponge Buns
- 112. Lego model own design to sit on A4 Sheet.
- 113. Photo (primary school age)
- 114. Farm on a plate
- 115. Drawing of your house [max A3]
- 116. Jubilee Card
- 117. Picture Any medium
- 118. Mosaic
- 119. 70th Anniversary Show Card
- 120. Handwriting Nursery Rhyme
- 122. Decorated Japanese Mask
- 123. Egg Box model
- 124. Jubilee Crown
- 124. Any handicraft

Secondary school age young adults can enter in classes numbered 125-132 or in main adult classes

- 125. Decorated Pizza base can be bought
- 126.3 Choc chip cookies
- 127.3 Cup Cakes
- 128. Any other handicraft
- 129. Jubilee Card
- 130. Photo
- 131. Animal made of vegetables
- 132. Picture any medium

NEW! — Special Class for 70th Show.

Best Little Hay bale – including nutritional

analysis - entry fee £2

see schedule for full details

Entry fees - Sheep £1, Produce & Confectionery, Handicrafts, Photographs 50p, Dog classes £1, Hay bale £2, Children classes free

NEW All classes Open

Please see full schedule for rules and entry form. Available on our Facebook page

'Greenholme Agricultural Show & Gala'

or from greenholmeshowsecretary@gmail.com

CLOSING DATE for Entries: May 2nd

Entries to be returned to Mrs J. Taylor, Schoolmasters House, Greenholme 07704 109033

greenholmeshowsecretary@gmail.com

Orton Village News & Events



GARDENS WANTED!!

Do you have an interesting garden? Would you be willing to share your designs /tips with others?

No matter how large or small, tidy or wild From immaculate lawns to container pot back yards

> Give me call & I'll explain all: Paula 015396 23326

Well Rotted horse manure – free

Calling all gardeners – reduce your reliance on expensive peat-based fertiliser. Bags of well rotted horse manure are available free of charge. Bagged and ready for collection from Fell End, nr Ravenstonedale CA17 4LN

What3Words jammy.fake.connects

There is a grey bin on the roadside

– please help yourself and
please return bags if you need more.

Trailers welcome by appointment:
telephone 07759 665 233

Obituary: Mrs Joanne Blue

Orton has just lost its oldest resident Mrs Joanne Blue who passed at the age of ninety eight. Joanne came to Orton in 1954 with her husband lan who was the village doctor initially in practice with Dr Alan Judson in Shap and Dr Cranston in Kirkby Stephen. She was active in village life particularly the church but most closely associated with the busy surgery as well as bringing up her two boys Kyle and Renaldo Her village Keep Fit classes combined vigorous exercise with Scottish country dancing and legendary Christmas parties. She also taught Scottish country dancing in neighbouring primary schools.

Joanne originally came from Scotland being born in 1923 at Doune between Callander and Stirling. Her father was a chemist and she was educated in Callender going onto Aberdeen University in 1943 where she studied physical education. This was of course during wartime and she vividly recalled the oppressive grey mornings with Artic convoys silently slipping out of the port at first light. Aberdeen was a Luftwaffe bomber target and she remembered the bombing raids and her windows being shattered by bullets as she hid under the bed. Unfortunately this was not the only assault from the air she had to contend with. Her future husband Ian was training pilots in the vicinity of Aberdeen and frequently flew low over the University games fields scattering the girls and disrupting hockey and lacrosse matches. 'At least he didn't shoot at me' she once said.



After the war she married Ian in Saint Giles's Cathedral, Edinburgh where Ian was studying medicine. They made the surprising decision to

emigrate to Rhodesia and Nyasaland where there was a family tobacco estate. After a few years of their African adventure they decided to return to Edinburgh where Ian resumed his medical career and Kyle was born. It was not long after this that Ian was offered the Orton practice.

Sadly Ian died in 1980 and Joanne started a long widowhood. However she remained incredibly upbeat and active swimming virtually every day for the next 40 years. She loved travelling abroad and had many happy holidays and adventures with her good friend Rachel Harbot. After such an active and enjoyable life her last two years were difficult with old-age finally taking its toll. She will be greatly missed by many in the village and fondly remembered by all her family and friends.

Visiting poet opens Orton School's new Library

Children at Orton CofE School are celebrating the opening of their new Library. Recent weeks have seen the creation of the Library at the heart of the school and easily accessible from the different class rooms. It has a reading hide, forest-themed decorations and colourful bean bag seating as well as shelves stocked with lots of books, old and new. This inviting space was opened by Dave Cryer, a visiting poet from The Wordsworth Trust, last Friday (11 March).

Dave (also known as 'Sir' Dave) was in school to lead a Poetry Day that started with introductions during a whole school assembly and then included poetry reading and writing sessions with each class and every age group through the school.

Mrs Emma Pomfret is the head teacher at Orton: "The timing worked out really well to have Dave in school at just the time when the new Library was ready to open. We'd all like to thank him and everyone at The Wordsworth Trust for their support. Special thanks also go to M&S in Penrith and all the parents and Friends of Orton School who have supported our Pop-Up Shop for the past two years or more. Even during the pandemic, volunteers still managed to find ways to host the Shop and raise money to support our school.

The Library conversion may have come from school funds but the new books and bean bags make it extra special and our school community made those possible with a donation of £1000. Thank you to everyone involved."



STITCH in TIME

Knit One Purl One with Canadian Opera Singer and
International Troubadour
Melanie Gall

Excitement! Drama! Romance! And... knitting?

A scintillating cabaret of the lost knitting songs of WWI and WWII from Canada, Britain, America and France. Feel free to bring your knitting (or crochet), and stitch along to these funny, poignant, toe-tapping, needle-clicking tunes.

Orton Market Hall Friday 1st April 7.30pm

Tickets £10 Available from

www.ticketsource.co.uk or Orton Village Shop Tel: 01539 624856 or Email: cfox5858@gmail.com



BOCCIA

IN ORTON MARKET HALL

Thursday April 7th and 21st from 1.30pm to 3pm



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

next market

Saturday 10th April

Leanne | Market Coordinator 07969 335598 — info@ortonfarmers.co.uk www.ortonfarmers.co.uk



All Saints **Coffee Morning** at the Farmers Market raised a total of £389.99 in March.

A further £273.95 was collected separately at the event for Ukrainian refugees.

Many thanks to all who came and had coffee and scones, and to our volunteer helpers!





Sat 28th May until Sun 5th June.

This year's theme is The Queen's Platinum Jubilee and the 1950's.

We are in the early stages of planning the exhibition and are in need of the following items:

Red, white, and blue material (plain or patterned)
Tea sets.

Any items from the 1950's (Clothes, furniture, photographs etc.)
Items of Royal memorabilia.

Any items of local interest from the 1950's. Military Uniforms.

We are always in need of more volunteers to help make things, (previous craft/sewing experience not necessary!) Will put a note in the Post Office of our meeting dates once they are decided.

Do come along with any items or ideas. It's great fun working together as a group.

If you have any of the above items that you would be willing to donate or loan to us, plus anything else that you think might be useful please contact Brenda Iveson (24617), Helen Wearmouth (24066) or Susan Thorpe (24166).

ORTON COFFEE MORNING UKRAINE COLLECTION

A collection was taken at the March Coffee Morning for Ukraine Refugees.

On the Friday evening before, Tracy Day from High Chapel & who works at Kendal Hospital was in touch to say that a colleague called Maria was collecting food & other items to take to Poland after the weekend. These were to be driven there by Maria's husband.

The donations were added up and £275 was passed onto Tracy who spent the money very quickly & delivered the items for transport, along with a lot more.

It was an instant result, to help where the the need is very great.

Thanks to all who organised and contributed

An update on ORTON CHURCH TOWER

Members of the PCC feel that we need to update everyone regarding the latest news about Orton Church Tower. In order to ensure that everyone in the community is reasonably well informed, we need to give some background to previous work which has been done on the tower. Please read on...

The walls of the tower had been very wet for many years. On the advice of English Heritage, the tower was lime rendered and lime washed in 2005/2006. This work was successful but we were informed that we would need to return regularly to renew the lime wash.

By 2017, the render on the west wall was failing significantly so our architect was asked to find a contractor to take the render off the west wall and replace the render, plus lime wash all four of the tower walls.

When work started, our architect and contractor told us that the render on the south wall also needed to be taken off. Rightly or wrongly, we agreed.

The net effect was that the total cost increased and sadly the delays meant that the lime washing was not completed because we ran out of time. To explain, lime render & lime washing need to be completed well before any risk of frost.

In short, it was a very unsatisfactory outcome. Since that time, we have been trying to make progress in completing the job of lime washing, but circumstances have not been in our favour.

Firstly, our architect retired and our new one is of the opinion that some extra remedial work is now needed on the North and East walls, along with lime washing all four walls. Secondly, the Covid pandemic has severely disrupted our fund raising events.

Taking everything into account, we feel that the best way forward is to apply for grants and also launch an appeal, with the aim of commencing the work in the Spring of 2023.

The work which our architect feels needs to be done, will be approximately £100,000. We do have some money on hand & we feel that, at the present time the church can commit £40,000 to the project, but we would still need another £60,000 to complete it.

We know that the cost of the scaffolding alone will be at least £20,000. In order to make best value of this, we feel that it is essential that the work is done to a high standard and if possible, nothing is omitted but this does mean raising a large sum of money.

PCC members will soon be starting to make enquiries about grant applications. We are running our Coffee mornings on Farmer's Market days and we are planning for our annual exhibition to go ahead this year. We will also be holding some extra fundraising events.

We hope that you will do your best to support as many of these events as possible.

All Saints Church has stood looking over the village and has been a focal of point of the community for hundreds of years.

We all value the work done by previous generations to maintain this beautiful building and now it is our turn to step up & take our turn.

We would have been much closer to our target if the pandemic had not caused the cancellation of two Exhibitions and fifteen Coffee Mornings, these alone have raised the church well in excess £25,000.

May we at this point, take this opportunity to thank everyone who helps the church in such a wide variety of ways.

Please look out for more information in next month's Link magazine.

If you have any queries or suggestions regarding grants and/or grant applications, please contact any PCC members.







Free Stay and Play Sessions

We are excited to let you know that we are starting

Stay and Play Sessions after the Easter Break.

Our Stay and Play sessions are open to all
parents / carers and their children
from birth to pre-school.

The more the merrier!

These will be on Tuesday's from 9.30am—11.30am.
The first session will be on 26th April 2022
Refreshments will be provided.

Booking not required and there is no charge. All welcome.

If you would like to find out more please get in touch the school office on 015396 24268 email - admin@orton.cumbria.sch.uk https://www.ortoncofeprimary.co.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.



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 Square, Orton, CA10 3RX 015396 24225

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

Tuesday9 am to 5 pm3:45 pmThursday9 am to 5 pm3:45 pmSaturday9 am to 4 pm11:20 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.

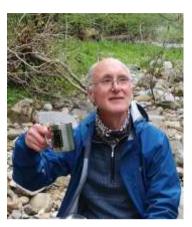
The George Hotel - Charity night success!

Bronagh & Andy would like to say a huge thank you to everyone who donated the wonderful prizes for our charity night on 5th March.

A huge thank you to everyone who came & supported the event.

We raised a fantastic £2,010 for the wonderful Macmillan Cancer Support.

This was held in memory of Nic Crow who some of you may recall assisted us in times of need. A lovely friend to many, he sadly died this February aged just 60.



Coronation Memories

There are two things I most remember from this year. I was a Brownie Guide in Southport and the Guide Association asked all Brownies, Guides, Rangers and adult leaders to collect 'bun' pennies. These were the old pennies with the young Queen Victoria's head on them when she was wearing her hair in a bun. This collection was made from the whole of the UK and went towards a present for the Queen.

Coronation Day arrived - my mother had been baking cakes as we had been invited to our neighbours next door - one of the few people who had a TV in the road – very small screen and in black and white. The TV was in the lounge at the front of the house and some furniture had been moved out in order to place more chairs in the room. The men sat on the hard dining room chairs at the back, the ladies sat on the easy soft chairs in front of them and all the children sat on the floor at the front - so we had a good view. I can't remember just how many people packed into that room but it was standing room only for one or two. All the mothers had baked and made sandwiches for lunch and I remember we had to be absolutely silent when the Queen made her vows and her crown was placed on her head.

Afterwards when she climbed into her carriage to come back to Buckingham Palace it was pouring down. I remember Queen Salote of Tonga – alone in her carriage- waving to the crowds and ignoring the rain! We came home for tea but my father went back again next door to see all the fly pasts – I was not allowed to go -probably had to go to bed! What a day – one I will always remember.

This year, 70 years later we are proudly flying the jubilee flag from our flag pole at the top of the yard.

Elizabeth Crossley

Scarecrow Street Party and the Jubilant 50's

Will be held at

All saints Church Orton Sat 28th May - 5th June

The team are busy making for our annual church exhibition, and we need your help!

We need 1950's:
memorabilia, household items,
clothing, school equipment (desks, etc)
pictures, tea sets, cake stands
and any items of local interest
from the 1950's

If you have any of the above items or anything else you think might be of interest, please contact:

Brenda Iveson 24617 Helen Wearmouth 24066 Susan Thorpe 24166

ORTON SCARECROW FESTIVAL

The Scarecrow Festival will be held from Saturday 28th May - Sunday 5th June

The theme this year is

The Jubilant Fifties

Entries could have a Royal Theme or anything related to the 1950's.

The competition is open to anyone living in Orton Parish and families with children attending Orton School.

Scarecrows are to be placed within the village if you are not sure where to put them we can help. The scarecrows are a big attraction for visitors so the more the merrier.

We are hoping any new residents in the community and holiday cottage owners will take part in this village tradition.

If you are unsure of what to do we will be pleased to offer advice.

Entry forms will be available from Orton Village Stores or Brenda 24617 Marion 24384



A VERY HAPPY EASTER FROM ORTON DROP IN

FRESH COFFEE AND CAKES WEDNESDAYS 10.30 – 12.00 THE CHAPEL SCHOOLROOM

Orton Methodist Chapel



Join us on Easter Day - a Service for all ages Sunday, 17th April 2022 at 10.30am

> Egg hunt and Pasche egg rolling for the children afterwards







Coffee and refreshments served

All are most welcome

For any further information, Tel: Rachel Woof - 015396 24372



Easter Day SONRISE SERVICE 6.00 a.m.



For the first time for three years the local churches between Shap, Tebay, Orton, Ravenstonedale and Appleby are sharing in a short open-air service to greet the risen Lord Jesus on Easter Sunday morning.

So set your alarm! Easter Day is Sunday 17th April, the service is at 6.00 a.m. and the sun will rise over Cumbria at 6.04 a.m.!

Wrap up warm, and come out to Raise Howe on the east side of Orton Scar (just above the cattle grid on the way down to Appleby). And pass the word around to Christians in all the churches.

Appleby Town Band will be there to accompany the hymns; the speakers will be two Anglicans, Dan and Kristy Pattimore, and the service is to be led by a Methodist!

You can find the exact spot using What3Words by searching **songbook.option.august**





Notes from the Herald April 1922

Cold and snowy, Easter on 9th.

Orton Fourteen farmer changes in the district lately (list April p1). Greenholme Band of Hope annual festival on Saturday/Sunday 25th/26th March. Concert by the School in the schoolroom on Saturday and supper in the Primitive Methodist Chapel; services there on Sunday. Orton Conservative Club Whist Drive and Dance in Orton Market Hall, Friday evening, 31st March. Music for the Dance was by Miss F. Hully.

Parish Councils began in 1894 but Orton's never needed an election till now. On Monday 3rd April the last 1894 member (continuous since), Mr. John Dunning was re-elected.

Why is Scout Green Level Crossing closed on Sundays? The West Ward RDC wrote to LNWR and heard they had now got a man to open it on Sundays 2 – 10pm – "we closed it for economy. Very few users".

Tebay had a lecture on Dr. Barnardo in the Primitive Methodist Hall Monday, 27th March. Two farmer changes in Tebay at Low Lane and Tebay Gill. Tebay Parish Council noted that the footpath from Low Lane to Greenholme is bad. The walls along the gills to Roundthwaite road are gappy having fallen onto the road, a danger at night. Tebay needs a wheeled bier. Messrs. Dodd will continue as scavengers, but pay cut.

Married at Tebay Church on 10th April, Arthur Farrington only son of Sgt. Major Bolshaw, Penrith, to Ethel daughter of Mr and the late Mrs Atkinson, 25 Whinfell Terrace. Died Sunday night, 17th, Mrs. Wilson, South Terrace, aged 80 and part of the railway community. Until old age beset her she was much in demand to nurse and console. Been bedfast since January. The Dead March was played as the cortege left Tebay Church.

Ravenstonedale Two Weasdale farmers in court in Kirkby Stephen (Guy v Wilson). Joseph Wilson barged in on Mr. Guy one evening and shouted at him, hitting him (egged on by Mr. Udale, a farmer) saying he had stolen his stiles. Court found for Mr. Guy and fined Wilson £1, now £80.

Joke

Pa to son: "What's your teacher say about all your maths homework mistakes?"

Reply: "That you should stop helping me with it!"

Thanks to Jeremy Godwin, Penrith, for the Notes

News from orton School

TYPOCASI

Thank You!

Thank you to our year 6 class of 2018 and donations made at our nativity at Christmas; our school toilets are now twinned with a school block in Malawi! You have all helped us support people in another part of the world who have less facilities than ourselves.











Big Sing
Class 2 took part
in the 'Big Sing' at
Appleby. This was
a lovely chance to
sing with other
local schools.





Poet 'Sir' Dave Cryer from the Wordsworth Trust came in open our new library and created some poetry workshops for the children. It was a fantastic day; enjoyed by both children and staff!

"Opening this library is a great honour for me. When you borrow a book from a library, books are free!"





Our school council checking out the new library.





Netball finals!

7 of our class 4 children went to Kirkby Stephen Grammar School to represent our school in the Eden Valley Sports Partnership finals. Lots of training took place at school beforehand! They all preformed amazingly and worked together as a team. We are a very proud school.

www.ortoncofeprimary.co.uk

Tebay Village News & Events

Did you know?

- Nursery places available April, September 2022 and January 2023
- 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.



Cumbria

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



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

Family Wild Play Days

Wed 13th April 10am – 4:00pm Tebay Recreation Field, Tebay

Join us and Stomping Ground Forest School for a day of Wild Play in Tebay on Wednesday 13th April.

Drop in for an hour or stay all day.

Lots of activities to join in with.

Building dens, crafts, campfire cooking and natural artworks.

Playing games, picnics in the meadow, and testing your balance on slacklines or chilling in the hammocks.

It all goes on — SAVE THE DATE!

Tebay Jubilee Tree-planting

On Sunday March 6th a good number of families met on the Recreation ground in Tebay to plant 110 trees (of several different varieties) as part of the Queen's Platinum Jubilee 'green canopy' celebration, which sees individuals and groups planting trees all across the UK.

Bernard Thornborrow reminisces: "Before we started to plant I recalled that 70 years ago, while a pupil at the top school (which is now a B&B), along with our Headmaster, Mr Brennan, we planted trees on the fell between the school and Leagate, opposite the recycling centre.

They must have strong roots to withstand the gales in Tebay. I have had strong roots with Tebay all my life and am proud to have been part of that tree planting."

I trust that the young people who helped plant the trees for this Jubilee will look back and say 'I was proud to play my part in helping the environment'".



TEBAY PRIMARY SCHOOL

Gardening Club:

Miss Fisher is running Gardening Club in after school club on a Wednesday night, the children have been busy getting things ready to plant in the garden.



Class 1 have been learning about dinosaurs. All the children were very excited to meet Tebay's dinosaur!! Class 1 and 2 are going on a trip to Blackpool Zoo to enjoy the 'Dinosaur Safari'.



Whole School Project to save the environment.

Children across the school worked in groups of 4 and invented a world changing model that will save the environment made from recyclable materials.

This was a CET wide initiative and 1 group from our school was chosen to go forward with their model to compete against other schools within CET, proving their world changing model is the best 'Dragon Den' style..

The winning model was a design to help save trees as well as the environment.



Friends of Tebay School are holding an Easter Bingo at Tebay Club on Friday 15th April at 7.30pm in memory of Amanda James. Please join us if you can to raise money for Friends of Tebay School.

World Book Day:

On Thursday 3rd March the school celebrated World Book Day, the children and staff came to school dressed as their favourite book character and enjoyed reading their favourite books. There were some fabulous costumes.



Class 1 and 2 looked at the book 'The Tiger that came to Tea' by Judith Kerr, making a wonderful display in school.



We have spaces available for Nursery in April and September 2022 and January 2023.

Please contact the school if you would like any information.

Find us on Social Media:

Facebook: www.facebook.com/TebayPrimarySchool
Twitter: @TebaySchool

Tracy Morland — School Administrator.

<u>admin@tebay.cumbria.sch.uk</u>

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 <u>alison@mott.me.uk</u> or ring her on 07964 978961.



Tebay Platinum Jubilee Celebrations

Tebay have organised some events to help celebrate our Queens Platinum Jubilee! Everyone is welcome to help us celebrate this once in a lifetime Jubilee. There will be things for every age to enjoy and join in, the more the merrier!!

Monday 30th May

Lets decorate our houses, windows and gardens to mark the week of the Jubilee! There will be a prize for the best dressed scarecrow on a Royal Theme, and Best Dressed Window on a red, white & blue theme.

Thursday 2nd June

There will be a bonfire/beacon lit after darkness has fallen (more information to follow)

Friday 3rd June

We will have our annual Sports Day, to be held on the Recreation Ground, 1pm-4pm with side stalls and a Bake Off/Pudding competition.

Saturday 4th June

A open day held by Globetrotter Fell Pony Stud run by the Fell Pony Heritage Trust and a nature trail held on Roundthwaite Common.

A Disco and BBQ at the Sports and Social Club from 5pm-9pm with a Royal Theme Fancy Dress.

Sunday 5th June

Picnic in the park from 1pm onwards.

More information to follow on all these events, if anyone else would like to help organise these events please get in touch with Rachel Lowis or Becky Morland.



Tebay Community Choir Tebay Kids Choir and Melody Makers present

A Springtime concert

Monday 23rd May, 7.30 pm Tebay Social Club All welcome!

Collection in aid of the DEC fund for Ukraine

Renewal of All Saints Orton with St James Tebay Electoral Roll

If anyone wants to be added or removed from the electoral roll (which allows you to vote at the churches' annual meeting on Sunday 8th May) I need to know before Friday 25th April so that the revised roll can be updated in time for the Annual Parochial Church Meeting.

Please ring me: Ronnie Elliott, 015396 24441 and I will sort it with you. Thank you.

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

Bernard Thornborrow invites you to a meeting

on April 4th, 7.30pm at Tebay Methodist Chapel

to consider how best to distribute Twinkles Playgroup equipment and funds.

If interested please do your best to attend.







Sunday 1st May Join us for walk and a picnic! 12 noon - 2.30pm **Meet at Tebay Chapel**

to connect with each when a the divine an evention to reflect on where we are 4 who we are called to be

Meet us by car to picnic if you prefer!

to act together to create the change we want to see

A gathering for our community, for people of any age and background A local walk - a couple of miles, whatever the weather - meet at the chapel, dressed appropriately! This time we'll have our picnic and reflections by the river, weather permitting. If you'd like to drive round to join us, that's fine too. Bring a drink, sandwich and some finger food to share too!

NOTE - The management committee of The Link regret that it is unable to distribute literature for other organisations, however we will do our best to sign-post our readers to other resources, so do aet in touch with us if you would like to submit a short article, local news, an event that is happening, or a service that is available to our readers across the villages.

Creative Sleepover in Tebay

On May 6th the newly-formed "**Tebay Creatives**" group, aided by local volunteers of all ages, offered an exciting night out to young members of the kids choir and Melody Makers band: 24 hours of music and art, with meals supplied and a sleepover at Tebay Methodist Church.

The theme was trees, to mark the planting of our jubilee trees on the recreation ground.

We began with a walk round the village to find out what we could about Tebay's tree population.



The insights of the young people into e.g. the symbiotic relationships between trees and other plants, and the diversity of wildlife supported by the trees, surprised us.

We were also astounded by how distinctive each tree was. Even without leaves, the buds, bark and shape marked the different types.

After the walk we created a collaborative frieze to reflect what we had seen. This is now on display at the Methodist Church.

Music came next. Three groups were formed. Each group wrote a poem based on "roots, shoots and fruits" and composed soundscapes



to go with them. We then linked the three pieces together to form a multi-instrument collaborative performance to which each child contributed.

And the group also learned several songs, and added actions and percussion, ready for performance.

And we ate, really well. A special mention at this point must go to our wonderful helpers, who provided lovely food for us all. Thank you!

For many of the young people, the event highlight was the disco. Thanks to Steve and Jo's disco lights and smoke machine, the atmosphere was electric and the children let off a lot of steam dancing to their favourite tunes.

But did anyone sleep, you ask? We did - all the way until 6 the next day.

The sleepover finished with a performance of the songs and original music for a very appreciative congregation at the morning's church service.



The children achieved so much in a short time and it was a joy to work with them.

So much so that we are planning another in October.

In the meantime, the choir and band are preparing for a Tebay concert on 23rd May.

"Tebay Creatives" members are also planning a similar "get away" for adults in Kirby Stephen on 16th July.

Check out "<u>Tebay Creatives</u>" on Facebook for more details.



Westmorland Dales Apprenticeship Update

The beginning of 2022 has seen myself and the team progress to a variety of new skills and activities as part of our Countryside Worker Apprenticeship for the Yorkshire Dales National Park.

In January, we were helping to plant tree cages for Natural England on top of the Natural Nature reserve on Great Asby Scar. Working in the snowy and frosty weather of January, we managed to help build five tree cages which will help bring biodiversity on top of the Orton fells. Because cattle are grazed on top of Great Asby, this makes it difficult for anything to grow. These cages should help improve the biodiversity of the moorland fells and allow new trees to develop a foothold on the landscape.

Through February, we have been hedge laying outside of Roundthwaite as part of a conservation project for Tebay Parish Council. This work will provide good habitat for wildlife which includes nesting birds such as wrens, robins, thrushes, blackbirds. It will also be an effective windbreak and will maintain soil quality in the area.

As well as hedge laying, we have been helping with volunteers to plant hedges at Maulds Meaburn on behalf of the Crosby Ravensworth Parish Tree Group, who are attempting to keep trees sustained within the Parish for future generations. We planted a variety of trees such as oak, dogwood, dogrose and hawthorn which will grow with the support of tree guards

and stakes. The guards will be reused once the trees have grown to their full potential.

We also hosted a project called Generation Green which helps to connect young people with nature through new jobs and training, I worked with volunteers planting trees on Birkett Common in the Mallerstrang valley. The volunteers were enthusiastic and enjoyed the experience. It was a good opportunity to meet new people and to share thoughts and ideas on conservation work.

I'm looking forward to the new challenges the next month will present such as completing my exams at Askham Bryan College which includes my bird, tree and flower identification and passing my Study Skills Level 2 maths assessment.



James Renwick-Smith, Apprentice Countryside Worker.

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

Belinda.Lloyd@yorkshiredales.org.uk
or call 01539 756620

www.thewestmorlanddales.org.uk





UPPER EDEN MEMORY CLUB

Upper Eden Memory Club has again restarted. The aim is to provide a stimulus for those living with memory problems, whether or not diagnosed, whilst at the same time providing a space where Carers can share their experiences and obtain help and guidance both from those who have already trod the path or from Caring Agencies such as Eden Carers and the Alzheimer's Society.

We meet fortnightly at the Kirkby Stephen Methodist Church Hall and there is no charge. After a general chat over tea and coffee activities including music are provided, whilst the Carers meet separately to share experiences and hear from the Caring Agencies..

All are welcome to come and help.

Time is 1030 am to 12 noon.

Future dates are: April 14 and 28, May 12 and 26, June 9 and 23, July 7 and 21.

We will then break for the Summer.

Contact:

Tony Taylor. 017683 42702, revtt@hotmail.com



NORTH WESTMORLAND ARTS - Concerts in Appleby Public Hall Sunday, 3rd April – 7.30pm



String Quartet, Flute, Harp, Clarinet from

Meliora Collective

Ravel, Boulanger, Tomasi, Milhaud, Roussel, Vivier

Tickets £20 at the door or online - www.appleby-concerts.org.uk

Email: enquiries@appleby-concerts.org.uk Tel: 017684 83777 Supported by Westmorland Arts Trust, Hadfield Trust, Bryan Lancaster Trust



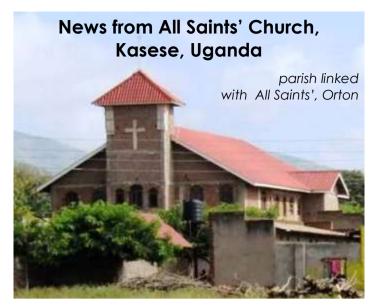
Over eighty members and friends of Appleby in Westmorland Arts Society gathered at the Market Hall on 9 March to enjoy the advertised lecture on 'Klimt and the Viennese Secession: 'A Kiss for all the World'. Sadly they were disappointed as Douglas Skeggs, who had travelled from London the previous evening, was taken ill in the morning and unable to deliver his lecture.

Knowing that the artist Gustav Klimt would attract a large audience, and not wanting them to be disappointed, committee member Jackie Wilkinson stepped into the breach at the 11th hour and delivered an illustrated lecture that she 'had up her sleeve'. Guests were informed of the situation as they arrived, but all were happy to come in and support Jackie and the Arts Society, and the morning ended with appreciative applause.

The committee hope to be able to show 'Klimt' in the future. Meanwhile the 13 April lecture will be 'Revolt into Style: Punk. The Punk Aesthetic, fashion, art and music.' We all lived through Punk, come and find out what really went on!



Find out more about our organisation and view our programme at taswestmorland.org.uk



WhatsApp messages and emails received

News from Kasese

From Rev. Nelson Walina



18th February: This is the conference which took place from Friday – Sunday. We hosted 80 people for the three days, both men and women, and five facilitators from Mbarara.

20th February: The father of Rev. Robert Zziwa died yesterday and his funeral is at Fort Portal, where he lived. A number of Christians from All Saints hope to go and attend the burials and comfort our Rev. Zziwa Robert and family.

On Sunday 6th February Rev. Nelson invited four members of All Saints, Orton, to share in leading the Couples Corner Fellowship meeting on Zoom. Keith and Janet Capp led prayers (on topics suggested by Rev. Nelson), and Chris Jenkin gave a talk. There were about 20 families taking part on Zoom, some of whom led prayers, read the Bible passage or sang – "Blessed Assurance".

There were some children visible (and audible) too!



We received a WhatsApp message later:-

6th February: Dear Chris and Mary, we would like to appreciate you for your teaching to us as Couples in Kasese Uganda. We thank you for honoured our invitation for Couples Corner Services fellowship today. We appreciate for joining us with Keith and Janet Capp, hope we shall have them again and again.

From Rev. Robert Zziwa

19th February: On a sad note am announcing to you the demise of my biological father Samuel Wavamuno. My dad has been battling with (high blood pressure) hypertension for some time and today afternoon he fell down and became unconscious, was rushed to the hospital and unfortunately he has passed on this evening at



5pm. So, we are preparing ourselves as a family going to Fort portal at our home. I will be informing you when we shall be burying. Keep us in prayers because it's unbearable during this time.

With deep sorrows from Rev. Robert and Anna Zziwa.

(Several people from Orton and district sent messages of condolence and prayers.)

20th February: Thanks dear brothers and sisters for the comfort.

20th February: Our bishop of South Rwenzori Diocese comforting our family in Fort Portal through prayer.





Services in our Anglican Churches

	IVICCS III COI AI		
Sunday 3 April	Orton, 10:30am	Tebay, 10:30am	Ravenstonedale, 10:00am
Fifth Sunday of Lent	Holy Communion Sandra Ward	#N/A #N/A	#N/A #N/A
Sidesperson:		,	,
Isaiah 43:16-21	Margaret Longworth		
Philippians 3:4b-14	Andrea Dutton		
Purple Prayers:	Elizabeth Crossley		
Sunday 10 April	Orton, 10:30am	Tebay, 10:30am	Ravenstonedale, 10:00am
Dalma Cum day	Café Church	Service of the Word	Holy Communion
Palm Sunday	Теат	Rosemary Campbell	Alun Hurd
Sidesperson:	Olive Bland		
Isaiah 50:4-9a			
Philippians 2:5-11			
Red Prayers:			
Thursday 14 April			
Maundy Thursday	6pm, Informal Communion and Supper at St Michael's, Shap		
Friday 15 April	Orton, 5:00pm		
Condition	Tenebrae Service		
Good Friday	Martin Lawson		
Sunday 17 April	Joint with	Tebay, 10:30am	Ravenstonedale, 10:00am
Easter Sunday		Holy Communion Chris Jenkin	Holy Communion Fran Parkinson
Sidesperson:	Linda Garrick		
Isaiah 65:17-25	Keith Capp		
1 Corinthians 15:19-26	David Binks		
Gold Prayers:	Olive Bland		
Sunday 24 April	High West	tmorland Parishes United Se	ervice (HC)
Easter 2	Ravenstonedale, 10:00am		
Luster 2	Chris Jenkin		
Exodus 14:10-31, 15:20-21		Zoom meeting number:	
Acts 5:27-32		894 1727 3600	
White		054 1727 5000	



Church Contacts

Anglican Church

Vicar Vacancy
Curate On placement

Mission Community Administrator

Joyce Keetley 07741 327318 Email: applebymc@carlislediocese.org.uk

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: <u>s.thorpe669@btinternet.com</u> 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 suesi.windle@googlemail.com

TREASURER

Tim Parkinson 23393

Methodist Church

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

Roman Catholic Church

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

New Beginnings Church

Pastors: Barry & Karen Hawthorne 07437 468896

New Beginnings Church

Every Sunday Orton Market Hall, 10.30 a.m.

Services in our Methodist Churches

361 11663		Cillodis		
	3 rd April	10 th April	17 th April	24 th April
	5th Sunday in Lent	Palm Sunday	Easter Sunday	
*Tebay M P 1-1300 M H B	M Harrison OA US	R McGregor	US at PC	S Thackray
		Cnxn Svce at TBC		
#Orton M P Complete M H B PB EW	LA	T Dent	C Wightman AAW OA	S Radford HC
		Cnxn Svce at TBC		416
#Newbiggin On Lune M P 1-1250 + More on screen M H B	LA	S Joel OA	S Radford HC	J Betts
		Cnxn Svce at TBC		
*Ravenstonedale MP 1-1144 MHB H&P	S Radford	T Dent	S Radford HC	A Sterling
		Cnxn Svce at TBC		

Baptisms, Weddings and Funerals

If you want to make enquiries about a baptism at any of the Anglican churches of the benefice, please contact your local church (details on the opposite page)

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@carlislediocese. org.uk.

Please make contact with Rev Stephen Radford for any Methodist Church requirements for membership, marriage, funerals, etc.

LIGHT FROM UKRAINE

I woke at four am this morning with an image in my mind, I could find no rest again that night, but lay there aching for the light.

They'd come from Kyiv
leaving life and love behind,
abandoning the basement and the bombs,
not knowing what they'd find.
They stood bewildered by the road.
A woman, three children and a doa.

A picture played within my head –
a frantic gathering of clothes.
"Put on layers to keep them warm," he said.
The littlest with her favourite yellow fur on top –
"We've got to take the dog!"

"I'll drop you at the border, then return to fight."

A desperate drive by night,
the woman white with grief,
a thief was forcing him away –
then came the day
and so they stood, amongst the many,
weary, silent, shocked and lost,
tossed into a nightmare.
A woman, three children and a dog.

Jackie Huck, February/March 2022



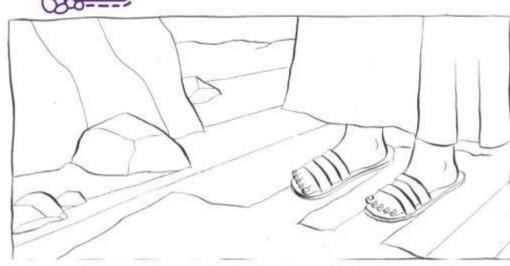


EASTER

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

Read these verses from the Bible.

When Mary finds the tomb empty, she is very upset but doesn't go away like the other disciples. She meets Jesus and although she doesn't understand at first, the mystery is revealed to her.

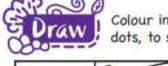


You can find an online Bible here:

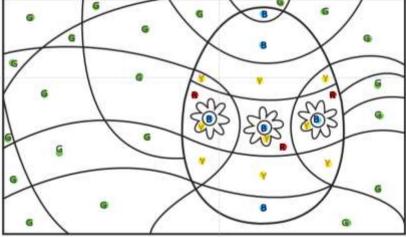
https://www.biblegateway.com/

John 20.1-18

You are invited to enter into the mystery of the Easter story.



Colour in the shapes according to the coloured dots, to see what this picture reveals.



Can you write an acrostic poem about Easter? An acrostic poem is where you use the letters of the word to start each line.



animals egg to		goose duck
ery of which o match the	ĸi	doose
ve the myst raw a line t m.		hen
an you sol		DWO
Whose egg? Can you solve the mystery of which animals these eggs belong to? Draw a line to match the egg to the animal it comes from.	N.	snake owl
Puzzle +		mongoose

1. Goose's egg 2. Hen's egg 3. Snake's egg

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 <u>Gov.uk website</u> 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 to 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:

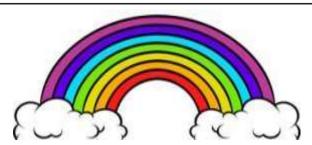
This year the Practice will be contacting all eligible patients for their flu vaccination and likely Covid booster to be given at the same time.

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-ba9191fb6**90b**

2: 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 all patients to use these.

Online Consultation

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

Orton Surgery

There continues to be no Doctor appointments at Orton Surgery for the time being. Medication is available for collection every Tuesday between 10am and 11am.

Dispensary

Shap medication is now being collected from inside the main foyer of the Practice.

COVID Vaccinations Update

We continue to offer COVID vaccinations at the Practice. Please contact us if you are due your booster.

Staffing Updates

Dr Chris Kehoe left the Practice in the summer and is now working as a Locum GP and as a salaried GP at CHOC where some of you may meet her if you need to see a doctor out of hours. We welcomed Dr Hannah Judson at the Practice as a GP Partner in September .She has already become a highly valued member of the team. She came to us from Appleby Medical Practice and is a qualified GP trainer. We are hoping to start training GPs as well as medical students later this year. Our Practice Manager Sue Graham retired in March 2021 and Wendy Hancock has since taken the role of overseeing and developing the Practice. Wendy previously worked within the Clinical Governance and Safeguarding teams at CHOC and NWAS. We are also very pleased to announce the return, and promotion, of Eleanor. Eleanor returned from her maternity leave in January and takes on the new role of Reception Manager.

All of the staff at the practice would like to say thanks to our local communities for the support and encouragement we have received through what continues to be a very difficult time for the health service. The kind words that we receive do make a difference to us and are very much appreciated.

Dr. McCabe Dr. Woodstrover Dr. Judson and all the staff 01931 716230 https://www.shapmedicalpractice.co.uk/

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Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garshill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
Blackhall Road layover 1.45 hours		

THURSDAY ROUTE 570: Shap to Kendal

Revised 25-11-21

11.10

11.18

11.20

11.51

11.55

Ravenstonedale School

Mount Pleasant bus stop, Tebay

Barnaby Rudge bus stop, Tebay Kendal Morrisons bus stop

Morrisons layover 1.30 hours depart Blackhall Road layover 1.45 hours

Orton

Stricklandgate

Blackhall Road

OUTWARD RETURN

15.50

15.35

15.28

15.27

15.00

14.55

WEDNESDAY ROUTE 572: Kirkby Stephen to Barnard Castle

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	OUTWARD	RETUR
Bus Depot	10.00	15.50
Ravenstonedale School	10.10	15.40
Kirkby Stephen Statio	n 10.20	15.30
Kirkby Stephen Squar	e 10.30	15.20
Brough Clock	10.40	15.05
Barnard Castle	11.20	14.30

Bus Depot	10.00	15.50
Ravenstonedale School	10.10	15.40
Kirkby Stephen Station	10.20	15.30
Kirkby Stephen Square	10.30	15.20
Brough Clock	10.40	15.05
Barnard Castle	11.20	14.30

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Tebay Mt Pt	09.32	13.28/12.58	16.02
Orton	09.40	13.20/12.50	16.10
Shap V Hall	09.55	13.10/12.40	16.25
Clifton	10.14	12.49/12.19	16.44
Penrith	10,30	12,30/12,00	17.00

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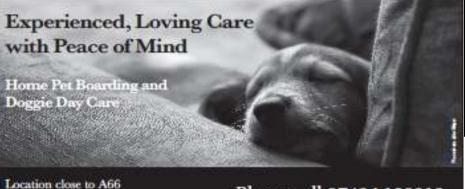
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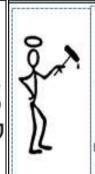
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Bell Ringers: Julian Thorpe: 24166 Bingo: Jillian Hewitt: 01931 715000 Boccia: Felicity Lawler: 015396 24465

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: 24272 Men's Meeting, Newbiggin: Jonny Capstick: 23141 Orchestra: Cobweb Orchestra: Richard Best: 23470 Quiz Team, Orton: Louis Cotter: Ifc@Ifcotter.plus.com

Sew and Sews, Orton: Gillian: 23653

Volunteer Social Car Scheme: Dennis Humphreys:

26052 Women's Groups:

Orton: Pat Alexander: 24303

Churches' Facebook pages

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

Ravenstonedale: https://www.facebook.com/ StOswaldRavenstonedale/ Families Together in Tebay and Orton

<u>FamiliesTogetherTebayOrton/</u>

https://www.facebook.com/

Families_Together@googlegroups.com

Orton: https://www.facebook.com/AllSaintsOrton/

Tebay: https://www.facebook.com/stjamestebay