

DIGITAL ISSUE

The Link

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



July/August 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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**THE LINK DEADLINE IS THE
13TH OF EACH MONTH**

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are not necessarily those of the
publishers or editors.

HURD THE WORD

From the Revd. Alun Hurd

*The message from the
Revd. Alun Hurd
will be circulated in a few
days.
It is delayed because
decisions still have to be
made about re-opening of
our churches for public
worship.
These details will be sent
out as a separate email
together with the Vicar's
letter.*

Next deadline - for the September 2020 issue:
13th August if printed, 26th August if digital.

Front cover: Orton church and village, by Jonathan Chappell's drone - see p.23

Public Worship

Ways in which you can still worship

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

Sundays at 10.0 a.m. Also Tuesdays at 9.30 a.m. (Morning Prayer)

- Zoom services will continue at least until September.
- To join in a 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. The email will contain a link to click on. If you want to take part on a smartphone instead of computer, the email will give a **Meeting ID number** - usually 9 digits - and (sometimes) a **Password** - usually 6 digits. Full instructions given.



2. Worship in our churches - allowed after 4th July with strict precautions

Details to be announced shortly

3. 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/

4. 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 .

We will continue to provide these services at least up until September

Following new advice from the Government the Methodist Church has issued directions regarding worship in churches. From 4th July churches are allowed to re-open for worship, once they have completed the cleaning and risk assessment procedures. It is then up to each fellowship to agree when to open. Sadly no singing is allowed at present. Pianos, organs and guitars are allowed.

We will keep you informed of the church openings as they arise.

5. 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.

6. 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

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

The Archbishop of Canterbury, Justin Welby, has a free national phone line to bring worship and prayer into people's homes if church buildings are still 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.



A free phone line of hymns, reflections and prayers

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 Bernard Thornborrow

When I started to write this article lockdown restrictions were starting to be lifted - some shops opening - but over the last few weeks our lives have been on hold, very limited what we could do or where we could go. We have all been affected in different ways, not able to meet up with family and friends, no hugs, no handshakes, but one thing I will remember is people having more time to stop and chat and getting to know new people in the village.

Looking out from our back garden we look to Shap fell and the motorway, but how quiet it has been, but more traffic is now increasing again.

The whole area has been quieter and nature has started to take over again. The bird song seems to be louder! We have spent some time on Sunbiggin Tarn, listening to the Curlews, Peewits and the wonderful sound of the skylarks, also watching the Swans with their Cygnets - what a wonderful sight and how refreshing for the mind! How blessed we are to live in this part of the country away from trouble and strife.

Our neighbours and friends in Mount Pleasant have been coming together on a Thursday to clap for our N H S and front line workers. It's been good to share in this. We also came together on V E day displaying flags and bunting and celebrating with a self-distancing street party. Muriel and I supplied cream scones and cakes. Wondering how to serve them I came up with the idea of serving them on a long-handled builder's shovel covered with Union Jack serviettes! We had a happy afternoon and the weather was great.

Over the last few weeks we have sadly lost two ladies from our community. First Mrs Lena Ratchford: Lena for many years ran our village shop, formerly the Co-op in Mount Pleasant. She was also involved with the British Legion.

Secondly Mrs Ruth Parsley from Beckside Farm, Roundthwaite. Ruth for many years organized the Age Concern Day Centre in Tebay. She also helped with the Senior Citizens' party. She was a member of the W I and a faithful and dedicated worker of the Methodist Church. These two ladies will be missed and we give thanks for their lives.

A little verse to finish:

In this troubled world it's refreshing to find
People who still have the time to be kind,
Time to stretch out a hand in the hour of need.



Orton Surgery and Shap Medical Practice

APPOINTMENTS

Sadly, following advice from NHS England, it is not possible at the moment to book a face to face doctors appointment at Orton surgery. The doctors and nurses are continuing to operate a telephone first system at Shap Medical Practice. It is also possible to have a video consultation if you wish.

If a face to face consultation is needed, it will be arranged for you on the same day at Shap surgery. Some telephone and video appointments can be pre-booked online, otherwise contact the surgery at 8.30am to arrange one. It also possible to get general, medical or administrative advice by using "e consult" through the practice website (though this system does not allow email replies by a doctor). Surgery attendance for appointments will be kept to a minimum to reduce the risk of infection to our patients.

Please check the NHS 111 website if you are unwell with cough, fever or change in sense of smell or taste 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 and 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/>



Members of Appleby Town Band

practising in the garden of Beckside, Orton.

The Band has been unable to practise since the beginning of Lockdown, and attempts to do so by Zoom were somewhat disastrous! However since the relaxation of lockdown rules, groups of up to six players have been getting together in the open air to play again. Some people even listened outside!

<https://www.applebyband.org.uk/>

The Link during the Lockdown

From the Editor



There have been many positive responses to the digital May and June issues which were circulated as email attachments and also posted on various village and church websites.

Indeed several people have suggested that we should stick with this format after lockdown is over, and not bother to print future issues! But this would mean ignoring 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.

Our printers, Cerberus of Kirkby Stephen, have asked when we are likely to want to return to a

printed format. But I explained that our main concern about this is for our distributors. We have a fine team of people who post **The Link** through every door in the villages of Orton, Tebay, Newbiggin-on-Lune and Ravenstonedale and the hamlets around - 950 copies are usually printed each month. But many if not most of these valiant distributors are people over 70, and therefore in the vulnerable category for Covid19. Asking them to open gates and post the magazine through letterboxes is at present - we believe - too risky for possible infection, and we do not think it is fair to ask them. It remains to be seen when we will be told that such contacts are safe.

But we still invite you to send items for the September issue of The Link, however it will be produced! I have received more expressions of appreciation for the **Link** than I ever usually do, and I want to pass these on to everyone who has sent me items for this and past issues.

Please ask your friends and neighbours if they have received the May, June and now July/August issues of **The Link** - and if not, please forward it to them! I know a lot of people have been doing this, including both our village schools who have sent **The Link** to all the parents and staff - thank you!

But we are sure the email address list we use is far from complete, and we are always glad to add more names to it. So, if they would like to, suggest that your friends email or phone the editor so that their address can be added to the list - linkpines@hotmail.co.uk - 015396 24410!

Christopher C. Jenkin

'A Story to Tell' – 30 day story Journal.

“We have a gospel to proclaim!”

We all have a story to tell – perhaps a favourite memory recalled of times past. When we meet in the street or at church we greet each other and then recount the latest episode in our life story or someone else's! No doubt at present, about our latest Coronavirus encounter or of life changing exploits in the present days.

Jesus taught most often through parables. It tells us in the Bible that Jesus always talked to the crowd this way – a thought-provoking accessible story,

Some of the most powerful moments in church life have been when people have given their 'testimony', revealing God's grace and activity in their lives. I hope that with this encouragement, we can take on this 'A Story to Tell' challenge.

We have decided to provide everyone in the Methodist Circuit with a copy of the pocket-sized "A story to tell", a 30 day story journal for you to keep, starting whenever you choose. On each day there is a simple thought to reflect on and a space in which you can record your thoughts and a prayer. We pray that you will make it a journal of your journey with Jesus – one to treasure and then to share.

I know that some people in the Circuit keep a diary, or even a prayer diary, others record significant moments or thoughts. I know that many people have been blessed, inspired and touched by the pictures and reflections of Val Walton and Caroline Shaw, a couple of examples following this explanatory letter. Their shared thoughts during the Coronavirus pandemic have been revelatory for themselves and challenging and encouraging for others.

It is always good to remember

what God has done. I suspect many of you remember the hymn "Count your blessings; name them one by one – and it will surprise you what the Lord has done"! Taking just 3 or 4 minutes a day to reflect and write down your thoughts, will, I believe, enable us all to grow in faith and trust and perhaps share what God has done for us – our testimony!

Your few minutes of reflection may make a lifetime, or even an eternity, of difference to you and to someone else who needs to hear about God's love for them in Jesus.

Share your experience and see what God will do!

Here are two examples:

From Caroline Shaw

28th May

Lock down continues with a few slight changes to try and keep peoples spirits up. We were all thrown into the unknown and asked to follow rules which seemed to go against our normal way of life, yet we tried to embrace it and make the most to protect lives.

I have always walked but normally with friends so although I have walked much more with not been in work it has been on my own until this last week when socially distanced with my dad or Hazel has been allowed. How much happier I have felt just being with a friend and able to chat about anything we want.

Yet throughout lockdown walks I have seen so much beauty and been amazed at this world and how God's creation has carried on and given me (us) hope.

As I walked around Warcop, for what seems the hundredth time, I spotted a snail slowly crossing the road. I got down to take its photo as the shell was a stunning yellow colour. It was just perfect. It got me thinking about a snail, small and slow and carrying its house with it wherever it goes, often picked up and moved by children and so moved from where it was wanting to go. Not really thought much of by people.

Yet our Lord created this tiny creature and placed them here with us on earth.

They must have strength to be able to carry their home around! I know that when we as a family go camping, which we love, the amount we take with us is immense - tent, sleeping bag, cooker, water container, crockery, a torch, matches, washing up bowl etc., etc. We fill the back of the car just for a few days. We could take much less but I still don't think I could carry all I would require.

They must have courage, as being lifted and moved by a child, small to us but a giant to a snail, must be scary! A bit like this corona virus pandemic, big and scary and we have been moved to a very different place. Yet we have people around us giving support and advice, phones to chat to friends, technology to see family even if a long way off. All helping to try and keep us calm.

They must also have endurance, as think of how slowly they move and yet they set off to cross roads and usually make it, they climb high up fences, they have an idea and they go for it. I know I struggle at times to finish tasks I begin, I set off at pace then lose the need and so give up. If I was asked to run well it would be difficult and I would think, "give it a go!" but the endurance would not be there. Giving up is much easier!!! I have to work at things and build up to getting a job finished. Practice to get it right.

Yet our dear Lord says all the creatures of this earth including us are important to him. He created them all.

He gave Noah the task of protecting each and every species.

So next time you are out and about stop and take in all the beauty and remember even the tiny snail was part of our Lord's great creation. Amazing all the detail he thought of!

"All things bright and beautiful" (Mission Praise no.23) is a lovely hymn that reminds us about our wonderful world.

See Val Walton's poem on next page

From Val Walton

I kneel at my cross as Pentecost comes
Seeking forgiveness as the Spirit descends
Father and Son are now joined by the Spirit
We celebrate together as the three become One

To kneel at my cross has brought me such peace
As my thoughts for our NHS just fill me with awe
The dedication they show, as they risk their own health
To become a friend and a comforter as a life passes on.

My Cross was a symbol when times were unreal.
Who'd have thought the world would suffer from Covid
19?

I visited often with my family and shared
The real reason for Easter, was Jesus and he cares.

A cross in a world of so much unease
Can only show hope through a Saviour who's real
If instead of a clap a prayer was sent up
Then a revival pandemic could set us all free.

As my Grandchildren call out, can we come to the cross
Almost a mile we walk all uphill from the farm
At the foot of the cross, we've found such a calm
I hope they'll remember the cross on the farm

My Cross has become a strainer in the new fence we
made.
A support in the fence to keep it secure as the elements
emerge
Jesus our Saviour is our strainer in Life.
Depend on him now. It may be your last chance

As I said Goodbye to my Cross up the hill
I shed a tear for the privileges that I've enjoyed
I'll always remember my old rugged cross
And pray one day, I'll exchange it for a Crown.



Calico Gardens

A garden is a special place,
Where we all love to go,
But my gardens are just special
For they're made of calico.

The fabric is manipulated
And stitches they are sewn.
It doesn't take so very long
Before the flowers have grown.

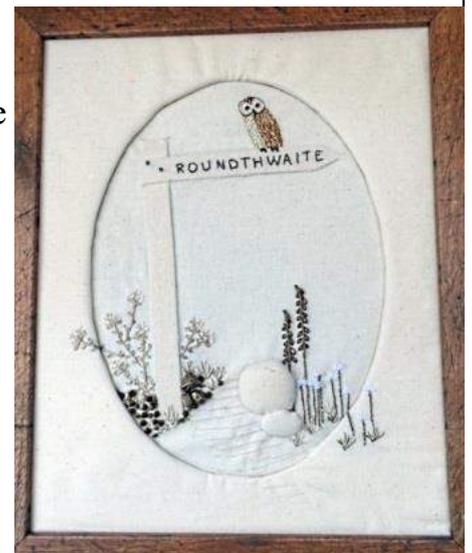


A window here, a
pathway there,
And maybe just a
door
A bush or two and
ivy leaves
And flowers that
we adore.

And what about a butterfly
To flit from flower to flower.
A pot, some gloves, a garden seat
To sit on for an hour.

So why not make
a garden
That's made of
calico,
It will be your
very special
place,
That you won't
have to hoe!

Heather Ballantyne 2020



(Calico gardens are hand embroidered on
calico fabrics in neutral shades. These are my
lockdown calico gardens and poem)

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>

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.

Alpacas



Alpacas originated from South America but we have 4 of them at Rayne – all girls, 1 x white, 1 x dark brown and 2 x black. All 4 have unusual sounding names. They are excellent for guarding sheep & graze with them. Their poo is very good for the garden (and does not smell).

They are very tidy and poo in the same spots in the field every day. It is collected every day as it could poach the grass. Bags are being sold from the verge at Rayne at £1.50 a bag and from July all proceeds will go towards All Saints' Church, Orton.

Elizabeth Crossley



D-I-Y Anti-Virus Face Masks: I don't think this is quite what the Government had in mind...





A little while ago I wrote a little article about a slightly insane running challenge I am doing, dubbed as The Big 4 at 40. A reminder what the challenge is - 1 man (me), 400km (250miles), 152 summits, 4 mountain regions, 4 home nations, 30,000 metres of climbing - all in approx 96 hours of running - The Charlie Ramsey Round, The Denis Rankin Round, The Paddy Buckley Round, and The Bob Graham Round - a world first, in the last week of August. As part of my training, I have done a few large challenges recently including the Harvey Howgill Tops in the Howgills, The Freeman Round in the Lakes, and the latest one which I decided to do on the hottest day of the year.

About a week ago, I saw that a Dallam runner, Tom Phillips, had created a route around the high points of



Morecambe Bay called the Bay Limestone Trail/Round. The route involves parking in Arnside and getting the train across the bay to Kents Bank at 07:30 in the morning. I arrived at Kents Bank, disembarked and got running. The first top was Humphrey head, which is only 50m and has a great view to start the day. The next few hours ticked by as I ticked off the km's, and all the while feeling good and keeping hydrated in the morning sun. Quite early on I came to the realisation that wherever there was a path junction with a couple of options, I didn't need to

check my watch or a map, I simply needed to go down the path which was the most overgrown and full of nettles. I didn't mind though as I am a big advocate of using old paths to keep them open.

I ran out of water a couple of times but quickly found an outside tap on a barn or a house at just the right moments. At about 40km, I reached Cunswick Scar and Scout Scar and I was in need of a rest. I made it to the mushroom and lay down for a few minutes - it is amazing what 5 mins does to refresh tired legs. The next few Km were a lovely descent down to Levens - the first shop and a welcome sight. I could feel the need for some salt, something savoury and I was craving Coca-Cola and a Calipo. My core temp was definitely getting too high so the Calipo really helped to cool me down.

The next leg was tough. Between Levens and Farleton Knott was not my sort of running. Apart from a small jaunt up Heversham head, it was completely flat along the Heversham Trailway and then the Lancaster Canal for what seemed like a lifetime. This was also in the heat of the day. I was really struggling mentally to keep going at this point and was beating myself up for not being able to run faster considering it was pan flat.

As I turned off the canal towards Farleton Knott I was overjoyed to see my trail mate, [Joshua Lindsay](#), who then accompanied me to the end. We plodded up to the top of the Knott and followed some amazing limestone trails across to the next summit and down to Burton. It was here that I really started to feel emotional. 2 random people walked past us

saying "Are you Ross?" and offered encouragement, and then 2 more at the bottom of the lane stopped and gave us water and congratulated and encouraged us, and then 2 more just after Burton did the same. It felt great that people were out supporting me and paying attention to what I was doing.

From before Farleton, my next goal was Yealand where the Voom Nutrition, who support me with my running, have their HQ. The team met me outside and provided electrolytes and bars. The electrolytes really perked me up for the next segment. One of the Voom team then joined Josh and me to run with us to the end.

3 more obscure summits later and we were coming down into Silverdale. By this point any incline at all was raising my heart rate way too much so I had to attack the hills in small chunks, and stop between to allow my breathing and HR to settle. It was quite tough mentally to know that these easy hills were causing so much bother but I was still going.

About 7km to go and 2 more runners joined our merry band - these guys came at just the right moment as they were locals and helped with the Nav for the last bit. I was really beginning to suffer by now and it was clear the heat had taken its toll. I was getting small cramp spasms in my quads and in the top of my calves. I made it to the top of Arnside Knott walking like someone from the ministry of funny walks but was ready for the final descent to the finish.

My legs had decided on a different plan - the cramp in the calves on the first little part of the descent was so bad that Josh said he saw the muscle spasm. With only 2km or so to go I knew I could make it until the last 50m of down hill before the beach when pretty much every muscle in my legs exploded in pain and completely floored me. I was screaming blue murder and lying flat out on the ground. I just couldn't believe that my hope for sub 12 hrs could fail with less than 1km to go.

I forced myself to my feet and walked BACKWARDS down that last 50m and quickly apologised to the locals for my bad language. I was there, the final minutes to go, a nice flat beach to the end but no, the route had one final mountain, I had to climb 2 whole steps to get onto the promenade - it felt like Scafell Pike! A few seconds later I was on



the road and heading for the pier. There were some supporters out and cheering me on to the finish line. I ran to the end of the pier with tears in my eyes - I had done it. A new record! My longest ever run. A massive achievement in that heat. 91.5km, 11hrs 59mins, 30+°C, 1 runner, several supporters.

I want to say a huge thank you to Josh, [Beau Smith](#), Dallam Runners, [Thomas Phillips](#), and everyone who followed my progress throughout the day - it was very overwhelming to see over 170 people following my online tracker at one stage.

Many of you know that I am raising money for CALM, Mountain Rescue and The Dogs Trust for my Big 4 at 40 challenge and all smaller challenges in between (link below). This is because I suffer with depression myself and run to combat it but many people don't have something to help like running does for me so charities like CALM (Campaign Against Living Miserably) are there to help men with mental health issues. Please consider donating to 3 very worthy causes.

<https://uk.virginmoneygiving.com/RossJENKIN2>

TEBAY PRIMARY SCHOOL

Tebay School's OFSTED Report

Tebay Primary School was inspected by Ofsted in March shortly before the coronavirus lockdown. We are so happy that the school was given a 'Good' rating.

"Pupils are happy and thrive at Tebay Primary School," the report stated, adding that the school is at the "heart" of its rural community, and that pupils are "safe and feel safe" in the school.

We are very pleased that the outcome reflects not only the hard work of staff but the support of the fantastic community that the school lies within and of course our amazing children, parents and Local Advisory Board members

Cumbria Education Trust's director of primary education, Chris Wilkins added: "What stands out to me all the way through the report is that the school is providing an excellent curriculum for the children.

"It meets their needs, it's matched to their experience and is enabling them to thrive.

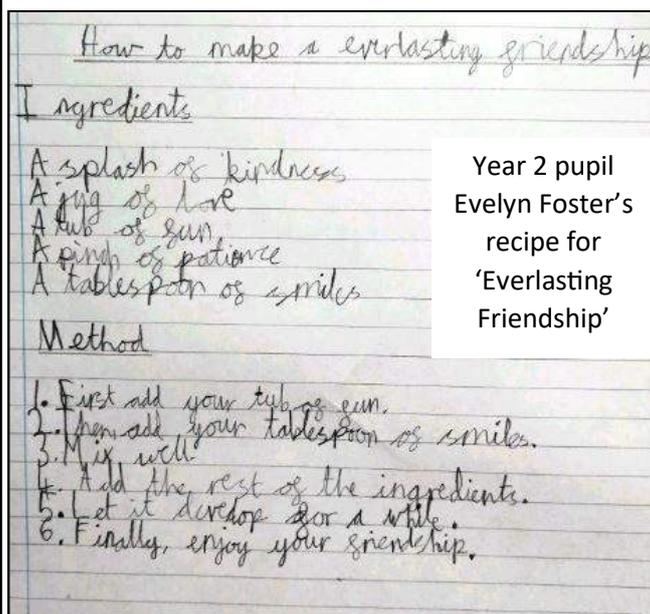
"Staff are providing families a gem of a school that impacts not only on the children and their learning but on the parents and the wider community as well. It's wonderful the village has got a school of which it can be proud."

While school has been closed, Julie Foster and Tracy Morland have been looking after the school gardens and school's 3 hens.



Cumbria Education Trust ran their 'My Money Week' Competition with entries from pupils across their nine schools. Pupils were asked to design a front door that linked living in Cumbria.

Jacob Haygarth, Year 3 pupil at Tebay Primary School, was one of the winners, winning £50.00.



Year 2 pupil
Evelyn Foster's
recipe for
'Everlasting
Friendship'



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



WESTMORLAND APPRENTICES LEARNING DURING LOCKDOWN

Since we have been back from working at home we have had our own projects to complete around the Tebay office, where we are based.



My project was building a limestone wall in front of the Tebay office with a Westmorland Dales Landscape Partnership sign attached to the front of the wall with expansion

bolts.

Abbi's project was putting in steps leading the path down to the River Lune at the back of the building.

Sarah's project was building a wooden tool rack for all the different sizes of tools to fit.

Rebekah's project was building a wooden picnic bench for the team to sit on in the future as well as repairing one of the village's notice board.



We all enjoyed every minute creating our own projects from start to finish.

We are now currently working on a fence line down at Tebay Church, sectioning off the deep gully to make the public safe.



*Billy Capstick,
Countryside Worker
Apprentice*





Did you know?

Tebay Primary School Nursery....

- Nursery places available – September 2020, January 2021 and April 2021.
- Government funding is available for the term following their 3rd birthday – free 15 hours per week.
- Ability to pay for more hours if needed
- Half and full day sessions available.
- We offer 30 hour's provision for those eligible.
- Varied activities following the EYFS curriculum
- Small class sizes; so all needs are catered for.
- Fully qualified staff.
- Extensive outdoor learning.

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



For more details or to arrange a visit contact Tracy Morland on 01 5396 24239 or email admin@tebay.cumbria.sch.uk



THOUGHT FOR THE DAY

by Jackie Huck

When the daylight is done
and stars fill the sky,
It's then I sit back
and wonder if I
have filled up the hours
with full value in store,
if I should have done less,
or I should have done more?

For this day is gone
it will never return
to be altered, or scrubbed
and though I may yearn
I cannot improve it
if happy or sad,
it is passed by forever,
the good and the bad.

So, when you wake up
with a new day ahead,
as you slip from your duvet
abandoning bed,
remember each day
is a small piece of gold,
to be treasured and loved,
as you watch it unfold.



THE ARTS SOCIETY APPLEBY IN WESTMORLAND

A UK arts education charity, The Arts Society has 90,000 members aged 60-100. With the pandemic crisis continuing, most of this age group has been instructed to stay at home but the new platform has been devised to make this a less isolated time for that part of the population.

'The Art Society Connects' is free to members and the public and will host fortnightly lectures by leading UK art historians. *Lectures will be uploaded on Tuesdays at 11am. You do not have to be a member of the Arts Society, and users can visit the site by typing connected.theartsociety.org into a web browser.*

14th July Venice: Dressed and Undressed – Sarah Dunant

Sarah is a British novelist, journalist, broadcaster, and critic. She works extensively in radio and television, and also a very successful writer of historical fiction.

28th July: Las Maninas – Dr Jacqueline Cockburn

Art historian and linguist, Jacqueline is Managing Director of 'Art and Culture Andalucía' running residential courses in Southern Spain in the art and culture of the region. Jacqueline also works in London as a freelance lecturer and is a course Director at the V&A and is accredited at The Arts Society delivering lectures on a variety of art historical topics.



A detail of Diego Velazquez - "Las Maninas"

South Africa Sports Exchange Programme

Since 2002 The Eden Valley Sports Partnership, Upper Eden RUFC and Kirkby Stephen Grammar School have been partners within the South Africa Sports Exchange Programme, sponsored by the South African Rugby Union and The British Council.

The programme sponsors young South Africans from the traditionally disadvantaged areas (townships, both urban and rural) to visit the UK. Since 2002 Eden has hosted some 60 young South Africans, predominately around Kirkby Stephen and Tebay. When here they have been involved with visiting and coaching sport within schools affiliated to EVSP. To date some 30 primary and 3 secondary schools have received regular visits and coaching sessions, its estimated some 2000 Eden youngsters have been involved. In addition coaching at both Junior and Senior level within Upper Eden rugby club has spread their impact further.

The vision and long term support of both Mrs Becky Wolstenholme, Manager EVSP and Upper Eden RUFC has been instrumental in maintaining the programme.

A thanks to all those who have hosted these youngsters within the Eden community, which has allowed interaction at all ages. This leaves an enduring legacy and the power of social media has meant long-lasting friendships have both remained and flourished. Please contact Becky Wolstenholme EVSP manager 017683 74 076 if anyone would like more details about the programme and future plans or if you are interested in supporting any future programmes please do contact us.



Orton Farmers' Market

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

Latest advice, however, is that the public toilets in Orton Market Hall will not be open for when we had hoped to return to the village for our monthly market on 11th July. The directors of Orton Farmers' Market have therefore announced that they are now looking towards a market on **8th August**, with due precautions for social distancing in place.

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

News from Orton School



Welcome to our July / August page.

School has been open for a few weeks now to certain groups of children as advised by the Government.

We are opening up the opportunity for more year groups on a weekly basis when advised and school once more is becoming a happy place of learning, fun and laughter.

Although different, we are getting used to learning together whilst social distancing. Home learning still continues and the creativity of both children and parents in supporting this is amazing. Teachers offer the opportunity for class video 'get togethers' on a weekly basis, these also are a great source of fun as we can join together to chat and share news.



School Milk Alliance School of the Month Award

We were given the news that Orton CE Primary School had been awarded School of the Month for June!

This is fantastic news and recognizes the work we have done particularly towards the Food For Life Award that we earned earlier in the year with the help and support from The Westmorland Family. Please follow the link below to see the press release and a personal message to our school from 'The' Dr Hilary Jones!

<https://www.snma.org.uk/news/school-of-the-month-orton-ce-primary-school>

Lovely News ...A new Team Member

As we look forward to September in the hope that school can return to some normality we would like to welcome a new part time teacher to our school family. We are sure many of you know Miss Lauren Coward whose parents until recently could be found helping us at the local shop and Post Office. Lauren and her sister Hayley both attended Orton School before moving on to secondary.

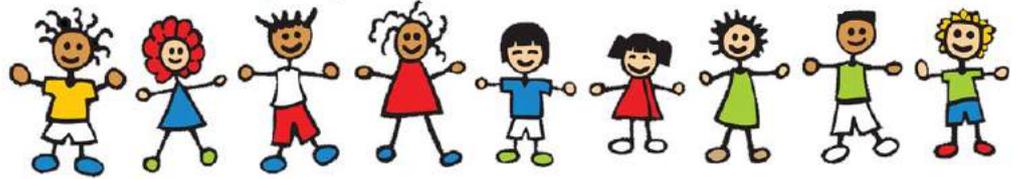
Miss Coward is a Newly Qualified Teacher with boundless enthusiasm, passion and love for teaching children. She has worked hard throughout all her teaching placements and comes highly recommended. Miss Coward will be teaching a range of foundation subjects. Her passion outside school is sport, particularly hockey.

We are all very excited to have Miss Coward 'on board' and look forward to beginning a new academic year with a new team member.



Our JAM page is updated regularly with a variety of worship resources for all ages.

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



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

Fruity Word Search

N Z R X S E C N E I T A P A C
 I U A K Z S G P R O D U C E S
 X M V L O V E T I R I P S C P
 T A E Y W K H N X T Y X T J M
 S G N F A H T H D O V Z K L W
 E H T W A B G U A N O O Q U N
 L L S N Z D E C B F I Y M U I
 F H T H D C N T M R L K T W F
 C H O F A I T H F U L N E S S
 O M N I G F L S H I N L X Z K
 N B E C A X E R Y T L M U E O
 T Z D S S E N D O O G L K B Z
 R S A O B B E D P E J O U R O
 O U L W C J S W N O E V S Q I
 L M E B I A S P E A C E C S Z

We've put these following 'fruity' words in our wordsearch—can you find them?

**FAITHFULNESS—AND—FRUIT—BUT—GENTLENESS—GOODNESS
 IN—JOY—KINDNESS—LOVE—PATIENCE—PEACE—PRODUCE—
 SELFCONTROL—SPIRIT—THE** and if you can find all of those, we've also hidden three local village names...

Words can be up / down / forwards / reverse / diagonal

Created using the Words Up Games [Word Search Maker](http://WordSearchMaker.com) at WordsUp.co.uk

Try colouring this in!

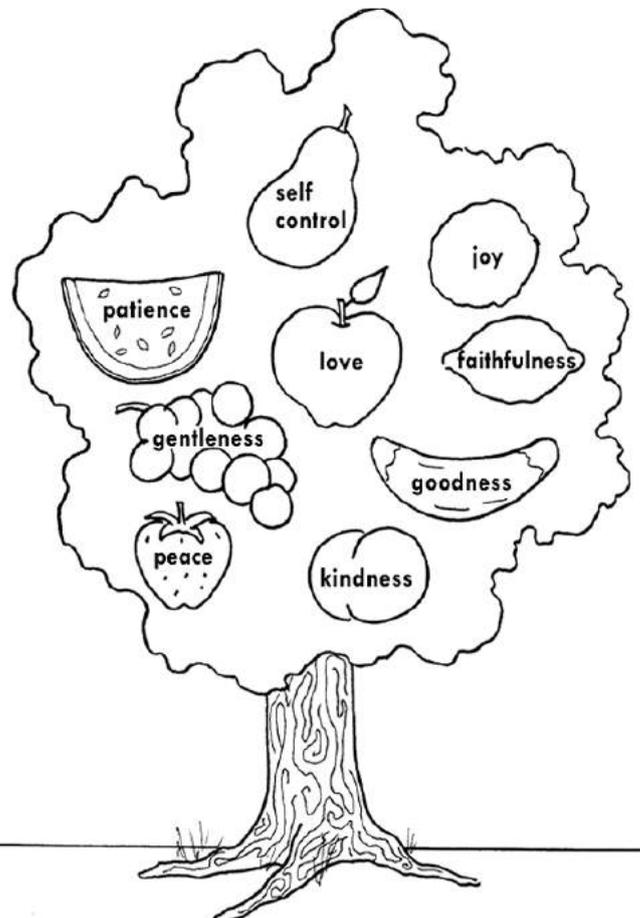
They are the 'fruits of the Spirit'
 - read more about them in the Bible
 (In the book of Galatians, chapter 5, verses 22 and 23)

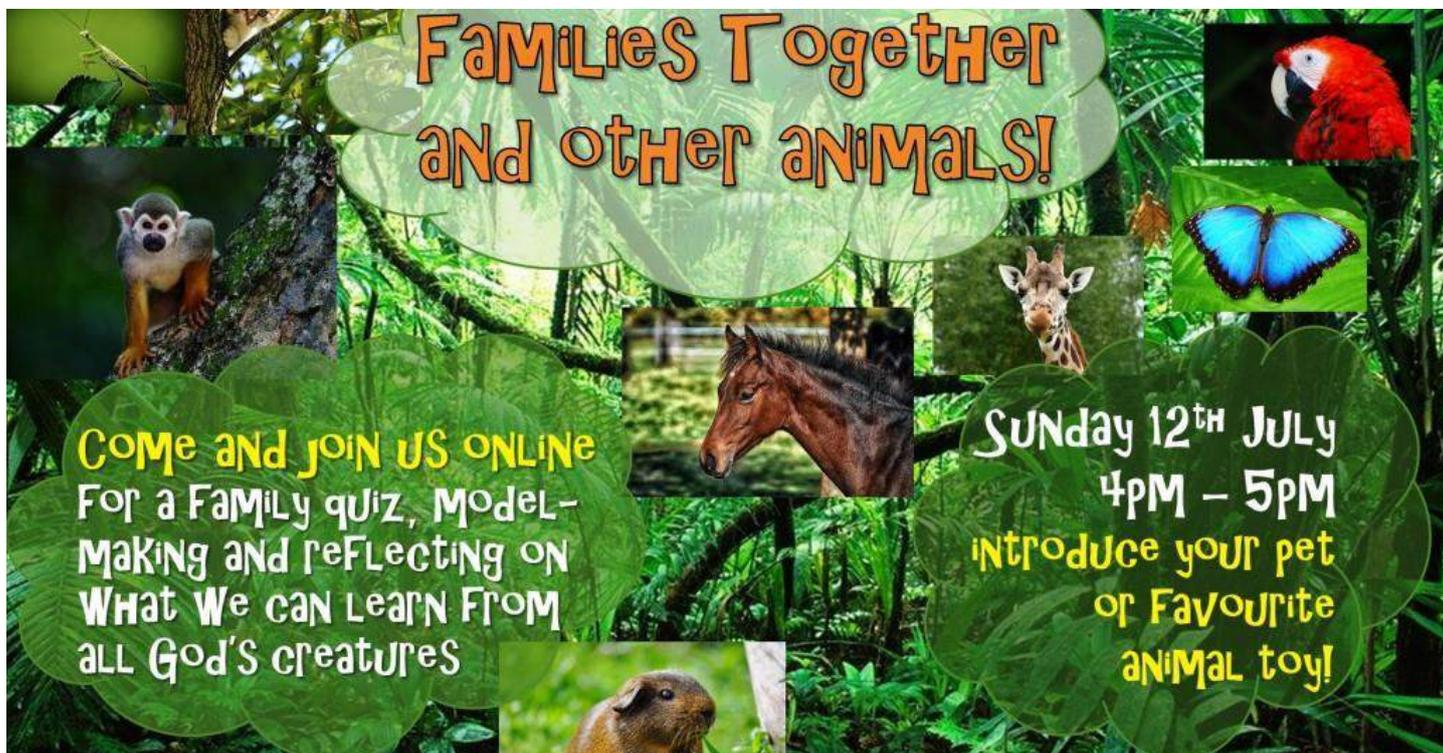
Use [Bible Gateway](http://BibleGateway.com) online if you don't have a bible to hand

Jesus gave his disciples some good advice. Look at these sets of words. Find the odd ones out and write them on the lines.

- | | | |
|----------------------------|----------------------------------|------------------------------|
| 1
apple
you
pear | 2
rabbit
rat
receive | 3
freely
small
tiny |
| 4
hour
minute
now | 5
sweets
give
chocolate | 6
dog
freely
cat |

1 _____ 4 _____
 2 _____ 5 _____
 3 _____ 6 _____





FAMILIES Together

Heroes day, 14th June

We dressed up as heroes for Families Together on Sunday. I was dressed up as vine girl, I made her up. Her powers are controlling nature and water.

We watched a video of Beth trying to be a superhero too jumping off a roof.

We had to draw our hero. I drew someone from the NHS. We watched a video of children pretending to be super heroes and singing.

It was my favourite families together so far.

Jess age 7



Link and Conan



Gabi, Jessie and Ellen



lines

<https://www.facebook.com/events/595103374771183/>



Part-Time Permanent Clerk to the Governors

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 clerk to the governors. Required from September 2020.

The post will require attendance at and minuting of approximately four full governing body meetings per year and associated committee meetings as deemed necessary by the Chair of Governors and Head Teacher.

The post is approximately 2hrs per week, £19,171 pro rata term time only. The successful candidate will have good administration, organisational and ICT skills with an eye for detail, an interest in modern education and an ability to communicate at all levels.

For further information and an application pack please see the school website or for an informal discussion email sally.seed@btconnect.com

www.ortoncofeprimary.co.uk

Closing date: Friday 31st July 2020 12 noon

Thank you!

A HUGE THANK YOU to everyone who, often anonymously, left lavender, material, ribbons and buttons in our front porch for the NHS. They now have enough lavender gift bags, draw string bags and face masks in the warehouse at Penrith. There is a dedicated group of people still continuing with "scrubs" but my

skills don't extend that far.

So thank you all again, also others in the area who have kindly given of their time to help.

Also thank you to all those in our community who have helped and supported neighbours and friends through difficult times.

Olive Bland

“We’ll meet again...”

We heard recently of the death of Vera Lynn, the “forces sweetheart”. She played an important role in maintaining the morale of the forces in the 2nd World War and probably that role was immeasurable. This made me think about others who sometimes get forgotten - the evacuees and those who took them in. My Mother,



together with my eldest sibling as a baby, were evacuated to somewhere near Bristol and hated it so much that she returned home to brave the perils of bombing in London. However there were children who were evacuated alone or with a sibling who were sent to our part of the country and who thrived and loved the experience.



There were **Don McClean and his brother Dick**, from Newcastle, who were evacuated on 1st September 1939 and were billeted to the home of Joseph and Lizzie Thwaites of New House, Bretherdale. There they remained until 1943, going to school and Chapel, and being lovingly cared for.

Don returned to Greenholme Methodist Church in 1989, on the 50th Anniversary of his evacuation, to give a service of thanksgiving for the friendship and happiness he found there as a child. He quoted to the congregation the Bible verse that says “I was a stranger and you took



me in” and then continued:

“This applies not only to me and my brother, it also applies to the two million, and more, evacuees who left their own homes on 1st September 1939.”

For Don, parting from his “foster” parents after four years of loving care to return to Newcastle was one of the hardest things he had ever had to do.

Another evacuee was **Raymond Sear** who was five when he came from Barrow-in-Furness – he went to live for a time at Warcop, and his brother Norman went to Mr and Mrs Speirs at Mostyn House in Orton, who had previously had two other evacuees – Larry and Estelle Fenton. When Raymond returned to Orton he too went to Mostyn House. He helped at Petty Hall, the home of Bill Richardson, in between attending classes, and he stayed ‘working’ at Petty Hall until he left school - and did not want to return to Barrow! Morning prayers with the whole school took place in what is now Kennedy’s Chocolate Factory, and then the Juniors went across to the Temperance Hall (now a workshop and store). When Raymond left school he worked for about a year at Hall Farm, and after he was married he lived on Front Street until he and his wife Judith moved to Ely in Cambridgeshire.

Betty and Joyce Burton were eight and eleven years old when they were evacuated. She wrote a few years ago: “Every day of my life I am reminded of Mr Joe and Mrs Ettie Green of Tebay and thank God for them and the people of Tebay”. At first the Greens said they were unable to take two girls - just one - but the older sister said they were not to be separated, and so they both were taken in by the Greens, and there followed a very happy time. In spite of cooking on primus stoves these girls did not go without, with special treats on birthdays and at Christmas. There was Church or Chapel three times on a Sunday, with walks around Roundthwaite after Sunday School. In 1946 Betty was 14 years old and should have gone back home but she stayed to finish her schooling in Tebay, and then the dreaded day of departure came with many tears and much heart rending – she had been in Tebay for six years!

Larry and Estelle Fenton, mentioned above, were the grandchildren of Mr and Mrs Speirs of Mostyn House.



They stayed for four years – at first they had difficulty in understanding the Cumbrian accent but this did not remain a barrier for long and they both made good friends. Mr Beale was the Orton School Head teacher at that time and would take the children sledging when it snowed, as he knew there would be no unscheduled visits from inspectors in the snow!

Larry was in the church choir, and Mr and Mrs King (Vicar and wife) wanted to send him to Carlisle to sing in the Cathedral choir, but his Mother said he had to stay in Orton with his sister. He retained a lifelong love and involvement with music.

Orton Hall was the place that saw the **Hennessy family** take residence in the summer of 1941. They were Mother, Edith, and three girls – Kathleen aged 6, Terry aged 4, and Maureen aged 3. Their father visited from time to time but was not with them. Kathleen tells of it being a lovely place to live with big rhododendrons and conifers along the drive, where she would take sanctuary with her book to sit and read and watch the birds and red squirrels too. She remembers the green dome-topped caravans on their way to the Appleby Horse Fair and the gypsies calling at the houses selling homemade clothes pegs and wood carvings of chrysanthemums. As the family was fiercely Roman Catholic Kathleen was sent to an RC school in Kendal by bus, and then across Kendal to go back to board with a relative until the end of the school week. When snow and bad weather set in Kathleen's Mother decided this would happen no longer and she started attending Orton School, in the Temperance Hall.



Terry's memories are less specific as she was only four when she came to Orton. However she remembers it as a very happy time. She was one of those who thought she had "done" school after the first day! She said in 2011 – "We are all drawn to Orton, even after almost 70 years, and we visit whenever we can. I feel that has so much to do with the people who lived, and still live, in the village and that the welcome is still there. Thank you, Orton, for giving us these unforgettable memories".

These are just short excerpts of memories that I was able to compile in 2011 – there are a few more so watch this space! However I would be delighted to receive any other stories and / or pictures about evacuees in our area – maybe we could even create a book to raise funds for the Poppy Appeal!

Please contact me at Becksde, Orton, (phone 24410) or email: maryjenkin@gmail.com.

Mary Jenkin

RAVENSTONEDALE PARISH HISTORY GROUP

News of our 2020/21 'talks' programme

At the time of writing, we are hoping for a further announcement of relaxation of lockdown restrictions and gradually we are opening up to the point when we can meet to share company and enjoy the talks currently being prepared for eventual presentation to members and guests of Ravenstonedale Parish History Group.

The 20/21 season is entirely dedicated to talks prepared by our members. This voluntary contribution is gratefully acknowledged, our audiences will appreciate the work required to prepare these talks and we are lucky to have a broad range of presentation styles and interests to ensure our talks season is rich with variety and interest.

At this time we are intending to offer talks at Newbiggin Village Hall and the Ravenstonedale Community and Heritage Centre (RCHC), subject to the prevailing requirements affecting hire and use of premises and the completion of works at RCHC. Final details for talks will be advertised in **The Link** and posters will be displayed in the villages as usual. As with the onset of 'lock-down', posters will always have the latest, most up-to-date venue and date/time information.

At this time we are planning as follows: on 16th September Val Fermer will be presenting her postponed talk from March 2020 entitled 'Who Used to Live in Your House?'. An article previewing this talk was published in the Link and the Cumberland and Westmorland Herald. On 21st October Steve Fermer will present a talk, based on and expanding the article published in the Link during March 2020, introducing a walk around St Oswald's churchyard and exploring the history and context of a selection of memorials and those who are remembered on them.

Diana Fothergill presented a fascinating and very popular talk on Tower House in September 2019; in 2020 Diana will present a new talk which will be entitled 'Famous Fothergills'. Although we have no talk in December, please note your diaries for 9th December as this will be the group's Christmas Get Together – members, friends, guests and visitors are very welcome. Last year we were entertained by a re-enactment of a court case uncovered by Diana Fothergill and performed by members of the group - something similarly entertaining will be on offer in 2020.

There will be nothing in January - we are experimenting with not having anything this month, but extending the season to April, to minimise the disruption that inclement weather can have on our programme of talks. Consequently the first talk of 2021, will be on the 21st February. Members and guests have really enjoyed the two previous talks presented by Jackie Wedd and she will return to the podium with a new talk, which is still being developed.

On 17th March, Les Neal, a regular and popular speaker will present 'The History of Greenside and Coldbeck'. Finally, on 21st April, new member Maurice Hall is happy to present a talk on 'The History of Dry Stone Walls'. Maurice has lectured for the University of the 3rd Age and has also be invited to develop a lecture for Yorkshire Dales National Park. We are looking forward to this first talk from Maurice and to welcoming him to our roster of regular speakers.

As explained earlier, the venue of the talks has not yet been decided as we don't yet know when/if the halls will be available to be booked. Look out for the posters! Members will also be advised via e-mail. Up-to-date information will also be available on www.ravenstonedalehistory.org.uk . Val Fermer



News from All Saints' Church, Kasese, Uganda

(Link church with All Saints', Orton)

Further messages from Rev. Nelson Walina, Vicar

20th May: Rev Christopher, we thank you for your mobilization, support and prayers for us. Today morning we are finalizing to give out food and non-food relief to the desperate people caused by floods.

(Message sent to Nelson, forwarding a promise of prayer from a Tebay lady, and telling him we prayed for Kasese on our Ascension Day Zoom service.)

We welcome those prayers in the power of the Holy Spirit. Thanks for getting more brothers and sisters to join praying for us in Kasese.

Today again two rivers at the DRC border to Kasese bursted their banks, caused landslides, floods, did a lot of destructive including loss of lives.

2nd June, from Rev. Robert Zziwa, the previous Lay Reader of All Saints, Kasese, who is now ordained and serving in a church a few miles away: Revd Chris, we have delivered the relief food items to the displaced people who are in the mountainous areas, living in a camp called Kiraro. *(The picture shows the truck and some of the stores, paid for by donations from people in Orton and district.)*



31st May, from Rev. Nelson Walina: My dear friends, it has been a joy that one of the members of the Expectant Women Ministry gave birth one week ago. Today I made a dedication and thanksgiving service, the first since they closed places of worship. Was an honoured service in our church today. We thank God who enabled this success.

3rd June: Dear Chris and Mary and friends, the government of Uganda has again extended the time of lockdown for a month. Churches and Schools completely remain closed but lifted up some shops, markets. Put on masks walking in public....

We do appreciate your compassionate prayers for us as people of Kasese.

(We gave him an invitation to join our Zoom services)
I will need someone to teach me. I hope I will be able to learn. *(We sent instructions to load Zoom on to smartphone or computer.)* I have the phone. I don't have computer. For me to start is still a challenge.

(Unfortunately Rev. Nelson has not yet been able to join our Zoom services, but Rev. Robert Zziwa has joined in several of our Zoom services - his children can often be heard in the background! He is a younger man, familiar with the internet.)

6th June: Next Sunday, 14th June, I shall be in our Studio FM Radio preaching to the whole community of about 7 districts, from 7 a.m. to 12.30 p.m.

14th June: Today I was speaking the Word of God to 13 districts of our region on Messiah Radio. I went with a team of 4 choirs for each service and my Lay Reader. We had an English service and two Vernacular services.

21st June: Today at All Saints Church we have had a good time, happiness and joy, from the fruits of the Crusade that we held in February 2020. We have baptized 5 Muslims. Though we are in lockdown God is performing miracles! I had requested the government to grant me permission to open the Church and baptize the 5, in a Scientific sitting arrangements. Thanks for your prayers. We will nurture them into spiritual growth.

22nd June: Today thieves have stolen our 4 adult goats at 2 a.m. Two were expected to give birth after this week. We were rearing them at our friends' home.

23rd June: Today some members of Church Executive (PCC) handed over gifts to the church Cashier (Treasurer?) Zaketi Nyakato, who is wedding on 26th. On that day we hope to give her a package to help her begin her home.

26th June: Thanks for your prayers. Today our Cashier Nyakato Zaketi has wedded to Joshua.



Shocking news from Archdeacon Nelson Isebagheen, former vicar of All Saints, Kasese:

25th June: Our Lay Reader was shot dead by the army yesterday as he was going to his home to get food. We have buried him. Pray for our situation now.... The commander told us they are investigating the matter why he was shot. *(See next page)*

More news from Uganda: 30th June, from Rev. Robert



29th June 2020

Zziwa:

My prayer request is about the continued flooding of our rivers in Kasese,

Uganda.- Nyamwamba and Mubuku Rivers. Last week on Thursday, four people drowned as they were crossing the River Mubuku - it flooded while they were in the middle of it. A woman together with her daughter-in-law and her two grandchildren.

Secondly, we lost ordinand Benin Musimenta who was shot by a soldier as he was carrying his wife on a motorcycle heading to their garden in morning of last week on Thursday. (*This was the man mentioned on previous page.*)

On 29th June we sent donations given by local people totalling £450 to Rev. Nelson Walina in Kasese.

Nelson replied: So grateful. You have enabled us to reach out again to needy persons affected with floods.

Mothers' Union leader and my wife Melina will purchase items at 12 noon today.

Wasingya Kutsibutsibu! (Thanks so much!)



Later that day:

Among the given there are 3 families whose houses were flooded down to mud; none of any property was retrieved from any of the

houses. We have given each of them 1 jerrycan, 2 saucepans, 12 plates, and 50kgs cassava flour.

There was another group of the disabled. The short man is 21 years old, you see him receiving flour in basin, he moves crawling on knees.

The short girl is lady 35 years, but that is her size.

They have today gone jumping and rejoicing for the received reliefs, both items and foods.

Praying for the Wellwishers over there who have contributed for Kasese flood affected persons. Thanks!
Wasingya!



If you would like to donate to help the church in Uganda, please contact cjenkin81@gmail.com

Church Registers

Doris Helena (Lena) Ratchford (77) of Tebay was cremated at Carlisle Crematorium on Tuesday 9th June 2020.

Ruth Parsley (83) of Tebay died Tuesday 9th June 2020. She was cremated at Beetham Hall Crematorium on Thursday 18th June 2020.

Diana Burra (89) was cremated at Carlisle Crematorium on Friday 26th June; her ashes were buried in Orton Churchyard on Monday 29th June.

Diana Morris was born at Upperton Farm, Yazor, Herefordshire in September 1930, the youngest of six siblings. Diana was active in her local Young Farmers Club entering competitions locally and nationally. She became chair of Worcestershire YFC and met John Burra at a conference in Hereford when he was the Westmorland County chairman. They married in August 1956 and Diana moved to Ghyll Bank where they farmed until 1998.

On arrival in Westmorland Diana found the landscape austere and encouraged John to plant woodland. They were both interested in wildlife and became pioneers of the farm wildlife movement, planting more trees, creating ponds and protecting wetlands. They hosted farm walks for various local organisations promoting biodiversity in coexistence with commercial farming. Diana and John's involvement in farming organisations made them many friends. They were generous hosts and loved to share their farm and knowledge with others.

Diana joined Orton WI shortly after her marriage and remained a member for several decades. She served on the County WI executive committee for many years effectively organising events such as Kirkby Stephen Bulb Show, putting together exhibits for shows locally and nationally and promoting the organisation's interest in the arts. Her interest in the arts also led her to become the organiser of a picture loan scheme at Abbot Hall, Kendal, and to become programme secretary for North Westmorland NADFAS (National Association of Decorative and Fine Arts Societies). She attended art and sewing classes, enjoyed patchwork and created numerous tapestry cushions many of which have found their way into the homes of family and friends as gifts.

Having been a Guide herself Diana became an assistant Brownie leader at Tebay and was involved in the Guiding movement for many years as divisional commissioner for the Kendal and Lowther District.

Gardening was another enduring interest. Diana created splendid gardens at Ghyll Bank and Ingmoor, loved visiting gardens and volunteered as a warden at Holehird, Windermere. Even in later years when in the grip of Alzheimer's Diana would surprise by remembering names of birds, wildflowers and garden plants. She also retained her sense of fun and consideration for others.

Diana was always deeply concerned for the welfare of others and quick to offer help and support when needed. She was generous, kind and a wise mentor to many. Her faith and her love of the natural world were central to her life.

From Bampton Parish Newsletter

Spring to Sea. Our Parish is connected to our oceans Bampton Parish and Plastic Pollution:

In March and April to keep me sane ☺ and to exercise I slowly litter-picked all the verges and roadsides of Bampton Parish and a bit beyond. I found the following:

- Litter louts still exist! Who is the Costa Coffee Quaffer and the can-chucking Pepsi pig?
- Much of the litter was 'old' and had been in situ for a long time buried in the verges.
- Much of the litter was plastic, made up from single use drink bottles, bags, buckets, film, tape, string, bits of cars, tie wraps, and many very small pieces on the road having been pulverised by our vehicle tyres.

This indicates the following:

- No one has been taking responsibility for this. With austerity there has been no spare money for Eden District Council and now with Covid 19 even less money will be available.
- The light plastic and small pieces will make their way by wind, flood and drains with our heavy rainfall to pollute our beautiful becks, rivers and onward to the Solway Firth and Irish Sea.
- Plastic left on the ground will break up and eventually become incorporated into the soil as irreversible micro plastic pollution.

So what can we do?

- We can take responsibility. Empower ourselves. Form a community group to tidy plastics and other litter off our Parish. Share the task. People power! I know some of you already feel worried or annoyed and litter pick. I actually find it relaxing!
- We can tend to our own patch. Check our gardens, compost heaps, drives, yards, drains, ditches, fields, fences, trees, everywhere for any plastic left out. If you feel overwhelmed and/or need help, ask the group.
- We can check and manage any

tree guards. Sun and weather break them down.

- We can think about reducing our use of plastic. Look at City to Sea website <https://www.citytosea.org.uk/> and Break Free From Plastic <https://www.breakfreefromplastic.org/> which deals with the real source of the global plastic pollution crisis.

If you want to get involved please email cat_glendinning@yahoo.com and baggy your fave stretch of road or path ☺!

I would like to thank all the kind folk who have cheered me on, smiled and waved and helped with rubbish bags, especially my neighbours.

And finally, who is the secret Dark Fruit Strongbow Cider drinker of the concrete road????!!! 70 empty cans of that sweet alcoholic beverage were picked up there on one litter pick!

<https://www.youtube.com/watch?v=xLx4fVsYdTI> for inspiration from Sir David and friends.
<https://www.youtube.com/watch?v=IW3jEIYBFzg>

Catriona Glendinning



Join us* for a ZOOM. . . .



on Wednesday 15th July

Drop-in from 10.00 – 11.30am

For access (meeting ID) contact . .

Alun Hurd – alunjhurd@gmail.com or

Fran Parkinson – franticparki@live.co.uk

Bring your own refreshments!!

*The churches of High Westmorland

Still in lockdown and still sewing

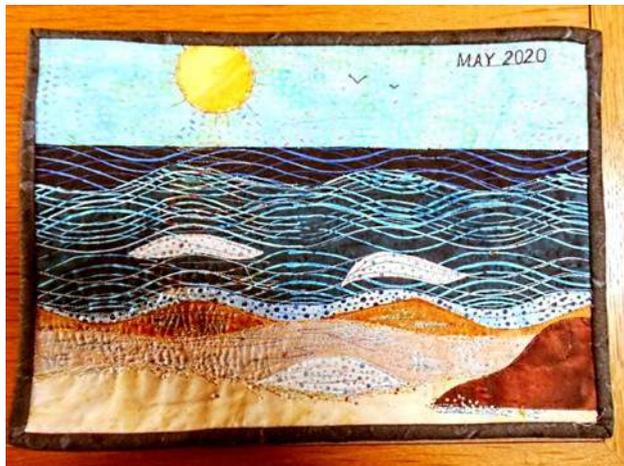
Heather's May Journal

As we go into May things don't seem to be improving. Those of us that are shielding are grateful for food deliveries and other workers that are keeping us in supplies. For my May journal I have again gone back, this time to my teenage years. I have already said that I lived in the country but I was also close to the sea and the River Orwell and Deben. In fact we could see the North Sea and the River Orwell from our house. When I was a teenager we used to swim from the 1st May to 31st October every day whatever the weather. I have gone for a walk along the shoreline at sunrise for May looking for seashells and amber and whatever the sea left in the rock pools.

It is now June and restrictions are being lifted so I wonder what June will bring. Hopefully not an increase in infections and deaths.

Keep safe and take care

Heather Ballantyne



Suffolk Shore

June and still in Lockdown Sewing

Heather's June Journal

We are nearly at mid-summer's day and although lockdown is being lifted (too soon?) this wretched virus still seems to have a grip on the country.



Like most people I have been thinking about holidays. Many of mine have been spent in Scotland. The west coast at places like Polbain, Achiltibuie and Upper Diabeg. Holidaying with Dave and Lillian Smith at Aviemore and more recently we have stayed at Lochearnhead where a wonderful lady called Diane does my quilts on her long-arm quilting

machine, or Peebles to explore the borders.

For this reason my journal quilt this month depicts Scotland. The only problem is I cannot decide whether to use the Castles or Lochs and Mountains so here are both.

Anyone else having a go at this?

Heather Ballantyne



Seasons

Snow worn Winter
Bejewelled and slipped
Melts her heart
Into Spring's milky silver

Bulbs' profusion pushing through
Trumpeting golden flowers
Until bugle blue
Fanfares Summer

Funfair Summer in full swing
Pollen heavy, hay feverish days
Ruby hot papaver petals
Caressing bees' antics

Then energy waning
Emerald changing, as
Autumn drops
Into earth's growing darkness

From an anonymous contributor

Advice from a Singer Sewing Machine Manual from 1949

Prepare yourself mentally for sewing.
Think about what you are going to do. Never approach sewing with a sigh or lackadaisicality. Good results are difficult when indifference dominates. Never try to sew with a sink full of dirty dishes or beds unmade.

When there are urgent housekeeping chores, do these first so that your mind is free to enjoy your sewing. When you sew, make yourself as attractive as possible. Put on a clean dress. Keep a little bag of French chalk near your sewing machine to dust your fingers at intervals. Have your hair in order, powder and lipstick put on. If you are constantly fearful that a visitor might drop in or your husband will come home, and you will not look neatly put together, you will not enjoy your sewing.



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At the time of writing this article it has been 13 weeks (91 days) since we had all our students on site. On Monday 8th June we opened our doors as a Hub school, to accommodate KS3 students whose parents are key workers. Then on the 15th June we were thrilled to be able to offer a condensed timetable to some of our Y10 and Y12 students. Teachers and staff were thrilled to teach core and options subjects face to face, whilst also teaching remotely to the remaining students at home.



Year 6 - looking forward to seeing you in September

We are looking forward to welcoming our new Year 7's to KSGS in September. We are currently preparing a welcome video which will be available on our school website soon — watch this space!

Good Luck to KSGS Leavers

Our thoughts are with our Y11 & Y13 students who await their GCSE/A Level results.

We hope to see many of our Y11 students return to KSGS sixth form in September.

We would like to wish the best of luck to those of you who are leaving for new pastures, whether you are taking up an offer at College/ University, or deferring your place to take a gap year, or beginning your career at a place of work or on an apprenticeship. We hope to see some or many of you on results day. However, like many things we are not sure how that will occur at the moment.

Border TV visit

We were fortunate to have Border TV in school on Monday the 15th June. Some of our students along with the Head teacher were interviewed and asked about the challenges of getting the school ready to accommodate staff and students. Students explained a little about life during lockdown. All expressed how happy and safe they felt to be back in the classroom.



Answers to the Mystery from Ravenstonedale Parish History Group

The mystery ruined building featured in the June issue of *The Link* was once a smithy and is situated on Ashfell, best approached from the old route from Ravenstonedale



to Kirkby Stephen. Follow Bleaflatt Lane from the village and take a left fork to take the lane past the cottages at Ashfell Farm. Then follow the track to the fell gate, which is signposted Footpath to Ashfell Road, but once through the fell gate follow the track ahead through the gorse bushes (not along the wall) and the smithy can be seen on your right.



The track then continues up as far as Waitby Scar and then down to Lane Head (where the Sedbergh Road joins the Kirkby Stephen road). There are several old tracks which meet near the smithy: one goes to Smardale.

The smithy was built during the late 1800's (it is not shown on the earliest Ordnance Survey map of the Parish dated 1859). It was run by Luke Walmsley and his nephew Billy – although most people believed them to be brothers - who were born in the 1860s. Luke's father Mark came from Lancashire and was a master stonemason and quarryman who married a Ravenstonedale girl. He probably worked at the Ashfell quarries which are near the smithy or at those in Smardale. He died in 1868 only five years after Luke was born, and his widow Elizabeth never remarried. A dressmaker and later a grocer, she brought up her son Luke and grandson Billy as well as her daughters. Luke was apprenticed to John Brown, the Ravenstonedale village blacksmith.

The smithy would have been built so that the blacksmiths could make and mend tools for the quarrymen, as well as shoe horses. It was situated near a spring, a beck and a well for water. Sandstone and

limestone were quarried on Ashfell and in Smardale for building local railway bridges and cuttings, including the long curving viaduct in Smardale over Scandal Beck which carried the railway which ran from Darlington to Tebay. This line opened in 1861. Stonemasons employed on the viaduct were paid 5 shillings a day, the going rate for a skilled tradesman (about £15 in today's money).

In the booklet accompanying the Ravenstonedale Parish Millennium Map there is an interview with Bobby Hayton, who was a relative of the Walmsleys through his uncle Mark Handley. He recalled peering into the smithy when he was a young child to watch the men at work at the bellows, fire and anvil, but "you had to be ready to run" because Luke and Billy didn't like having children near, maybe for safety reasons.

Luke and Billy lived in Croft Cottage, opposite the smithy in Ravenstonedale village which they also owned. Luke's mother's grocery shop was nearby. As cars gradually replaced horses, a later village blacksmith, Tommy Buckle, concentrated more on wrought iron work, and installed petrol pumps. Finally Ralph Metcalfe closed the village smithy in the early 1970's, demolished it (see 1970s photo below) and built a bungalow on the site, named Dale Forge to commemorate the site's historic use.



Thanks to the reminiscences of a former resident of the village, we can now guess who carved the name Handley on one of the stones in the wall of the smithy on Ashfell. The Walmsleys left the building to their relative Mark Handley. It was once apparently known by Ravenstonedale villagers as Mark's Garden!



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Cumbria Library Service are aiming to open the six main Libraries across the county from 4th July including Penrith.

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Wed:	CLOSED	Wed:	9-5
Thurs:	9-5	Thurs:	9-5
Fri:	CLOSED	Fri:	9-5
Sat:	9-4	Sat:	9-4

Orton Post Office will NOT close for lunch on Tuesdays, Thursdays and Saturdays. **Tebay Post Office** will be open as at present on Mondays, Wednesdays and Fridays, closing for lunch between 1 and 2 p.m. This means that you will have access to an open Post Office six days a week.

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

THURSDAY ROUTE 570: Shap to Kendal

	OUTWARD	RETURN
Ravenstonedale School	10.07	16.30
Shap	10.45	15.57
Orton	11.10	15.37
Mount Pleasant bus stop, Tebay	11.18	15.26
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
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Revised 02-01-2020

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TUESDAY ROUTE 569:

Ravenstonedale to Hawes

July to end of October	Outward	Return
Departs Bus Depot	10.30	15.50
Ravenstonedale School	10.40	15.40
Kirkby Stephen Station	11.10	15.40
Kirkby Stephen Square	11.20	15.30
Arrives Hawes	12.25	14.30

WEDNESDAY ROUTE 572:

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

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We trust that all our regular customers remain well and safe and we very much look forward to welcoming you back to the hotel.

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Hope to see you all back from the 4th of July.

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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: Gillian Stoddart: 01768 862501
Badminton: Richard Percival: 24352
Band: Appleby Town Band: Chris Jenkin: 24410
Kirkby Stephen Silver Band: Caroline Souter:
017683 72376
Bell Ringers: Julian Thorpe: 24166
Bingo: Jillian Hewitt: 01931 715000
Boccia: Felicity Lawler: 015396 24465
Book Club: Sally Seed: 24907
Bowls at Newbiggin: Stephen Dickinson: 07766 833500
Combined Churches Choir: Chris Jenkin: 24410
Community Choir: Alison Mott: Alison@mott.me.uk
Concerts:
Appleby: North Westmorland Arts: 017684 83777
Kendal: contact@lakelandsinfonia.org.uk
First Responders: Steve Dunkinson: 24286
Folk Dance Club: Chris Bland: 24258
Greenholme Show: Keith Golding: 01931 715446
Heating Oil Syndicate: Chris Jenkin: 24410
Howgill Harriers Running Club:
Admin@howgillharriers.co.uk
Local History Societies:
Orton and Tebay: Mary Jenkin: 24410
Ravenstonedale: Val Fermer: 07798 688057
Lunch Clubs:
At the George Hotel, Orton: Bronagh: 24071
At Old School Tea Room, Tebay: Bernard Thornborrow:
24272
Men's Meeting, Newbiggin: Jonny Capstick: 23141
Orchestra: Cobweb Orchestra: Richard Best: 23470
Quiz Team, Orton: Sally Seed: 24907
Sew and Sews, Orton: Gillian: 23653
Volunteer Social Car Scheme: 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>
Ravenstonedale: <https://www.facebook.com/pages/St-Oswalds-Church-Ravenstonedale>