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The Link

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



Hi Guys,
We have written an incredible (to me) 28 postcards from China. I am complaining that we don't know enough internet connected people or we could send them all a photo we took ourselves, even one starring ourselves, and it would be infinitely quicker than snail-mail. You are therefore among the first beneficiaries of this new system.
Bonus payment and leave after the last 6 months overseas enable us to achieve a common ambition to visit China and walk on the Great Wall. Ok so it's winter, but if we don't come now we might never have the chance again and actually, though cold, it is still dry, sunny and bright. Things should even stay that way when we go to Tibet to visit Lhasa in the Himalaya. We've been to the Forbidden City - the old Imperial Palace and are off to see the Terracotta Warriors next.

Take care,

Love Fr Tony & Jo.

March 2009

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

VICAR

Beverley Lock 24045

Licensed Reader

Reg Capstick 24497

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Betty Mawson 24244

Jim Milburn 24382

Marion Robinson 24384

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RAVENSTONEDALE with NEWBIGGIN-ON-LUNE

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TREASURER

Clive Wigley 017683 51575

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Rev'd Phil Dew, The Manse

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Roman Catholic Church

Fr Peter Chappell Church of Our Lady of

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THE LINK DEADLINE IS ON THE 13TH OF EACH MONTH

Please send all copy including advertising to:

Email: linkpines@hotmail.co.uk
David and Meryl Aspden, The Pines,
Roundthwaite 015396 24013
Or John and Susan Basnett, Howgill
Lodge, Orton 015396 24525

For Tebay: give to Reg Capstick, 1 Mount Pleasant, Tebay

For Ravenstonedale: give to Judith Law 23638

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All small display ads are currently £30 p.a.
Views expressed in 'The Link' are not necessarily those of the publishers or editors.

Thoughts from High Westmorland

What would we do if we did not have the weather to discuss? The February cold weather got us in the news but fortunately compared with the other side of the world we got away lightly. As I stared out into the falling the snow I tried to imagine raging fires that travelled faster than a sports car eating up everything in its path as in South East Australia.

It is so hard to imagine something of which you yourself have no experience. It is so hard to make that mental leap across the divide from person to person to conceive of an other person's life or experience.

In the Christian tradition Lent, which began this year on 25th February, is a time when Christians try particularly hard to think about others. Some Christians try to give something up; a regular treat or activity and give the money they save to a charity. Others try to focus on trying to do something positive each day for someone else. Both approaches try to put others before ones self in an attempt to get a grip on our selfishness and engage with God's desire for a better, happier and fairer world.

Putting other's needs first is of course a risky business. By consciously putting ourselves

in other people's shoes we risk being made to feel very uncomfortable about what we see when we look back at the person we are.

However uncomfortable; many believe it is worth trying. They will tell you how it enriches their understanding and makes them capable of greater depths of compassion. During Lent in church we remember the story of Jesus going into the desert at the beginning of his teaching ministry and being tempted in many ways. He could have lived selfishly but he chose not to. With his undoubted gifts of rhetoric he could have been rich. He could have been famous. He could have gone for influence but instead he chose a way of life that reached out to other human beings and showed them a way of love and self giving.

Many say that if the world followed more closely the teachings and example of Jesus it would be a better world. What they do not say is that it would be easy.

If you would like the clergy to visit or would like home communion please will you ring: Beverley Lock on 015396 24045. If you, or someone else you know, would like a visit in from a member of the clergy in hospital please also let us know. Please ask permission from the person concerned first so as not to cause embarrassment. Thank you

NOTE - The management committee of the Link regret that it is unable to distribute literature for other organisations.

We would also like to point out that articles received after the 13th may be held over until the following month



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District Council News

The first District Council meeting of the New Year was on 12 February. The purpose of this was to approve the budget and agree the 4.99% increase in council tax. An amendment to the increase was put in by Lib Dem councillor for Shap, Neil Hughes. He suggested that the Eye on Eden magazine should not be produced next year and that training for Members be reduced by £2,000. He also suggested that budget for the computer system be reduced from £10,000 to £5,000 a year and, in this time of recession, councillors allowances should not rise. This would make savings of £31,500 which would mean that council tax went up by 4.03% and not 4.99%.

This amendment was met with absolute derision by all the members of the council and the only people who supported it were the five Lib Dem councillors. Sorry, we tried.

Notes from the Herald March 1909

Winter returned and stayed all month.

The LNWR's Lancaster and Carlisle Division held its annual Ambulance Work Competition in Penrith on 5th. Teams of 5 from 6 stations competed. Tebay was 6th but smartest in manner. Kendal won.

Orton Recreation and Reading Room Concert and Ball was on 26th February. The concert and supper were in the Temperance Hall then along to the Market Hall for the Dance and Waltzing Competition won by Miss B. Holme and Mr. J. Allison. £12 made – today would be £480.

Gaisgill Wesleyan Society's Home Missions AGM and concert was on 9th – one of the speakers was Mr. Mellor, Station Master at Tebay.

Tebay Station Mr. J. Atkinson has worked in the Clearing House for years but is now posted to Old Trafford, Manchester. The Tebay Railway Temperance Union debate in the large waiting room was on "Is Drink the Greatest Hindrance to Progress". The motion was carried.

Greenholme Primitive Methodist Chapel Anniversary was on Saturday 13th with speeches, songs and supper; sermons on the Sunday.

The AGM learnt that Tebay Conservative Club is thriving. Tebay Infants School is so overcrowded that over 20 infants have been kept away. "Is it worth rebuilding if they don't now come?" asked the Managers' letter to Westmorland County Education Committee.

Orton Wesleyan Chapel Home Mission Society held the AGM on 18th chaired by Mr. Birtle.

Mrs. Elizabeth Hodgson (widow of John) Mostyn House, Orton, died on 3rd February, left £1126 (=£55040 in 2009). Mrs. Capstick of the Black Swan, Ravenstonedale, has a handbill for the Whitsuntide Sports in 1850 when special trains ran. It gives a beer recipe brewed there. (see Editorial, 6th March 1909 for this).

Dr. Walker, Kirkby Stephen, to continue as Ravenstonedale's Medical Officer.

Married at Kendal on 17th: John Edward Kipling, Warcop, to Mary Ann, only daughter of the late William Jackson, Scalegill, Birkbeck Fells, Orton.

Died at Kelleth on 24th February: Susannah, wife of William Dobson.

Messrs. Cowperthwaite (Gaisgill) had up for unburied sheep on Meaburn Moor; whose were they?

Case dismissed.

Thanks to Jeremy Godwin for the above.

NEWS RELEASE

Date of issue: Tuesday 27
January 2009

The Stable Yard
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rachelcapstick@hotmail.com

Agricultural Law Firm is Top Ranked & Recruiting

Nigel Davis Solicitors has received top acclaim in the 2009 Chambers and Partners Guide to law firms in the UK. The guide has given the firm the top rating for Agricultural and Rural Affairs.

Nigel Davis Solicitors opened an office at Dalton Hall, Burton-in-Kendal in September last year and specialises in agricultural and rural affairs acting for owner occupiers, landlords and tenants, and agri-businesses, and also local and other authorities, farming organisations and show and pedigree livestock breed societies.

The firm is delighted with the ranking and the recognition for the hard work that has been carried out by all concerned.

The firm has also this month added another solicitor, Victoria Wellesley-Smith, to the team at the Burton-in-Kendal office.

Having been brought up on an arable farm in East Yorkshire, Victoria has always been close to the land. She went from home to Bristol University to read archaeology and history of art before qualifying as a solicitor in 2000. Throughout her career she has specialised in agricultural law, training and working for one of the North West's leading agricultural law practices. Over the years she has gained valuable experience in a number of areas including the buying and selling of farms, negotiating claw back and pre-emption provisions, creating and terminating farm business tenancy agreements, dealing with landlord and tenant disputes, Single Payment Scheme issues, tenancy succession cases, problems relating to moorland, common land and sheep gates and the creation and dissolution of farming partnerships.



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SUNDAY SERVICES IN OUR CHURCHES FOR FEBRUARY 2009

<u>Sunday 1st March</u>		<u>First Sunday of Lent</u>		<u>Lessons</u>	<u>Liturgical colour</u>	Purple
ORTON	9.30am	Matins	Ian Elliott	Genesis 9 8-17 and Mark 1, 9-15		
Sidesman	Chris Bland	Prayers	Ronnie Elliott	Readers	Brian Lock & Sandra Ward	
TEBAY	3.00pm	Songs of Praise	Beverley Lock			
RAVENSTONEDALE	9.15am	Matins	Reg Capstick	As above		
						Reader Janet and Dick Barlow

<u>Sunday 8th March</u>		<u>Second Sunday of Lent</u>		<u>Lessons</u>	<u>Liturgical colour</u>	Purple
ORTON	8.30am	Holy Communion	BCP Chris Jenkin	Genesis 17.1-7, 15,16 and Mark 8, 31-38		
Sidesman	John Falshaw			Reader	John Falshaw	
TEBAY	11.15am	Holy Communion	Beverley Lock			
RAVENSTONEDALE	9.15am	Holy Communion	BCP B Lock	As above		
						Reader David Vigor

<u>Sunday 15th March</u>		<u>Third Sunday of Lent</u>		<u>Lessons</u>	<u>Liturgical colour</u>	Purple
ORTON	9.30am	Family Service	Chris Jenkin	Exodus 20, 1-17 and John 2 13-22		
Sidesman	Jim Milburn	Prayers	Rob & Maggie	Reader	Mary Jenkin Susan Basnett	
TEBAY	11.15am	Matins	Reg Capstick			
RAVENSTONEDALE	9.15am	Holy Communion	CW Carole Marsden	As above		
						Reader Richard and Joan Best

<u>Sunday 22nd March</u>		<u>Mothering Sunday</u>		<u>Lessons</u>	<u>Liturgical colour</u>	Purple
ORTON	10.00am	Service for Mothering Sunday	B Lock	1 Samuel 1, 20-28 and John 19, 25b-27		
		Joint Service with the Methodist	Church			
Sidesman	Jeff Mawson	Prayers	Colin Wren	Reader	Jackie Huck, Ronnie Elliott	
TEBAY	11.15am	Service for Mothering Sunday	R Cap			
RAVENSTONEDALE	4.00pm	Service for Mothering Sunday	B Lock	As above		
						Readers David and Caroline Morrisr

<u>Sunday 29th March</u>		<u>Fifth Sunday of Lent</u>		<u>Lessons</u>	<u>Liturgical colour</u>	Purple
				Jeremiah 31, 31-34 and John 12, 20-33		
JOINT MISSION UNIT SERVICE AT TEBAY						
TEBAY	10.30am	Holy Communion	Beverley Lock			

SUNDAY SERVICES IN OUR CHAPELS FOR March 2009

Methodist Chapel		1st	8th	15th	22nd	29th
Tebay	10.30am	G Peterson	T Dent	LA	D Birkbeck	P Dew
	6.30pm	*	P Dew	*	*	*
Orton	10.30am	W Capstick J Skinner	LA H Hutchinson	P Dew T Dent	10.00 am US at PC T Longworth	J Bunce CA J Bunce CA
Newbiggin-on-Lune	10.30am 2.00pm 6.30pm	* P Dew LA	* WB Robinson *	* R Fellows LA	* P Dew *	* J Skinner *
Ravenstonedale	2.00pm	G Peterson	K Coward	W Capstick	W Ousby	P Dew
		LA	A Collinson	P Dew	H MacColl	LA

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Ravenstonedale Lent group with Methodist
church Tuesdays, March 3rd, 10th, 17th, 24th, and
31st at Coldbeck Cottage, commencing at 7.30
pm. The York Course.
Orton Lent devotional services Wednesday 4th,
11th, 18th, 25th and April 1st, 7.30p.m. at All
Saints Church.
Shap and Bampton Lent discussion groups.
Venue: 3, Peggy Nut Croft Wednesdays 11.00
am – March 4th, 11th, 18th, 25th and April 1st
followed by a simple lunch.

Mothering Sunday
22nd March
Orton 10.00am Joint service with the
Methodist Church
Beverley Lock
Bampton 9.00am Neil Hughes
Shap 11.00am Joint service with the
Methodist Church
Lay lead
Tebay 11.15am Reg Capstick
Ravenstonedale 4.00pm Beverley Lock

HOLY WEEK
Palm Sunday 5th April with Palm Crosses

Bampton	9.15am	Family Service	Beverley Lock
Shap	11.00am	Family Service and Baptism	Beverley Lock
Orton	9.30am	Matins	Reg Capstick
Tebay	3.00pm	Songs of Praise	Beverley Lock
Ravenstonedale	9.15am	Holy Communion	Carole Marsden

Good Friday 10th April
Devotional service/litany
at Brampton with David and Kathy Jenkin and
Orton with Beverley Lock both at 10.00am.
Good Friday Walk
This leaves St Michael's Church Shap at 12.00pm
and proceeds to Shap Abbey for a short service
and we have our packed lunch. We then return
via Keld Chapel for a short service and Hot Cross
buns, to Shap arriving back at about 3.00pm.

Easter Day 12th April

Orton	10.00am	Holy Communion CW	Ian Elliott
Tebay	11.15am		Beverley Lock
Ravenstonedale	9.15am		Beverley Lock
Shap	11.00am		Chris Jenkin
Bampton	9.15am		Bishop Alex

Maundy Thursday 9th April
Shap/Bampton Joint 'service at table' at
Bampton with Chris Jenkin at 6.00pm.

Orton/Tebay/Ravenstonedale Joint
'service at table' at Orton with Beverley
Lock at 7.00pm.
Hymns for Holy Week

Easter Eve 11th April
Orton, Ravenstonedale and Tebay
Orton Farmers Market coffee morning
Children activity at 3.00pm with Carole Marsden
Service of Light at 4.00pm with Carole Marsden

Bampton
Service of Light at 6.00pm with Beverley Lock

Shap
Service of Light at 7.30pm with Beverley Lock

Registers
The funeral took place of Peter Dickon on Monday 12th January 2009 at All Saints Church.
The baptism took place of Kaitlin Mary Garcia Chrigtfned on Monday 25th January 2009 at St James Church.
The funeral took place of Sidney Davies a former resident of Tebay on Friday 6th February 2009 at St James Church.

A thought from Tebay

February has just sped by with it's frosts, snow and ice and it's clear skies. Will spring come in in March? I notice in our garden that the daffodils are just showing through and all the snowdrops are appearing at Tebay church - a lot later than usual.

I'm sure you all read Beverley Lock's article last month about Tebay being a railway church - there are not many of these in the country as most churches were built in 1300's - 1700's. By the time you read this article we will have had our first meeting to discuss the future of the church in Tebay. In the next edition of the Link hopefully we will be in a position to share with you the first stages of our thoughts and plans.

I have always been a great rugby fan and I am looking forward to the remainder of the matches to come in the 6 nations championships. Will Wales win again and beat all comers - I think so, even though England won their first match. What is so refreshing about rugby is the way in which these large men take the discipline metered out to them by the referee without a murmur or show of discontent. It also helps that the referee has the power to send a player into the 'sin-bin' for 10 or so minutes. If this happened in football - how many players would there be left on the pitch during certain periods of the game? Society in general seems to have lost it's way with shows of indiscipline, greed and self interest.

Maybe the discipline shown on the rugby field by the players could teach us all a thing or two about respecting each other and each other's property.

In March we have two saints days - St David on 1st March and St Patrick on the 17th of March when we see the Welsh and the Irish sporting daffodils and shamrocks but the English hardly recognise St George's day on 23rd of April. Perhaps if the English showed more pride in their country like the rest of the United Kingdom things would start to improve.

Summer time begins at the end of March and I am sure we are all looking forward to the longer days and hopefully warmer and drier than last summer.

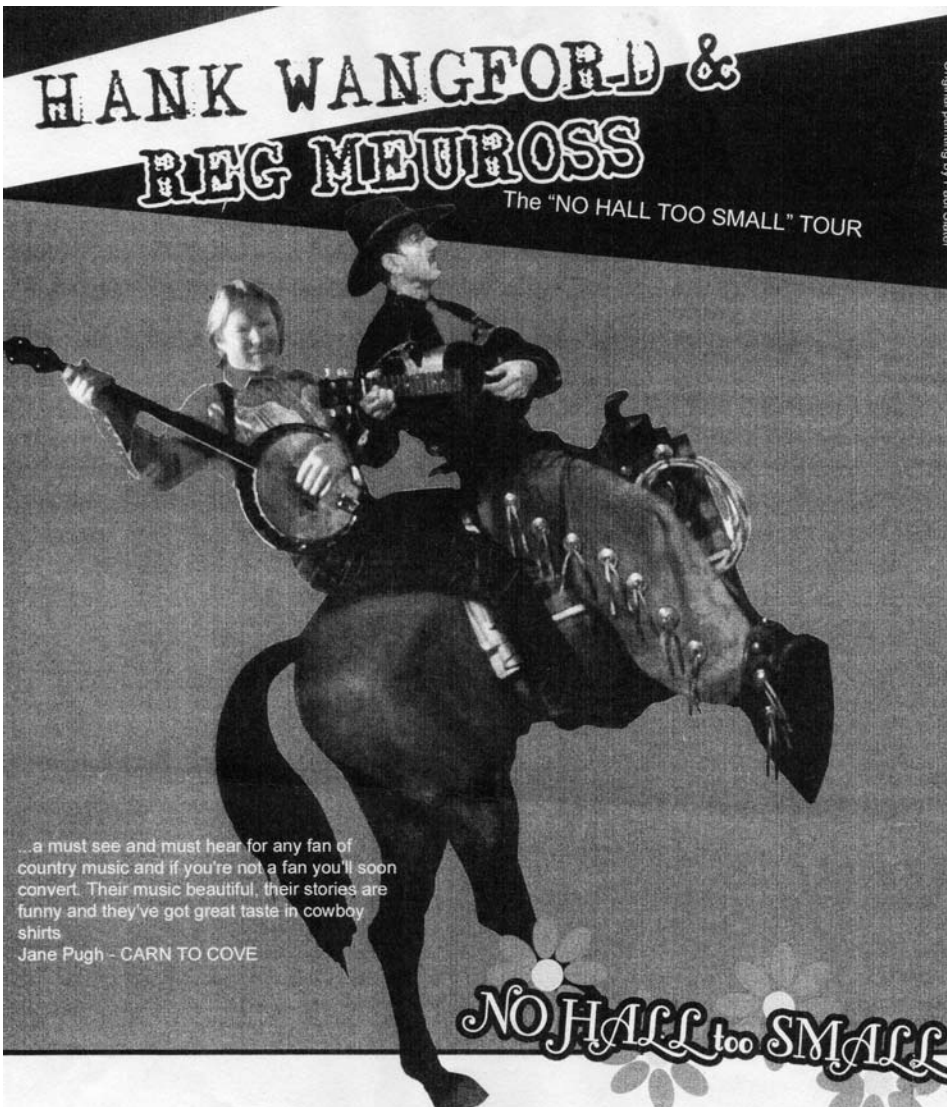
Elizabeth Crossley

TEBAY WI RUMMIKUB DAY

Tebay WI are holding a Rummikub Day on Tuesday 24th March at the Railway Club Tebay, from 10.30am until 3pm. Admission £3 to include coffee and biscuits upon arrival. Please bring a packed lunch, cakes etc. will be provided at lunchtime. Everyone welcome, members or non-members. If you haven't played before this is an opportunity to learn, we guarantee you will enjoy it.

If you would like to join us please contact Ann Mooney on 24405

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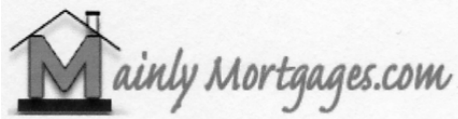
NO HALL TOO SMALL

Tebay Sports & Social Club
Saturday 14th March 2009
8.30pm

Adults £5 / Child £3.50 / Concs £4 / Family £15
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Tebay

Orton & Tebay History

Society enjoyed a fascinating talk with slides, from Barry McKay, at Tebay Methodist Chapel, last week. Mr. McKay, an Antiquarian Bookseller from Appleby, spoke on The History of Print Culture in the Lake Counties, 17th - 19th century.

He described how the earliest form of writing found in the area, dates back to Roman times, and explained how the binding of books progressed up to the format with which we are now familiar.

The first recognised Cumbria Author was John Stell, of Furness Abbey in the 14th century, but early books were mainly on religious themes.

Paper, invented by the Chinese, came to Europe in the 12th century and arrived in England by the 14th. The first paper mill in Cumbria was founded in 1616, producing brown paper. It was a number of years before the introduction of bleaches, allowed white paper to be made. Mr. McKay showed slides of the basic method of making hand-made paper, and of various types of binding.

A number of printing houses appeared in Cumbria, and where they came booksellers rapidly followed. Robert Bentham, grocer and bookseller of Penrith, supplied Lady Anne Clifford with an order of books, which she distributed to her serving women, and Anthony Soulby of Penrith produced the first book catalogue in 1740.

Mr. McKay talked about various publications of the this era, which were mainly reference, religious and maps, fiction not appearing in print, (apart from plays) until the mid 18th century. The first local newspaper, the Kendal Courant, was printed in 1730 and

mainly contained news from London and abroad. It was still accepted that local news, was passed on by word of mouth.

A well-known local publication is the Shepherds Guide, with wool and ear-marks, and has been printed since 1817. The main Cumbrian printing centres were Kendal, Penrith, and Whitehaven but even Alston had a printing house.

Other uses as printing progressed were chap-books, political announcements, adverts, bills and small pamphlets. Lottery books, appeared in 1635. Pictures were printed on large sheets of paper, then the cut pictures were placed randomly into the book. Pins were inserted between pages, and the winner (if choosing a page which contained a picture) would get to keep their pin.

Barry was thanked by Chairman Bernard Thornborrow, and the evening finished with refreshments being served. The next meeting is on February 23rd, Orton Market Hall, when the speaker will be Mary Jenkin, 'Digging out your roots'.

Quiz Night

Friday 6th March 2009

Barnaby Rudge Tavern

8.30pm

Max, 4 to a team,

£1.00 per person

All Proceeds to
Upper Eden Schools South
Africa Trip 2010

All welcome
Contact:
Sue Pittock 015396 24538

TEBAY W.I.

Programme for 2009

March 18th. Fred Wilson, The Herald Photographer. OPEN MEETING. come along as a guest for the evening, and enjoy this excellent speaker. We serve a good supper, and both the tea and the welcome will be warm!

April 22nd. Bramley's Garden Shop.

May 20th Gladys Metcalfe and Friends. 'The Comedy Four' dialect tales.

June 17th Evening Trip - venue to be arranged

July 15th Pauline Henderson 'Lessons from an Artist'

August 19th Magistrates in the Community. Plus an additional meeting on Tuesday, September 8th, at Penrith Courthouse.

September 16th Audrey Marsh, 'Here and there in New Zealand'

October 21st Val Brooke, Work of Age Concern

November 18th A.G.M. Pat Eady 'Cooking that tastes good'

December 16th Edward Lawton 'A Christmas Cracker'

Tebay W.I. meets on the third Wednesday each month, 7.30pm, at Tebay Railway Club. Why not give us a try ladies? You can come to any meeting as a guest, and see whats on offer. Tebay has always been well-known for its warm,friendly atmosphere, and it doesn't matter if you're interested in craft, cooking, travel, charity,art or just enjoy a good natter and a laugh, there will be something to suit all tastes.

TEBAY DAY CENTRE
COFFEE MORNING
Saturday, 7th March
10a.m. – 12.00
In Tebay Methodist
Church Hall
Cake Stall

Come and have a cup of
coffee and find out
information about the
Digital Switchover which
will affect your television
in June
Everyone welcome

Tebay

ST JAMES CHURCH EXHIBITION

Sunday 3rd May

Monday 4th May

Note it will not be open on the Saturday this year.

The Friends of Tebay School (F. O. T. S.).

Would like to say 'Thank You' to everyone who helped, donated and took part in our recent Fundraising Bingo, £308.00 was raised.

And, also an extra special 'Thank you' to all at Tebay Club and village Bingo who made our night a success.

Newbiggin-on-Lune

Newbiggin on Lune Methodist Chapel.

Come and join us for:-

- Sunday Services – weekly at 2.00 pm, until further notice.
- Sunday School – weekly at 10.30am

Youth Club – fortnightly on Thursdays; 6.30pm – 8pm (year 5 upwards). Snooker, pool, table tennis, playstation, football & hockey (term time only).

We are friendly and welcoming and would love you to come and spend time with us.

For more information phone Andrea on 23477

Newbiggin-on-Lune Public Hall

Contacts:

Chairman : Joyce Law Tel: 015396 23654

Secretary : Marion Law Tel: 015396 23409

Treasurer : Carl McLaughlin Tel: 015396 23674

Caretaker : George Boustead Tel: 015396 23608
Mob: 07967798902

**All bookings should be placed with the Caretaker
All payments to the Treasurer.**

Arranged by the Lune Ladies

On April 1st NOL Public Hall

A CURRY EVENING

By the well-known cook
Jessie Oddy
In aid of South Indian orphans

Delicious spicy dishes, not too hot,
to suite all tastes including
vegetarians'!

Open to everyone
But numbers limited to 40, so first
come first served.
Tickets approx £10* each from Ann
Pentecost NOL 23317 &
Judith Law R'dale 23638.

** Jessie was in India as we went to
press, so details to be finalised.*

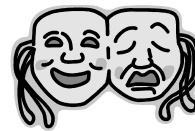
Ravenstonedale



Meals on Wheels
needs Drivers.

If you have a couple of hours a month to spare, you might consider becoming a Meals on Wheels driver for Ravenstonedale and Newbiggin on Lune; mileage paid. For details contact Judith Law (23638) or Ann Pentecost (23317)

Lune Spring Players appearing soon!



The cast of the Lune Spring Players are putting the finishing touches to what promises to be a wonderfully entertaining evening.. It's called

Black Comedy, and is a light hearted and humorous play by Peter Schaffer, who went on to darker plays such as "Equus". This production involves metal sculptures, a bust, a mains fuse, alcohol, a trapdoor, a sofa and a German millionaire!

Performances are on Thursday 12th, Friday 13th and Saturday 14th March at 7.30pm, at Newbiggin On Lune village hall. Tickets are £6, and are available from David Morris on 015396 23308, Ian Baker on 017683 72921, or via any member of the cast. Hurry so as not to miss out!!!

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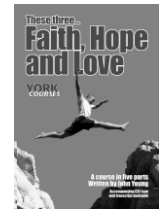
St Oswald's Church

Mothering Sunday Service
March 22nd at 4pm
All Welcome

The Annual Parochial Church Council Meeting

Monday April 6th
at 7.30pm

St Oswald's Church
All Welcome



The Lent Groups

It is hoped to hold the Lent Groups this year on Tuesdays, March 3rd, 10th, 17th, 24th, and 31st at Coldbeck

Cottage, commencing at 7.30 pm.

The material will be the York Course entitled "Faith, Hope and Love".

Everyone welcome

"The Evening Service"

Sunday 8th March
Church Hall Church Brough
(2nd Sundays 7.30)

Informal Church for those who want to...
Draw close to God
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Bookings being taken

Every weekend PREMIERSHIP and CHAMPIONSHIP FOOTBALL

Fortnightly we hold the Age Concern Lunch Club which has been a good success so far... Ring for more details

Ravenstonedale

The Kings Head

The Kings Head Hotel, Ravenstonedale, was suddenly vacated by the tenants in November 2008. As a family we have looked at the options for the future and have decided to lease or sell the premises, but for it to remain as a village Pub rather than be converted into dwellings. We have had considerable interest by potential tenants despite the fact it has not been advertised as yet and feel that we should maintain it as a traditional country pub to complement the successful Black Swan Hotel in the village as there is room for both properties offering different facilities. C. Metcalfe-Gibson. On behalf of the Greenside Estate.



Open House is Back! In High Chapel upper room, Rdale and Every Weds morning 10.30 to 12.00

Coffee, tea, cakes and biscuits, good chat, local history archive, red squirrel info, and more...

Admission free – donations welcome.

Visitors & Villagers – Drop in and try it!

Open House has made a successful start for 2009 and (at the time of going to press) the first two sessions were well attended despite the snow and ice.

An apology from The Link

For some reason the end of the Nepal article was missing from last month's Link and we would like to apologise for this. This was due to an error that occurred at the printing stage and hence not spotted until after printing.

We have reprinted the complete article below and trust the gremlins will not attack it.

David Aspden

UPDATE FROM NEPAL

Former W.I. members in our villages will remember the young man, Steve Cottam, who came from Kendal and told us about a charity in Nepal called the Sarimilla Trust. They will be glad to hear that it is flourishing. No surprises though – it still needs all the help it can get. The Trust was set up because Steve and his girl friend were so horrified when backpacking in Nepal to discover how hard it is for girls to get any kind of education. This led them to help a bright little nine-year old called Sarimilla to start school. She was loving every moment of it when her uncle turned up and demanded payment. It was as if he wanted to sell his niece. When money was refused, he took Sarimilla away. We do not know what became of her.

Steve and others got the Trust going and gave it the little girl's name. It now sponsors 56 children in various schools and also supports a Special Needs School and a much appreciated programme offering training in sustainable farming methods. None of these developments are imposed from outside – it is Nepalese people who ask for them and Nepalese people who work in them. But they do need funds. The Trust's website is at www.sarimillatrust.org and is full of information and cheerful photographs.

J.B.

VILLAGE RECIPES



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Or J N & E Capstick (K/
S Office)**

£5 Each
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**Or contact: Marion
Law 015396 23409**

The Lune Ladies.

March 4th Facts and Phantoms of the Eden Valley – a talk by Susan Garrett.

April 1st A Curry evening with Jessie Oddy, helping orphans in South India – an open meeting but booking essential - Ann Pentecost 23317 or Judith Law 23638.

**Rdale Special
Correspondent Review-
*"delicious spiced (not hot) choices of meat and vegetarian food, mouth-wateringly tasty, fragrant and filling".***

Both meetings will be held in NOL Public Hall, 7.30 pm

Tebay Community Primary School News!

Football Teams at the Sands Centre, Carlisle

The junior boys played football at in indoor tournament, one Saturday. We really enjoyed playing despite losing our matches. We scored some exciting goals though. We found our last game the hardest... but we loved it! We had chips at the end... they were yummy.
Captain: Dan Capstick

On Saturday 31st January the girls from Tebay school went to Carlisle to play football. The first match was very exciting. We drew 2 and lost 2 after we played against all four schools. We were all tired out, so Mrs Wild gave us a treat and bought us all some chips. After we ate our chips we could go to the vending machine and get some drinks, if you didn't want a hot chocolate there was another vending machine which sold chocolate crisp and sweets.
Reporter: Nikki Keir

A grammar school experience

Three year sixes went to Kirby Stephan Grammar School for a sample of what it would be like in September. We went on Monday 19th and Tuesday the 20th of January. (while 11 other people were skiing and 2 others were hard working at Tebay) We joined a year 7 form who looked after us brilliantly! We loved it so much we couldn't resist writing a thank you letter back. If we see them when we go there with the school for gymnastics sometimes we say hello and ask each other how we're doing ...we miss them -but its nice having the skiers back because we missed them too! Everything was good including lunch!!! So over all it was a great experience.
Reporter: Rachel Dobson

Chinese New Year

The infants and Stepping Stones every year celebrate Chinese New Year. There's a Chinese doll who comes in and her name is Mai ling she's very nice. They have yummy noodles to eat and they try and use chop sticks. But they wouldn't have that food if it wasn't for Mr Skelthorne who cooks the Chinese food. Did you know what year it is it is the year of the Ox?

They made a Chinese Dragon and some of them went under it and the others played instruments.

Reporter: Natalie Kipling

Guinea Pigs arrive!

In early January yr 5+6 got some new Guinea Pigs one with a creamy coloured fur that they called Doogle and one with black, white and a ginger named Truffles. We love them lots and they are very cute we also keep them in a hutch out side our classroom

Ski Trip of a Life Time!

On Saturday the 19th of January, 11 lucky Y5+6's went to Claviere (Italy) to go skiing. Some people loved it ...I didn't really enjoy it because its too far away from home and I missed my family! I did kind of enjoyed the skiing it was very tiring but otherwise it was Fun!!! All the activities were good but most of them included walking up to the other hotel after a tiring day of skiing. We set off home on Saturday the 24th but we got home on Sunday the 25th everyone was happy to see their family. We got Monday off school because everyone was tired.
Reporter: Kim Robinson Y6

Another point of view:

When we went skiing we went up the mountains but we didn't trudge up! We went up the mountains on a ski lift. It was a really nice sight. But when we got up there, we jumped off the ski lift and my group jumped off too early and fell off the chair... it was hilarious! So the ski lift had to stop while we got our skis and poles ready (how very kind of them!) Soon, the ski lift started again.

A couple of days after, we skied all the way down to France and we had lunch there but we didn't have FROGS LEGS OR SNAILS!! We had very yummy pasta there. Soon we had our skiing disco. IT WAS BRILLIANT!! There was dancing, drinks. Food and phenomenal singing it was a really good night. In the morning we had a shorter skiing lesson than normal, because we had to get ready for going home! When we got back to out hotel we started packing a couple of hours later the bus was here and we got ready to go home.
Reporter: Adele Graham (Yr 5 student)

While most of year 5 and 6 were at Italy the rest of us were joining the 3 and 4. We did many different things in maths like making cocktails and scones. First we made plain scones then we put in things fruit, cheese or fish.

Reporter: Em Foster

Champions League Netball

In Tebay, the Y6 and some Y5 girls went to the Champion League in Penrith to play High Five Netball. We played BRILLIANTLY but... we lost all the games apart from one...which we drew, but it was **good fun**. **We did score seven goals**. However we were very hungry by the end of over two hours of solid play!
Reported by: Rosie Walker

Ortons new willow

Orton school now have a brand new sculpture of Willow. Its lay out is a dome with fedges coming of the dome (a fedge is a cross between a fence and a hedge). Everyone in school helped design it and make it we can't wait till summer when we can play in it properly. It makes a lovely view from the school window. Lauren Y5



The great day in the snow

Snow came! Hurray! We had to have a day off but the snow was still here and we have had such a lot of fun in the snow and we still had to come to school. But we still had great fun. We had a an excellent snow fight. We hope the snow lasts for a long time. Louise Y5

M&M production

On Friday the 6th of February 2009 Orton school set of to Orton market hall. At the market hall we met Tebay Grayrigg and Ravenstonedale school. We went to see Sleeping Beauty we all really enjoyed it very much and had a really good time watching it. It was about 1hour and a half long and we all didn't mind because it was really good. By Lizzie



The Swimathon

On Saturday 7th February 2009 some members of Orton school and parents swam lengths to raise money for the two residential for y3 & y4 and Y5 & Y6 School residential. Last year Orton school swam 98 lengths in 45 minutes. this year we are trying to double that amount because friends of Orton booked two lanes. In the end we did 185 lengths and all had fun. Jenny Heather Emily Y6

Ravenstonedale Endowed Primary School

Written by the Class 2 children

Class 1's trip to Abbot Hall.

Class One went to Abbot Hall on the 27th of January. First of all they got ready, and went in Sam Ashton's, Anne Capstick's, Mrs Law's and Mrs Oram's Cars. Abbot Hall was at Kendal, they looked at pictures from Victorian times, dressed up and drew portraits of people in the Victorian times.

By Georgia

Class 1 trip to Abbott Hall

Carla Boustead interviewed ...

What did you do at Abbot Hall?

We got dressed up in clothes from the Victorians. We

drew pictures of the Victorian clothes on people

Where is Abbot Hall? Abbot Hall is at Kendal.

Did you have fun? Yes we had lots of fun.

What did you see at Abbot Hall? Pictures of Victorian people.

Would you like to go to abbot hall again? Yes

Did you like it at abbot hall? Yes, because we looked round the museum and I did not have to dress up.

Have you been to Abbot Hall before? Yes we went to Abbot Hall in 2007. We went with Class 1 and Mrs Law and Mrs Hutchinson



Pantomime at Darlington

For a school trip we were going to the pantomime at Darlington. It was a long trip to get to Darlington but it was worth it. When we got there we saw the giant show called Jack and the beanstalk. We were nearly at the front so we could really hear the music it was so loud. These are some of the people I could catch who were their favourite in the play:

Laura: Daisy the cow!

Jessica: Daisy the cow.

Megan: Daisy the cow

Leanne: Daisy the cow

There were also some people that are on TV, they were Jack: bogie babies

The giant best friend that lives in the castle up in the sky:

Coronation Street person .

We got there on the bus.

Gymnastics at Kirkby Stephen Grammar School Sports College.

The fun starts on a Thursday afternoon. We get changed and load onto the bus ready for an exciting afternoon at the Grammar School. We go into the gym excited and ready for what we will be doing that week. First we do the warm up by pretending we are in bubbles and jogging around the gym. We have to be careful that we don't bump into the people around us. After the warm up we got into action! We are divided into our Key Step stages and do our own routines. Perfecting our rowed offs, vaults and teddy bear rolls! There are some people from the Grammar School who come to help us.

The helpers

The helpers gave up there lunch time to keep us on track! They held onto us so we would not tumble. They gave us helpful tips and hits on how to improve.

!These are some of our favourite moves!

Key steps 1	Teddy bear rolls and bench
Key steps 2	Cartwheel and box splits
Key steps 3	Round off and Y balance

We have improved mostly on:

The splits (we are almost there!!) and cartwheels (we are just getting better and better!)

Floor

The floor routine is a series of steps put together to create a performance.

By Bethany Capstick Y5

Cobweb Orchestra and Christingle at St. Oswald's

On the 28th of January the Cobweb Orchestra came to show us some instruments. There were violins, trumpets, clarinets and trombones and a few others. They all told us what their instrument were, what they did, what they sounded like and which musical family it came from. Later on in the week we were going to be playing some music at the Christingle at St. Oswald's, so they had to teach is some tunes, lucky we had brought up the music boxes and some people either brought a violin or a guitar. The guitarist's didn't know any of the chords so we couldn't play, but the violinist's could so they did their stuff. On Sunday at St. Oswald's we went to the church for the Christingle, I was surprised when I was the only Class 2 there! First we sang then, we prayed, and then The Cobweb Orchestra got up and did their stuff while the Class 1's, who were there, played the shakers in the background. After that I got to light Christingles! Next we sang again and then prayed and then there was the refreshments!

Stephen Ousby Y6

Gymnastics

Class2 and class1 go to ksgssc. every year to get ready for the big competition. Lots of schools go to ksgssc. to practice because they don't have a gym of there own. There are 2 main thing you half to do. the first is floor and then volts. I like the volts. There's three groups. group1. class1 group2. year3/4 and the last group. year5/6. By Freja Parsons Y6

Orton

ORTON SCARECROW COMPETITION.

Yes, it's time to start thinking about the Annual Scarecrow competition!

This years theme, in line with the Church is 'Celebrations' This can be anything that people celebrate from the usual, birthdays, anniversaries, festivals, weddings etc. but how about Chinese New Year, Trafalgar Day, American Independence Day etc. - so get those thinking caps on.

As in other years the competition will coincide with the Church Exhibition of the weekend 23rd - 25th May.

Entry forms will be popping through letter boxes, or can be found soon in the village shop. As before, there will be THREE classes:-

1. The General Senior Scarecrow Competition
2. A Scarecrow Competition for children of Primary School age.
3. A 'Window Scarecrow' to be no larger than 14inches, which must be handmade. (Entries can be made in all classes, 1 & 2 and 3).

Judging as in previous years, will be 'by the people'. Maps will be made available with the Scarecrows numbered, and anyone looking at the Scarecrows will be able to vote for their favourites. (More details nearer the date).

Scarecrows will need to be displayed within the village perimeter, so those who have no front garden or who live outside the village can display their Scarecrows on one of the many grass verges. This will concentrate the Scarecrows for a better display, and make judging and the awarding of prizes fairer and easier.

Timetable:-

Entry forms to be returned by Saturday 9th May. PLEASE NOTE, LATE ENTRIES WILL NOT BE ACCEPTED as the judging maps will already have been printed. Completed forms can be left at the Shop, or handed to Jackie Huck, Heather Ballentyne, Dot Coates, Wendy Higgins or Marion Robinson.

Scarecrows to be displayed sometime on Friday 22nd May.

Judging will take place over the weekend, and finish by 5pm on Monday 25th. Completed forms to be returned to The Church.

Prize winners will be announced, prizes given out and lists posted on Tuesday 26th.

Those entering are asked to keep their Scarecrows in place, until Friday 29th. (Weather permitting).

Reminders will be put in the next few Links, and the committee hope that there will be an excellent turnout of Scarecrows.

SO COME ON, LETS HAVE LOTS OF ENTRIES, AND MAKE THE 2009 COMPETITION SOMETHING REALLY WORTH COMING TO SEE.

Joint Mothering Sunday Service at All Saints Church

There will be a joint service with the Methodist Church on the 22nd March at 10.00am and you are invited to request your favourite hymns. Please contact Laura Wren on 24654 with your requests and she will select the most popular.

Orton Methodist Church

Join us for

"The Gospel Show!"

a short musical by
local adults and children
depicting stories of the New Testament

*with a supper served in the
interval*

**on Saturday, 28 March 2009
at Orton Market Hall
at 6.30pm**

**Tickets – Adults £4, Children £1.50, Family
£10**

from Rachel Woof – tel 24372, Ruth Bainbridge 24278
Maureen Ewin 24305 or at Orton Stores and Post Office.

Orton Methodist Church

**Chapel Anniversary Services
Sunday, 29 March 2009**

10.30am

(refreshments afterwards)
And

6.30pm

led by John Bunce of Darlington

Everyone Welcome

Orton

ORTON & TEBAY LOCAL HISTORY SOCIETY

In MARCH we meet on Monday 23rd at 7.30pm in Tebay Methodist Church. It is our AGM and time for you all (hopefully) to renew your membership. Subscriptions remain at £5.00 from March 2009 - March 2010. After the meeting Rev Beverley Lock will come and share some thoughts about how our Church buildings can continue to be the centre of our communities in the 21st century.

In APRIL we meet on Thursday 23rd at 7.30pm in Orton Market Hall. We welcome back Harry Hawkins who is going to talk to us about Walls In the landscape. If you remember Harry gave us an excellent talk on Shap Abbey.

In MAY we meet in Tebay Methodist Church the date and speaker has yet to be confirmed

In June we are off on our travels again to the Shap Wells Hotel Steve Simpson is going to take us on a tour of the grounds and no doubt tell us more of the history associated with the Hotel. I have yet to confirm a date for this meeting.

No wonder the years pass so quickly when I have to arrange dates and venues so far ahead? Watch the Link for more details of dates and speakers, technocrats can visit the website www.otlhs.ukme.com. You can of course contact me on 015396 24780 for more information or with your suggestions and comments. Non members are welcome at all our meetings £1.50 on the door. Wendy Higgins Programme Secretary

All Saints Church Orton

A summer concert by the

EDEN SINGERS

On

Saturday 18th April 2009 at 7.30pm

In Orton Market Hall

Tickets: £6 to incl Tea and Biscuits.
Available from members of Orton P.C.C.

All proceeds to Church Funds.

Let's Do Lunch And...

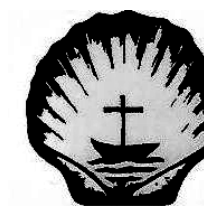
The group is going from strength to strength, the support from locals is really building, with people attending from Orton, Raisbeck and Tebay. So far this year the group has enjoyed a variety of activities and entertainment, January got off to a start with a fun quiz, after that the group have had fabulous entertainment from a young singer Shannon who travelled all the way up from Liverpool and a flower demonstration, where all that attended received a Valentine's rose.

At the end of February we are having pancake fun activities with Marc of the George Hotel as the day coincides with Shrove Tuesday, 24th February.

The group is open for anyone to attend and meets every fortnight on a Tuesday in The George Hotel Orton, cost is just £6.00 for a 2 course dinner including the afternoon activity, (of course we are happy for you just to join us for the lunch if you wish.) Looking to the future of our activities we have talks lined up from the Digital Switch-over adviser and a variety of musical entertainment including the return of our young singer Shannon.

Dates for our March meetings are 10th March and 24th, activities are to be confirmed, but keep an eye out for posters in Orton for updates. To book your place please telephone Valerie Dugdale at Age Concern Eden by Friday 6th March and Friday 20th March on 01768 863618. (We may also be able to help with any transport needs.)

We look forward to welcoming you.



**Kirkby Stephen
Churches
Together**

Fairtrade Coffee Morning

March 4th

10.00am -12.00pm

At

50 South Road

Kirkby Stephen



**Proceeds for
the Fairtrade
Foundation**



Orton

LONDON MARATHON 2009 In aid of ALZHEIMER'S SOCIETY

Did you know that dementia affects 1 in 14 people over the age of 65 and 1 in 6 over the age of 80? Alzheimer's is one of the most commonly known of the dementias. It is not restricted to the elderly—there are over 15,000 sufferers under the age of 65. These figures mean that most of us will probably know of someone who is affected by this dreadful disease.

On 26th April, I will be running the London Marathon. I am aiming to raise a lot of money for the Alzheimer's Society.

Please sponsor me!

You will find sponsor forms around the area over the next couple of months; or you can see me!



Thank You
Menna Lewis
(Tel: 015396 24546)

FARMING AND RURAL LIFE *PHOTOGRAPHIC EXHIBITION*

Friday 27th February to Wednesday 22 April
11 am to 4pm daily

The Pentalk Rural Archive Project has gathered together a collection of digital photos of farming and rural life in Cumbria, taken by Pentalk members in the farming Community (one or two local to this area).

A panel of experts chaired by Lady Inglewood have picked out the best contributions to the project, and these will now be exhibited at Rheged, Penrith from 27th February and later throughout Cumbria.

Go and have a look, you may well recognise some of the subject matter!

Orton Church *Annual Exhibition.*

The dates for this year's event are
23, 24 & 25th May so please put
the dates in your diary.

This year's theme is

CELEBRATIONS.

Please put on your *thinking caps*
and pass all ideas to Angela
Milburn a.s.a.p.

Orton Mothers' Union

Our next meeting will be at Angela's
house
Tuesday 3rd March, 2pm.

'Wave of Prayer'
speaker
Revd. Beverley Lock:
The Cost of Relationship

A warm welcome to anyone who would
like to join us.

Orton Farmers' Markets

The next three of these popular markets
will be:
March 14th
April 11th
May 9th

Join us in All Saints for refreshments and
a chat in a friendly atmosphere.
In February we raised £670.
Many thanks to all for your continued
support.

Orton

Thank you

*October and my last stay in
hospital seems a long time ago.*

*The kindness, help, prayers,
cards and all good wishes then,
and since are so very much
appreciated.*

Thank you all once again.

Margaret and John Falshaw

*Howard asks us to thank
everyone for their prayers and
good wishes for him.*

YOGA CLASSES

WEDNESDAYS

ORTON MARKET

HALL

7.00 – 8.30 p.m.
(£3.50 per session)



For further information
Please contact Fran
Tel: 015396 24978
Email:
fran5647@hotmail.com

Two sausage sizzle winners at Orton

The Sausage Sizzle at Orton Farmers' Market on Saturday (14 February) ended in a draw when two of the market's regular stallholders tied for first place.

Five different producers entered their sausages into the sizzle and then visitors to the market tried a selection and voted for their favourite.

The winners, John Noble of Stoneyhead Farm and Stuart Lambert of Kitriding Farm Shop, both entered traditional pork sausages but other entries included a smoked trout sausage and a venison sausage.

"We're proud of having such a selection of great local sausages on offer each month," said Market Manager, Leanne Duerden. "Every sausage got some votes from our tasters but John's and Stuart's were clear favourites."

Both winners are typical of the Orton Farmers' Market policy of keeping to local producers. John Noble lives and farms closest to Orton, only a couple of miles out of the village near Sunbiggin while Stuart Lambert and his family farm just a bit further away at Lupton near Kirkby Lonsdale. Both have been selling at Orton Farmers' Market since 2002.

The next Orton Farmers' Market will be on Saturday 14 March, opening at 9.30am. Refreshments are available throughout the day in the Market Hall, at All Saints Church, in The George Hotel and in the café at Kennedy's Fine Chocolates.



highlights rural touring scheme

Dautenis – Baltic Sounds from North East Poland

Highlights Rural Touring Scheme continues its Spring season in Cumbria with international music artists, Dautenis. These four young musicians from Poland will be performing at **Orton Market Hall on Sunday 29 March at 7.30pm.**

The name Dautenis comes from the old Baltic language, Jatvin meaning something akin to "lake that freezes quickly and firmly".

The Baltic pagans believed that the souls of the departed were cleansed in the holy lakes and rivers. For these young musicians this magical name represents the large and almost lost treasure of old lyrics and melodies, which they have brought up to date with powerful voices and delicate arrangements.

Dautenis combine vocals, flute, pedal-accordion, violin, viola, guitar, and percussion to create melodic, uplifting sounds of a forgotten Poland. It should be an excellent evening of beautiful music with a Polish flavour.

For more information on the band, see <http://www.myspace.com/dautenis>.

For tickets, priced £6 for adults, £5 concessions and £15 for a family ticket, please contact Sally Seed on 01539 624732 or via sally.seed@btconnect.com or they are also on sale in Orton Village Stores.

For more information on Highlights Community Touring Scheme see www.highlightsnorth.co.uk