

DIGITAL ISSUE

The Link

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



June 2020

**THE LINK IS PUBLISHED BY THE
PAROCHIAL CHURCH COUNCILS
OF ALL SAINTS' CHURCH, ORTON,
WITH ST JAMES' CHURCH, TEBAY,
AND ST OSWALD'S CHURCH,
RAVENSTONEDALE
WITH NEWBIGGIN-ON-LUNE**

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CHURCH LETTER

From the Revd. Ian Elliott

Recently I heard someone say that the coronavirus pandemic is all about breath. We are striving to practise social distancing (and self-isolation for the more vulnerable) in the knowledge that this deadly virus is spread largely through coughing, sneezing, breathing (as well as through infected surfaces – which has led us to focus more on hand-washing than we normally do).

When someone becomes infected the virus attacks the lungs primarily – though not exclusively – so that the issue of having sufficient ventilators available to meet the demand has featured regularly in news reports in the media. One of many inspiring stories to come out of the pandemic is that of Father Giuseppe, an Italian priest in his 70s whose congregation raised money to provide him with a ventilator, but who later died of the virus having passed that ventilator on to a younger man who desperately needed one.

Breath as a fundamental component of life features significantly in the Bible also. Right at the beginning of the story we find the delightful picture of God taking a fistful of dust and breathing into it so that it/he becomes a living being. The book of Psalms culminates in a call to “everything that has breath” to join in praising the God to whom we owe our very existence – “when you give them breath, they are created; you give new life to the earth”. But it is also realistic in facing up to our mortality – “when you take away their breath, they die and go back to the dust

from which they came.”

This awareness of our physical existence as a gift of God forms the backdrop to a deeper understanding of the significance of breath and breathing. It is rooted in the fact that in the original languages of the Bible a single word is used for our words “breath”, “wind” and “spirit”. God’s Spirit, Jesus said, is like the wind – unseen and mysterious, but definitely powerful (as residents of Cumbria know all too well!). When he appeared to his followers after rising from the dead, we are told that he breathed on them and said “Receive the Holy Spirit” – that is, Receive the life of God himself into your own life.

At a time when we find ourselves surrounded by all manner of fears and longing for a confident hope to steer us through a future full of uncertainty, the unfailing love of God for each of us offers just such a hope – a hope described in the Bible as “sure and certain”, an “anchor of the soul”. Such a hope really *is* a possibility because the perfect love of God “casts out fear” as one of Jesus’ closest friends wrote.

So why not try a simple ‘breathing exercise’ sometimes? As you breathe in, quietly ask God to breathe his Spirit of life and love and hope into your life. Then breathe out your fears and frustrations and anxieties, asking him to remove them and, through Jesus Christ, to fill you instead with his peace, which is beyond all our human understanding.

Next deadline - for the July 2020 issue: **13th June** if printed, **26th June** if digital.

Public Worship in our Churches

There will be **no public services at any of our churches** until further notice.

Clergy may now access churches to live stream services or for their own private prayer.

But other people are still, sadly, shut out of their church buildings. This is unlikely to change before July.

Ways in which you can still worship

1. High Westmorland C. of E. Parishes Zoom Worship and Prayer

You can take part in services led by one of our Ministry Team "live" - i.e. while they are happening - by using your computer or smartphone. (You can even join in by ordinary phone, but of course you will not see or be seen, but you can still hear and be heard.) On recent Sundays over 60 people took part. Here's how:



- Download the Zoom app: <https://zoom.us/> and join - this is free (on your computer or smartphone).
- To join in any particular Zoom service, you will need to be invited by the Vicar, Revd Alun Hurd - alunjhurd@gmail.com. So email him and say you would like to take part, and he will send you an email with **date and time** of the next meeting, a **Meeting ID number** - usually 9 digits - and (sometimes) a **Password** - usually 6 digits.
- At least five minutes before the scheduled time, on the Zoom site (on your computer or smartphone) click on the blue button, "Join a Meeting"
- Type in the Meeting ID number in the space. (You can also put your name in the appropriate space)
- If asked for the password, type in the number.
- Click on "Video", and you should see and be seen.
- Click on "Audio" and you will hear what people are saying.
- On the bottom left (if you click on the screen) you will see a microphone icon: click on it to mute it except when you actually want to speak
- At the end, tap the screen, and click on "Leave".

2. Heart of Westmorland Mission Community YouTube Channel



We will be broadcasting **ecumenical Sunday services** here, and other material (e.g. Thought for the Day, Prayers, and general news updates). It will be available to watch at any time. You can access it **Online**. Go to <https://www.youtube.com> and type "Heart of Westmorland Mission Community" into the search box. Then just click on any of the videos and it should play automatically.

3. Methodist services

The Revd. Stephen Radford writes:

We send out an e-mail with the Sunday Service to all who want to receive it, full service sheet plus links to worship songs, also the link to the Heart of Westmorland YouTube service, plus worship sheet. If anyone wants to receive them, please call me on 017683 71202 or email on - stephen.radford@methodist.org.uk .

4. TV

BBC1: Act of Worship every Sunday about 11 a.m. (*times vary*)

Songs of Praise usually at 13.15. Well-known hymns and contemporary worship songs, and performed music and songs. In addition - one of the best bits - are human stories and testimonies of Christian experience and endeavour and blessing.

5. Radio

BBC Radio Cumbria: 8.05 a.m. on Sundays.

BBC Radio 4: from 07.10 the Sunday programme. 08.10: Sunday Worship.

BBC Radio 3: 15.00 Choral Evensong. 23.30 Slow radio: The Cathedral

6. Free Dial-in Phone Line - 0800 804 8044



A free phone line of hymns, reflections and prayers

The Archbishop of Canterbury, Justin Welby, has launched a free national phone line to bring worship and prayer into people's homes while church buildings are closed because of the coronavirus.

Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

The line - which is available 24 hours a day on **0800 804 8044** - has been set up particularly for those unable to join online church services.

Callers will hear a special greeting from the Archbishop before being able to choose from a range of options, including hymns, prayers, reflections and advice on COVID-19.

To access any of the internet links (*in blue*) hover your cursor over the link, and hold down the **CTRL** button. (The cursor will turn into a pointing hand.) Then **left click**. Then wait! You should reach the website in about 10 seconds. Alternatively highlight the web address and copy and paste.

A VIEW FROM TEBAY

From Pam Lawson

One of the wonderful things about springtime in the beautiful place that we live is watching the spring lambs appear in the fields, thanks to the hard work of our local farmers. During the lockdown many of us have had the chance to walk locally more regularly and no doubt images of young lambs frolicking together or feeding with their mothers will be a lasting memory from this period. And even for those not able to get out, maybe the distant sound of bleating lambs has been more apparent given the lack of noise from traffic and aircraft.

Some of us took time to reflect on the image of sheep and shepherds as we met online for a time of fun and reflection for people of all ages in our recent Families Together event. Using various props found from around our houses in a madly competitive scavenger hunt, we reflected on the timeless words found in the famous song, Psalm 23: The Lord is my Shepherd. David, who became the most well-known and successful king in Jewish history, and wrote many of the Psalms in the Bible, started out as a shepherd boy in the rugged and dusty middle eastern countryside. This is the setting for his reflections about how much the sheep depend on their shepherd to keep them safe and lead them to places of rest. Whilst his words are set in a time and context very different to our own, they can contain deep meaning for us today.

As our country takes tentative steps towards re-opening and a return to some kind of 'normal' life after the lockdown, we may be feeling very different things. Some of us will feel aware of the many blessings that this time has brought: represented by the shepherd leading his sheep to green grass and refreshing water to renew their strength, symbolised in our game by soft green fabric, jugs of water and a bowl of cereal! Some of us may be unsure about where we are or where we are going. In our game we found maps (and even a globe!) to help us think about how we can know the right way to go. David says: 'He guides me in the right paths, as he has promised', reminding us that we can look to God for guidance. Still others of us may be in a place of very real darkness as we suffer with a sense of loss, anger, fear for our own future or deep grief. David talks about the 'valley of the shadow' and we represented this with black cloth or clothing. Yet he states that he need not fear, as God is with him.

Most of us will probably be feeling a mixture of many of these things at this time which is so bewildering in many ways. Yet the Psalm ends with a reminder that God's love is always there, and that death is not the end: 'Your house will be my home forever' (here, we held up our house keys). As we look back over this Easter period like no other, the celebration of Jesus's victory over our greatest enemy, death itself, reminds us that the shepherd himself has entered into the muddle, pain and bewilderment of human life, and emerged from it safe, secure and strong in God's presence. Now that is true hope in a time of bewilderment!

The Link during the Lockdown

From the Editor

There were many positive responses to the digital May issue which was circulated as an email attachment, and posted on various village and church websites. (Future issues will also not be printed until Lockdown restrictions are lifted.)

Indeed one or two people suggested that we should stick with this format after lockdown is over, and not bother to print future issues! But this would ignore the many, mostly older, people, who do not use computers and cannot access online material - many of them value having the monthly **Link** posted through their door.

We invite you to send items for July and future issues of The Link! We have received for the June issue so many items, including poems and photographs - thank you, all! - that this issue has a record 36 pages. So please consider if you could send something! Like any of the following - signing it with your own name if you like, but you don't need to if you would prefer not. (Items can be sent to me as an email attachment, or written into the email.)

- Acts of kindness and thoughtfulness from friends and neighbours
- The joys of nature and the start of summer
- Words that you have found helpful or inspiring, that you have heard or read
- Photographs and artwork
- Your experience of home-schooling children - its challenges and rewards
- Writings by children of how they are feeling, or stories and poems they have written
- Drawings by children
- Aspects of Lockdown that you find most painful and distressing
- Things that have made you laugh
- Things that have made you cross!
- What you would like other people to pray for you or for others
- Any answers to prayer you have experienced
- Ways in which the pandemic has made you re-think your faith - or lack of it
- Websites that you would like to recommend
- Any ways you hope that ordinary life might be different from before, once the pandemic has passed
- Perhaps - unrelated to the pandemic - memories of the past: holidays, life in our villages in past years, notable characters you remember here...
- Anything else!

Please mention this to your friends and acquaintances, and ask them if they have received the May and June issue of **The Link** - and if not, and if they would like to, suggest that they email or phone the editor so that their address can be added to the list - linkpines@hotmail.co.uk - 015396 24410!



Worshipping by ZOOM

Since the Government instructed in March that churches must be locked, and the church authorities ruled that no services must take place inside or outside church buildings, the Church has moved online.

Different ways have been used to enable Christian believers to worship - live-streaming, YouTube and others. But in the High Westmorland group of churches we have been using the programme called Zoom, and every Sunday morning between 50 and 70 people have been taking part, sitting in our homes and using our laptops or smartphones, so that we can see and be seen, hear and be heard. (One or two have even been using normal phones, to do without the seeing bit!)

(The picture above, based on the famous Leonardo da Vinci painting, envisages Jesus conducting the Last Supper by Zoom!)

It took a little while to learn to use the technology, and some of us who had never done more than open an email before struggled at first! But though it was a steep learning curve, we have usually had over 60 people taking part.

Alun Hurd, our Vicar, asked people to take part in a survey to show how we felt about this kind of worship experience and 40 people responded.

Q.1: "Do you feel you have had an experience of "church" in a Zoom service?"

Answers (from 1 (not good) to 5 (excellent): (1 or 2 - none).

3 (12.5%),

4 (32.5%),

5 (55%).

In other words, mostly positive.

Q.2: Given that we're all new to this, how's your experience of the different bits been? (1 - Poor, 2 - OK, or 3 - Good)

The response chart shows that for Fellowship, Worship, Sermon, Prayer, Encouragement, and Practicalities, almost everyone answered "OK" or "Good".

Then people were invited to make specific brief comments. There are too many to print, but here are a few:

Encouragements:

- Seeing so many older folk getting themselves on Zoom and continuing to meet together!
- Sense of God's people coming together to worship him in spite of difficulties
- That more people on the fringes of church are joining us, and we can see people's faces
- Getting to know people from other parishes in the benefice
- Hearing other members stories and meeting up with all 5 congregations.

Other Comments:

- It was a bit odd doing 'communion' yesterday with no cup and no bread
- I believe there is a greater feeling of fellowship and togetherness as a Benefice than before.
- I think it is wonderful. Keep going please.
- How welcomed and supported we feel!
- I would prefer to be able to consume the bread and wine at home for the Communion.
- I think it's a really good idea whilst we are on this lockdown and lovely to connect with everyone. It also helps people who may feel isolated to reach people and feel part of a group.
- Are any efforts being made to offer

spiritual support to those struggling at home besides the online services?

- Too Evangelical. It's helping to advance a 5 Parish togetherness.
- There is nothing like physically meeting and worshipping together face to face but Zoom has been a good substitute during these unusual times.

Here are two fuller comments:

Richard and Joan Best:

Joan and I have found it a reassuring experience, apart from the occasional technical hitch. It is a time for all of us to see people we have known for years and new faces. We have experienced a variety of different approaches to prayers and sermons. I'm not going to award gold stars for the sermons or reflections, however I'm afraid I do happen to notice how long they are!! Alun has interviewed 2 people during each of the Sunday services and that has been very helpful to get to know new and established members of our churches by sharing their life stories and Christian faith. The music of hymns and songs performed by the Lawson family and Fran and Tim has been uplifting and also a chance to learn new hymns in the privacy of one's living room or kitchen!

The virtual services help us to join together in Prayer and Worship in our community, which support and strengthen our faith, to enable us to deal with all the challenges that face everyone at the moment. A big thank you to all who have contributed to the success of our virtual services. A special thank you to Martin Lawson for his technical expertise and co-hosting and screen sharing.

Reg Capstick: Seated in my armchair, clad in night attire plus my dressing gown and slippers, I have taken part by telephone in the 'on line' services. Thankful that none of the other 40 or so participants can see me!

All but one of the transmissions have been clearly audible and I have joined in as much as possible, except for the singing.

I have listened with interest to Alun or Fran giving their words of enlightenment and wisdom, and to the people reading and praying, as well as to the introduction to several parishioners from across the benefice. I am sure that for all who have taken part, great encouragement and hope have come from the services.

Tebay Scarecrows in May

The idea originated from one of the residents of the village, Kass Haygarth, who with her two sons made a scarecrow of a nurse to thank the NHS for their work at this time.

She then put the following post up on Facebook:

Tebay Residents
I've seen some people in various villages (including a couple in Tebay) who have made scarecrows, so I thought it might be nice to have a bit of a scarecrow exhibition just for ourselves.

Theme: NHS & Key Workers / VE Day

It would be something to keep the kids (and adults) busy, something to brighten the village, and something to cheer us all up on our daily walk/exercise.

Obviously they would need to be put in a prominent place so everyone can adhere to social distancing whilst looking at them.

Let me know if you would like to take part or just pop one outside

And it went from there! It's been lovely seeing them out on our walks each day and spotting new ones springing up.



Well done, Tebay folk!
And well done, Kass, for thinking of the idea and getting it up and running!

Pictures of other scarecrows can be seen on 'Tebay Scarecrow' facebook page.

Upper Eden Medical Practice and Tebay Surgery

eConsult:

eConsult is a new online Service for patients wanting to contact the GP.

You tell us what the Practice can help you with, fill out an online form, and we will get back to you by the end of the next working day.

Just click the link on our website:

www.upperedenmedicalpractice.co.uk

Please note that this service is NOT for requests for repeat prescriptions - please continue to request these by phone, app or by posting the request through the letterbox.

It is especially useful for sending in pictures of rashes or skin conditions.

We also offer **video consultations with the GP** – if the patient has a smartphone, tablet, laptop or desktop computer with a webcam.

For patients who do not have access to the internet and cannot do eConsult we are still offering the usual **telephone triage** calls with a GP. Patients must not attend the Practice without first contacting the Practice either by telephone or eConsult. At present the patient can only attend for a face to face appointment if they have been asked to come in by a member of our clinical team.

We are still handing **repeat prescriptions** out through the window to reduce any risk to the patients and staff.

Covid Tests: Patients should be aware that the Surgery are not automatically being informed of your results if you go for a Covid test at one of the local testing sites. If patients feel that we should be aware they have been tested and know the result then please let us know so we can update their medical record accordingly.

At a time when we are increasing our use of text messages we are encouraging patients to let us have **up to date contact details** including mobile phone numbers, email addresses (if they consent to us sending them emails) and also next of kin details for their records.

We also have a **Facebook page** which we update regularly.

Sue Birkbeck,

Enhanced Services & Projects Coordinator
Upper Eden Medical Practice, Silver Street,
Kirkby Stephen, CA17 4RB

(: 017683 74015 (Direct line)

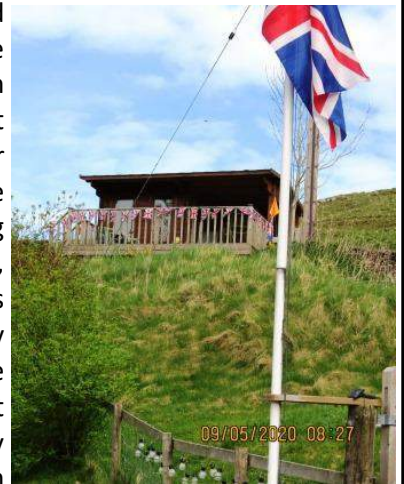
(: 017683 71369 (Main office)

:: Susan.Birkbeck1@gp-a82013.nhs.uk

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

How did you celebrate VE Day?

At home we changed St George's flag to the Union flag, we tied union jack bunting to the front fence and our neighbour's front fence and then we tied bunting to the top summer house, around the decking (this is the building my nephew christened the 'gin palace' but I don't mind as we get a very expensive bottle of gin from him each Christmas!) We had to make 2 journeys in our RTV up to the top to take extra chairs, table, water, food, trees, a spade, wood, etc. We even found a cloth with union jacks printed on it – something I had obviously saved from a long time ago.



On the day before we planted two trees at the top by the disused gateway, watered them in well and left the other two for later on. On the morning we made the sandwiches – salmon, egg, cheese and ham and a lemon drizzle cake. We also had scones, mini sausages and mini pork pies. We invited our close neighbours who

socially distanced themselves along the decking. The champagne was opened and the brazier lit at 3pm, the time when Churchill announced the end of the war in Europe to the nation.

The weather and the views were superb and we lingered on the decking, chatting until our friends had to go to feed all their animals. As there is electricity in the cabin we packed the food into the fridge and an electric cool box. The next day we planted the other two trees and had lunch up in the top summer house.



We did not have champagne but a G & T and – you've guessed it – the leftovers from the day before.

Elizabeth Crossley

To access any of the internet links (in blue) hover your cursor over the link, and hold down the **CTRL** button. (The cursor will turn into a pointing hand.) Then **left click**. Then wait! You should reach the website in about 10 seconds.

HURD THE WORD

From the Revd. Alun Hurd

As I write, our churches are still closed because of the Lockdown, although we are hoping that, as with retail businesses and other easing of restrictions, church buildings may be unlocked very soon.

Even though our buildings where we meet Sunday by Sunday have stood empty, the church, meaning the people, has continued to worship and thrive online via Zoom.

The experience has enlightened us as we have learned new skills and drawn us, I believe, closer together as members of the Christian community within the communities where we live, in the High Westmorland Parishes.

Elsewhere in this Online edition of the Link (page 5) there is feedback on this experience and how it has affected us. I leave what is written as testimony to the resilience of our congregations and to the way God has met our needs and blessed us.

This was only possible through God's Holy Spirit, and it is appropriate that as this edition goes live, we celebrate one of the greatest life changing events that the world has ever seen. I mean of course the birthday of the church, known as Pentecost, when the Holy Spirit came to the disciples and the crowd gathered in Jerusalem. an event that through God's gift of the Holy Spirit brought about the courage and power to enable the early church to share God's love and take it into the known world and beyond, up to our present times.

When we look back to the account written in the Bible (Acts of the Apostles chapter 2) we read of the enthusiasm, purpose, and unbridled joy that God gave to the followers of Jesus in those fearful and worrying times for them. They were filled to overflowing in the outpouring of God's unconditional love and largesse.

They were heady times and provide the church today with a blueprint for what the church could and should be like. Not least, when often, as an imperfect expression of what God calls us to be, we can be reminded of our core mission and purpose. To bring good news to this world, love one another, be humble and serve the needs of others.

This was why the Holy Spirit came and we give such importance to God's precious gift. The Spirit is our life blood and seal, 'guaranteeing our inheritance' and hope as Christians (Ephesians 1: 11-14).

In what continue to be dark and difficult times, remember many are still suffering from Covid19 or grieving and in sorrow; but Pentecost and the coming of God's Holy Spirit offer hope and peace for our nation and a world that is in pain and fear.

Let us rejoice in God's gifts and the fruits of the Spirit and continue to offer them in service to our neighbours and beyond.

May God bless you and your families and keep you safe now and always.

Some useful websites

Eden District Council: 'We continue to provide essential services and support for our communities. We are also working closely with our partners on the emergency community response. You can contact us during office hours on 01768 817817 or email customer.services@eden.gov.uk. Updates on all our services can be found on [Eden District Council website](#), where you can also make use of our easy to use report, apply and pay facilities. If you're struggling to pay your council tax or want to spread the costs, please get in touch, we're here to help.'

Cumbria County Council: They are putting their courses on line, some free, some chargeable. This is the link www.cumbria.gov.uk/learningandskills

Make and Do

Knitting: How about learning a new skill or build on what you know. You could make heart pairs to send to local hospitals to help those that can't be together with their loved ones just now.

<https://blog.createandcraft.tv/free-knitted-heart-pattern/>

Mask Making: The government has now advised people to wear face coverings when going out in public in situations where social distancing measures might be hard to maintain. There are numerous articles on how to make a mask. A BBC article provides 3 comprehensive methods. [https://www.bbc.co.uk/news/uk-52609777?xtor=CS8-1000-\[Discovery_Cards\]-\[Multi_Site\]-\[SL02\]-\[C~C MakeYourOwnFaceMask\]](https://www.bbc.co.uk/news/uk-52609777?xtor=CS8-1000-[Discovery_Cards]-[Multi_Site]-[SL02]-[C~C MakeYourOwnFaceMask])

Anyone like to make them?

Virtual Links

'Go' to the theatre! This link provides a wide range of shows and performances for free; https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html

Book for Teenagers. Here is a comprehensive list of books suggested by teenagers for teenagers. <https://www.npr.org/2012/08/07/157795366/your-favorites-100-best-ever-teen-novels?t=1588778260131>

BBC Bitesize: How to travel the world from your bedroom during lockdown. This article has the most wonderful links to such as seeing Easter Island, a tour of Mount Fiji, the Eiffel tower and wildlife documentaries. <https://www.bbc.co.uk/bitesize/articles/z6qhnrd>

Highlights: the Lancashire equivalent rural touring scheme (Spot On) has mini-shows available on its website at <https://spotonlancashire.co.uk/spot-on-stories/>. I can recommend Free Play as they were at Murton and were brilliant and I'm guessing that the others are worth a watch too. If you and younger members of your family came along to see Slime last year, you might like to see what The Herd Theatre group have been doing – including ideas for activities with young children in lockdown. <https://www.theherdtheatre.co.uk/>

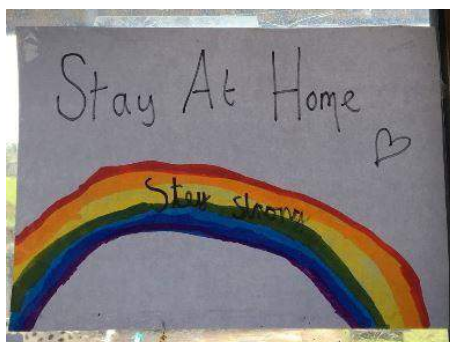
TEBAY PRIMARY SCHOOL

Children from Tebay Primary School joined in making scarecrows as a way to thank key workers. The village has a fantastic display of scarecrows (*See page 6!*). Pictures of other scarecrows can be seen on 'Tebay Scarecrow' facebook page.

In these difficult times of isolation our wonderful pupils/students and staff in all Cumbria Education Trust schools have found ways of maintaining positive mental health and wellbeing by showing random acts of kindness: a video can be found on Tebay Primary School's public facebook page <https://www.facebook.com/TebayPrimarySchool/>.



Children have been sending their daily news and work via Class Dojo's. Teachers have been setting weekly challenges and competitions which the children have enjoyed taking part in.



VE Day celebrations took part in the village with families holding tea parties in their own gardens.



Staying Safe and being Mindful of others

As a school, acting in a remote capacity or not, we are always committed to ensuring the welfare and safety of all our Children. If any members of the school or local community have concerns about the welfare of a student, or if you have any safeguarding queries, please contact myself or Tracy via email and we will be in contact as soon as is feasible.

Mrs Bland - head@tebay.cumbria.sch.uk

Tracy Morland – admin@tebay.cumbria.sch.uk

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A Pilgrimage to the Holy Land

1st – 8th February 2021

I am planning to lead a Pilgrimage to the Holy Land at the beginning of February 2021 having just been on a Clergy Study Tour at the end of January with Sharon.

We already have names of some people interested and I would like to invite you to contact me to find out more without any commitment.

To enable the trip to go ahead we will need a minimum 15 people plus myself and hopefully many more..!! Fran Parkinson is also hoping to assist with the leading as well.

Pilgrimages to the Holy Land are often described as once in a lifetime opportunities, and give us a chance to truly breathe life into the stories, history and culture of the Bible and walk in the footsteps of Jesus.

It is an experience like no other and can be a real encouragement and boost to our spiritual journey and faith.

If you are interested please let me know (01931 716048; alunjhurd@gmail.com).

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

Best wishes and Shalom

Alun

Orton Farmers' Market

The Government's latest relaxation of Lockdown rules include permission for re-opening of open-air markets.

The directors of Orton Farmers' Market have decided, however, that it would be too soon to have the Farmers' Market open on Saturday 13th June, even limiting it to open-air stalls.

However, depending on current rules at the time, they hope to re-open on **Saturday 11th July**, with due precautions for social distancing in place.

The authorities of All Saints' Church will consider whether the coffee morning can open that day.

Details will be published in the July issue of *The Link*.

Orton Surgery and Shap Medical Practice

APPOINTMENTS

Owing to the current situation of COVID-19, for the time being there will be no Doctor's appointments at Orton Surgery.

The Doctors and Nurses are operating a telephone triage system at Shap Medical Practice. If they feel that a face to face consultation is necessary they will book you an appointment at Shap. All of our appointments are bookable on the day. Please contact the surgery at 8.30am to arrange a telephone triage appointment with the Doctor and Nurses. Surgery appointments will be kept to a minimum to reduce the risk of infection to our patients. PLEASE DO NOT ATTEND THE SURGERY WITHOUT A PRIOR APPOINTMENT

Please check the NHS 111 website if you are unwell with any coronavirus symptoms.

MEDICATION

Prescriptions will be available again for collection from the Orton Village Hall between 10am and 11am on TUESDAYS. Any not collected will be returned to Shap.

If you are shielding or have difficulty collecting your prescriptions please let us know. We can arrange delivery or refer to the Good Sam Service for help.

We apologise for the ongoing changes to the service; thank you for your understanding.

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

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

01931 716230 <https://www.shapmedicalpractice.co.uk/>



Ascension Day (21st May)

Today was Ascension Day, so we went for a walk up to the top of a very steep hill. We talked about what was Ascension Day and why the church celebrated it. Ascension Day is when Jesus left his friends on earth and joined God in heaven. We used bubbles to show Jesus going up to heaven. I liked the bubbles because they went up really high. Freya said it was like they were going to heaven to talk to God. William just said he was hungry, so we had a chocolate snack. Then we had to walk all the way back home. *Ellie Carrick, 8 years old*



Tebay Beck by Julie Hoggarth

Watercolour, painted in situ

Julie Hoggarth returned to Cumbria in 2019 after 30 years in Leicester where she developed her practice as part of West End Creatives Leicester. She is currently a member of the Green Door Artists group.

Squirrel and Cob Nuts

Since we made our home in the village, as part of our gardening in the conservation area we have planted indigenous trees that will produce nuts, Oaks, Beach, Cob, and Pine trees.

At the beginning of May I saw a Squirrel flash across our side garden up into the Pear tree and over the stone wall to the Beck, disappearing near to the Jubilee bus stop, central in the village.

We started putting out some Cob nuts along the stone wall which slowly disappeared.

I believe it moved in onto the large pine trees a few months ago only leaving a few signs of stripped pine cones.

We only put the feeder a few days ago filling it with Cob nuts, and the Red Squirrel moved in - Magical!

Bob and Joanne Hall, Orton



Haiku for lockdown

A Haiku is a form of short Japanese poetry with just three lines, 5, 7 and 5 syllables.

The selection below was written by members of Orton Reading Group and inspired by lockdown, following a Woman's Hour feature about haiku.

First, an introduction ...

Writing a haiku
Who would think it works so well?
Each a new picture.

Then just a few looking at the downsides of lockdown ...

This is frustrating
In the house isolating
When will it all end?

NHS bless you
Really hope I don't need you
At this lockdown time.

Self-isolation
Locked down with the family
Self-medication.

A couple about keeping in touch ...

Weddings, hugs and trips
Virus puts each one on hold
Zoom not quite the same.

Facetime, Zoom, phone chats
Are keeping us connected
'Til we touch again.

A majority that focused on the benefits of lockdown in a beautiful place like Orton.

Wall to wall sunshine
Shopping delivered on time
Peace and tranquility.

Blossom on the tree
Dew-dropped leaves unfurling too
Nature, wild and free.

Planted out pansies
Bright coloured, happy faces
Garden filled with joy!

How blessed each morning
Orton Scar always stunning
Soon I hope for all.

Is bird song louder?
There seems so much melody
Do I listen more?

One that looks ahead

Glorious sunshine
Please, please return twelve months hence
Greenholme Show requests.

And a final conclusion after giving this a try:

You set a high bar
Writing Haiku is quite hard
But worth the challenge.

Submitted by Sally Seed

The Box

*I will put in the box.
A scale from a mermaid's fin.
A tooth from a dragon's deadly jaw.
A rhythm from a Sudanese drum.*

*I will put in the box.
A branch from an old oak tree.
A tadpole from a pond turning into a frog.
The first beam of sunlight settling on the
Earth.*

*I will put in the box.
The first sight ever seen.
Charity from the poor.
The stupendous sneeze from a grown man.*

*I will put in the box.
The grass in the sky and the sun in the
ground.
Spikes on a mouse and fur on a hedgehog.
Pictures taken with a book and stories
written in a camera.*

By Suzanne Nunn (11)



WESTMORLAND APPRENTICES LEARNING DURING LOCKDOWN

As lockdown continues, so does the home working apprenticeship. As a team we have learnt a huge amount about wildlife and how to interpret the natural world around us. You may have seen some of the apprentices on your daily exercise; peering into trees, examining flowers, exploring waterways, rifling through ID guides. They tell me they have been getting some strange looks! Their photographs and records tell me how they are discovering new worlds of liverworts under bridges, cosmoses of mosses flourishing on walls, universes of lichens in the trees. We have been **Looking Out**



Snakewort, a liverwort

for Small Things: getting up close and personal with nature whilst distancing people! The LOST project is run by Plantlife and the apprentices used their new knowledge to complete Woodland Assessments for the project.



Xanthoria, a lichen

Another project that really opened all our eyes was the Small Scale Heritage Project, a Westmorland Dales Landscape Partnership project that we have started in our home environs. The idea is to create a record of Small Scale Heritage Features within the Westmorland Dales; features that often get overlooked. Post boxes, milestones, OS benchmarks and hogholes all tell a story of the past. Once you start looking, it's amazing how much heritage you start noticing.



Mile Post with OS benchmark

Abbi Woof (Apprentice) writes:

After 3 months of working from home us Apprentices have learnt so much. We've developed loads of new skills and improved our ID skills massively. We have continued with our one day a week practical task and have completed

tasks such as walling, making bird boxes and fencing. We have also had lots of different tutorials. We have learnt how to identify lots of insects such as bees, butterflies, freshwater invertebrates and moths.

If you'd like to contribute to this project, email

Hannah-Kingsbury@fld.org.uk.

Belinda.Lloyd@yorkshiredales.org.uk (07971 528776)

www.thewestmorlanddales.org.uk



FARMERS, FOLKLORE AND ICE SAINTS

By week six of the 'Lockdown' period in the current Covid-19 pandemic, we had settled into our isolation. We were grateful for the warm, dry weather which had dried the fields, sodden by months of rain, and at last we could get outside to finish the jobs that had been hampered by the cold and wet winter. The sheep and their lambs were thriving on the growing grass, and cows were being turned out to patrol their summer pastures. Birds were nesting and an orchestra of birdsong trilled from dawn to dusk. Our cuckoo 'cucked' his familiar call as he flitted across the fields from tree to tree. The clear blue skies and the warm sunshine were alluring, and we divested ourselves of our winter clothing into shorts and tee shirts. We forgot that it was still Spring.

On May 11th, an intense Arctic blast whipped the wind from the north and east bringing a significantly colder air mass. The sudden cold snap would have come as no surprise to the inhabitants of northern, eastern and central Europe, where folklore predicts the annual arrival of the 'Ice Saints', whose feast days are between the 11th and 15th May.

Monday 11th May is the feast day of St. Mamertus, the Bishop of Vienne in Gaul. He introduced the litanies on the days before Ascension Day (Thursday 21st May this year) as an act of intercession for clement weather for the crops and deliverance from pestilence and famine. This practice led to the institution of Rogation Days, when processions were held to bless the crops. Rogation Sunday this year was 17th May, and it is still practised in parts of the country where farming is mainly arable. Mamertus died in 475 AD.

May 12th is the feast of St. Pancras. He was only 14 years of age when he was beheaded in Rome for his faith in 304 AD, and thus became a martyr. Because of his youth, he became the patron saint of children, and churches dedicated to St. Pancras are some of the oldest in Britain.

The feast day of St. Servatius is 13th May. He was the first Bishop of Maastricht, in the Netherlands, and died in 384 AD. It is said that farmers who shear their sheep before St. Servatius day think more of their wool than their sheep. Luckily for our sheep, except in special circumstances, our farmers rarely shear before July.

St. Boniface of Tarsus' feast day is the 14th May. In 307 AD he lived in Rome as a servant, and was sent by his wealthy mistress to Tarsus to procure some Christian relics. He joked that he might also return as a relic, and after he declared himself a Christian, he was martyred. His body was brought back to Rome for burial.

St. Pancras, St. Servatius and St. Boniface are known as 'Cold Gardeners' in Poland, and in some countries it is said, 'Before the feast of St. Servatius, no Summer: after, no frost'.

The commemoration of the feast of St. Sophia of Rome is held on 15th May. In Germany, folklore declares 'Never plant in front of Cold Sophie'.

After the long, wet and dreary winter, the lovely Spring weather we enjoyed had been a blessing during 'Lockdown', enticing many to the benefits of gardening. As we do not celebrate the 'Ice Saints' in Britain, by what rules of folklore do we know when to plant our crops safely? The advice I heard many years ago was to wait until after the Chelsea Flower Show (scheduled from 19th-23rd May this year) before planting out any bedding. I do hope that the crops and flowers planted before the Ice Saints' days did not succumb to that period of chilly weather felt in May, leaving gardeners disappointed or disillusioned. © Felicity Lawler, May 2020

Reflections of a 'home-schooling Mum'

Shortly after 4:30pm on Wednesday 18th March, the Secretary of State for Education, Gavin Williamson, got to his feet in the House of Commons and uttered the words *"After schools shut their gates on Friday afternoon, they will remain closed until further notice"*.

Across the country, thousands of parents, myself included, scrambled to produce colour coded charts depicting daily schedules, create lists of educational activities and quickly brushed up on our long forgotten maths skills in order to start 'home-schooling' our children. Social media posts stating that such and such had done x y & z and pictures of beautifully painted artwork soon filled social media timelines, leaving me with a sense of dread and inadequacy.

Fast forward 8 weeks and where are we? Well, the colour coded charts lasted less than a week, the worksheets have long since been consigned to the dustbin, and the beautiful artwork and amazing home educational achievements on social media have been replaced by amusing home-school Ofsted ratings that are really not repeatable amongst these columns!!

So what are the realities of being a home-schooling Mum? Well, over the last few weeks I have learned that I am no teacher, and like many, have a new found admiration for teaching staff up and down the land. Both primary and secondary schools locally set out providing school work for the children via various online platforms, and whilst my children are old enough to work fairly independently, I found myself spending a large amount of time refereeing petty arguments, and reminding them that they'd get on better if they read the things they had been set rather than just asking me to answer the questions for them! I'm not going to lie, at times I felt overwhelmed by the task at hand, especially as I was also trying to work from home at the same time, and quite frankly there were times when I wanted to throttle the 'perfect parents' on social media who were achieving GCSE level maths and English papers with their little darlings!

However I quickly learned that my role as a parent wasn't to 'teach' my children, and there was no expectation from either school that I replicated the school day. *"We cannot home-school the nation's children"* was the message that came from teaching unions, and guidance was quickly sent out that set out that 2-3 hours 'learning' a day was the most that any school expected. I soon realised that actually, the point was to keep our children engaged in the learning process, keep their minds active, and their brains ticking over whilst making sure they didn't disappear into a black hole of YouTube, social media and video games.

Once I ditched the idea of home-school and teaching, all of a sudden, the new normal didn't feel as overwhelming. Our new routine allows our children to work their own way through the set work from school,

at their own pace seeking advice and guidance from me as needed. By lunchtime, they are all but done, and we can spend our "lunch break" out in the garden playing games and exploring the amazing area in which we live thanks to the gorgeous weather we've had. Whilst I work my way through the afternoon, the children will play outside together, facetime their friends, argue a little bit more, and eat me out of house and home.

But do you know what? I think they're happy. Of course they miss their friends, the social interaction that they get from the school day, and the patience (oh, the patience!) of their amazing teachers. But I have watched their friendship and interactions with each other grow, I have seen their independence develop, have watched as they have discovered rivers and paths that we never would have normally explored, and listened to their incessant chatter late into the night as they have camped in bedroom dens and tents pitched in the garden. So if they can look back on this time in years to come and see this time as a bit of an adventure, yes at times scary and new, but mostly one where they felt happy, loved and secure, then maybe – just maybe – I didn't do such a bad job of 'teaching' them life after all.

A local parent



Part Time 0.5 Teacher Fixed Term MPS

Orton CE School is *'A happy place to learn, grow and thrive'*

The Governing Body of Orton CE School is looking to appoint an outstanding and committed class teacher to join our friendly staff team. We are ideally looking for someone to teach afternoons but there may be some flexibility depending on the successful candidate. If budget allows there may be the possibility of additional hours and supply cover as required. NQT's are welcome to apply.

For further information and an application pack please see the school website or email

head@orton.cumbria.sch.uk
www.ortoncofeprimary.co.uk

Closing date: 12 noon Friday 5th June 2020

News from rton School

Hello Everyone.

Welcome to our June page.

*Please visit our website for up-to-date photos,
newsletters and current information.*

We also have a Collective Worship page:

JAM...Jesus and Me

*Full of exciting videos, activities and links from many of our school visitors
who come to deliver and share our worship.*

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

*We have added some photographs from last term, before the lockdown,
that we would love to share with you.*



**This Artwork from Suzanne
was part of an online art lesson on
'Optical Illusions' and using shading to show form.**

In My Box... By Abbie Pinder (English Lesson)

I will put in the box,
A flaming feather from an exquisite phoenix,
A piece of leprechaun gold from the end of the rainbow,
And a beautiful shiny wand from a fairy.

I will put in the box,
A sparking bolt of lightning from the dark sky,
A shiny white tooth from an elegant tiger,
And a burning piece of lava from an erupting volcano.

I will put in the box,
The first smile of a new-born baby,
The last tear of a great uncle,
And the infinite love from a family.



**Class 3 had an exciting trip to
White Scar Caves
as part of their Science topic.
(Previously cancelled due to high water levels.)**

**Orton School has been awarded the
Food for Life Bronze Award**

for its healthy and climate-friendly food culture.
The school has been working with Food for Life,
supported by **Westmorland Family Limited**, for a
number of years, developing the school's food culture
by connecting the staff, children and their families
with sustainable and healthy food.

[Visit our school website for a full report.](#)





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

Bible Sudoku

1. Firstly you will need to write in your 'starter' numbers. This is done by using the clues below, and the A-I and 1-9 co-ordinates on the top and side of the grid. *F5 has been done for you already.*

2. Once the starter numbers are in place, complete the Sudoku puzzle as usual.

For D5, I6, F8, A9

Jesus fed 5000 men, as well as women and children, with ___ loaves and 2 fish. (Matthew 14:19)

For A6, B8:

There is only ___ God. (1 Timothy 2:5)

For A4, F6, H8:

The number of people saved in the ark when the world was flooded. (Genesis 7:13)

For I1, C2, H4, F5, B6, G8:

The number of days that Jonah was inside the big fish. (Jonah 1:17)

For C1, H2, I4:

The day on which God rested (Genesis 2:2)

For A1, D2, H3, F4, B7, G9:

Jesus was crucified between ___ robbers. (Mark 15:27)

For G2:

Jesus healed 10 lepers, but ___ didn't come back to say 'thank-you'. (Luke 17:11-19)

For B2, D6, C8, I9:

Paul was on a boat heading for Rome when there was a great storm. The sailors let down ___ anchors to try to stop the boat from running onto rocks. (Acts 27:29)

	A	B	C	D	E	F	G	H	I
1									
2									
3									
4									
5									
6									
7									
8									
9									

Try colouring this in!



I can be a friend by being kind

Have a look at [Sameboat music](http://www.sameboatmusic.com) for some great songs to sing at home, on your own or together with your family, along with lots of activity ideas.



FAMILIES Together

ONLINE Scavenger HUNT

ALL age FUN
AND SHEEPISH
ReFLECTIONS!

4PM SUNDAY
24 May



On Sunday 24th May 2020, the Families Together team organised a scavenger hunt with a Sheepy theme. The event had to be held on Zoom because of the coronavirus pandemic.

The scavenger hunt was very popular and some people even joined in from Scotland!

We had a lot of fun, racing around the house getting items such as a tea towel, a jug of water and a large bowl.

We thought about what we are sad about, what we are happy about and what we are scared of, we even got to eat a lovely snack, yum yum!

At the end a real lamb made an appearance and the winners got to choose a name for her and her brother. They chose Clover and David. It was a really nice afternoon and I really enjoyed it.

Evelyn Foster, aged 7

On the online scavenger hunt we had to get certain objects to symbolize - The Lord's my Shepherd - Psalm 23 from around our house and show them to everyone.

For example, to represent still waters we had to get a jug or glass of water, for the green grass we had to find green material and also bring a snack fit for a king which we then ate.

Whoever won the hunt would get to name two of Mr and Mrs Carradice's pet lambs. Me and my sister won the hunt, I called the boy David and my sister Jess

called the girl Clover. It was fun and nice to meet other families. We can't wait for the next one.

Gabi MacMillan, age 8.



Next FAMILIES Together online event
Sunday 14th June, 4pm
(Watch the Facebook page for details!)



Our daughter Nicola Meinders (née Best) on her first visit to her new Dutch Grandfather-in-law, Willem Punt, in the Netherlands, heard about his wartime experiences as a Merchant Seaman. (Her husband knew nothing about them!) Willem then asked her to write them up for him. So over the next 5 years she did so and the Dutch version was published last year. The English version is available from

Richard and Joan Best in Ravenstonedale. Telephone 015396 23470. Email Richard@lowspot.ndonet.com. Collected £15.00, posted at cost £18.00. Cheque or Bank details available.

Book Review by Richard Todd

In 1936 Willem Punt, aged 15, left home and joined the Dutch merchant navy, enabling him to send money back to his impoverished family – this was the time of the Great Depression in the Netherlands.

Close collaboration between Willem (now aged 97) and Nicola Meinders over 4 years has produced a fascinating and very readable book, written in his own words. It is divided into 27 chapters, mostly quite short, nearly every one covering some momentous and often horrifying event or events.

By the time war came Willem had already travelled the world, and had risen from stoker's boy to navigator's assistant (later he qualified *cum laude* as navigator). He survived one of the Atlantic convoy crossings through the circling German U-boats, and when the Japanese entered the war he was stationed in the Dutch East Indies.

The Japanese armed forces were of far superior strength to the Dutch, and in May 1942 Willem became prisoner of war. We follow the gradual deterioration of conditions and the increasing brutality, and he relates in almost casual fashion the various experiences and privations, giving the reader a clear picture of what life was like. His experience of transportation on the Japanese "Hellship" the Junyo Maru, which was torpedoed and sunk, is portrayed in more graphic detail. He was subsequently put to work as slave labourer on the Pekanbaru railway. He was one of a handful who endured both of these experiences and survived.

This story covers an area of the war details of which are not widely recognised, and for me it paints a picture of an unassuming yet highly intelligent man who despite his limited physical stature survived against all the odds. An element of luck played its part, it always must in such a tale, but it was his resilience, resourcefulness, innate raw courage and the will to live that got him through. Did his close family background and the admittedly over-zealous religious grounding from his father play a part? Certainly his love and compassion for his fellow man shone through. A totally absorbing book, I found it so readable that I rationed myself to a few chapters per day, but you could easily immerse yourself into a single session.

Jackie Wedd writes:

Willem's matter-of-fact style with slight touches of humour is retained throughout the book, and Nicola has included both archive and family photographs and some useful maps. Willem's account relates how he was inexorably drawn in to one of the most tragic naval incidents of World War II, and having survived that he then had to use his strength of character to endure horrific conditions in Sumatra, including a near-fatal bout of malaria. I read it straight through one evening. I recommend that you do the same!

Shut in but still Sewing



February 2020: Bluebell Woods

I decided in February to start a 2020 Journal Quilt. O.K. I know, I should have started in January but I thought I could still do a January one. Little did I know that this year would be different from any other year. Each of these little quilts would be A.4 in size and would represent the countryside in some way.

I would like to share these with you all and maybe one or two of you would like to take up this idea and do your own 2020 Journal Quilts. Many of us come together either at Sew and Sews in Orton, or the Knotty Knitters and Sticky Stitchers in Tebay to share ideas. Maybe this is a new way we will have to share ideas. Take care everyone and stay safe

Heather Ballantyne



January 2020: Winter Sunset

Still Shut in but still Sewing

I had now reached March and had to decide what I was going to do for my Journal quilt. Before a decision could be made Coronavirus struck the U.K. Nothing like a serious pandemic to make one look at one's life and this is what I have done. The first 33 years of my life I was brought up in East Anglia surrounded by large fields of grain slowly turning golden until harvest time. On the edge of many villages were old wind mills and I decided to use this as my March journal quilt. April was to look at the next 40



Windmill

years of my life which has been in Cumbria (Orton and Roundthwaite) and therefore it had to be lakes and fells, looking empty now without visitors.

We are now at the end of April and although it looks as if they may be getting COVID19 under control, lockdown could be with us for some time. I wonder where May will take me on my Journal Journey. Take care everyone and be safe

Heather Ballantyne



Lakes and Fells

WHEN

When will the plumber come
To stop the tap from dripping?
When will the electrician come
To fix the fuse that's tripping?

When shall I sit, shoulder to
shoulder,
Willing my team to win,
Or hushed in the deepening darkness,
The performance about to begin?

When shall I gather with you again,
To read, or write, or study,
To plan, to reflect, to organise,
Or just to chat – with anybody?

When shall I swim with dolphins,
Or trek, or cruise, or ski?
When shall I watch the sun set
Over a turquoise sea?

When shall I fly to you again,
To drink wine, into the night,
To speak of our hopes, our fears, our
joys,
To set the world to right?

When shall I hold you close again?
How tall will you have grown?
Shall we walk, your little hand in
mine.
Or will you run ahead, alone?

When will my house be alive again
With your mess of shoes, and toys,
The dishwasher running constantly,
And the kitchen full of noise?

And when all this is over,
Autumn, winter, spring or summer,
Shall I remember how to hug again –
And forget about the plumber?

© Joan Barnard 2020



Upper Eden Food Bank

'A church led, community fed project'

UEFB Children's Lunch Provision

The Upper Eden Food Bank want you to know that we are here to help if you are having difficulty at this time because of a change in your financial circumstances, or you are receiving vouchers and are having issues with the system or it is simply becoming difficult providing extra food for your children while they are at home and not able to have a school lunch.

Following discussion with the local schools we have arranged to provide a bag of food for a quick lunch, per child, per week, wherever it is needed. We will offer this service until the children return to school in the Autumn.

An example of 1 bag would be; a tin of beans, tin of spaghetti, tinned/ packet soup, tinned tuna, tinned meat, fruit juice/ squash, biscuits or tinned pudding and a loaf of bread, and some milk. (depending what foods we have available each week). The food bank would need to be made aware of any allergies or intolerances at the point of request.

Requests can come directly to the food bank phone **07596 690 902** but must be before 5pm on Thursday of any week, for delivery the following Monday.

Websites: www.upperedenfoodbank.org.uk

Facebook: www.facebook.com/upperedenfoodbank

Email: upperedenfoodbank@gmail.com

Phone: 07596 690 902



Bicci Clark, an 11-year-old Kirkby Stephen Grammar School pupil who lives in Tebay (and used to attend Orton School) took this photo beside the River Lune, near Brockholes, Tebay, on a balmy evening in early May, and it was published on the front page of *The Herald* on 16th May. Well done, Bicci!

LUNE SPRINGS LUNCH CLUB

It is with great regret that Lune Springs Lunch Club has **CLOSED** and we would like to thank Norman Ousby and his staff and helpers for looking after us for 23 years. We looked forward to our happy Monday lunchtimes once a month, to the great food, the fellowship and fun and we very much appreciate the care which Norman has taken in making us welcome. Although we must have upset the routine we were always welcomed with a smile and many a laugh whilst eating the delicious lunch provided (or an alternative if not able to eat that!). We wish Norman and his merry band all the best in the future.

Sally Cannon



Thanks from Diana Fothergill

- All the delivery drivers, e.g. Ben from DPD who regularly visits us
- Local businesses running delivery services e.g. Eden Valley Produce, Steadmans butchers, Ivy Cottage baker, Orton shop, JMP food, Brownber Hall
- GP surgeries doing telephone consultations
- Local clergy for Zoom services



Thank you!

Thank you, Jayne and Neville at Orton Post Office and Village Store, for providing such a wonderful service to our local community.

It is great when we can access such a good range of provisions on our doorstep, and can also have these delivered.

We are fortunate to have you here for us at this difficult time.

Starting your new business in what has been an extraordinary few months must have been a real challenge, and you have been superb!

Anonymous and appreciative resident

A Celtic Prayer

If you must be heard, let it be like the babbling brook, laughing over the rocks.

If you must be seen, let it be like sunlight, giving warmth and comfort to all.

If you must be acknowledged, let it be as the eyes behold the skies in all their glory.

If you must lead, let it be like the wind and all its unshackled direction.

If you must learn, let it be like breathing, the natural flow of in and out, and done without thinking.

If you must teach, let it be like the water, deep and flowing, for your words are like the pebbles in a pond, the ripples they cause spread out in all directions, and what you give out eventually returns.

If you must know, let it be flowing and growing.

And above all, if you must: shine!

Kerry Hillcoat

A Gift to make us smile

Lock Down was tightening its grip; our lives and the world as we know it was on hold. At that moment of time all was uncertainty, and being of a 'certain age' my friend Pauline and I had decided the safest option was not to go anywhere. All our booked holidays for the year had been cancelled, and like so many others for the foreseeable future we just lived from day to day.

One day the door-bell rang, and 'keeping a safe distance' a young lad, whom I didn't know, was there. "This is for you" he said, indicating a small plant, which stood on the old hob at the side door. I thanked him, then with a smile he was gone. On inspection we had been given a lovely little plant, with a yellow card attached. This is the inscription on the card:

**'At the end of the day
all you need is HOPE and STRENGTH.
Hope that it will get BETTER
and strength to HOLD ON until it does...'**

The other side of the card read -

"Hallo, we hope this makes you SMILE, from the Cotton-Dews."

Yes, it did make us smile, and it continues to do so, now it is covered in soft pale purple blooms.

A big thank you to the Cotton-Dews.

Jackie Huck and Pauline Henderson



Clapping for the Carers in Orton

Photograph by Steve Crook



News from All Saints' Church, Kasese, Uganda
(Link church with All Saints', Orton)

Further messages from Rev. Nelson Walina, Vicar

30th April

Thank you so much for your gift. You have sent it at the right time. We are in crisis.

1. Our daughter has today lost baby girl of 2 weeks, at Nsambaya Hospital, Kampala. They have reached home now, Kisinga, Kasese. Burial tomorrow. Melina, my wife, and sons have gone there too. Tomorrow early morning I will travel to join them. So pray to comfort our daughter Jennifer, and Joseph.

One of the tough guideline of Covid19 is no moving with vehicles; if the government does allow it, you don't exceed 3 persons so we go in shifts and fuel becomes expensive.

2. To help other people in need we had arranged that we shall give them on Monday 100 kgs of Posho (a kind of porridge), but now God has answered our prayers we are going to buy 200kgs, this is a good number to be given. Thanks for (UK) Tuesday prayer meeting interceding for the suffering people in Kasese. The music (sent on WhatsApp by Andy Glanville, pianist) is so lovely, am going to post it on church group, everyone is going to enjoy.



4th May: We were able to serve increased number of needy

households, dividing it into 3kg bags of posho - here just a sample. You have enabled us to reach 65 persons.

6th May: Dear family friends, today we are remembering the healing of my wife Melina Walina. 2 years ago on 6th May 2018 she had a major operation due to enlarging of uterus, was compelled removal. We as family have to celebrate, eaten beans, sweet potatoes, egg plants, chapats and some juicy drinks. On Sunday 10th we shall ask family and friends to join us to thank God for his healing power upon my wife. (Psalm 106 1-4)

7th May: Dear friends, today from midnight to now we are experiencing another disaster of floods. All Rwenzori rivers have burst banks into people's houses; many are out of their buildings. Sick patients



evacuated from Kileme hospital (2km from Kasese). We are scattered, my wife and children in another place, while myself, the morning flood has found me at the Church. Am just waiting till evening to see whether flood will draw down. Continue praying for us, people of Kasese. Rev. Nelson

Message from Ravenstonedale lady on WhatsApp group, forwarded to Nelson: "Christopher, we have been praying for Nelson and his family and everyone is Kasese. It must be dreadful for them. We can all sympathise being parted from our families the way we are too."



8th May: Amen. We love that. We checked the damage to our house where we live; it was flooded, we are removing the remains. Many Christians are displaced, beds, clothes, buildings damaged.

But God is so great, many of our lives were saved. Sick persons from Kileme hospital carried to others.

9th May: Photos of where I stay. My children and wife came yesterday to where I took them for a rescue night. So they are trying to clean up. We have had one local minister where the flood began, his residence was hit down and whole domestic property destroyed and swept away.

10th May: Despite floods and lockdown we have been able to hold a family thanksgiving service for my wife Melina's recovery from major surgery 2 years ago. Thanks for joining us in prayers.



(14th May: People from Orton and district donated money, totalling £400, which was sent out)

14th May: Message is warmly received. We thank you that you have us on your hearts. You have sent reliefs to the Christians and people of Kasese. Thanks so much.

16th May: Dear Rev Christopher, today we have reached more than 44 families affected by recent floods. We have supplies food reliefs, mainly rice and matoke. Also non-food reliefs, basins, cups, saucepans, plates. Thanks so much for your love to us, many persons have appreciated. Well done Orton Christians and neighbourhood Christian fellowship support to us.



Kirkby Stephen Grammar School

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NEWS

www.ksgs.cumbria.sch.uk



As we approach the summer half term, we wanted to thank parents and students for your ongoing help and support with our remote learning programme. We continue to be impressed by the ways in which your children have adapted to this new way of working, and the time and effort they are putting into their work. I hope that you have found a routine that suits your personal circumstances and I want to reiterate that the health and wellbeing of our students and their families is our priority.

Acts of Kindness

The wonderful Mrs Park of KSGS recently organised a Fantasy Horse racing event which was screened on Facebook over a series of nights. Individuals / organisations sponsored races at £50.00 each, along with an auction - An amazing amount of £3500.00 has been raised this is to be split between NHS Charities together and to provide face masks for staff working at the Nightingale Hospital in London.

More acts of kindness from KSGS. The amazing Mrs Thwaites recently collected 100 sets of goggles, and around 800 nitrile gloves from KSGS Science department and kindly donated them to Stobars Hall and Christian Head care homes in KS, who were very grateful and in desperate need for PPE. Good work KSGS.

Well done and thank you to the Fantastic Mr Gough, he has been busy 3D printing PPE masks for the NHS - another act of kindness.



Year 6 Information - We are looking forward to welcoming our new Year 7 to KSGS in September. We are currently working hard to manage transition while schools are closed, and we will continue to be in touch with families.

PTFA

When you shop at Co-op, 1% of what you spend on selected Co-op branded products and services goes to support local causes through their Local Community Fund. Members can choose a local cause that they want their 1%** to support. Don't forget to register online and choose to support KSGS. Co-op Community Fund - You have helped [Kirkby Stephen Grammar School PTFA](#) raise £806.13 - Keep buying that loo paper! Thank you and stay safe everyone.

Students have been encouraged to grow sunflowers and vegetables.





KSGS message to the students

**“Kirkby Stephen Grammar School students - you matter and we miss you!
Be brave, stay safe and be kind. We will be here for you when you come back”.**

A Mystery from Ravenstonedale Parish History Group

Ravenstonedale Parish History Group has information in the Parish Archive about this ruined building (these photographs date from sometime in the 1960's) which is somewhere in Ravenstonedale Parish. We know where it is, who worked there, what they were doing, and when – do you?
(Answers in next issue of The Link!)



But what we don't know is - who carved the name Handley on one of the stones in the wall – and why? As far as we know it was not owned or built by the Handley family...if anyone can solve this mystery for us please contact the History Group on 07798 688057. Many thanks!



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CUMBRIA
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Stay alert for fraudsters exploiting Covid-19 emergency

Police are urging people to keep up their guard against fraudsters who seek to exploit the Covid-19 public health emergency for their own gains.

Officers at Cumbria Constabulary have issued frequent warnings throughout the current situation to try to keep people safe from crime during the pandemic.

Now detectives have spoken again to remind people of some of the current threats – and how to steer clear of them.

Detective Sergeant Stephanie Goulding said:
“Criminals will use every opportunity they can to defraud innocent people.

“They will continue to exploit every angle of this national crisis and we want people to be prepared. “We are not trying to scare people at a time when they are already anxious.

“We simply want people to be aware of the very simple steps they can take to protect themselves from handing over their money, or personal details, to criminals. “Law enforcement, government and industry are working together to protect people, raise awareness, take down fraudulent websites and email addresses, and ultimately bring those responsible to justice.”

EXAMPLES OF SCAMS

Examples of scams include emails notifying people they are eligible for tax rebates.

There have been reports of elderly people being targeted with the sale of facemasks – then the masks

never arriving.

Online shopping increased during the lockdown, with people reporting buying goods online but the items not arriving.

In April there was an average of 50 reports of suspected fraud a week in Cumbria.

DS Goulding added: “Criminals are experts at impersonating people, organisations and the police.

“They spend hours researching you hoping you’ll let your guard down for just a moment.

“They can contact you by phone, email, text, on social media, or in person. “They will try to trick you into parting with your money, personal information, or buying goods or services that don’t exist.”

Some simple tips to steer clear of fraud

If you are approached unexpectedly, remember to:

- **Stop:** Taking a moment to think before parting with your money or information could keep you safe.
- **Challenge:** Could it be fake? It’s ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- **Protect:** Contact your bank immediately if you think you’ve fallen victim to a scam and report it to Action Fraud.
- The police, or your bank, will never ask you to withdraw money or transfer it to a different account. They will also never ask you to reveal your full banking password or PIN.
- Do not click on links or attachments in unexpected or suspicious texts or emails.
- Confirm requests are genuine by using a known number or email address to contact organisations directly.

If you think you’ve fallen for a scam, contact your bank immediately and report it to Action Fraud on 0300 123 2040 or via

<http://www.actionfraud.police.uk/>



Appleby Hub Food Delivery (part of Oaklea charity) 07435 970633

Simon Dey writes:

Here is a take away menu, plus grab, with phone number, and some quotes from local satisfied customers! See also Specials menu example (right)!

We announce daily specials on our Facebook page www.facebook.com/Applebyhub

We would deliver to Orton, Tebay, Ravenstonedale - I'm the delivery driver so contact is intermittent.

simon.dey@oakleatrust.co.uk



The Hub Café Free Delivery Menu 07435970633 Wednesday-Saturday 10-3

The Hub Salad Box £4.50

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Bacon/ sausage sandwich £4

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The Hub Salad and Savoury Special Box £5

A mini Hub salad and savoury special of the day

Soup of the day and homemade bread / savoury scone £3

Soup & Sandwich or Soup & mini Hub Salad combo £5

Fillings for sandwiches/salads

ham, bacon, chorizo, tuna mayo, avocado, roasted peppers, sundried tomatoes, olives, hubmade hummus, hubmade pesto, grilled halloumi, feta, cheddar, brie, mozzarella, smoked chicken

Takeaway scone, sweet or savoury £1 each or a bag of 5 for £4

Cakes £1.50 each or a selection box of cakes £6

Loaf of Hubmade bread £2.50

Hot or cold drinks £1.50

Bar of chocolate divine orange & milk or dark 70% cocoa £1

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If anyone in the vicinity of the Fat Lamb is having trouble obtaining supplies of groceries, fresh meat, fruit and veg or household items please contact us - our wholesale suppliers are still delivering and we can help you

get most basic produce.



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Orton.village.stores@btinternet.com

New (temporary) opening hours

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



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	OUTWARD	RETURN
Brough Clock	10.35	16.15
Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garshill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
Blackhall Road layover 1.45 hours		

THURSDAY ROUTE 570: Shap to Kendal

	OUTWARD	RETURN
Ravenstonedale School	10.07	16.30
Shap	10.45	15.57
Orton	11.10	15.37
Mount Pleasant bus stop, Tebay	11.18	15.26
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
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TUESDAY ROUTE 569:

Ravenstonedale to Hawes

July to end of October	Outward	Return
Departs Bus Depot	10.30	15.30
Ravenstonedale School	10.40	15.20
Kirkby Stephen Station	11.10	15.40
Kirkby Stephen Square	11.20	15.30
Arrives Hawes	12.25	14.30

WEDNESDAY ROUTE 572:

Kirkby Stephen to Barnard Castle

NEW TIMINGS from 08/01/20	Summer	Winter
Departs Bus Depot	09.20	09.20
Ravenstonedale School	09.30	09.30
Kirkby Stephen Station	09.40	09.40
Kirkby Stephen Square	09.50	09.50
Brough Clock	10.00	10.00
Middleton in Teesdale	10.40	
Barnard Castle	11.20	10.45
Barnard Castle	14.40	13.20
Brough Clock	15.15	14.02
Kirkby Stephen Square	15.28	14.15
Kirkby Stephen Station	15.38	14.25
Ravenstonedale School	15.46	14.33
Depot	15.58	14.45

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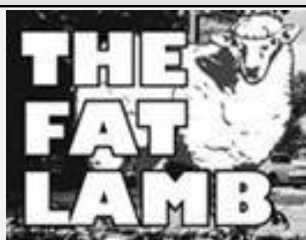
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(We can even help out with toilet rolls!)

Should anyone know of any NHS staff or care-worker who needs to isolate themselves from their family to avoid catching the virus and continue working then please get in touch, we can offer temporary accommodation FOC.

We hope everyone in the community stays safe and look forward to welcoming you all back once this crisis is over.

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Contact List

(Phone area code: 015396, unless shown otherwise)

For children and young people

Orton C. of E. School:
Headteacher, Mrs. Emma Pomfret
Office: Vicky Percival: 24268
Friends of Orton School: Julie Watson, 07792 742415
Tebay Primary School:
Headteacher: Mrs. Lisa Bland
Office: Tracey Morland: 24239
Friends of Tebay School: Claire Penhallurick 07986 692527
Catchment Area Secondary School:
Kirkby Stephen Grammar School: 01768 371693
For Little Children:
Tebay: "Twinkles": Pippa Smith: 24367 /
07487 776904
Orton: Tiny Hillbillies: Pat Alexander: 24303
Ravenstonedale: Biggins Nursery: Samantha
Alderson: 23670
Newbiggin Baby & Toddler group: Fi: 017683 71921
Scout Group – Scouts, Cubs, Beavers
Shap area: Jackie Wright: 01931 716490
Kirkby Stephen: Lois Wiseman: 01768 341107
Appleby Guides: Jean Truman: 07799 505723
Appleby Brownies: Alison Taylor: 01768 361241,
Kate Mulholland: 07948 201685
Appleby Rainbows: Sue Grainger: 07876 403895
Kirkby Stephen Brownies and Guides: Audrey Gray: 07889
093848
Northern Inter-Schools Christian Union (NISCU):
Ruth Evans, ruth.evans@niscu.org.uk
Appleby Deanery Network Youth Church Pioneer Minister:
Rachel Milburn, Rachel.Milburn@carlisle-diocese.org.uk
Families Together in Orton and Tebay: Pam Lawson: 26028
Tebay Kids' Band: Pam Lawson: 26028

Miscellaneous

Orton/Tebay Parish Clerk: Margaret Longworth, 24900
Upper Eden Medical Practice, Kirkby Stephen : 01768
371369 (with Surgery in Tebay)
Shap Medical Practice: 01931 716230
(with Surgery in Orton)
Vets: Kirkby Stephen: 01768 371359
Appleby: 017683 51507
Shap: 01931 716024

Adult groups

Archaeological Society: Jan Hicks: 01931 714122
Arts Society, Appleby: Val Gornell: 24123
Badminton: Richard Percival: 24352
Band: Appleby Town Band: Chris Jenkin: 24410
Bell Ringers: Julian Thorpe: 24166
Bingo: Jillian Hewitt: 01931 715000
Boccia: Felicity Lawler: 015396 24465
Book Club: Sally Seed: 24907
Bowls at Newbiggin: Stephen Dickinson: 07766 833500
Combined Churches Choir: Chris Jenkin: 24410
Community Choir: Alison Mott: Alison@mott.me.uk
Concerts:
Appleby: North Westmorland Arts: 017684 83777
Kendal: contact@lakelandsinfonia.org.uk
First Responders: Steve Dunkinson: 24286
Folk Dance Club: Chris Bland: 24258
Greenholme Show: Keith Golding: 01931 715446
Heating Oil Syndicate: Chris Jenkin: 24410
Howgill Harriers Running Club:
Admin@howgillharriers.co.uk
Local History Societies:
Orton and Tebay: Mary Jenkin: 24410
Ravenstonedale: Val Fermer: 07798 688057
Lunch Clubs:
At the George Hotel, Orton: Bronagh: 24071
At Lune Springs, Newbiggin-on-Lune: Sally Cannon:
23230
At Old School Tea Room, Tebay: Bernard Thornborrow:
24272
Men's Meeting, Newbiggin: Jonny Capstick: 23141
Orchestra: Cobweb Orchestra: Richard Best: 23470
Quiz Team, Orton: Sally Seed: 24907
Sew and Sews, Orton: Gillian: 23653
Volunteer Social Car Scheme: Michael Heywood:
07768 444686
Women's Groups:
Orton: Pat Alexander: 24303
Lune Ladies: Carole Clayton: 23226
Women's Institute: Jackie Huck: 24266
Mothers' Union: Angela Milburn: 24382

Websites

Church Websites:

High Westmorland parishes: <http://hwparishes.org.uk>
Entries in the Church of England's "A Church Near You" directory
Orton: <https://www.achurchnearyou.com/church/12220/>
Ravenstonedale: <https://www.achurchnearyou.com/church/12221/>
Tebay: <https://www.achurchnearyou.com/church/12223/>

Orton Community Website: <https://ortoneden.co.uk>

Orton Parish Council: <https://ortonpc-eden.org.uk>

Tebay Parish Council: <https://tebaypc.org.uk>

Ravenstonedale village website: <https://www.ravenstonedale.org>

Ravenstonedale Parish Council: <https://www.ravenstonedale.org/council/index.html>

Churches' Facebook pages

Orton: <https://www.facebook.com/AllSaintsOrton/>
Tebay: <https://www.facebook.com/groups/stjamestebay>
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