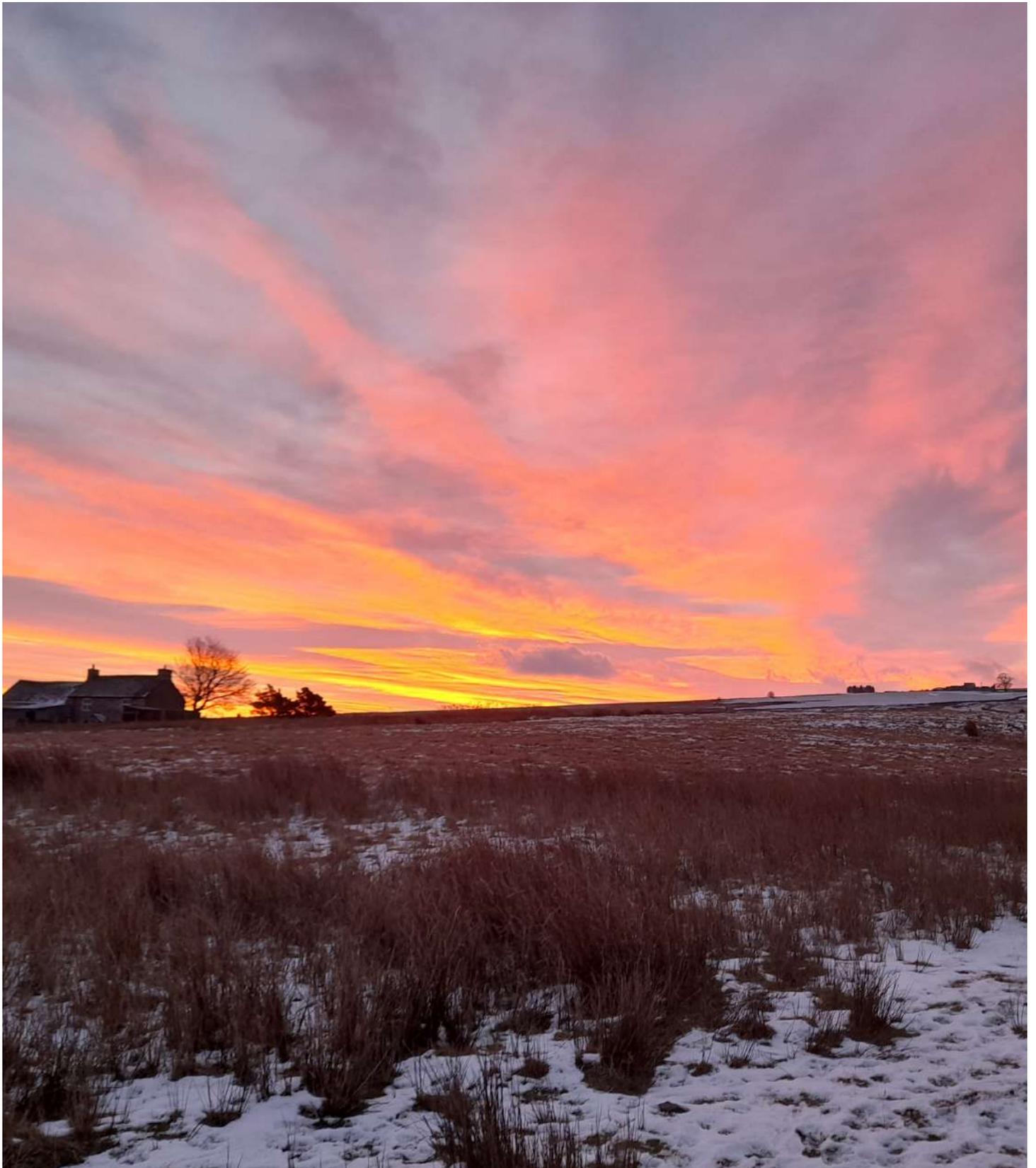


# *The Link*

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



*March 2021*

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

**VICAR**

**Rev. Alun Hurd** 01931 714812  
3 Crown Inn Fields, Morland, CA10 3EB  
Email: [alunjhurd@gmail.com](mailto:alunjhurd@gmail.com)

**Curate**

**Fran Parkinson** 23393  
Email: [curate.hwparishes@gmail.com](mailto:curate.hwparishes@gmail.com)

**Retired clergy**

**Ian Elliott** 24441  
**Christopher Jenkin** 24410

**Reader Emeritus**

**Reg Capstick** 24497

**ORTON with Tebay**

**CHURCHWARDENS**

**Chris Bland** 24258  
**Angela Milburn** 24382  
**Linda Garrick** 24262  
**Martin Lawson** 26028

**PCC SECRETARY**

**Susan Thorpe** 24166  
Email: [s.thorpe669@btinternet.com](mailto:s.thorpe669@btinternet.com)

**TREASURER**

**Bill Lawler** 24465

**LOCAL LAY MINISTER**

**Rosemary Campbell** 24837

**RAVENSTONEDALE with  
NEWBIGGIN-ON-LUNE**

**CHURCHWARDENS**

**Ann Brownrigg** 23594  
**Martin Windle** 07899 907958

**SECRETARY**

**Diana Fothergill** 23288  
[djfothergill@googlemail.com](mailto:djfothergill@googlemail.com)

**TREASURER**

**Tim Parkinson** 23393

**Methodist Church**

**Rev. Stephen Radford**, 50 South Road,  
K. Stephen, CA17 4SN. 017683 71202.  
Email: [stephen.radford@methodist.org.uk](mailto:stephen.radford@methodist.org.uk)

**Roman Catholic Church**

**Fr Peter Houghton**, Church of Our Lady of  
Apleby 017683 51244

**Cumbria Vinelife Fellowship, Orton**

**Colin Cox**, 2 Ashfield Court, Orton  
015396 24253

**THE LINK DEADLINE IS THE  
13<sup>TH</sup> OF EACH MONTH**

**Please send all copy including  
advertising to:**

**Editor: Christopher Jenkin,  
Beckside, Orton, CA10 3RX.  
015396 24410  
Email:  
[linkpines@hotmail.co.uk](mailto:linkpines@hotmail.co.uk)**

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

**CHURCH LETTER**

*From the Revd. Ian Elliott*

A friend of mine recently finished reading "First Confession" by Chris Patten (last British Governor of Hong Kong, now Chancellor of Oxford University) in which he explores the question of identity through the rich and varied stages of his political career. In the final chapter Lord Patten writes this:

"Now, if I wake at night and have chest pains, I first reach for the indigestion tablets. When they work I know that my 'appointment' [by which he means death] is not yet due. It worries me but I don't panic. I suppose this is partly because of my lifetime's comfort blanket. As a Christian I believe in an after-life...it has been my solace from childhood to old age. So, though not at all Welsh, I sing with gusto:

**When I tread the verge of Jordan,  
bid my anxious fears subside.**

**Death of death and hell's  
destruction**

**land me safe on Canaan's side.**

And this is part of my identity – a fundamental part – which does make me, and others who believe the same thing, different. We believe in the Christian promise, that life is not the end of the story. So we all die – a universally shared experience – but not everyone thinks: 'That's it then.'"

As one of those 'others who believe the same thing', I find myself pondering that image of Christian faith as a comfort blanket with slightly mixed feelings. Part of me fears that it represents typical British understatement – carried to its extreme. The fact that every last one of us is invited to experience a real, personal, loving relationship with the living God, creator and sustainer of everything that exists, is a mind-blowing concept – and certainly far, far more than simply a sort of blanket to pull round ourselves and

find some comfort in when the world around us seems dark and threatening.



Many Christians, I suspect, would be happier with the picture of walking through life (with all its difficulties, threats and disappointments) hand in hand with a loving Father who knows the future in a way that we can never do, and who has promised always to be there for us whatever life may throw at us.

The bottom line, of course, is that, whatever way of picturing the Christian life may speak most clearly to us, that life is above all for **living**, not just thinking about! When life is tough and so much that we think of as 'normal' has been stripped away, we need deliberately to wrap ourselves ever more tightly in the all-encompassing love of God. When the future seems filled with uncertainty and we find ourselves longing for some clear guidelines and a solid hope to carry us through the storm, we need the faith to reach out and grasp the hand of our heavenly Father, so that we may walk with him through this turbulent life – and beyond it into a glory beyond our wildest dreams.



**NOTE** - The management committee of *The Link* regret that it is unable to distribute literature for other organisations. Articles received after the 13<sup>th</sup> may be held over until the following month.

Next deadline - for the April 2021 issue: **13<sup>th</sup> Mar** if printed, **26<sup>th</sup> Mar** if digital  
**Front Cover: BRIGHTER TIMES TO COME!** "Sunrise over Tebay Fell" (photo by Isabella Woodburn, KSGS student year 9, aged 14)

## SUNDAY SERVICES IN OUR CHURCHES FOR MARCH 2021

<b>Sunday 7 March</b> <i>Third Sunday of Lent</i>  <i>Speaker:</i> <b>Exodus 20:1-17</b> <b>1 Corinthians 1:18-25</b> <i>Prayers:</i>	<b>Zoom, 10:30am</b> <b>All Age Worship</b> Fran Parkinson +Emma  Alun Hurd
<b>Sunday 14 March</b> <i>Mothering Sunday</i> <i>Fourth Sunday of Lent</i>  <i>Speaker:</i> <b>Numbers 21:4-9</b> <b>Ephesians 2:1-10</b> <i>Prayers:</i>	<b>Zoom, 10:30am</b> <b>Service of the Word</b> Elaine Allison +Emma  Ian Elliott
<b>Sunday 21 March</b> <i>Passiontide</i>  <i>Speaker:</i> <b>Exodus 2:1-10</b> <b>Colossians 3:12-17</b> <i>Prayers:</i>	<b>Zoom, 10.30am</b> <b>Celtic Spiritual Communion</b> Sandra Ward +Emma  Chris Jenkin
<b>Sunday 28 March</b> <i>Palm Sunday</i>  <i>Speaker:</i> <b>Isaiah 50:4-9a</b> <b>Philippians 2:5-11</b> <i>Prayers:</i>	<b>Zoom, 10:30am</b> <b>Service of the Word</b> Alun Hurd Chris Jenkin  Elaine Allison
<b>Sunday 4 April</b> <i>Easter Day</i>  <i>Speaker:</i> <b>Acts 10:34-43</b> <b>1 Corinthians 15:1-11</b> <i>Prayers:</i>	<b>Zoom, 10:30am</b> <b>Common Worship (&amp; S.C.)</b> Chris Jenkin Alun Hurd  Diana Nicholson



### ZOOM Services

It is likely that for some weeks it will not be felt wise to hold services in our churches, and so **every Sunday at 10.30 a.m.** there will be a single Sunday service on Zoom for all five High Westmorland Anglican churches.

In addition, **every Tuesday** at 9.30 a.m. there will be a short service of Morning Prayer on Zoom. It will include time to greet each other and chat, and share topics to pray about together.

To get an invitation to any of these, please email [alunjurd@gmail.com](mailto:alunjurd@gmail.com)

### Open Churches

Opening the churches for private prayer on Wednesdays is also discontinued until further notice.

### The Church is People

not buildings! Though we value and love our ancient buildings, many of us have found worshipping and meeting online by Zoom very rewarding. Seeing the faces of fellow-worshippers from all five churches of the benefice, and sometimes hearing their stories of faith, has meant a lot to many of us.

**If and when we can return to our church buildings for worship...  
WE WILL SEND OUT AN EMAIL TO SAY SO!**

## SUNDAY SERVICES IN OUR CHAPELS FOR MARCH 2021

### Re-opening of Methodist Churches

At present, all our churches are remaining closed, while we wait for advice from the Government and from the Methodist Church. When there is a possibility of re-opening, we will be having a conversation with the leaders / members of each church and will then let you know the outcomes. The Plan has been produced, in the hope that we may be able to start meeting again but we will have to wait and see! All services are subject to Covid restrictions. In the meantime, we will continue to produce written services, alongside the ones online. Contact Rev Stephen Radford (017683 71202 - [stephen.radford@methodist.org.uk](mailto:stephen.radford@methodist.org.uk)) for details.

		7 <sup>th</sup> (Lent 3)	14 <sup>th</sup> (Mothering)	21 <sup>st</sup> (Lent 5)	28 <sup>th</sup> (Palm Sunday)
Tebay	10.30 a.m. 6.30 p.m.	S Radford HC	W Riley Connexion Service	LA	J Tebbutt H
Orton	10.30 a.m. 6.30 p.m.	LA	H Radford Connexion Service	M Harris	A Sterling CA
Newbiggin-on-Lune	10.30 a.m. 6.30 p.m.	T Longworth OA	S Thackray OA Connexion Service	W Capstick OA HC	D Thackray OA
Ravenstonedale	2.00 p.m. 6.30 p.m.	A Sterling	S Radford HC Connexion Service	LA	J Tebbutt H

## **A VIEW FROM TEBAY**

*From Bernard Thornborrow*

As I sit at my desk looking out on this very cold winter's morning with hard frost, how good it is to feel the warmth of the sunshine on my face coming through the window. The weather has been very changeable in the last few weeks, heavy rain and flooding in some areas, then snow, frost and fog making a beautiful landscape; trees and grasses sparkling in the sunshine.

It's good to see the first signs of spring - bright yellow Aconites, Snowdrops, and lambs dancing around in the fields; all these things starting to bring a bit of brightness in the present situation of Covid 19 lockdown. Whatever the situation, nature's life cycle continues.

Covid 19 seems to have encircled our area this time, with a good number of people being affected, several unfortunately having to spend time in hospital. Our normal routine of life is at the moment on hold, but we are looking forward to better times to come.

My Father used to say "There is always someone worse off than me!" This came about because he had an accident at the age of eleven playing football at the old school, Tebay. The lads played football in those days wearing clogs, and unfortunately he got kicked and broke his thigh, He spent eighteen months in the Kendal old Hospital - two Christmases and two birthdays! And when he came out of Hospital he had a permanent stiff leg and a built up shoe. But the lads in the next beds... one lost one leg and the other both legs! My father often counted his blessings and said "THERE IS ALWAYS SOMEONE WORSE THAN ME!"

How this was brought home to me this week when a very good friend rang and told me his wife had been diagnosed with a brain tumour - this is the news no one wants to hear.

Finally I think most people are awaiting the lockdown restrictions to be lifted, and then hopefully we can again rebuild our communities; organizations can restart bringing people together, looking forward to sharing a cup of coffee with our neighbours and friends, being able to shake hands or give someone a hug, go shopping, share a pint with a friend in the pub, Church re-opening and being able to sing again.

All these things have been missing from our lives over the past months. But there is some light at the end of this tunnel with many now getting their vaccinations. It will be wonderful to share again in community life.

I trust that until then you will take care and stay safe!

## **Twinkles Under-5 Playgroup, Tebay**

*From Bernard Thornborrow*

The above group ceased to meet in the first lockdown in March 2020. Then the Chairman, Secretary and Treasurer stepped down, handing over all the information and banking details about the group to me, plus a storeroom full of first class play equipment. There is finance available to run the group.

**It would be good if following lockdown a new team could be formed to continue running the group.** If there are interested persons willing to take this on, please make contact with me. Then we could arrange a meeting to set up a new committee to take this forward for the future.

Thank you. *Bernard*

**Contact details:** Bernard Thornborrow, Bentling, Mount Pleasant, Tebay, CA10 3TH. Tel: 015396 24272

Email: [thornborrowtebay@talktalk.net](mailto:thornborrowtebay@talktalk.net)

## **Upper Eden Medical Practice**

### **Covid vaccine**

We advise patients NOT to phone the Surgery unless they are aged 65 or over and have **not** been contacted yet. We have also been inundated with phone calls from patients asking to be "moved up a group". We are working within JCVI guidance and cannot move people ahead of others unless there is a genuine medical reason such as commencing chemotherapy or they missed their age group appointment.

We are not a designated site for delivery of vaccines – we have to travel to Penrith to collect the Astra Zeneca vaccine so that we can hold clinics here at Kirkby Stephen. Each vial holds 10 vaccines. We are governed by delivery dates – often given at very short notice – 3-4 days usually – and then we have to start ringing hundreds of patients – hence why we are currently under a great deal of pressure – and are not able to offer a home visit for only 1 patient at a time as we have to utilise the whole vial.

**Mass Vaccination Sites** – Many patients have had letters to invite them to book an appointment at a mass site – i.e. Kendal Westmorland Shopping Centre. If patients can / wish to travel and use this option, all we ask is that they kindly let us know so we can offer their appointment at Kirkby Health Centre to someone else.

We cannot comment on how the mass sites operate their appointments or give advice on where patients should be vaccinated – the choice is there for the patients to make. The important thing is that everyone who wants one is offered a vaccine.

**Unpaid carers** – Unfortunately we still have no guidance for this group but will put something on our Facebook page and website as soon as we know anything. We think there will be a portal set up that the carer will need to register on.

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

**☎: 017683 74015**



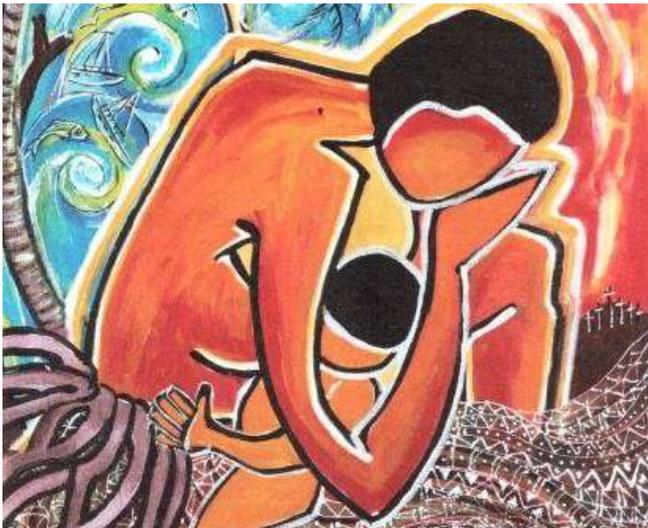
# WORLD DAY OF PRAYER

Friday 5<sup>th</sup> March at  
7.00pm

You are invited to a Zoom service on Friday 5<sup>th</sup> March at 7pm for the World Day of Prayer.

**This service has been written by the Christian women of the islands of Vanuatu, a large group of islands in the Pacific Ocean about two thousand miles north east of Australia. At this time Vanuatu (together with eight to nine other countries in the world) are Covid-free as the government have made strict regulations to avoid Covid developing there.**

The service, readings, hymns and music will be on screen, and various members of our community will be reading, led by Fran Parkinson. For the service we are all asked to bring a stone/pebble from the garden or road. The service will incorporate many photos of Vanuatu as well as the introduction and reading from two women on their committee.



When we are able to have this service in church/chapel we all have a booklet, together with an envelope in which to put and gift-aid our donation. The annual service is the WDP's only source of income which they use to donate to charities world-wide. This year we are asked to donate by:-

1. Cheque, payable to WDP & sent to:  
World Day of Prayer, Commercial Road,  
Tunbridge Wells, Kent, TN1 2RR.

2. Donating through the website :

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

3. By text message:

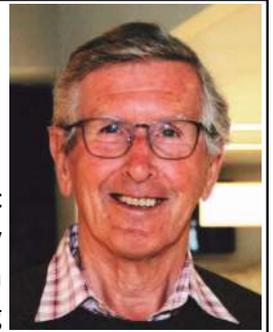
Text "2021WDP 5" to 70085 to donate £5, or "2021WDP 10" to donate £10. (You can donate up to £40.)

By zooming this service I hope a lot of you will join from all five parishes and chapels in High Westmorland.

*Elizabeth Crossley*

## *The Link - Digital again!*

*From the Editor*



Sadly, with the pandemic situation having been particularly bad in the Eden district (though thankfully things are improving locally as well as nationally), we have had to publish **The Link** in digital format for this month's issue, and we fear this is likely to continue for a while. We will revert to print as soon as we are advised that this is safe.

We continue to invite contributions of items of all kinds for inclusion, both written, photographic and artistic, and really appreciate those we have received! We can all help to bring hope and encouragement to our neighbours in these difficult times.

We are grateful to those who have responded to our Readership Survey, and some of the results are published on the next page. Two or three years ago the **Link** committee discussed conducting some kind of survey - it is always helpful to know what people enjoy, and what hardly anybody reads! But asking our distributors to hand out survey sheets, and then collect the results later, seemed far too much hassle.

But doing it digitally is so easy! I want to thank Martin Lawson of Tebay for organizing the procedure for this.

*Christopher C. Jenkin*



## Tebay Anglers



The AGM of Tebay Anglers has been cancelled. Please see the website [tebayanglers.com](http://tebayanglers.com) for details of how to pay membership fees or contact Audrey Gray on 07889 093848.

***New members welcome.***

# The Link Readership Survey

## RESULTS

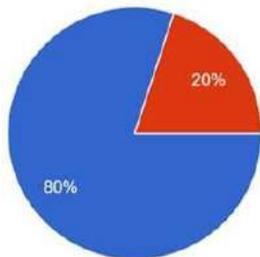
On 2<sup>nd</sup> February we sent out to all 330 recipients of the digital **Link** an invitation to tell us what you think of the magazine by taking part in a survey.

So far 115 people have responded - over a third of recipients. I think that is pretty good, and we really appreciate all who took the trouble to do so.

Martin Lawson who administered the survey has sent me seven pages of results! We can't publish all that, but you may find some interesting:-

### 1. Do you read some (or all) of the Link? (115 responses)

- Yes, always
- Sometimes - it depends
- I just use it for the adverts / contacts
- Never



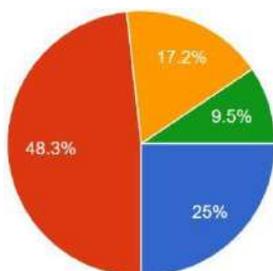
Well, OK. Those who never read the thing probably won't have taken part in the survey either! But it's good to see all those who answered that they "always" read it!

### 2. How often do you read the various parts?

	Always	Usually	Some times	Never
My village or area	66	38	9	1
Upcoming events	63	36	11	4
View from Tebay	39	34	25	15
Our local church	37	36	31	12
Reports of past events	36	40	28	7
Vicar's letter	35	28	39	12
Church Services page	34	18	39	20
School pages	33	39	28	13
Back page - contacts	29	41	36	7
Faith and prayers	28	29	34	21
Kids' Corner	9	24	45	28

### 3. Who reads your copy, print or digital?

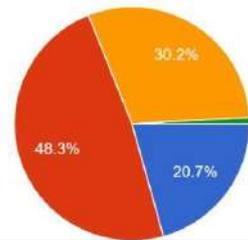
- Just me
- Me and one other person
- The whole household
- I pass it on, or forward it, to others to enjoy as well



So, if we average that out, each Link gets read about twice.

### 4. Would you prefer *The Link* printed or electronic?

- The printed version, please!
- Both print and email are useful to me
- Email is better for me



(ignore green sliver)

An interesting result - but remember ALL the answers came from people who function online! None of the many non-digital people saw the survey or answered it.

### 5. If you were to change one thing about the Link, what should we change?

54 responses - here are a very few:-

- Include some local residents and their stories, Local info about walks, geography, history, editorials. Invite locals for their favourite poems or stories that have impacted their lives. Day to day diaries of a local farmer. Children's stories and poems. Junior reporter!
- A few more local photos please of events like Rowland Woof's nativity
- Not everyone knows everyone. Some articles say: "pop along to (e.g.) Doris' house to join...." Who is Doris?
- I like the recent inclusion of local food takeaway service etc.
- Keep all the medical information in one consistent place. Easy to find re surgery times, notes, etc.?
- Maybe some more items of local interest re the 4 villages
- Not as many adverts from outside the parishes
- Perhaps more reflections on what it's like to live around here
- To have an agricultural section from different farms and views
- Provide a section for give away or sale items
- Nothing - it's great. ... Fine as it is... We love it... Nothing, what a fab thing for the community ... Etc.!

(Lots like this - keep them coming!)

Some good ideas here. Who is that guy/girl with the first reply? Must recruit him/her to be the next Editor when the present one stands down!

### 6. Will you help us develop or deliver the Link in some way?

Yes	44
No	62
No answer	10

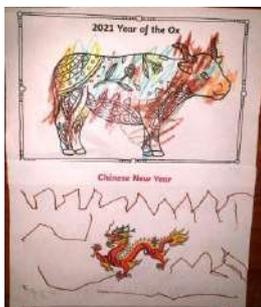
That makes more than a 1/3 of the respondents ready to help us! Most (not all) gave their email addresses. That's great! We'll be knocking on your door soon.... Or your emails....!

As respondents were self-selected, this survey is not statistically reliable. But it is still **very** helpful - Thanks!

# TEBAY PRIMARY SCHOOL

## Home Learning

All the children have adapted well to the new routine of online learning. Class 1 and 2 both have 'live' lessons every day, Early Year children are set their daily lessons via Tapestry. We are amazed by the work that has come back in, well done to all our children that are working so hard through the current lockdown.



## Chinese New Year

The Early Years children have thoroughly enjoyed learning about Chinese New Year which



this year is the year of the Ox. They have produced some lovely work and learnt how to write their names in Chinese.



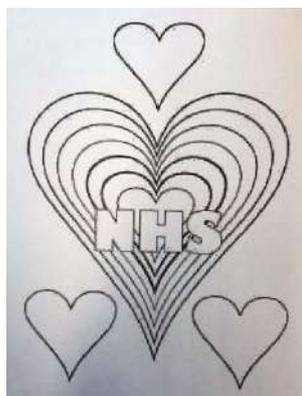
## Valentine Love Trail

The school is taking part in the village Valentine Love Trail.

*There are so many keyworkers who have kept people going over the last 11 months, but at the front of all these have been the Doctors and Nurses saving the lives of those struck with Covid, and sadly holding the hands of those who have left us.*

*So this half term we thought we'd create a trail of love hearts to show our NHS heroes we love them from 12<sup>th</sup> - 19<sup>th</sup> February.*

*Pop your love hearts in your windows by Friday 12<sup>th</sup> Feb ready for Valentine's Day on 14<sup>th</sup> February.*



## Children's Mental Health week 1<sup>st</sup> – 7<sup>th</sup> February

The children took part in lots of activities for Children's Mental Health week.

Tuesday 2<sup>nd</sup> February children and staff joined Mrs Bland for 'Tuesday Tales' via TEAMS. Children made a cosy den and settled down to listen to the storybook 'One Snowy Night'. Children enjoyed this so much Mrs Bland has scheduled a 'Tuesday Tale' every week.

Wednesday 3<sup>rd</sup> February children joined their online lessons wearing their t-shirts inside out, reminding the children how someone looks on the outside doesn't necessarily reflect how they are truly feeling on the inside, so it is important to always be kind to others.

Thursday 4<sup>th</sup> February each class were set a challenge of how fast they could move 10 small food items from one bowl to another using just a straw, the fastest time from each class won a prize.

Friday 5<sup>th</sup> February we named 'Feel Good Friday'. We had no online learning on this day. The charity MIND have identified 5 ways to well-being, ACTIVE, CONNECT, TAKE NOTICE, LEARN and GIVE, children were given some ideas under each heading and asked to do one thing from each. The children and their families enjoyed various activities, uploading lots of photograph of what they did.

Some of the things the children managed to do (all COVID safe):

*Jacob baked the staff at school a lovely cake, Freddie delivered logs to his neighbours, Lewis handmade some birthday cards for family and friends, Taylor and Brooke helped their mum empty the dishwasher, Thomas made a card and wrote to an elderly neighbour, he also made pancakes.*

## Thank you.....

Thanks to the members of Open the Book who have managed to deliver fabulous sessions to the children via TEAMS.

Lucy Potter of Eden Valley Sports Partnership has been coming to deliver an outside PE lesson to children in the hub, Lucy has also been uploading weekly PE challenges for the children at home to enjoy.....thank you Lucy.

Thanks to Kirkby Stephen Community Support group and Westmorland Services who sent the staff at school hampers full of goodies, we all thoroughly enjoyed them.

**Tebay Primary School has places for children in Nursery for April and September 2021. We can offer COVID secure school visit's for potential new starters contact**

**015396 24239 or email**

**[admin@tebay.cumbria.sch.uk](mailto:admin@tebay.cumbria.sch.uk) to arrange a visit.**

**Visit our school website: [www.tebay.cumbria.sch.uk](http://www.tebay.cumbria.sch.uk)**

*Tracy Morland.* School Administrator.  
Tebay Primary School. Tel: 015396 24239  
[admin@tebay.cumbria.sch.uk](mailto:admin@tebay.cumbria.sch.uk)



## Tebay Community Choir

One of the many activities which have been curtailed over the last year is choral singing. It is now nearly a year since Tebay Community Choir met at the Hub for a rehearsal. However, although we are unable to sing together as a choir, we can still sing at home - the only thing we're missing is Michelle's wonderful baking!

Each week a virtual rehearsal is sent out to members, with a vocal warm-up activity and some recordings of songs, often with the sheet music and/or lyrics attached so that we can become familiar with some new songs as well as enjoy some old favourites. The pieces we have tried out this way have included songs from shows, spirituals, and songs by Lewis Capaldi and Callum Scott.

New members are always welcome! If choral singing is something you would like to try once restrictions are lifted, you might like to dip a toe in the water and try out one of our virtual rehearsals; please just send me a short email and I will include you in the next virtual rehearsal:

[alison@mott.me.uk](mailto:alison@mott.me.uk)

And an appeal - if you have been using lockdown to hone your piano playing skills, you might like to consider the opportunity of accompanying the choir. Again, please send an email to the same address if you would like to discuss this possibility.

## FOR SALE

ALPACA POO – VERY GOOD FOR GARDENS (HARDLY ANY SMELL)  
WILL DELIVER ORTON, TEBAY,  
RAVENSTONEDALE

Tel. 24311  
£1.50 per bag



ALL money  
towards All  
Saints' Church,  
Orton, funds

# Did you know?



## Tebay Primary School Nursery....

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



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

For more details or to arrange a visit  
contact Tracy Morland on **015396 24239**  
or email [admin@tebay.cumbria.sch.uk](mailto:admin@tebay.cumbria.sch.uk)



## Full-Time Nursery Places Available

Did you know that Orton CE Primary School can offer Part-Time, Flexible or Full-Time Nursery Places for children from their 3<sup>rd</sup> Birthday?  
Nursery care is offered from 8am—5.30pm Monday to Friday during term time.

Orton CE Primary School is a really happy and caring setting where experienced staff work hard to meet the needs of each individual child. We accept Nursery vouchers and can support you with applying for any Nursery funding that you may be entitled to.  
If you would like to find out more or arrange a visit please get in touch with either Vicky or Emma at the school on 015396 24268  
email - [head@orton.cumbria.sch.uk](mailto:head@orton.cumbria.sch.uk)  
<https://www.ortoncofeprimary.co.uk>

Orton CE School is a  
happy place to learn, grow and thrive.

# Hot, Cooked Food, delivered locally!

There are several local businesses who deliver hot food to our area, in one case, to your home (for reheating at your leisure), and others arriving in a van to serve you where you can come and collect it.

**The Link** decided to feature some of these, both to encourage such businesses developing their market in a difficult context, and to inform our local residents where and when they can obtain tasty food, as a change from home cooking!

## Seasons & Stone Ltd

This small family-run business is based in North Stainmore. They provide a range of home-cooked, vegetarian dishes, which can be eaten fresh or frozen to enjoy at a later date. They cook seasonally and source locally, and supply their food in bio-degradable and compostable packaging.



Order Monday, they will deliver to your home on Thursday - at present twice a month - a new menu each time.

Ring up for details of March's menus, and place your order by phoning **07590 919085**

## The Mini Eden Coffee Outreach Van

The wait is over! Barista prepared coffees, teas, plus cakes and snacks are coming to your village! Locally

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



**TEBAY** (by the recycling point)

**Tuesdays** 9am – 11am (starting 9<sup>th</sup> March)

**CROSBY RAVENSWORTH** (in Butchers Arms car park)

**Tuesdays** 12noon – 2pm (starting 9<sup>th</sup> March)

**SMARDALE NATURE RESERVE - Saturdays** 11am – 3pm (starting 3<sup>rd</sup> April\*)

in partnership with the Cumbria Wildlife Trust - 10% of sales will go to the CWT

Card payment preferred, please follow the social distancing measures we have in place

\*Covid restrictions permitting – please do keep an eye on [www.loveminieden.co.uk](http://www.loveminieden.co.uk) or follow us on Instagram / Facebook @loveminieden for regular updates, news, and offers.

## Thursdays

at Tebay Recycling Centre

adjacent to the tennis courts

**17.30 - 19.30**



**Fish & Chips from Shap Chippy**

Order from [Shapchippy.co.uk](http://Shapchippy.co.uk)

## Fridays

at Tebay Recycling Centre

adjacent to the tennis courts

**Takeaway Burgers, £5**

**(Beef, Wild Boar, chicken, mixed veg)**

Add portion of crispy fries for £2.

**Text Marc on 07754 083525 with your order, and the time you would like to pick up**

Or for more details go to

<https://www.facebook.com/Lancscatering/>

## Saturdays

at Tebay Recycling Centre

adjacent to the tennis courts

**Pizzas**

**PIZZA ARTIGIANO**

served from 5 till 9 every Saturday

Stonebaked 9" artisan pizzas with the menu changing weekly.

Please message [@pizzaartigino](https://www.facebook.com/pizzaartigiano) on Facebook or Instagram  
Phone 07572 349214 to book a slot

## The retirement of Rev. Alun Hurd

As many of you will have heard, Rev. Alun is moving on to new things (in retirement) and will be finishing his service with and to the High Westmorland Benefice, comprising the churches of St Patrick's, Bampton; All Saints, Orton; St. Oswald's, Ravenstonedale; St. Michael's, Shap; and St. James, Tebay.

As churchwardens of the three churches covered by the Link, we have agreed to make a collection to offer to Alun in recognition of his service since he joined us in March 2017 (we think he may want to donate it to charity, but that's his call).

If you would like to contribute to the collection, there are several ways you can do that:

1. You could make Covid-safe arrangements to hand over a donation your church treasurer, or
2. Donate online using either the link below, or by scanning the QR code with the camera on your smart phone (which will take you to the donation web page). You don't need a Paypal account to use this service, you can use any bank card to donate:



<https://www.paypal.com/pools/c/8x4jzqUz25>

## Orton Surgery and Shap Medical Practice

### COVID VACCINATIONS

We are delighted to say that we finished the first dose vaccinations for our patients who are over 65. Patients aged 16 to 64 are being called for vaccination at the moment. Second dose of Covid vaccines for patients who were vaccinated w/c 21<sup>st</sup> December will be on March 11<sup>th</sup> in Penrith. We will be writing to all with your allocated appointment time w/c 1<sup>st</sup> March.

Those vaccinated w/c 11<sup>th</sup> January 2021 will be vaccinated with their second dose w/c 22<sup>nd</sup> March. Those vaccinated w/c 18<sup>th</sup> January 2021 will receive their 2<sup>nd</sup> dose w/c 29<sup>th</sup> March 2021.

We are really keen to vaccinate everyone as quickly as possible. The number of vaccinations we can give has been limited by the amount of vaccine delivered so far. Most vaccine delivered so far has been the Pfizer vaccine which has difficult transport and storage needs. (It can only be moved 5 times from the factory in Europe and has to be stored at -70°) For this reason most people will be called to the central hub in Penrith to be vaccinated. We have small amounts of the Oxford vaccine which are being given to our housebound patients and those with severe allergies to medication so can't have the Pfizer vaccine. For the most up to date information follow the Eden Primary Care Network Facebook page as the situation changes quite quickly. Once again, thank you for all of your support.

### APPOINTMENTS

Sadly it is not possible at the moment to book a face to face doctor's 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. 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 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.

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/>

## WESTMORLAND DALES APPRENTICES UPDATE



On the penultimate day of their apprenticeship, the Westmorland Dales Apprentices show the chief executive how it's done. One more hedgerow planted for the Crosby Ravensworth tree

project. After a jam packed 18 months they are on to pastures new. Farewell and good luck to Sarah, Rebekah, Abbi and Billy.

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

[Belinda.Lloyd@yorkshiredales.org.uk](mailto:Belinda.Lloyd@yorkshiredales.org.uk)

or call 01539 756620

[www.thewestmorlanddales.org.uk](http://www.thewestmorlanddales.org.uk)



## Hugging



*Feels good,  
dispels loneliness,  
overcomes fears  
builds self-esteem,  
(Wow! They actually  
want to hug me!)  
slows down ageing,  
huggers stay younger  
longer,  
eases tension,  
fights insomnia,  
keeps arm and  
shoulder muscles  
in good condition,  
is ecologically sound,  
does not upset the  
environment,  
is democratic,  
anyone is eligible  
for a hug,  
is portable,  
affirms physical  
well-being,  
is energy efficient,  
saves heat,  
makes impossible days  
possible,  
makes happy days  
happier*

## MAGIC HAPPENS.....!

The snow comes....  
Winter Wonderland....  
and the snow goes.....  
and there it is....  
appearing as if by magic!  
The piles of dog poo along our  
lovely streamside verge toward  
the school....

5 plastic bags on the path  
through the meadows toward  
Broadfell Farm....  
on the main driveway up to the  
Church....  
at the foot of the churchyard  
stile.

Come  
On  
Very  
Inconsiderate  
Dog owners.....

COVID applies to you too....

**PLEASE  
CLEAN UP  
AFTER  
YOUR PET.**



Submitted by an Orton resident

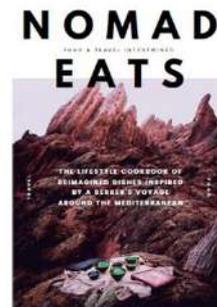


## Orton Girl publishes unusual cookbook

Zoë Jenkin moved to Orton with her parents in 2001 and attended 6<sup>th</sup> Form at the Queen Katherine School. She now lives in Marrakesh with her Berber boyfriend, Driss Mellal, a chef; and together they have just published a remarkable and unusual cookbook:

### **NOMAD EATS -**

A travel  
cookbook of  
reimagined  
dishes inspired  
by a Berber  
Chef's nomadic  
adventures  
around the  
Mediterranean



*This is a  
(totally unbiased) review by the Editor  
of The Link.*

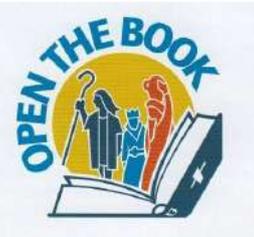
I found this a fascinating book, with a rich mixture of travelogue, cooking recipes, philosophical musings, poetic writing, and superb photographs - of mouth-watering dishes and of the spectacular scenery associated with them. Driss Mellal writes from his heritage of Berber ancestry and upbringing, describing vividly his childhood and youth in southern Morocco, and the way that the nomadic lifestyle had played out in his training as a chef and subsequently discovering native dishes of many lands as he roamed around the Mediterranean.

He does not just report on or describe the cuisine of Morocco, Italy, Spain or the south of France, but develops their recipes in his own imaginative and creative ways. And he encourages his readers to do the same, providing recipes and easy instructions for mouth-watering dishes curated from accessible ingredients.

Driss believes that "beautiful, delicious food has the power to unite people, making moments into memories and friends into family".

This is a book that will make a superb and delightful gift - but get one for yourself too and revel in it! Here's how - click on:

<https://www.amazon.co.uk/NOMAD-EATS-Food-Travel-Intertwined/dp/B08T23HF5G>



## Open The Book

**We are still taking Bible stories into our schools!**

Because of lockdown we can't get together as a team to make films of Bible stories for the schools as we did before Christmas, but we have now arranged that the members of the Open The Book team visit the schools on Zoom, just reading the Bible stories in pairs - one doing the introduction and closing prayer, the other reading from the Storyteller Bible - and sometimes showing pictures to the children too. This includes several married couples. (When we do the Noah story, a model Noah's Ark may well feature too!)

It is not quite like acting them in costume, in school or on film, but at least we can continue our contact with our schools, and the teachers are delighted! We hope the children enjoy the stories too. (And sometimes parents or grandparents are there too!)

Recently team members were puzzled and frustrated not to be able to make contact with schools through the Zoom link - and then we realised that it was actually Half Term! We felt a bit foolish...!

However we have now sorted out the rota for the second half of term. See you in school, children!



## Huge Cardboard Carton Needed

Does anyone have a really large cardboard carton lying around (even if flattened)?

The Nativity Stable that we display at the Holy Table in All Saints' Church in Orton needs a new box! It was previously wrapped in various random bits of cardboard taped together, when put away in the church kitchen attic between Christmases, but this ramshackle arrangement finally fell apart this time.

The sort of box we need might be one that was used to deliver a fridge, washing machine or cooker. The actual dimensions needed are: **115cm x 64cm x 61cm** - but even bigger would do nicely, as it could be cut down if required!



Please phone Mary on 015396 24410 if you can help.



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

## THANK YOU!

We would like to say a very big thank you to all those who have made a contribution to the Upper Eden Food Bank collection by leaving their donations in the porch at Becksides (Orton).

Becksides back porch will remain a collection point for the Food Bank as long as we are unable to have the Orton Drop In, which had been our previous collection point. Anyone who wishes can leave goods for the Food Bank there.

**The Food Bank organisers are not able to use any foodstuffs on which the Best Before date has expired.** The best thing to do is to add a few extra items to your usual shopping and drop it off .

It will be collected and taken to The Sands Methodist Church, Appleby, where it is distributed to those in need.

Mary Jenkin

### **Some words from a recipient**

*"I needed the food as I was hungry and had no money. But it was knowing that people cared that made all the difference."*

### **What is the Food Bank?**

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

**Email:** [upperedenfoodbank@gmail.com](mailto:upperedenfoodbank@gmail.com)

**Web:** <https://upperedenfoodbank.org.uk/>

**Facebook:** [Upperedenfoodbank](https://www.facebook.com/Upperedenfoodbank)

**Phone:** 07596 690 902



next market

**Saturday 13<sup>th</sup> March**

Leanne | Market Coordinator

Orton Farmers Ltd

07969 335598 [info@ortonfarmers.co.uk](mailto:info@ortonfarmers.co.uk)

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

# Orton

## POSIES FOR MOTHERING SUNDAY

Sunday 14<sup>th</sup> March is of course Mothers' Day, known in the church as Mothering Sunday.

Our churches would in normal times expect to have a special service, during which posies are given out to Mums, and worshippers of all ages are invited to take away posies to give to grandmas and other mums who are not there in church.

Sadly we can't do that in 2021! So Orton Methodist Chapel and All Saints' Church have decided to try to make sure posies can still be distributed, as a token of love and thanks, especially to all who are alone - not only to Mums, but also to anyone who has had a Mum! Which I think is all of us.

We plan to place containers of posies at points around the village, for people to help themselves - both to brighten their own homes, and to deliver to other people they care about - and perhaps especially to anyone who may be a bit isolated and perhaps lonely. (And if some people get given more than one, so what?)

These Posy Bins will be at the Chapel, and at the village end of the drive to All Saints, and perhaps somewhere else too! We hope to have them there on **Saturday 13<sup>th</sup>** and **Sunday 14<sup>th</sup> March**.



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

If you have been advised to self-isolate due to Covid-19, we will be happy to deliver any shopping you need. This service is free to the Orton village area.

The only thing we would ask is, if possible, to refrain from ordering either on Fridays or Saturdays, but we would welcome orders on Mondays, Tuesdays, Wednesdays and Thursdays.

Please note we have daily deliveries of fresh milk, fruit and vegetables usually before 9:30 am.

### PLEASE ADHERE TO THE FOLLOWING:

WE HAVE REVERTED TO

**ONLY TWO CUSTOMERS IN THE SHOP  
AT ANY ONE TIME.**

**NO FACE COVERING = NO ENTRY**

Customers and colleagues must wear a face mask unless exempt. Please do not take offence if we ask for proof of your exemption - we are trying to protect our customers and colleagues.

**YOU MUST SHOP ALONE UNLESS YOU ARE A CARER OR WITH CHILDREN.**

**FOR VULNERABLE CUSTOMERS WE CAN ARRANGE EITHER A HOME DELIVERY OR ACCESS TO THE SHOP OUTSIDE NORMAL OPENING HOURS.**

Best wishes and keep safe.

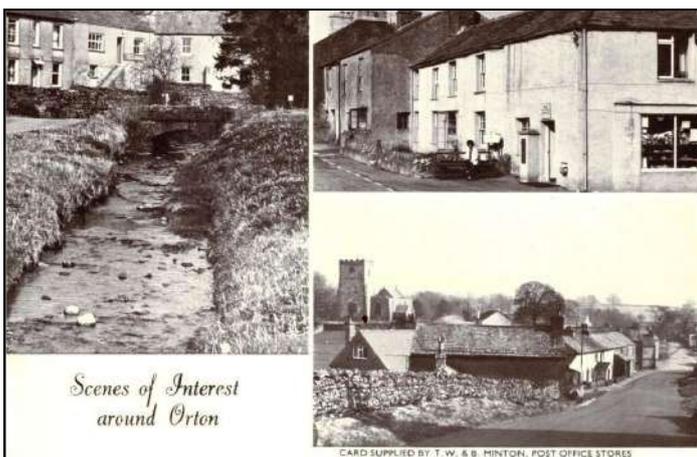
**Jayne and Neville Grove**

[Orton.village.stores@btinternet.com](mailto:Orton.village.stores@btinternet.com)

### Temporary opening hours

**Orton Post Office** will NOT close for lunch on Tuesdays, Thursdays and Saturdays.

Post Office		Shop	
Mon:	CLOSED	Mon:	9-6
Tues:	9-5	Tues:	8-6
Wed:	CLOSED	Wed:	8-6
Thurs:	9-5	Thurs:	8-6
Fri:	CLOSED	Fri:	8-6
Sat:	9-4	Sat:	8-5



Scenes of Interest  
around Orton

CARD SUPPLIED BY: T. W. & B. MINTON, POST OFFICE STORES

### 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.

# BOOKS IN ORTON BUS SHELTER



We would like to suggest that our rather redundant Bus Shelter could be put to better use for our community and hopefully raise some money for the Hospice at Home. It is amazing to see what is being done with Bus Shelters in Crosby Ravensworth and Maulds Meaburn.

We could do the same here in Orton and use our bus shelter as a "Book Swap" where people could browse and take books and make a donation if they wish and possibly donate more books. Our first set of books has been kindly donated by All Saints' Church and initially they will be in boxes. If anyone has some **spare bookshelves** then we could certainly put them to good use.

We took the photos on Valentine's Day at the Crosby Ravensworth bus shelter where locals had organized a "sale of plates of cakes" for the Eden Valley Hospice, which raised in excess of £200 over the weekend.

The bus shelter was decorated with "hearts" large and small, just for the occasion.

If any children would like to draw sketches of their favourite characters from books, we would be very happy to display them in the shelter.

If you are over near CR and MM it is well worth having a look.



**A hand sanitizer will be available.**

*Olive & Chris Bland*

## WHAT A DIFFERENCE A YEAR CAN MAKE

On Friday 13<sup>th</sup> March last year I attended the AGM of C & W Wrestling Association and the following Friday we were due to have a committee meeting. That meeting never took place because it was during that week that we were "locked down" and this year's AGM will be, guess what, on ZOOM. When we attended last year's AGM I don't think that any of us had really taken on board just how serious the situation was going to become. The outcome obviously was that no competitions took place at all, a situation which I believe will only have occurred during wartime. ***The impact on all our lives, in many different ways has been immense and at the present time we cannot really be sure if or when things may return to "something like normal".***

Although not identical, wartime is probably the nearest comparison to what we have experienced

over the last year. I think that I can say without hesitation that for those of us who have experienced 2020, ***we will never forget it.*** We have definitely learnt a lot of new words and expressions, some people have been unable to work and some have sadly lost their jobs; and worse still a lot of people have lost their lives. We are very lucky to live in a rural area but even in this area we have had infections and sadly some deaths of people we have known. I am also sure that there have been many instances of people doing their best to help those in real need and ***putting real LOVE into action in their lives.***

I have been looking up some figures about the SPANISH Flu which began in February 1918 and ran until about April 1920; this is known as the most severe pandemic in modern times. It started before the end of WW1 and actually caused the death of more people than the war. Military and civilian deaths in the war were in the region of 20 million but deaths worldwide from the flu were in excess of 50 million and may have been as high as 100 million. Deaths in the UK from the Spanish flu were about 228,000. Thankfully now that we have the vaccines available the number of deaths in this pandemic from now on should begin to reduce.

Without any doubt, I am certain that we will all be giving thanks for the skill of our amazingly gifted scientists in producing the vaccines so quickly. If the vaccines were NOT available then the outlook at the present time would be very bleak indeed and there would certainly be ***"no light at the end of the tunnel".***

During this pandemic I am sure that we are all very thankful indeed for everyone who works in the NHS plus all the workers in the care homes. They must have all been under immense stress both physically and emotionally and very sadly some of them have lost their lives.

***Let us all, at this very difficult time, give thanks for our families, our friends, for all the NHS staff and care workers, and very especially our scientists.***

***In our present situation, we all needed a LIGHT and all being well our scientists have given us one.***

It is more blessed to give than to receive.

*Chris Bland*

## Tree Planting

It may be that on your daily walks around Orton, during the Covid lockdown, you have noticed tree cages appearing in the glebe field next to Becks Barn. It has taken a while but we have been able to get permission from the Carlisle Diocese to plant a few trees there, which we did before Christmas.



Historically the income from the glebe, in tenants' grazing fees etc., formed part of the Vicar's stipend. This is no longer the case, and the local glebe land now belongs solely to the Carlisle Diocese and is not in any way the responsibility or property of All Saints' Church – hence the reason for having to get permission for this project. We are restricted to ten cages in each field.

You will see that we have ten tree cages in the first glebe field, each of which has been planted with 3 – 5 saplings in the centre - this includes one forest tree such as lime, oak or sweet chestnut, with the remaining saplings being shrub or scrub species such as hawthorn, blackthorn, hazel, dogwood, and rowan. The Woodland Trust who have provided these trees advocate this system, which we have adopted, as they believe that incorporating shrub species into the cages promotes the growth of the forest tree. This method of planting also creates vital habitats and food sources in the short to medium term whilst the forest tree matures, eventually shading out the under-planting of shrubs. This system also reduces the risk from



This method of planting also creates vital habitats and food sources in the short to medium term whilst the forest tree matures, eventually shading out the under-planting of shrubs. This system also reduces the risk from

browsing from livestock, deer or horses.

Cages are now in place in the second glebe field (opposite the Old Vicarage on the west side of the Appleby Road) and we hope to get these planted in the same way perhaps in March.



We are very grateful to Peter Leeson and the Woodland Trust for their assistance in this, as well as their very generous financial contribution towards the costs. We also would like to thank the Orton Parish Council for their kind support as well as individuals who have made donations to this project. If you too would like to make a contribution please put cash or a cheque (made payable to All Saints' Church) in an envelope and put it through our letter box at Becks Barn, Orton.

I must also thank our tree planters - you know who you are - who are also continuing to care for the churchyard following on from our Project in 2016. Your support is invaluable!!

I must also thank our tree planters - you know who you are - who are also continuing to care for the churchyard following on from our Project in 2016. Your support is invaluable!!



Mary Jenkin

## ORTON MANOR COURT

### GRASS LETTINGS

1<sup>st</sup> May 2021 - 1<sup>st</sup> April 2022

Howes Quarry (approximately 6 acres)

Small parcel of land at **Field Head, Park Lane**

Sealed bids to:-

Brenda Iveson, Treasurer to Orton Manor Court

Street Farm, Orton, CA10 3SE

**Before Thursday 1<sup>st</sup> April 2021**

## COVID-19 EMERGENCY SUPPORT HELPLINE

Cumbria County Council can provide urgent help and emergency support, including basic food and essential items, if you are struggling to cope with your current situation for whatever reason.

Call: **0800 783 1966**  
or email: **COVID19support@cumbria.gov.uk**

Open Monday to Thursday 9.00am - 5.00pm  
Friday 9.00am - 4.00pm

Full details can be found online at **cumbria.gov.uk**

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.



**SUPPORT EACH OTHER**  
**#TogetherWeCan**

# News from rton School



## New Friends for all!

Lots of little bears were seen being handed out in the area, to show all the children of Orton CE School how much they are missed! Hopefully, these new friends will provide some comfort until we are all back in school together.



## Class 2



Class 2 have been getting ready for spring with their beautiful artwork. All of us here at Orton CE School are ready to see the daffodils and lambs!



# THANK YOU!

A big thank you to Out of Eden; for their kind donation of Fairtrade tea, coffee and hot chocolate.



From February 22nd we are celebrating Fairtrade fortnight. Each class will learn about the impact shopping Fairtrade, has around the world.



[www.ortoncofeprimary.co.uk](http://www.ortoncofeprimary.co.uk)

## Orton allotments



Orton Parish Council have been on the search for a suitable allotment site for the residents of Orton.

Allotment gardening is good for people's health, the environment in terms of bio-diversity and a great way of learning new skills and meeting other people. Gardening is good for people of any age, but particularly helpful for all in these difficult times.

The most likely potential site will be the old School 'Dig for Victory' allotment behind the churchyard. This site is not ideal and there will be some time to wait before we know if we will be allowed to create a gate from the churchyard for better access. While we are waiting we are still looking round for a more suitable plot. We are looking for part of a field, between half an acre and one acre in size. Preferably it would have access from the road, and be reasonably flat, well drained and not likely to cause a nuisance to neighbours. If you know of something that might fit the bill, please get in touch.

If you are interested in putting your name forward for an allotment, there is still time to register your interest.

Please contact John Taylor on  
[john.taylor0@talk21.com](mailto:john.taylor0@talk21.com)

for further information or to register your interest.  
Happy gardening!

## **Greenholme Show**

After consultation with the committee, we have made the sad decision to cancel Greenholme Show again this year. Although the vaccination programme is going well, it is by no means certain that mass gatherings will have restarted by June bearing in mind that much work goes on in groups before the show day. We don't want to put anyone at risk and we need to limit the financial liability of the show to preserve it for future years.

We will investigate having a limited on-line competition this year so watch out for further details.

And here's hoping for bigger and well attended show in 2022!



## **Zoom Lectures for Appleby Arts Society**

The Arts Society, Appleby has started its 2021 season. Lectures will be on Wednesday mornings as usual, but due to Covid restrictions will be Zoom lectures.

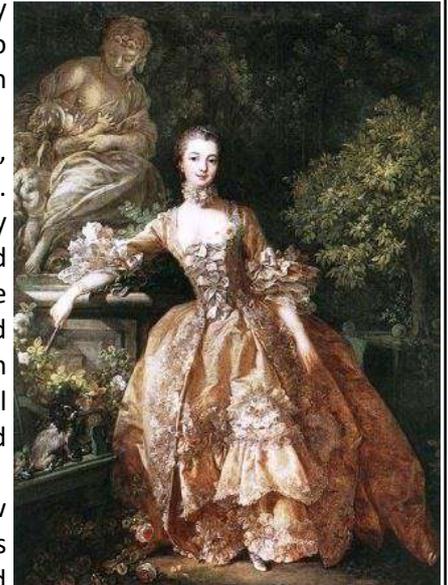
**Rococo: A Masterpiece, Mystery and Madame de Pompadour:** This was the zoom lecture presented by Jacqui Ansell to Appleby Arts Society February meeting.

In 18<sup>th</sup> century France a new Rococo style emerged which encompassed furniture, paintings, décor and fashion. Light and airy decorations inspired by nature were everywhere, around mirrors, clocks, on Sèvres china, small porcelain figures and in paintings.

Jacqui told us how artists such as Boucher and Fragonard painted characters from Greek myths, with voluptuous goddesses draped in flowing, flimsy drapery and many attendant cherubs.

Born Jeanne Antoinette Poisson in 1721, the Marquise de Pompadour was a member of the French court, best known as Madame de Pompadour. She met King Louis XV at a masked ball at the Palace of Versailles and soon became his official mistress living in her own apartments in Versailles. She was a very beautiful and intelligent woman who set Paris styles for many years. Dolls were made wearing exact copies of her clothes and sent to England so that dressmakers could copy the French fashions. Pictures show that she was not only a beauty but had accomplishments – music, reading, letter writing, plays and novels. She was an adornment to the King's apartments.

Our next zoom session is on Wednesday 10<sup>th</sup> March, when Elaine Hansen will be talking about 'The Glasgow Girls.' Non-members of The Arts Society can view lectures at £5 per session. To do so please contact: [artsoc.appleby@gmail.com](mailto:artsoc.appleby@gmail.com)



Portrait by Boucher

For further information please contact  
[taswestmorland.org.uk](http://taswestmorland.org.uk)

## News from All Saints' Church, Kasese, Uganda

(parish linked with All Saints', Orton)

### WhatsApp correspondence with Rev Nelson Walina.



3<sup>rd</sup> February:  
Yesterday at 1 pm we held a wonderful Fathers' and Mothers' Union seminar about Domestic Violence and Relationship in Marriages.

More than 56 couples turned up.

(From us: "Rev Robert Zziwa tells me that the government of Uganda plans a Covid vaccination programme in early March. I had my first vaccination on Christmas Eve and Mary had hers last night. I do hope you and your family and friends will have them when possible, and ignore false rumours about it not being safe...")

6<sup>th</sup> February: Thanks for minding about us as friends and making us aware of confirmation of Covid vaccination. Otherwise the rumours are too much around us. But now we are affirm. If the program comes we shall be alert.

(From us: "Our vaccination in UK is free. If that is not so in Uganda I am sure we here would like to help. In UK some Cathedrals are being used for vaccination centres... Maybe you could offer All Saints!")

6<sup>th</sup> Feb: I would discuss it with the Municipal Mayor and Town Clerk.

9<sup>th</sup> Feb: My wife Melina Walina is sickly with flu and cough but she is at home on Medication for four days. We need your prayers. (Answer: "We will pray for her on Morning Prayer this morning.")

12<sup>th</sup> Feb: Thanks for your Tuesday morning prayers upon my wife Melina. Today she has prepared evening tea for me, though weak; we have trust she will be in health. Continue prayers.

12<sup>th</sup> Feb: We hold Couples Corner Zoom fellowship every Sunday at 8pm. We emphasize PEACE, RECONCILIATION, & NON VIOLENT in our families, regardless of faith, race, tribe, colour.

Secondly we are encouraging the Mothers' Union members and Youths to use their skills to earn a living. Tailoring and weaving sweaters, and baskets. We are trying to do something to sustain the people of God. Never cease to pray for us.



15<sup>th</sup> Feb: (Rev. Nelson's birthday and also their Church Gift Day, to which some Orton people made a contribution - the picture in next column shows our gift being handed over):



The whole collection is as follows:

1. Offertories and Tithe: 1,215,800/= (Ugandan shillings)
2. Fundraising: (a) Congregation: 3,467,100/=

(b) Donation from UK: 2,377,730/=

Total **7,060,200/=**.

We return thanks to God. The function was so colourful. Let me show you "Bakiga" cultural dance. (He sent a video of noisy and enthusiastic

worship with singing and dancing!) You can imagine all Christians were overwhelmed with joy and happiness as you have seen from the dances.



### From Rev. Robert Zziwa, 18<sup>th</sup> February:

As I had promised, please share my information and prayer requests for ministry.

1. Prayer for the Church building project of where I was serving as Vicar at All Saints' Church, Kighando. The building which I found at window level when I was posted there in 2017, and now it's at roofing level as seen in the picture :
2. The new ministry/office in the Deanery, especially missions, youths and children ministries. This involves ministry in schools and all institutions of learning in the Deanery, children ministry and making a work plan for each department and realising its effectiveness. Keep us in prayer for the owner of the harvest to enable the labourers' harvest.



Thanks so much for allowing me share my burden on my heart for ministry. (This is Robert with one of the Youth Choirs at the Cathedral.)

20<sup>th</sup> Feb: Here are all the Archdeacons and

Assistant Archdeacons of our Diocese with our bishop after a 3 Days Retreat on mission, youth and children ministries.

Tomorrow in the service the bishop is going to launch a decade of Evangelism.



## Our advertisers

Please support our advertisers, and when you phone one to ask for their services, please tell them that you saw their advert in **The Link!**



# Heritage Talks on

## The Westmorland Dales

[thewestmorlanddales.org.uk](http://thewestmorlanddales.org.uk)

We have a fabulous selection of **ONLINE** heritage talks this spring from neolithic discoveries to ancient routeways and distinctive limestone geology. Find out how the community tree planting project in Crosby Ravensworth is improving the landscape for people and wildlife for the future.

To attend any of our online talks, click on the button below to complete your details and reserve your place on one or more of the talks featured. We will get back to you with your confirmation details and instructions on joining the Zoom talk/s. We look forward to seeing you online!

If you have any questions in the meantime, please do email us at [westmorlanddales@fld.org.uk](mailto:westmorlanddales@fld.org.uk).

### Reserve a Place

Wednesday 3rd March

**Tree planting for the future:  
Your Planet Needs You!  
The story of a parish tree group**  
3pm. Drew Woodward, Crosby Ravensworth Parish Tree Group.



Wednesday 17th March

**The 'A Way Through' Project: Stone Age Sat Nav and Chap Book Sellers.**  
3pm: Karen Griffiths, YDNPA. People have moved through the Westmorland Dales from prehistoric times to the present day, leaving their mark on the landscape.



Wednesday 31st March

**Clints, Grykes, Kettles and Thunderstones - revealing the geology of the Westmorland Dales.**  
3pm: Sylvia Woodhead, Cumbria GeoConservation. Our landscape is founded on its geology - limestone but subtly different from elsewhere in the Dales.



### Poem

*Written for my mother on her 70<sup>th</sup> birthday*

Mum!  
It must have been said a million times  
And it is still morning  
Dark when I rose  
And shrugged off the shroud  
Of not enough sleep  
But your smell!  
I inhale hard and hold you  
And our bodies are one again  
Mum!  
I was other things  
I am your everything  
Bearer of life  
Finder of lost things  
A deep well of comfort  
When it all becomes too much  
Washer of dishes  
Folder of laundry  
Observer of this miraculous life  
Unfolding  
Mum,  
Now I am one  
I can only begin to understand  
The incredible thing  
You have done  
Mum.

*Anon*



## Prayer for the Nation

People are encouraged to call on God in **Prayer for the Nation**.

Both our Archbishops are inviting everyone to set aside time each day to pray, particularly at 6pm. There is a rolling seven day pattern of themes for prayers:

- Sunday - Family, friends and loved ones
- Monday - Schools and colleges, children and young people
- Tuesday - Elderly people, isolated and vulnerable
- Wednesday - Businesses, the workplace and economic wellbeing
- Thursday - The NHS and other key workers
- Friday - National and local governments
- Saturday - All who are grieving and all suffering with physical and mental ill-health.

**Prayer for the Nation** resources are available by [clicking here](#)

# KIDS CORNER



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](mailto:linkpines@hotmail.com)

## Fishing and following

Have a read of these verses. Use [Bible Gateway](#) online if you don't have a bible to hand. The Message is an easy version to understand.



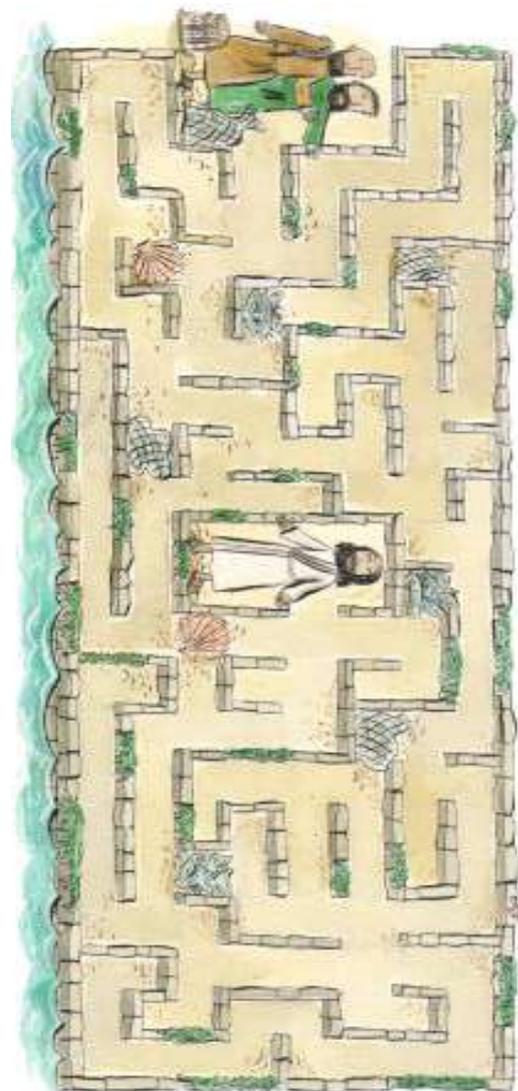
**Mark 1.14-20**

Jesus asks Simon, Andrew, James and John to go with him and they say 'yes' immediately.

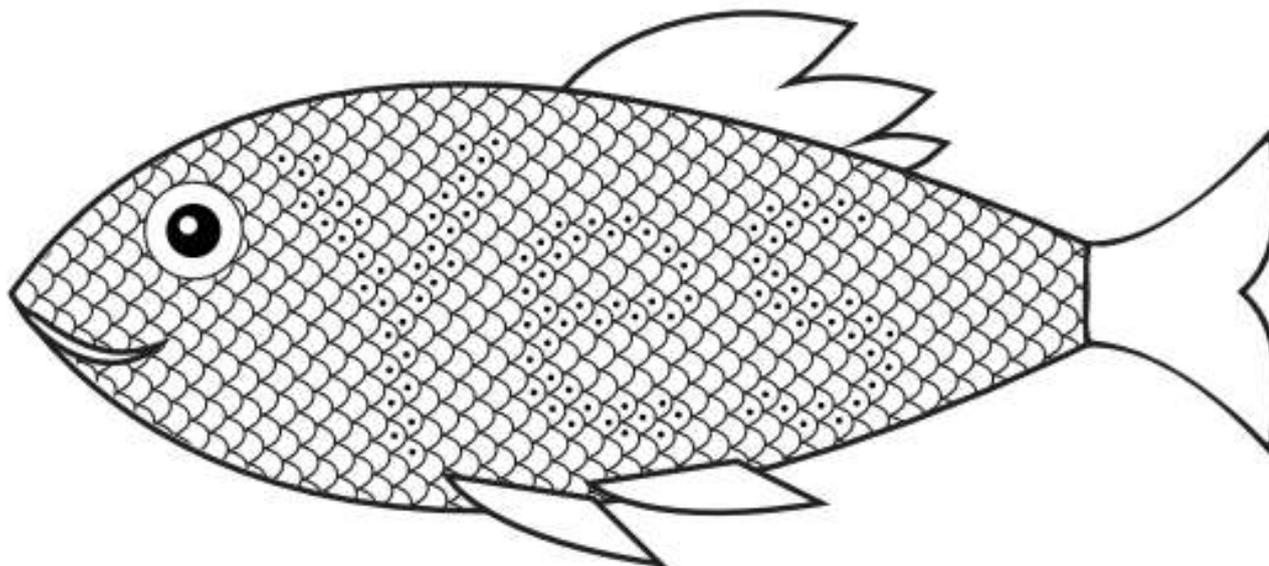


Jesus asks the fishermen to go with him – and they say 'yes'.

Can you help the fishermen find their way to Jesus?



What did the fishermen say?  
Colour in the dotted areas to find out.





With the government starting to lift restrictions, the committee have the task of deciding if we can open this season.

Do you have some free time during the summer?

Could you volunteer at our open swimming pool?

We have a small shop that serves hot and cold drinks, ice creams and sweets. We need volunteers to help at the pool with the running of the shop, pump room and cleaning between May and September. Would that be something you would be interested in?

Website: <http://www.shapswimmingpool.co.uk/>

Email: [teresamartin180818@gmail.com](mailto:teresamartin180818@gmail.com)

If you think you would be interested, get in touch for more information.

Message the Facebook page or give Teresa a call on 07517673361



## Eden Community Learning & Skills

The Eden Community Learning and Skills Team are working from home but are still contactable so please get in touch if you would like any further information about any of our courses.

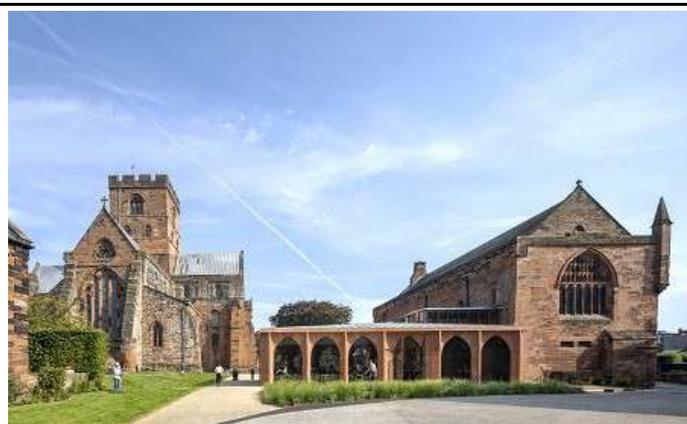
Contact Number: 07468 709606

Email: [edenlas@cumbria.gov.uk](mailto:edenlas@cumbria.gov.uk)

All courses are listed on our website:  
[www.cumbria.gov.uk/learningandskills](http://www.cumbria.gov.uk/learningandskills)



Why not follow us on  
Facebook: @CumbriaLearning



## **£250,000 Cathedral Grant**

Carlisle Cathedral's Fraternity Project has been awarded a £250,000 grant from the Culture Recovery Fund, it was announced on Friday 19<sup>th</sup> February).

The money is part of a multi-million pound package of support issued through the Department for Digital, Culture, Media and Sport to safeguard cultural and heritage organisations across the UK from the economic impact of COVID-19.

The grant will support the long-term future of the [Fraternity Project](#) at the Cathedral. Work was completed on the project – which includes a new exhibition and events space, café, meeting point and dedicated space available for work with schools and special interest groups – just as the country went into the first lockdown.

The Dean of Carlisle, the Very Rev Mark Boyling, said: "We are delighted to hear that the grant application has been successful. This is the result of a lot of hard work undertaken by members of the Cathedral team; my thanks go to them and to the funding body.

"No one could have foreseen the impact that the coronavirus pandemic would have on all manner of things; indeed that impact continues today. Like so many others, the Fraternity Project was affected by the various lockdowns and restrictions we have experienced. I give thanks that this money secures its long-term future and ensures it will remain an important cultural and faith setting for our county for many years to come."



**Join us\*  
for our**

## **Virtual Coffee Morning!**

**Every Wednesday morning from 10am**

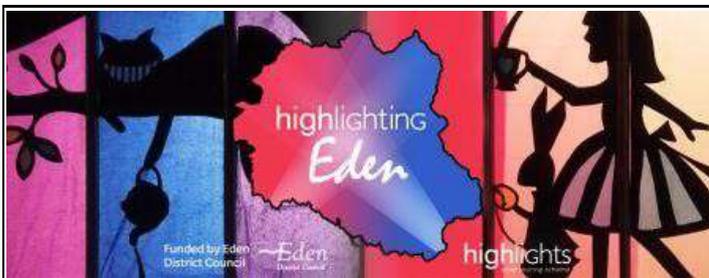
For access (meeting ID) contact . .

Alun Hurd – [alunjurd@gmail.com](mailto:alunjurd@gmail.com) or

Fran Parkinson – [curate.hwparishes@gmail.com](mailto:curate.hwparishes@gmail.com)

**Bring your own refreshments!**

*\*The churches of High Westmorland*



## Highlighting Eden

It may not feel like it right now but Spring is on its way and to help us get through these few dark, wintry, lockdown weeks we bring you -

### Highlighting Eden.

Highlighting Eden celebrates Spring and its themes of light, regrowth, birth, new beginnings. It is funded by Eden District Council, with free events for people across the area. We are inviting communities around Eden to celebrate the blossoming of Spring by engaging in art activities on and offline.

Running from now until the end of March, workshops include creative writing, mask making, puppetry, writing and performing a character monologue, a virtual Highlighting Eden choir and more. All the workshops are free.

There are a range of downloadable activities for all the family. These include lanterns for a Light Up Eden Festival over the weekend of the Spring Solstice (20 March) when we'd like to have a 1000 lanterns lit all around Eden, in windows, in gardens, on walls, to summon in the Spring and better times ahead.

You can access all the information as it comes on stream on our website and Facebook page - we will be updating our pages regularly so do keep dropping in to see what's new, and do lots of liking and sharing!

<https://highlightsnorth.co.uk/projects/highlighting-eden/>

<https://www.facebook.com/HighlightingEden>

We want as much of the community to get involved as possible and would love it if you could send these links to as many people as you can. Thank you and hope to see you online.

Maureen Lawrie  
Project Co-Ordinator  
Highlighting Eden  
T:07981 101651

Highlights Rural Touring Scheme  
14 Kings Head Court  
Bridge Street, Appleby  
Cumbria, CA16 6QH



## Zoom Lent Course



### What's Happening?

This year we are offering a Lent Course via Zoom. The materials are being prepared for us by the Bishop of Penrith, the Rt Revd Emma Ineson, and we will be taking the course together across our Mission Communities and the High Westmorland Parishes.

To access the course, you will need to download Zoom onto your device and will need a tablet, smartphone, or a lap/desktop with camera and microphone, so that you can be seen and heard.

Each session will last one hour approximately. It will begin with shared worship, before we split into small groups for discussion. At the end, we will come back together for closing worship.

### When's it Happening?

*Either* Tuesday evenings at 7.30 from  
23<sup>rd</sup> February – 23<sup>rd</sup> March

*Or* Thursday afternoons at 2.00pm from  
25<sup>th</sup> February – 25<sup>th</sup> March

### How to Join Us

The Zoom link (which you will need to join the meeting) will be circulated by e-mail nearer the time. Please make sure you are on our e-mail circulation list or contact Joyce Keetley for details:

[applebymc@carlisediocese.org.uk](mailto:applebymc@carlisediocese.org.uk)

or 07741 327318

or

The Rev Alun J. Hurd:

[alunjurd@gmail.com](mailto:alunjurd@gmail.com) or 01931 714812



# Ravenstonedale

## Reflections From Lockdown

During lockdowns this year I suspect many of us have used the time to do outstanding jobs and to sort out everything from clothes to boxes in the loft or garage.

During my latest burst of sorting I came across the transcripts for the two Millennium services which I did for Ravenstonedale Parish during the year 2000. The first was in March at St Oswald's, and the second in November at Newbiggin-on-Lune Methodist Chapel. They put me in mind of what the Church (Diocese) is trying to do today 20 years later.



Follow Daily Care Deeply  
Speak Boldly Tread Gently

Both the services were based on the premise of **God for All**, the ecumenical movement, and reaching out to all the community whether church-goers or not - something I feel this parish

has always been good at. The two services were totally different in approach, but both encompassed people and clergy from all our places of worship, people of all ages and beliefs and all walks of life - in short, the whole community. It was a time when the whole community came together to celebrate 2,000 years of Christianity.

Following on from this I was also reminded of just what a community can do when pulling together. It is amazing what we managed to achieve when we all worked together. Our newly formed Millennium Committee started with a public meeting at Newbiggin to get some ideas for how to commemorate the 2000<sup>th</sup> anniversary of the birth of Jesus. The commemorations involved many different groups and individuals who would not have known each other before, and who have remained friends ever since.

Along with all the usual street parties and different gatherings, some of the lasting achievements coming from that time were things such as:-

- The Millennium Tapestries which move around our villages annually.
- The Ravenstonedale Parish Map which is still used and valued by many.
- The Millennium Playing Field which is available for all to use for sports and recreational activities.
- Two Children's Playgrounds, one in each village.
- The Cycleway/Footpath re-joining the two villages together.

These things were not achieved overnight and required a lot of hard work, co-operation and fund-raising to bring them to fruition. It is a testament to the people of this parish that we managed to achieve so much in remembrance of the birth and legacy of our Lord and Saviour Jesus Christ.

During this last year of lockdowns and restrictions, our communities have once again come together to overcome adversity, and to support and help each other through prayer and zoom and acts of kindness, regardless of our beliefs or non-beliefs, or of who and what we are.

I grew up in a village environment where the Church and Chapel were the hub of the community, where we each supported each other's events, and where we joined together for services. Let us pray that we can continue to do that here in High Westmorland through the Mission Community.

Hilary Law



## There is now a God for All new Logo

The interlocking colours create a cross shape at the symbol's centre. The combined shapes signify wholeness and completeness and the multi-denominational working which is at the core of God for All. The organic look and feel represents growth and vitality. We hope you like it!



### Vaccinations... in 1957

A photo taken by David Cannon of a team going out from Ilesha, Nigeria, to the villages to give Smallpox vaccinations (see the poster in the car window)

*From the cowardice that dare not  
face new truth;  
From the laziness that is content  
with half-truth;  
From the arrogance that thinks it  
knows all truth;  
Good Lord, deliver me.  
Amen.*

*A prayer from Kenya*

## Ravenstonedale's Local History Talk gathers

### National Interest

Ravenstonedale Parish History Group (RPHG) continued its series of short talks based on the history of the pubs in the Village. ZOOM continued to be the medium to bring the audience to the meeting, including attendees from Cumbria and across the UK, welcoming participants from Wiltshire, Somerset, Surrey, London and very welcome guests from Kirkby Stephen Upper Eden History Society and the Westmorland Dales Landscape Partnership.

January's talk divided into two sections. Firstly a chronological history spanning from late 1700s to the present day of The Fat Lamb Inn, situated just outside Ravenstonedale village on the main road linking Kirkby Stephen and Sedbergh. The earliest records that identify what is today called the Fat Lamb Inn is a rental return dated 1779, referring to Cross Bank. Further evidence was taken from a research document published by Keith Lovet Watson ("The Hewetson Families of Ravenstonedale", 1991) and electoral returns which identified the owner and tenant in 1832.



Unlike the King's Head and Black Swan, the other two pubs in Ravenstonedale, the Fat Lamb had not always been a pub, as records confirm it was a farm (at least three times – 1856, 1911 and 1948), a café and grill and a petrol station. From being a farm in 1856, the property reverted to an Inn in 1862. The families who ran the Inn were traced from the late 1800s to the 1960s (Moore, Dickinson and Lisle). Participants in the ZOOM meeting recalled the Lisle family, as the proprietors of the petrol station.

Hewetsons as a family owned the property from 1856 to 1958. An anecdote, collected as an oral history by RPHG, reported the events in the winter of 1963, when 23 people were trapped in the pub by impassable snow drifts for 3 days, including the postman! The current owner, Paul Bonsall, bought the property in 1978. At the time it was the Cross Bank Café. Paul has since achieved his vision of creating a Hotel, Restaurant and Pub which is very popular with visitors to the area and notably classic car owners clubs.

The second section of the talk presented what is known about the lost pubs of Ravenstonedale parish. Drawn from oral histories, recollection and where possible substantiated by documented archive, the location and brief history of the Pig and Whistle (Newbiggin-on-Lune, also known as The Commercial), Rigg End (name of pub unknown – but proven by discovering a document from 1747), the Scotch Ale House at Smardale Bridge, The Pack Horse, Ravenstonedale and an ale house, name unknown, at Cold Keld.

Rigg End and Smardale Bridge would have been essential resting places (and refreshment opportunities) for pack horse hauliers, as both pubs were on the old road that crossed the fell, before the turnpike road was built and the old pack horse route fell into limited use. Today the route forms part of the Coast to Coast long- distance footpath.

The Pack Horse is largely recorded in anecdotal references, including the often cited Revd Nicholls publication from 1877 and its likely location was confirmed by piecing together circumstantial evidence taken from a sale prospectus source (a unique item in the RPHG local archive collection), a trade directory (1858) and various legal documents available on the Ravenstonedale Community website.



The ale house at Cold Keld was proven by an artefact discovered and restored by the owners of the property. The artefact is an ancient sign for an Ale and Porter House, with the inscription 'BE DRUNK ON THE PREMISES'! On closer inspection, the sign is damaged and would have said 'Ale and Porter, TO be drunk on the premises'!

Zoom talks will continue from Ravenstonedale Parish History Group. All welcome. The March 17<sup>th</sup> talk will be given by Diana Fothergill, who will present 'Some Famous Fothergills, part 1'. **Link** readers interested in attending should contact Val Fermer - [valfermer@gmail.com](mailto:valfermer@gmail.com) or phone/text 07798 688057.

[www.ravenstonedalehistory.org.uk](http://www.ravenstonedalehistory.org.uk)

## “Labour of Love puts Parish on the Map”

This headline above an article and photograph in the Herald in August 2001 was inspired by the launch of the Ravenstonedale Parish Millennium Map and its Companion Book. The map also inspired February’s Zoom meeting of the Ravenstonedale Parish History Group. Once again, Zoom opened the attendance to members, guests and friends from locations across Cumbria and for the first time, guests from Scotland, the USA and New Zealand.

Jackie Wedd presented her talk, *The Parish Millennium Map – an Offcomer’s Appreciation*, encompassing an overview of the research she has compiled documenting the story of the development and publication of the map. The talk is a preview for a much anticipated “live” talk, which will be a more detailed presentation exploring some of the local oral histories, historical events and myths recorded on the Map which is a montage of line drawings with captions and snippets of information. Her second talk will also highlight the four Millennium Parish Embroideries, produced by 22 volunteers over two years.

Jackie’s interest in the Map project began when she and her husband saw the framed copies of the Map in the Black Swan in Ravenstonedale when first visiting the village in 2009. The map inspired them to return to the village the following year to visit some of the points of interest depicted. These included the oldest inhabited house, the old packhorse bridge with the beck disappearing beneath it and Bowberhead Farm, now confirmed in 2020 as the latest Cumbria Wildlife Trust Reserve which will protect and enhance the traditional haymeadows there.

The sites and stories to be illustrated on the map were identified by collecting ideas and recollections from the residents of the parish during 1998-99. Financial support was obtained from the National Lottery Millennium Festival Awards for All and other national and local sources. The project was co-ordinated by Richard Metcalfe-Gibson, and questionnaire packs were designed by Barbara Godden, the then headmistress at Ravenstonedale School, and sent out to every house in the parish. The late Chris Irwin and his wife Mary, proprietors of The Book House in Ravenstonedale, a local publisher of history books and an antiquarian book dealership, were recruited to design and publish the Companion Book to the Map which contains every contribution from the local residents. Meanwhile the team of three local professional artists, Caroline Metcalfe-Gibson, her husband David Morris and their good friend the late Tom Oldham began the lengthy process of designing and producing all the drawings for the two-sided Map, and Tom’s exquisite calligraphy related the information on it.

This development process is wonderfully illustrated in an exhibition of photographs of the drawings and lettering, as well as in the original questionnaires used in making the Map from March 2000 until it was finally sent off to the printers in 2001. The three artists contributed over 1000 hours of work between them. The record of the work involved is now held in the RPHG archives and will be exhibited again, as it was at the 2001 launch of the Map and Companion Book, when circumstances allow and hopefully to accompany Jackie’s second talk.

Historical scenes depicted include the detention prior to transportation of the accused sheep-stealer Mr Wharton, an event witnessed by a former resident of the Parish in around



1870 when she was a little girl. She told the story many years later in the 1930s to the late Helga Frankland who contributed it to the Map. The sentence of transportation for such crimes was within the remit of the Four-and-Twenty, the Grand Jury who presided over both trivial and

capital offences locally and who used to meet in the old Church before the gatherings were deemed to be too rowdy and they had to relocate to the nearby King’s Head.

More recent events depicted include the maiden flight of the British Airways Concorde hot air balloon in 1984 (a local man had won a ticket for this flight in a raffle in aid of Newbiggin



Public Hall funds) and the regular freezing over of Greenside Tarn in winters up to the 1980s, allowing games such as ice hockey to be played – although in a photograph from the Parish Archives dating from the early 1960s that Jackie was able to show the skaters looked much less confident! It was good to learn the name of one or two skaters in the photograph that the History Group have been unable to identify, contributed during the Zoom discussion after the talk by a member and former Ravenstonedale resident who now lives in Appleby.

Local flora and wildlife are celebrated on the map, including species very precious to the area such as Lapwings, Curlews and of course Red Squirrels. Other snippets included the recollections of the former railway line, the course of which is now partly followed by the A685, often mistaken for a Roman road there as it is so straight, although the regular bumps suggest the sleepers from the railway may still form part of the road’s foundations! The Ravenstonedale village pig house on the green is illustrated, where the parish pig was kept and fed by everyone who then took their share when it was slaughtered. The stone house, an ancient hillside structure on Ashfell, has a stone plaque inside with the names Milner and Knewstubb engraved on it. The Milner family commemorated there are the forebears of the New Zealander invited to the Zoom meeting, who by a strange coincidence now lives not far from the descendants of the Knewstubb man who carved the plaque. The mystery of the short-lived mansion with the odd name of Hwith, demolished a mere 60 years after it was built, will be revealed in Part 2 of the talk.

The Map proved a rich source of inspiration for local walks when Jackie and her husband Dave made repeated holiday visits to Ravenstonedale, which culminated in their move to the village as “offcomers”, hence the title of the talk. As noted, there will be an expanded “live” talk in the future, hopefully answering many questions that the Map inspires.

For information on future History Group events, including the next Zoom talk - “Famous Fothergills, Part 1” by Diana Fothergill on 17<sup>th</sup> March at 7.30pm, - please visit the website [www.ravenstonedalehistory.org.uk](http://www.ravenstonedalehistory.org.uk).

For more information on the Millennium Map please visit the Ravenstonedale Community website [www.ravenstonedale.org](http://www.ravenstonedale.org) where you will find an interactive version.



# Kirkby Stephen Grammar School

A co-operative Academy

## NEWS

[www.ksgs.cumbria.sch.uk](http://www.ksgs.cumbria.sch.uk)



Another term has arrived at KSGS. We are looking forward to having the staff and students back on site from the 8th March 2021.

KSGS teaching assistants have been busy working with our hub students in school, whilst the teachers have been providing a high level of remote teaching.

We are so proud of all our students, and look forward to getting them back to the classroom.



Here is some art work produced by our Year 7—Year 9 students. Mrs Wealleans the Art teacher is so proud.



Fun in the snow





# Kirkby Stephen Grammar School

A co-operative Academy

## NEWS

[www.ksgs.cumbria.sch.uk](http://www.ksgs.cumbria.sch.uk)



Dear KSGS Family, friends & Community

### Introducing the KSGS Lockdown Anthology!

We have been hearing good things about creative writing going on all over the catchment area and thought it was time to start collecting some of it up into a Lockdown Anthology, for us to enjoy sharing our talents and ideas – and frustrations. One day, perhaps it will be a fascinating insight into what it was like to live through Lockdown in

Cumbria. Meanwhile, when we get back into school, it will just be something to look at and say ‘do you remember that?’

### Our contributors

We hope lots of you will want to contribute.

**Students of all ages, any members of staff or governors, perhaps even a guest appearance or two, from a family member or friend, to a member of the community.** You just need to provide a ‘page’ of writing for us. It doesn’t matter how long it is but choose just one piece (your best) to send to us. Put your name on, but if you really want it to be anonymous, that’s fine too so let us know.

### What to write

Pretty much anything, on the theme of ‘Lockdown’. Interpret the theme any way you like and don’t worry if it’s a tenuous link! A story, poem, letter, diary entry, article? Make it funny, sad, emotional, factual; any tone and type you like. Don’t feel you need to re-invent the wheel either; we have heard from Mrs Park that there is some lovely text being created in IT which you could choose. Maybe the Science dept have

inspired you to write about viruses? Dr Rooks’s classes wrote beautiful letters to local residents last year. Some of our talented year 11s have developed their article-writing skill recently using the lockdown theme and of course our entire year 8 showed off their creativity last summer term, writing letters to their future selves and lockdown diaries.

### Why?

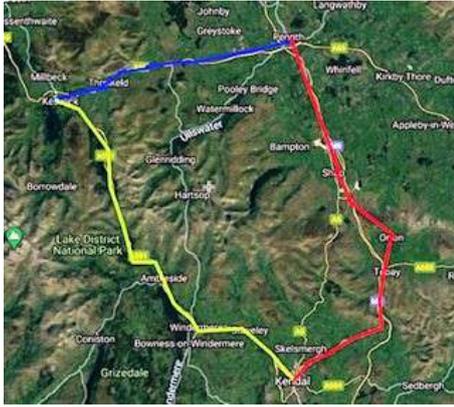
To let off steam; to try something new; to have fun; to practise and develop English and IT skills; to use your imagination; to contribute a small piece of jigsaw to help reveal the whole picture of what it has been like to live here over the last year. There’s no pressure, no deadline (yet) and we want to include as many people as possible, so be brave and have a go. It’s not a competition – it’s about building something together – but we might end up with a few prizes ☺.

### So what next?

Just get writing. Or look through the writing you have already completed over the last year. When you are happy with something, email it to: [maxine.bowness@ksgs.cumbria.sch.uk](mailto:maxine.bowness@ksgs.cumbria.sch.uk) or if you need to post it, use the school address and mark it **Lockdown Writing**. Stick to one entry but if you later change your mind, we can swap a new one in for you! We will update on deadlines when we can see a bit further forward. Good luck and happy writing,  
The English and Media dept from KSGS.

## The Lakeland Loop

In January the 106 Bus Partnership launched a new bus timetable on Tuesdays and Fridays which opens up a multitude of new route options for days out around Cumbria. The most spectacular of these is a journey known as **The Lakeland Loop**.



This is a full day bus trip travelling through the iconic Lake District landscape with time to stop-off and enjoy attractions along the way. The journey begins at 9.30am in Tebay and can be joined at any stop along the 106 bus route north of Tebay. Alternatively it can start at Penrith as the return 106 bus from Kendal will bring you back to Penrith on its last run of the day.

The 106 Bus will take you to Penrith Bus Station where you have a 45minute layover before joining the X5 service to Keswick. Alternatively you can get off the 106 at Penrith Railway Station and grab an ice cream at McDonalds and take a saunter around Penrith Castle before joining the X5 back at the railway station for your onwards journey at 11.20 (giving 55 minutes layover). The X5 bus will take you along the A66, past the foothills of the iconic Saddleback Mountain and into Keswick with stunning views of Bassenthwaite and Derwentwater with the majestic Skiddaw and Grisedale Pike rising beyond.

The X5 service terminates at Keswick Bus Station which is outside Booths. There is a half-hour wait to join the 555 bus to Kendal, which gives you plenty of time to pick up a sandwich. Alternatively you can layover for an hour in Keswick and join the 555 bus an hour later. Both the X5 and 555 buses are

double-deckers so you can get up higher to enjoy the views; they are also furnished with very comfortable coach seats and USB charging points.

Your journey on the 555 gives you an hour to play with along the route to Kendal (unless you take that hour in Keswick). You can get off at any point along the route for an hour and join the later bus which arrives in Kendal at 15.02, giving you plenty of time to join the last 106 bus home from Kendal which leaves at 15.30. There are so many options it would be impossible to list in just one article, but you could choose to spend a hour at Castlerigg Stone Circle, Hayes Garden Centre in Ambleside, Lakeland Limited in Windermere, or have a walk around Grasmere village and pick up some gingerbread. This route leads you through globally celebrated landscape, most famously captured by William Wordsworth, indeed you may alight at Dove Cottage for an hour if you wish.

The full adult ticket price for the route is quite expensive at £30.30 but Pensioner's Bus Card holders travel free of charge. The operator will receive 58% of that ticket price back from the Local Authority. This means that taking The Lakeland Loop with your bus pass will provide £17.57 per person towards the cost of keeping these bus routes on the road. £6.96 will go directly to support the 106 bus route which is commissioned by a local charitable organisation, The 106 Bus Partnership.

The journey highlighted above was undertaken in February and timetables are subject to change so do check the bus timetables online before you travel or call Traveline on 0871 200 22 33 (charges apply) if you don't have access to the internet. It is worth noting that there are public toilets available at Penrith Bus Station, inside Booths in Keswick and at Westmorland Shopping Centre which is just behind the bus station in Kendal.

There is a video log of the journey on YouTube here <https://youtu.be/VgYPYP4-Xkl> (approximately 19 minutes) for travellers wanting to know more about the route.

Bus timetables can be found online here <https://www.cumbria.gov.uk/buses/>

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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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### Ravenstonedale to Hawes

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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:

### 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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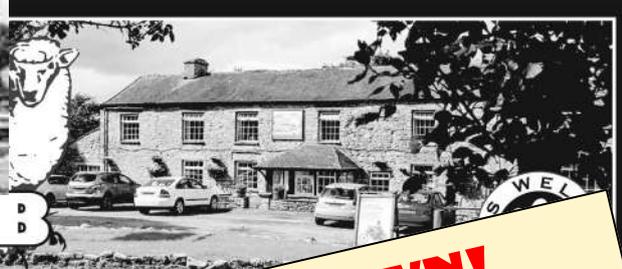


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Orton C. of E. School: Headteacher, Mrs. Emma Pomfret  
Office: Vicky Percival: 24268  
Friends of Orton School: Julie Watson, 07792 742415  
Tebay Primary School: Headteacher: Mrs. Lisa Bland  
Office: Tracey Morland: 24239  
Friends of Tebay School: Claire Penhallurick 07986 692527  
Catchment Area Secondary School:  
Kirkby Stephen Grammar School: 01768 371693  
For Little Children:  
Tebay: "Twinkles": Pippa Smith: 24367 /  
07487 776904 (*currently suspended*)  
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: Leagh Wilkinson: 07869 078977  
Appleby Brownies: Alison Taylor: 01768 361241,  
Emma Williamson 07800564170  
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](mailto:ruth.evans@niscu.org.uk)  
Appleby Deanery Network Youth Church Pioneer Minister:  
Rachel Milburn, [Rachel.Milburn@carlisle-diocese.org.uk](mailto:Rachel.Milburn@carlisle-diocese.org.uk)  
Families Together in Orton and Tebay: Pam Lawson: 26028  
Tebay Kids' Band: Pam Lawson: 26028

## Miscellaneous

Orton/Tebay Parish Clerk: Margaret Longworth: 24900  
Orton Market Hall Bookings: Julie Renwick-Smith: 24796  
[ortonmarkethall@outlook.com](mailto:ortonmarkethall@outlook.com)  
Upper Eden Medical Practice, Kirkby Stephen : 01768  
371369 (with Surgery in Tebay)  
Shap Medical Practice: 01931 716230  
(with Surgery in Orton)  
Vets: Kirkby Stephen: 01768 371359  
Appleby: 017683 51507  
Shap: 01931 716024

## Adult groups

Archaeological Society: Jan Hicks: 01931 714122  
Arts Society, Appleby: Gillian Stoddart: 01768 862501  
Badminton: Richard Percival: 24352  
Band: Appleby Town Band: Chris Jenkin: 24410  
Kirkby Stephen Silver Band: Caroline Souter:  
017683 72376  
Bell Ringers: Julian Thorpe: 24166  
Bingo: Jillian Hewitt: 01931 715000  
Boccia: Felicity Lawler: 015396 24465  
Book Club: Sally Seed: 24907  
Bowls at Newbiggin: Stephen Dickinson: 07766 833500  
Combined Churches Choir: Chris Jenkin: 24410  
Community Choir: Alison Mott: [Alison@mott.me.uk](mailto:Alison@mott.me.uk)  
Concerts:  
Appleby: North Westmorland Arts: 017684 83777  
Kendal: [contact@lakelandsinfonia.org.uk](mailto: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](mailto: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: Dennis Humphreys:  
26052  
Women's Groups:  
Orton: Pat Alexander: 24303  
Lune Ladies: Carole Clayton: 23226  
Women's Institute: Jackie Huck: 24266  
Mothers' Union: Angela Milburn: 24382

## Websites

### Church Websites:

High Westmorland parishes: <http://hwparishes.org.uk>  
Entries in the Church of England's "A Church Near You" directory  
Orton: <https://www.achurchnearyou.com/church/12220/>  
Ravenstonedale: <https://www.achurchnearyou.com/church/12221/>  
Tebay: <https://www.achurchnearyou.com/church/12223/>  
Orton Community Website: <https://ortoneden.co.uk>  
Orton Parish Council: <https://ortonpc-eden.org.uk>  
Tebay Parish Council: <https://tebaypc.org.uk>  
Ravenstonedale village website: <https://www.ravenstonedale.org>  
Ravenstonedale Parish Council: <https://www.rdalepc.uk>

### Churches' Facebook pages

Orton: <https://www.facebook.com/AllSaintsOrton/>  
Tebay: <https://www.facebook.com/stjamestebay>  
Ravenstonedale: <https://www.facebook.com/StOswaldRavenstonedale/>  
Families Together in Tebay and Orton  
<https://www.facebook.com/FamiliesTogetherTebayOrton/>  
[Families\\_Together@googlegroups.com](mailto:Families_Together@googlegroups.com)