

THE BARNABY RUDGE TAVERN TEBAY Free house Excellent home-made food served 12 noon-2pm and 7pm-9pm daily Children and dog friendly Bed and Breakfast Internet Access - read/write e-mails Tel: 015396 24328 EMAIL: BARNABYJAMES@AOL.COM	 The George Hotel Front Street, Orton, Cumbria CA10 3RJ Telephone: 01539 624 229 info@thegeorgehotelorton.co.uk Always a Warm Welcome Come and celebrate the festive season @ the George. Christmas fayre menu available from the 1st dec - 24th dec.(24 hours notice needed) Christmas day menu availale.(must be booked by 20th dec.) OPEN Christmas day for drinks between 11 - 2pm. NEW YEARS EVE DISCO. free buffet, starts 9pm. For christmas darts and doms dates please call or see notice board outside pub. MERRY CHRISTMAS EVERYBODY.	
BAIRD'S COSY CATS Mid Town Farm Crosby Ravensworth 10 minutes from M6 Junction 39 Spacious & modern heated accom- modation Special diets catered for Local collections available Fully Licensed Tel: 01931 715246	CUSHION CRAFTS Cushion covers and fun cushions for all occasions. Are you struggling to find the perfect gift yet again. If so why not check us out. Call or email us for any help. We can supply personal and unique covers on request (We can even add photos to personalise it more). We are also suppliers of Aloe Vera and Bee Products. 7 Highfield, Tebay, Penrith, CA10 3JT Phone 01539 6 24574 Mobile 07969 929803 Email caroline@rudd7h.freesevice.co.uk	RIVERSIDE GOLF COURSE Garshill, Ravenstonedale Enjoy beautiful scenery with fun and exercise for all 9/18 HOLE SHORT COURSE 67-128 YARDS £3.50 per 9 hole round Membership and club hire available Contact Bernard Law, Burton House, Ravenstonedale 015396 23654
Chapman's Chimney Vac Service THE VILLAGE SWEEP GRAHAM MOORE Tel: 015396 20353 Now covers Sedbergh, Ravenstonedale, Tebay, Orton And Newbiggin-on-Lune	PLASTERING ALL ASPECTS BY EXPERIENCED TRADESMAN CALL ERIC ON 01539 624090 Mobile 07982 963118	DRY STONE WALLING For all your walling needs Phone Russell 015396 24305 John 015396
Invitations (weddings / parties) ...Audio transcription ...Copy typing Contact Anna Robinson Tel: 015396 24930	J NOEL PAUL & CO Accountants & Tax Consultants 21 Market Street Kirkby Stephen 017683 71272 For all your ACCOUNTANCY PAYE, VAT, and TAXATION requirements Agents for the Manchester Building Soci- ety	Hair & Hound DOG AND CAT GROOMING SALON Caring, Professional & Qualified. Complete clipping & hand stripping service Or just a bath, tidy up, nail trim etc. Groomed to your requirements Call for an appointment Gill 07828 264231 Member of the   Sandwath Pet Hotel, Kirkby Stephen, CA17 4HE
LOWIS BROTHERS BUILDING CONTRACTORS Harvann, Mount Pleasant Tebay Tel: 015396 24463 or 24604 FEDERATION OF MASTER BUILDERS NHBC		

The Link

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



Statue of Mary outside the Church of the Annunciation Nazareth

December 2009
January 2010

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

Assistant Priest
Martin Dew 01931 716955

Licensed Reader
Reg Capstick 24497

ORTON
CHURCHWARDENS
Colin Wren 24654
Jeff Mawson 24244
Betty Mawson 24244
Jim Milburn 24382
Marion Robinson 24384
Chris Bland 24258
SECRETARY
Angela Milburn 24382
TREASURER
Colin Wren 24654

TEBAY
CHURCHWARDENS
Reg Capstick 24497
Linda Garrick 24262
SECRETARY
Reg Capstick 24497
TREASURER
Linda Garrick 24262

RAVENSTONEDALE with NEWBIGGIN-ON-LUNE
CHURCHWARDENS
Charles Wildman 23424
Ann Brownrigg 23594
SECRETARY
Caroline Morris 23308
TREASURER
Clive Wigley 017683 51575

Methodist Church
Revd Phil Dew, The Manse
Kendal Road, Tebay. 015396 24275

Roman Catholic Church
Fr Peter Chappell Church of Our Lady of Appleby 017683 51474

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 or email to frankrdale@yahoo.co.uk
Advertising (finance only)
Lesley McLaughlin 015396 23674
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

By Rev Beverley Lock

At the beginning of December we are looking toward Christmas. By the beginning of January we are looking toward the New Year. One is often bound with family traditions and expectations the other laced with uncertainty. We know how we like to "do" Christmas – not so sure about how to "do" this twelve months ahead.

Traditions have a lot of comfort in them. They mark those special times in our lives. Traditions around birth, couples coming together and death. Then there are the smaller celebrations that mark the passing of the seasons. Spring, Summer, Autumn and Winter.

In churches these special times are marked with celebrations and time to reflect on the importance of these events in our lives; these special times along our journeys. Christenings, Marriages and Funerals are part of how we mark the key points in our lives. Families come together to celebrate and to remember.

The church also marks the year moving on too. The Church calendar begins with Advent when we prepare for Christmas and the breaking into human life of God as Jesus. We celebrate that there is something greater than ourselves and that he cares for us.

Then the celebrations and traditions of Christmas itself, the Crib and Carols services that so many attend. After Christmas we celebrate Epiphany and sharing of the news of Jesus for all mankind. This is linked with the last part of the Christmas story

as the child Jesus is shown to the Wise Men and they respond.

As the days lengthen we start preparing for Easter during Lent. This is a traditional time for reflecting on how much effort and care goes into what is important in our lives. Then at Easter the celebration of how God wants us to have a relationship with him and is prepared to sort out the obstacles to that if we will let him. How he died on the Cross so we could be friends with God and not be stopped by sin. We give thanks that he defeated death by rising to life. Then the celebration of Ascension and Pentecost as Jesus send his Holy Spirit on his people to empower them to live according to his ways.

After this the summer Villages services, exhibitions and festivals lead up to Harvest. From harvest to Remembrance tide when we remember those who we love and see no longer and Advent is once again upon us.

These traditions are special. They mark our path through the uncertainty of the coming New Year and give us the chance to stop at key points to take time out to reflect and give thanks. I hope lots of you will be with us this Christmas tide for our Carol services and celebrations. I hope that you will also be able to join us through out the year as we trace its movement from season to season. May we find these celebrations help give direction to each of our own personal journeys through life. May God Bless us all in the year ahead. Amen.

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



MICHELLE BREWSTER

MOBILE HAIRDRESSER

For all your hairdressing needs in the comfort of your own home

Call for an appointment on
Tel: - 017683 71951
Mobile: - 07792239265
(Formerly of Heidi's Hair Salon)

'Twinkles'

Tue 1pm-3pm at
Tebay Methodist Hall
All welcome with or without children
Voluntary run playgroup
Activities changed on a weekly basis
Activities include; Painting, play-dough, drawing, cutting, dressing up, slides, bikes, music, reading.
For more information contact
Vicki Pryer on 07824 330 006

Richard Dinsdale General Builder

All building work undertaken

Tel 017683 42059
or 07968101211
For a free estimate



CHIROPODY AT HOME

DAYTIME, EVENING
AND WEEKEND VISITS

STATE REGISTERED
CHIROPODIST

CONTACT STELLA
015396 21897

COOKINCUMBRIA

High Chapel House Ravenstonedale

Cookery classes - 10am - 4pm
(Evenings 6.30 - 9.30) Includes lunch, a glass of wine, a recipe folder, all ingredients, and great fun!

- Fri 4 Dec **Wicked Desserts!**
Freeze ahead for Christmas
- Sat 16 Jan **Best of Cumbrian Cookery**
- Sat 30 Jan **Dutch Cookery**
- Fri 12 Feb **Cumbrian Evening**
- Fri 5 Mar **Indonesian Evening**

Gift Vouchers
available!

High Chapel House can comfortably accommodate dinner parties of up to 12 people: great food, beautiful dining room...

Contact Yelly
015396 23411

T E SWAINSON LTD

APPROVED COAL MERCHANT
& BOTTLED
GAS SUP-
PLIERS



MYERS LANE
PENRITH

SHIRE HOMES LTD

JOINERY & BUILDING CONTRACTORS

Also
Full Project Management,
Period Restoration/Conservation Work,
Decking & Verandas for Holiday Homes
& Gardens,
Garden Offices & Garden Homespace
Studios,

Tel: 01539 624391
Mobile: 07970266294

www.shire-homes.co.uk



PAINTING SERVICES

Inside, outside, no job too small



Andy Wilson

Tel: 015396 24071
Mobile: 07813846768

TIMBER FOR SALE

- Kiln Dried Oak and Hardwoods of Furniture and Joinery grade.
- Fresh Sawn Oak and Larch structural beams cut to size.
- Fire wood bundles. Wood chippings & Saw dust.

For help and advice contact:

Philip Richardson
Cabinet Makers, Timber Merchant & Sawmillers
Hill Top, Newbiggin-on-Lune
015396 23422

www.philiprichardson.co.uk

Curtains..Alterations..Cushions
For Your

Sewing Needs

Call Gillian Wainhouse
Stouphill Gate, Ravenstonedale
015396 23653

Crafts, industrial Sewing Machine
Machine embroidery including
Monogramming etc



Keith Pratt
Building and Roofing Contractor

Slate repairs, plastering, gutters
cleaned and maintained.

For a free quote call –
Mobile 07891 662567
Home 015396 23473

The Black Swan

RAVENSTONEDALE

Alan and Louise offer a warm welcome to all visitors, old and new.

A haven for relaxation, friendly atmosphere, great food and gorgeous location.

Open daily for coffee/tea, home-made cakes and scones, lunch and evening meals in our beautifully refurbished restaurant or lounge bar.

We have a varied menu, all freshly prepared using locally sourced ingredients – we even have our own hens for the freshest of eggs for breakfast.

Excellent cask ales and wines with a good variety available by the glass.

10 lovely en-suite rooms with disabled facilities and dog friendly accommodation.

TEL: 015396 23204

www.blackswanhotel.com

**MOBILE QUALIFIED
NAIL TECHNICIAN**

Manicures,
Acrylic Nail Extensions,
Infills/Backfills
Various Nail Art

For details and appointments
Please contact DAWN on
07717 230 564

Interior Painter and Decorator

Fully Insured

Pat Brass

Tel 015396 24818

Mark1

Joinery & Building Services

All joinery work undertaken

Including: kitchens, bathroom suites,
tiling & general home improvements.
Cobblestones Barn, Newbiggin on Lune

**Phone 015396 23321
mobile 07949408018**

“Fettle IT”

Having trouble with your computer?
Does it need a tune-up?
Bought a computer and need someone to set it up?
Need help getting on the internet/broadband?
Need advice on buying a new computer?
Fast, friendly service at reasonable rates
Call Simon for all computer problems and
advice
Tel: 01931 714607 Mob: 07718 803451

LANDSCAPE GARDENING
PAVING WALLING FENCING
ROTOVATING
GRASS CUTTING



CONTACT: GEORGE BOUSTEAD
BORROWANS
NEWBIGGIN ON LUNE
01539623608/23581
m. 07967798902
email:
george.boustead@eden.gov.uk

tangles
UNISEX HAIR SALON
41 NORTH ROAD
KIRKBY STEPHEN
CUMBRIA, CA17 4RE.
TELEPHONE 017683 71462

J.N. & E. Capstick

INSURANCE CONSULTANTS

75 Main Street, Sedbergh,
LA10 5AB Tel: 015396 20124
Fax: 015396 20791

Market Square, Kirkby Stephen,
CA17 4QT Tel: 017683 72285
Fax: 017683 72346

5 Low Wiend, Appleby,
CA16 6QP Tel/Fax: 017683 53885

Email: sales@capstickinsurance.co.uk

Farm, Home & Motor Insurance

*Small Enough to Care, but Big Enough to Compete
So Give Us A Try*

J.N. & E. Capstick Insurance Consultants is authorised and regulated by the Financial Services Authority

Park Farm Plant Services

- Small plant sales, service & repairs
- Trailer repairs
- Sandblasting
- Lawnmower repairs
- Fabrication and welding

Contact **Paul Wilson**
07778956477
015396 24287 after 6pm
Park Farm, Orton

Confirmation 2010

Traditionally in the Church of England young people who have been baptised as babies are offered the chance to be Confirmed. Once they get to the age that they can decide for themselves they are asked to publicly declare that they believe and trust in Jesus Christ. That they want to follow the Christian way of life and that from that point how they grow into their faith is their responsibility. In many ways it's the first of the BIG DECISIONS of adult life. From that point they can be considered as part of the Church in their own right. To prepare for this we put on 8-10 meetings of around 45 mins. over three months. This gives young people the opportunity to decide whether this is for them. If it is then they can go forward to a Confirmation Service when the Bishop lays his hands on the person's head and asks God to "Confirm O Lord your servant with your Holy Spirit". It can be a very moving experience. We will meet separately with adults who wish to consider to be Confirmed.

We are planning a Confirmation Service for the High Westmorland Parishes in May 2010. We will have an initial meeting is 6.15p.m. on Feb. 8th 2010 at Orton Vicarage. If you think this is for you or someone you know then do come along. For further information please ring: Rev. Beverley Lock 015396 24045

District Council News

"Eden District Council is dominated by issues concerning the New Squares development and the financial situation. I cannot help but feel that if Penrith had a Town Council, we could widen our concerns and consider things relating to the villages and outlying areas.

I have latterly starting thinking about how wonderful it would be to use this site for leisure facilities such as an ice rink or a bowling alley, just something to attract tourists and engage our young folk and families. It does however appear that the safest financial options would be for the Sainsburys supermarket to go ahead. I would really value your views. My email address is margaret.wiulcox@eden.gov.uk.

Notes from The Herald, December 1909

A cold, dull and snowy month with blizzards in the second week and after. Trains were halted at Tebay on the morning of 22nd, due to the line being blocked by vast blizzards; the mailcart from Tebay to Kirkby Stephen was snowbound on Ash Fell that morning. E. Westmorland RDC (at Kirkby Stephen)
Funding sealed for Tebay Water Supply. Tebay Parish Council written to say that RDC should refund Mrs. Eleanor Brunskill's costs for putting water in at her three cottages at Tebay. RDC to get

LNWR to send plan of drains for their Tebay cottages and it's outfall into the river. The Railway agreed to this. The County Surveyor has inspected the Newbiggin sewage outfall and syas "it's not got the ghost of a chance of getting away" - the outfall runs uphill for 30 yards and is stagnant. The RDC's own inspector disagrees.

The revised plans for Tebay's new school are in; the privies to be standard, i.e. earth closets. Mrs. Atkinson and Mrs. Bainbridge argued for water closets "with all that outlay we should be as up to date as possible". The Clerk "These are not valid objections to the plans" - Sent to Tebay Parochial Committee for comment

Several lords were on the London Express delayed by a derailed truck at Tebay on 30th November lunchtime. They were going to the Budget vote in which the lords rejected "The People's Budget". "The Revolution Begins" (Herald headline). The lords were Tories mostly; the Government was Liberal as was the Herald.

Mary Ann Capstick, licensee of the Cross Keys Inn, Tebay, was in Court for allowing gambling on 19th November. The bobby looked in at about 6.30 and found men at dominoes with a drake as prize. The case was dismissed: her son won the drake!

Alex Thwaites, 23, farmer's son of Dale Head, Bretherdale, was seen by PC Relph at 10.30p.m. on 12th November with no lights on his bike. He said he couldn't find any carbide for them - 2s.6d + costs.

There was a Fancy Dress Carnival at Tebay Institute on the evening of Friday 17th.

Died at Tebay 17th December, Margaret, wife of Fred Blackett, aged 25. Orton and Tebay Liberal Associations's Annual Festival on Friday 10th was hit by storms so not many there, but a lot attended Tebay Liberal Assoc. meeting on Saturday, 18th and also the Kirkby Stephen Liberal Association meeting in Orton Public Hall on 17th. Their Womens Section visited Ravenstonedale on 7th with a good attendance. Ravenstonedale Tories Whist and Dance was on Friday 3rd and was "very good". It was held in Coldbeck's Concert Room. Joke:

Teacher: Why was Solomon so wise?
Girl: Please Miss, he had all those wives to advise him!

Our thanks to Jeremy Godwin for his notes and our best wishes to him for a Happy Christmas and New Year.

Registers

William James Askrigg aged 78 was laid to rest in All Saints Graveyard on the 21st September

Mid week Holy Communion

There is now a regular Holy Communion service every Wednesday at St Michael's Shap at 10.00am led by Rev Martin Dew. This is followed by refreshments and all are welcome especially from the linked parishes.

SUNDAY SERVICES IN OUR CHURCHES FOR DECEMBER 2009

<u>Sunday 6th December</u>	<u>2nd Sunday of Advent</u>	<u>Lessons</u>	<u>Liturgical colour</u>	Purple
ORTON	9.30am	Holy Communion CW Martin Dew	Malachi 3 1-4 & Philippians 1 3-11	
Sidesman	G Mawson	Prayers	Colin Wren	Readers S Ward & R Elliott
TEBAY	3.00pm	Songs of Praise E Crossley	BLock	
RAVENSTONEDALE	9.15am	Morning Prayer	Ian Elliott	
				Readers C Stafford & D Vigor

<u>Sunday 13th December</u>	<u>3rd Sundav of Advent</u>	<u>Lessons</u>	<u>Liturgical colour</u>	Purple
ORTON	8.30am	Holy Communion Beverley Lock	Zephaniah 3 14-20 & Philippians 4 4-7	
Sidesman	John Falshaw		Reader	John Falshaw
TEBAY	4.00pm	2@4	Beverley Lock	Christingle & Brownies
RAVENSTONEDALE	9.15 am	Holy Communion	Chris Jenkin	
				Readers Michael & Sally M. Gibson

<u>Sunday 20th December</u>	<u>4th Sunday of Advent</u>	<u>Lessons</u>	<u>Liturgical colour</u>	Purple
ORTON	10.30am	Joint Service at the Methodist Chapel	Micah 5 2-5a & Hebrews 10 5-10	
	6.30pm	Joint Carol Service with Methodists		
TEBAY	11.15am	Holy Communion	Martin Dew	
RAVENSTONEDALE	9.15am	Holy Communion	Martin Dew	As above
				Readers Dick & Janet Barlow

CHRISTMAS EVE JOINT SERVICE AT RAVENSTONEDALE				
	11.30pm	Holy Communion	Beverley Lock	Gold/White
			Readers	Richard & Joan Best
CHRISTMAS DAY JOINT SERVICE AT ORTON				
	10.00am	Holy Communion	Beverley Lock	
			Reader	John Falshaw

<u>Sunday 27th December</u>	<u>1st Sunday of Advent</u>	<u>Lessons</u>	<u>Liturgical colour</u>	White
		Wisdom 3 1-9, Revelations 21 1-6a		
JOINT PARISHES SERVICE at ORTON				
10.30am	Holy Communion	Beverley Lock		
Sidesman	Chris Bland	Prayers	David Aspden	
		Readers	Mary Jenkin & Susan Basnett	

SUNDAY SERVICES IN OUR CHAPELS FOR DECEMBER 2009

Methodist Chapel		6th	13th	20th	27th	3rd
Tebay	10.30am	W Riley	C Staley	LA Carols FS	P Dew SS	Boustead Fam
	6.30pm	SS at Orton	SS at N on L	*	*	*
Orton	10.30am	D Askew	G Peterson	P Dew Carols FS	SS at Tebay	K Hewitson
	6.30pm	P Dew SS	SS at N on L	US at PC Carols	*	J Skinner
Newbiggin-on-Lune	10.30am	*	*	*	SS at Tebay	*
	2.00pm	D Marston	K Skinner	LA Carols	*	J Skinner
	6.30pm	SS at Orton	P Dew Carols	*	*	LA
Ravenstonedale	2.00pm	W Capstick	C Capstick	At N on L Carols	10.30 am	P Dew Cov
	6.30pm	SS at Orton	SS at N on L	LA Carols	SS at Tebay	LA

Chalet Motdit

A Chalet for All Seasons in the French Alps
Traditional hamlet at altitude of 1140m with outstanding views
B&B/Half Board basis May to November
Range of activities available locally eg walking, cycling, golf, water sports, climbing, horse riding
Catered - bed breakfast and evening meal with wine during ski season December to April
4km from ski resort of La Plagne Montalbert
www.chaletmotdit.co.uk; email ahornby@wanadoo.fr tel 015396 24120

Dave’s Travel

Airport Taxi Anywhere In The UK

David Watson
Mobile 07789 227 511
Telephone 01539 725115

BIGGINS DAY NURSERY LTD
Main street . Newbiggin-on-Lune, Kirkby Stephen, Ca17 4NT.



OFFERING QUALITY
CHILDCARE IN A SAFE
SECURE ENVIRONMENT
FOR CHILDREN FROM 4
MONTHS TO SCHOOL
AGE.

Ofsted inspected and registered.
Nursery Education Grants accepted.

Why not give us a call on 015396 23666

TEBAY SPORTS & SOCIAL CLUB

A warm welcome to everyone

Regular entertainment, live music, children’s theatre.
Bingo every Sunday evening at 8.00p.m.

Lounge Bar
Pool & Snooker Room
Function room available for hire
Multi Use Games Area (MUGA) All weather pitch
Indoor Bowls

Come along and try the benefits of
Tebay Sports & Social Club

Church Street, Tebay
Tel: 015396 24203

TEBAY POST OFFICE

015396 24967

MON 9.am-l.pm—1.30.pm-5.30.pm
WED 9.am-l.pm—1.30.pm-5.30.pm
FRI 9.am-l.pm—1.30.pm-5.00.pm

PRIMROSE COTTAGE

Orton Road, Tebay

4 Star BED AND BREAKFAST

All rooms en suite * 4-poster bed * Jacuzzi bathroom
3 DISABLED FRIENDLY BUNGALOWS
(2 Bedrooms & Bathrooms 1 Wheel in + 1 Jacuzzi)
GROUND FLOOR SELF CATERING FLAT
All suitable for holiday/short term use
Helen Jones 015396 24791

Ground Works Contractor

Foundations, bulk excavation, septic tanks, drainage and landscaping.
5 and 15 ton 360 ° excavators & 180° wheeled excavator
For a professional service
Contact: DEREK BOUSTEAD
015396 23227
07961189569



M.W. Architectural Services

Thinking of extending your property, to add extra value or just more space to your home...
Do you require drawings or assistance with planning applications...
Have you any other architectural or building problems... then let me help.

Call Martin B.A (hons), Dip.Arch., RIBA.
on **015396 23653**
Stouphill Gate, Ravenstone-dale, CA17 4NN

STEVEN (WOODY) HODGSON

TREE SURGERY ~ MINI DIGGER HIRE
STUMP GRINDING.

<i>Garden clearance</i> <i>Mulch/woodchip supplied</i>	<i>Grass Cutting</i> <i>Hedge Trimming.</i>
NPTC Certificated	Public Insurance
Tel: 015396 24522	Mobile 07756 930285

Chris Boustead ~ joiner

All joinery work undertaken and building contractor.



Home: 015396 23322
Mobile: 07875 505 976
Email: chris.boustead@btinternet.com





VISIT OUR TEA ROOM & FARM SHOP

The **TEA ROOM** offers a range of light snacks and meals using our own local produce

At the **FARM SHOP** you can purchase our own Smoked Trout, Duck, Chicken, Pheasant and Salmon
And
Fresh Rainbow Trout

We cater for Children's Birthday parties
Fun days and celebration parties

BESSY BECK TROUT FISHERY
Newbiggin-on-Lune

Tel: 015396 23303

www.bessybecktrout.co.uk
email: enquiries@bessybecktrout.co.uk



Domestic Commercial Agricultural Industrial

Darren Francis

m 07714 323 817
t 01539 624 402



East View Old Tebay Penrith
Cumbria CA10 3SS

KEVIN BATEMAN
MONUMENTAL MASON
Tel/Fax 01539723903
Mobile 07817060619

Manufacture, Lettering & Installation of new Memorials.
Additional inscriptions
Renovations
Cleaning & Re-paint/Re-gild service.
Free estimates
Please telephone for Brochure

STONEDALE
PROPERTY MAINTENANCE

General building work
Bathrooms & kitchens
Painting, Plastering & Tiling
Damp & timber treatment

015396 23291
Mob: 07791 965359

Email stonedale@fsmail.net



E.P.C.S.
Pest Control Service
For all your pest control problems
Also Tree-Felling
Fallen trees logged or cleared

Call Chris Haslam on
Mobile 07866007739
Home 015396 21531



Stephen & Alison Morriss
Bowber Head
Ravenstonedale

Tel: 015396 23463

HIGH QUALITY
CUT VINYL & PRINTED SIGNS
INTERIOR SIGNS
EXTERIOR SIGNS
VEHICLE LIVERIES
WINDOW GRAPHICS
A BOARDS
BANNERS
FULL COLOUR 4 ft PRINTER

GLYN JONES
Funeral director
24 hour personal service
Chosen Heritage Nominated
Funeral Director
12 Battlebarrow,
Appleby-in-Westmorland

Telephone:- 01768 351569

The Fat Lamb Inn
Ravenstonedale
015396 23242

Open Daily for Morning Coffee, Lunch and Evening Meals.
Circular Walks from our doorstep,
11 acre Nature Reserve
and Beer Garden at the rear.
A warm, friendly and relaxing atmosphere always awaits you.

RUXTONS
FUNERAL SERVICE
SAIF,BIFD,BIE,DipFD

Incorporating the funeral business of
STAN BROCKBANK

1 Wildman St., Kendal LA9 6EN
01539 722299

24 hour service Private Chapel

Back/neck pain
Sciatica
Sports injuries
Shoulder, hip or knee pain...

www.reflex-om.com
015396 23696



ALL PLASTERING AND RENDERING

No job too big or too small

First class tradesman

All work guaranteed

Call Gary Mercer
015396 24074



Troutfly Internet
Websites, Marketing, Internet consultancy

Stan Frost, Ravenstonedale

www.troutfly.net, sfrost@troutfly.net

Websites for local businesses, B&B, shops, hotels, trades etc. Low set-up fees.
Professional service, competitive rates. 01539623355, 07812152263

SUNDAY SERVICES IN OUR CHURCHES FOR JANUARY 2010

<u>Sunday 3rd January</u>	<u>1st Sunday after Christmas</u>	<u>Lessons</u>	<u>Liturgical colour</u> Gold White
ORTON 9.30am	Holy Communion CW Chris Jenkin	1 Samuel 2 18-20, 26, Colossians 3 12-17	Readers J Huck, B Lock
Sidesman David Aspden	Prayers Meryl Aspden		
TEBAY 3.00pm	Songs of Praise Martin Dew		
RAVENSTONEDALE 9.15am	Morning Prayer Martin Dew		Readers Tom Oldham

<u>Sunday 10th January</u>	<u>Baptism of the Lord</u>	<u>Lessons</u>	<u>Liturgical colour</u> Gold White
ORTON 8.30am	Holy Communion Chris Jenkin	Isaiah 43 1-7, Acts 8 14-17	Reader Colin Wren
Sidesman Colin Wren			
TEBAY 4.00pm	2@4 Beverley Lock		
RAVENSTONEDALE 9.15 am	Holy Communion Beverley Lock		Readers Michael & Sally M. Gibson

<u>Sunday 17th January</u>	<u>2nd Sunday after Epiphany</u>	<u>Lessons</u>	<u>Liturgical colour</u> White
ORTON 9.30am	Family Service Beverley Lock	Isaiah 62 1-5, 1 Corinthians 12 1-11	Readers Meryl & David Aspden
Sidesman Mary Jenkin	Prayers Thorpe Family		
TEBAY 11.15am	Holy Communion Beverley Lock		
RAVENSTONEDALE 9.15am	Holy Communion Ian Elliott	As above	Readers David & Caroline Morris

<u>Sunday 24th January</u>	<u>3rd Sunday after Epiphany</u>	<u>Lessons</u>	<u>Liturgical colour</u> White
ORTON 9.30am	Morning Prayer BCP Beverley Lock	Nehemiah 8 1-3 5-6 8-10, 1 Corinthians 12 12-31a	Readers J Burra & S Ward
Sidesman Jim Milburn	Prayers Chris Bland		
TEBAY 11.15am	Holy Communion R Capstick B Lock		
RAVENSTONEDALE 6.30pm	Evensong Beverley Lock	As Orton	Readers Graham & Janet Paxman

<u>Sunday 31st January</u>	<u>4th Sunday after Epiphany</u>	<u>Lessons</u>	<u>Liturgical colour</u> White
		Jeremiah 1 4-10, 1 Corinthians 13 1-13	

JOINT BENEFICE SERVICE at RAVENSTONEDALE
at 10.30am Holy Communion Beverley Lock
Readers C Stafford & D Vigor

SUNDAY SERVICES IN OUR CHAPELS FOR JANUARY 2010

Methodist Chapel		3rd	10th	17th	24th	31st
Tebay	10.30am 6.30pm	Boustead Fam *	C Capstick *	P Dew Cov *	W Capstick *	LA AAW *
Orton	10.00am 6.30pm	K Hewitson J Skinner	P Dew Cov H Hutchinson	W Riley R Hodges	C Jenkin K Coward	P Dew R Ewin
Newbiggin-on-Lune	10.30am 2.00pm 6.30pm	* J Skinner LA	* P Dew *	* T Dent P Dew Cov	* G Peterson *	* P Dew *
Ravenstonedale	2.00pm 6.30pm	P Dew Cov LA	P Dunstan A Burton	J Skinner G Ashworth	P Dew B Staley	D Birkbeck LA

Thoughts from Tebay
Elizabeth Crossley

Winter has come all of a sudden and this is the time of year when many people are worried -
* energy prices are rising - will we be able to pay our fuel bills - do we try to economize on our heating and turn a radiator down?
* food prices are slowly rising - are we still concerned enough as to where our food comes from and do we make a conscious decision to buy local - meat from animals which have been well cared for, not fed on loads of additives, humanely slaughtered and hung for the correct length of time, etc, etc - do we buy fruit and vegetables only in season?
* nights have already closed in - it is dark by 5pm and many elderly people do not like to go out at night, especially if it is raining as well
* a local worry is the proposal to erect 3 wind turbines on Kelleth Rigg, in full view of anyone who lives near Sunbiggin Tarn or on the western flanks of the Howgills - how is it going to affect us, apart from the view - some people like the look of them, some people think they are an eyesore - what do you think?

On GMTV this morning there was a question -
Are we going to turn Christmas into a winter festival?
Apparently 1 in 3 youngsters want to call Christmas something else
1 in 10 children don't know the Christmas story - I find this hard to believe as I know all primary and secondary schools include the Christmas story in their curriculum.
We live in a multicultural society - Is the UK still a Christian country?
Our Queen is Head of the Church of England and Defender of the Faith.
Many people go to church at Christmas but do not attend the rest of the year - just by going then they must get something from the various Christmas services.
Chester Cathedral always have their service of Nine Lessons and Carols at 3pm on Christmas Eve but last year they had 2 services of the Nine lessons and Carols, one on Christmas Eve and one 2 afternoons earlier because

in 2007 people had to be turned away when the cathedral was full!!
Many Muslims attend the mosque at Eid but do not attend for the rest of the year.
So - what is the church going to do about the suggestion of a winter festival - after all the winter festival of Saturnalia was in place first and Christianity took over that festival at that particular time of year. Are our bishops and clergy going to come out fighting and charismatically proclaim the Christmas story or-----?

I love Christmas - decorating the tree, holding my breath when the tree lights are first switched on and work, clearing away the ornaments so that the Christmas decorations can be put in place. We have a set of 'Carollers' which we bought in Maine, New England which we place on the mantelpiece - they are a mother, father, 3 teenagers and a child, all dressed in Victorian costume but with their mouths open in the shape of an 'o' as if they are singing carols and this is one of the things people associate with Christmas - the singing of carols. This year we will have 2 trees - one in the lounge and one in our newly refurbished dining room and we will use all our decorations from when we had a holiday cottage in Tebay we had both houses decorated. My great niece will be one 2 days before Christmas - it will be her first remembered Christmas and therefore be a special one as she takes notice of the decorated tree and house. Christmas isn't just for children - it is just as important for adults too

I hope we will see many of you at St

Party Time.
Saturday 19th December at 7.30pm,
The Old School Tea Room, Tebay.
We are having a Christmas Party and invite you to join in the celebrations. A menu filled with delectable goodies will be served in a seasonal atmosphere.
Santa may even deliver a little something for anyone who has been good this year.
Bring your own good cheer and beer. Booking is essential.
The price for the evening is £15 to include all food.
Call Joanne or Steve on 01539 624286

James in December - we begin on 6 December at 3pm with our Christmas Songs of Praise when I will be looking at and describing particularly how our carols became so popular. On 13 December we will be having our Children's Christingle and Carols at 4pm, on 20 December at 11.15 we will hold a service of lessons and carols. Christmas Eve joint communion is celebrated this year at Ravenstonedale at 11.30pm and on Christmas Day we are holding a joint service at Orton at 10.00am. On Sunday 27 December we are again at Orton for a combined service at 10.30 am for all 5 churches in the High Westmorland Mission.

I hope you all have a happy Christmas and a peaceful new Year.

Born Before 1st December 1949?
Living in Tebay, Garsill, Roundthwaite, or Barrowdale?
Then you are cordially invited to join Tebay Branch, The Royal British Legion for Christmas Dinner at Tebay Sports & Social Club on Saturday 12th December 2009 at 3.15pm for 4.00pm
To book your place, contact Graham Cave 24321 before 4th December

B.M & J.M Smith
Daily Newspapers and Magazines
delivered to your home & at your convenience.
An extensive and comprehensive service, 7 days a week.
Prompt & reliable service
Contact Brian or Joan Smith
Any enquiries, please phone (01539) 624183

Mainly Mortgages.com
Independent mortgage advice to suit your Personal and Individual Requirements
David G Elliott
Specialist Mortgage Consultant.
(CeMAP.F.P.C)
Windy Ridge, Mount Pleasant, Tebay, Cumbria, CA10 3TH
Tel: 015396 24786
Warning: Your home may be repossessed if you do not keep up repayments on your mortgage

The Society of Will Writers
HAVE YOU MADE A WILL?
If you have not made a valid will:
• The State may claim unnecessary tax from your estate.
• Your partner or spouse may NOT inherit all of your estate.
Social Services may step in and decide who looks after your young children
MAKE A WILL TODAY
Contact: Richard Percival
Telephone: 015396 24352
A Member of the Society Of Will Writers & Estate Planning Practitioners

ANDREW BAWDEN
Professional PAINTER & DECORATOR
Exterior/interior DIY
Coving, shelving etc
Excellent refs: fully insured
TEL: 015396 24366

Tebay Services
Full & Part Time Vacancies Available in the following departments
Catering, Retail, Forecourt & Farm Shops,
Will include weekend work
Flexible Hours to suit most lifestyles
£5.78 per hour
If you are interested in the above positions please contact the HR department on 015397 11334

A. R. MASON
Fire Security & Electrical Contractors
NICEIC approved
Fire Alarms Security Alarms Emergency Lighting
Portable Appliance Testing Re-wires (Domestic, Commercial, Agricultural) Electrical inspection and testing
Tel 015396 24078 Mobile 07879 891119
Joe Sylva
Eco Arboriculture
Professional tree care. Garden Maintenance Pesticide spraying
Hedge Laying Hedge trimming
Stump grinding Mini-digger
Woodchip firewood
Sylva — From Latin / Silva — meaning wood
Sylvan adj Pertaining to or of the tree or wood or Woodland
Adj—Sylvatic, Sylvaculture
-n— A wood god
-n— Sylvaculture--Forestry. Woodland management
joesylvaeco@gmail.com 07946 421776
Shire Homes Ltd
Timber Lodge and Park Home Manufacturers
For all your Timber at competitive prices Decking Boards, Structural timbers Rough sawn Treated rails, Skirting, Redwoods, Flooring, Cladding, Sheet Materials
Tel 015396 24391 or 07979266294
Finance & Business Administration
All finance and business administration under taken including Accounts Preparation, VAT and Business Admin with 10 years experience, confidentially guaranteed.
Contact Emma Armer
T: 015396 24735 M: 07971459278
E: emmam1679@aol.com

DAPHNE JACKSON MSc(Ost) DO
TIM WEBB Bsc Hon (Ost)
REGISTERED OSTEOPATH
BUPA provider no 30016124nn
STRUCTURAL & CRANIAL TREATMENT
SEDBERGH PRACTICE Mill Barn, Broad Raine, Killington, Sedbergh, CA10 5EP
and also at THE HIGHFIELD PRACTICE 33Appleby Rd, Kendal, LA9 6ES

C.D.S

Sandblasting Services

Specialist Cleaning

Stone & Brick Work
Wooden Beams
Plant & Machinery
Steel Work—Blasted
& Painted

Domestic & Commercial
Any Size Job Undertaken

Fully Mobile

Tel 015396 24199
Mobile 07917064767

anne dinsdale
book keeping services
sage accounts, payroll, vat, end of
financial year & general admin support

penny end
newbiggin-on-lune
kirkby stephen
cumbria CA17 4NT
t: 015396 23354 m: 07875 503 282
annedinsdale@aol.com
total confidentiality guaranteed

Graham Knight
Classic Upholstery & Foam

Thomas Street
Denton Holme
Carlisle
CA2 5DZ
Tel / Fax 01228 547840
Home 01434 321757

E Mail 'cufoam-office@tiscali.co.uk'

CUMBRIA PLUMBING AND MAINTENANCE

FOR ALL YOUR
PLUMBING
HEATING
& DRAINAGE NEEDS

Tel: 01539 624138
Fax 01539 624375
Mob: 07985 602300

PETER TAYLOR

JOINER and CARPENTER.
ALL JOINERY WORK -
Household Repairs, Glazing,
Locks, Windows, Doors, Kitch-
ens, Fitted Furniture and much
more ...
No job too small or too large.
Estimates and advice -
Phone 015396 - 23234

TIPPER
HAULAGE CONTRACTOR

TERRY NIXON

SAND...CHIPPINGS
QUARRY WASTE ETC
The Shaws, Gaisgill Penrith CA10
3UA
Tel 015396 24273
Wagon 07860750456

In the Frame

Still offering the very best in bespoke
framing, we now stock a huge selection of
old prints and maps. We also offer a range
of mango wood furniture, wrought iron
work and a wide choice of indoor pots and
urns. Digital printing and maxi-size
canvases complete an exciting spread of
décor services.

We now open 1000 -1600 Tuesday-Saturday
The Old Post Office, Victoria Sq. Kirkby Stephen.
017683 72661 www.cumbria-framing.co.uk

COAL

Delivered from
WILLIAM DAWSON & SON
Est 1895

Approved Coal Merchants
Agricultural Feeds & Minerals
Station Yard, Sedbergh, LA10 5HP
Tel: 015396 20210

RH WILSON (LAKES) LTD
TEBAY (/M6-J38 opp truck stop)

Your local Timber Supplier – Trade & D I Y

TIMBER & PLYWOOD
for joinery & construction

PICTURE FRAME MOULDINGS
natural ash

Sawdust – Shavings – Kindling – Lump Wood



Tel: 01539 624111

Tebay

Twinkles Playgroup for Under 5's

Mums....Dads....long winter days
stuck in the house? Grandma's and
Grandad – wondering how to
entertain your little ones until Mum
and Dad get back from work? Then
come and join us at Twinkles for a
couple of hours!

Twinkles is the Community
Playgroup for Under 5's for Tebay
and the surrounding areas. Run by a
committee elected by parents, the
playgroup meets every Tuesday
during term time from 1.00pm –
3.00pm in Tebay Methodist Church
Hall. Twinkles offers a variety of
activities for children including
painting and drawing, play doh,
music making and story time. We
also have a wide variety of play
equipment for children to enjoy, and
have an array of baby toys too.

The Health Visitor Sharon Coates
holds a clinic at Twinkles on the first
Tuesday of every month to meet and
chat with parents who may find it
difficult to get to the clinics at the
Health Centre at Kirkby Stephen.
Parents can also find it useful just to
sit and chat with other parents who
are often going through similar
things to themselves.

Twinkles is a great place for children
to meet and play with other
children, and for grown ups
to meet and share
experiences with other
grown ups, ask each others
advice, or just have a break
from a hectic day.

We have a variety of
activities planned up until
Christmas, including making
Christmas decorations and
crackers, biscuit decorating
and making musical
instruments, as well as a
couple of Christmas parties
to look forward to

To find out more (and enjoy
a cup of tea and a slice of
cake!!) come along on
Tuesday afternoons, or
contact Vicki Pryor on 07824
330 006

Environment Club at Tebay Primary School

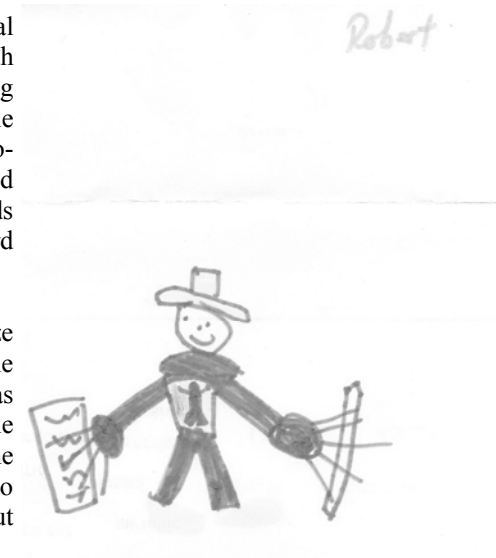
The club has been meeting for several
months now. Each meeting begins with
a drink and a snack. As well as playing
games and learning about renewable
energy sources, carbon footprints, eco-
houses, Reducing, Reusing and
Recycling, the club is working towards
gaining the Silver Eco-Schools Award
for Tebay school.

Tebay school already has the Bronze
Award. For the Silver Award, the
children are currently working as
Environmental Detectives to review the
environmental – friendliness of the
school. This has required them to
interview various staff members about
school systems and policies!

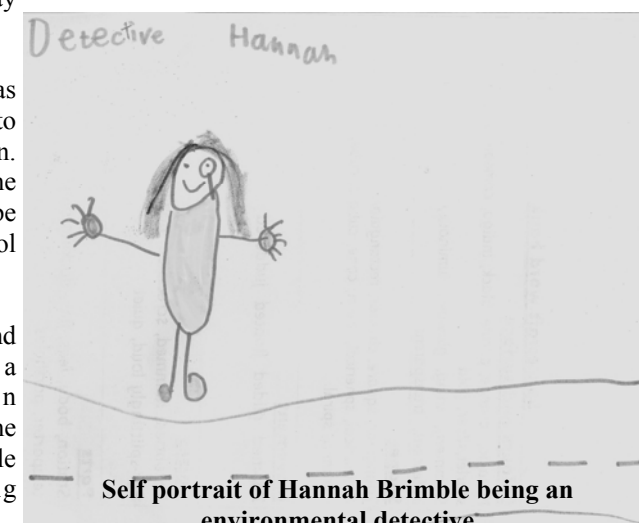
The school is also working on the
production of an Eco-Code. This will be
a set of rules for staff and pupils to abide
by in order to make Tebay
School really "green".

Sometime after Christmas
the club will start to
develop an Action Plan.
The plan will show the
action which needs to be
taken to make the school
more sustainable.

The club is led by Dave and
Lorna Askew. Dave is a
Senior Conservation
Officer working for the
Arnsdale and Siliverdale
Area of Outstanding
Natural Beauty.



Self portrait of Robert Askew being an
environmental detective



Self portrait of Hannah Brimble being an
environmental detective

Tebay Bonfire & Fireworks Display



A big thank you to everyone who
contributed to the success of
Tebay's bonfire and fireworks
display - particularly those indi-
viduals and organisations who
provided wood and made dona-
tions of money. It is your gener-
osity that makes the event pos-
sible. Phil Dew



**invite you to our
Christmas Party**

Tuesday 8th December 2009
4.00pm - 5.30pm
Tebay Methodist Church Hall

Party Games **Fancy Dress Competition**
Party Food

tickets £3.00 per person
discounts for siblings
Tickets in advance from
Vicki Farr, Julie Foster
Rachel Lewis, Helen Grundy-Smith

Weasdale Nurseries Ltd

Newbiggin on Lune, Kirkby Stephen CA17 4LX

- Established 1950
- 40 acres & over 800 different sorts of trees, shrubs & hedging - native, ornamental, broadleaves, conifers and evergreens.
- Farm hedging & forest trees.
- Useful planting sundries - tree stakes; ties; rabbit, sheep & deer guards.
- On-line catalogue at www.weasdale.com
- Woodchipper or sawbench available for hire with operative.
- Woodchips delivered in the parish.
- Farm XS waste plastic collectors for Cumbria.
- Chainsaw work undertaken.

Tel 015396 23246
e-mail: sales@weasdale.com

Tebay



[2@4](#) is a fun new Family Service being held on the second Sunday of every month at 4.00pm at St James Church Tebay.

The Service is specifically aimed at pre school and primary school age children who would like to come along to Church and find out more to bring along their Mums, Dads, Grans or Grandads and have some fun whilst learning a bit about the Bible, although everyone of all ages are welcome to come and join in the fun.

In October we started by having a "messy play" session - creating things using Play-Doh, sticking leaves on card, making biscuits and colouring circles to stick together to make a caterpillar. The caterpillar followed us into the service, where Beverley told us a story about Cecil the Caterpillar to illustrate the story of harvest. We sang some songs and enjoyed a slide show of beautiful harvest pictures. Afterwards we all joined together to have some lovely sandwiches, cake, tea and juice. In November we heard about "heroes" and talked together about some of our national heroes such as David Beckham, Steven Gerrard and St George before enjoying tea together again.

Our next [2@4](#) service is the Christingle Service on Sunday 13th December at 4pm. Come along and join us making Christingles, helping to tell the Christmas Story and stay for tea afterwards.



Carols by Candlelight



Newbiggin-on-Lune
Methodist Church

Sunday, 13 December

* Led by Rev Phil Dew *
6:30pm

Everyone welcome!

Christmas Eve



Sing carols

at

Tebay Sports and Social Club

From 9pm

* Led by Rev Phil Dew *

Christmas Day Family Service



Tebay Methodist Church

10:30am

Led by Rev Phil Dew

* Christmas Display *

* Visit by Father Christmas *

Everyone welcome!

Quote from a Church Magazine.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.



Pet/House Sitting and Dog Walking

Kirkby Stephen
and surrounding
area

Ring Melanie Bousfield
07890 416099

Qualified and experienced animal carer
References available

Computer and laptop repairs.

Also help with broadband
setup and wireless networks.
*Competitive per incident
rates.*

For friendly service, please

Garden and Landscape Maintenance

All aspects of
Gardening, Tree pruning
Walling, Fencing

Full Public Insurance
NPTC qualified.

Call **Max Rawlins**
Orton
015396 24769

MARK SHARP

Painter and Decorator

Domestic and Commercial - Internal/External
BESPOKE HANDPAINTED KITCHEN UNITS.
STAIN AND VARNISH - WALLPAPERING

=====

Work throughout EUROPE undertaken!!!

=====

For further information;
Mobile 07502 005065

Tel. UK 01539 624176
Email ms-pc@live.co.uk

LEARN TO PLAY PIANO Piano & Keyboard Lessons

Professional Tuition

home lessons by arrangement
Linden Studio

Máire Morgan dip.mus
Phone: 01539624827

email: maire@lindenstudio.co.uk

Dave Pickersgill Orton

Tiling and Decorating Services.

General Building Maintenance

Tel. **015396 24810**
or **07931 277115**

farfieldmill

arts and heritage, sedbergh

Heritage displays telling the history of
the Mill; *traditional rugs and throws* produced
on our own looms; *fabulous*
art and craft by resident and visiting
artists; *exhibitions* changing every 6-8
weeks; and *Weavers Café* (open 10am)
for delicious, freshly-prepared food,
including traditional *Sunday Lunch*, 12-3

015396 21958

www.farfieldmill.org

OPEN every day 10.30-5
Registered charity (no. 1026293)

Dave's Handyman Services

Semi skilled in all aspects of DIY!

Exterior Painting, Fencing

Old Sheds restored,

Gardening, Window cleaning,

Car Valeting Service

Tel **015396 24509**
"Border Collie Regd"



HATS GALORE

*A selection of Hats to Buy
or Hire for that special occasion*

Mrs Joyce Allison, Raven Park, Croglin

Meadow Kirby Stephen CA17 4SN

Tel 017683 72990

www.ravenstonedale.org

The Old School Tea Room, Tebay



invites you to come and sample
our delicious home made cream teas,
light lunches, savouries and cakes.

Open every day between 10.30am and 6.00pm.

For group bookings, private functions, meetings
and special diets or any information please contact

Joanne or Steve on 01539 624286

Open from the 22nd June.

Newbiggin-on-Lune

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 Care-taker All payments to the Treasurer.

Newbiggin-on-Lune Parent & Toddler group.

We meet every Friday morning (term time)

9:30a.m. to 11:00a.m

in the methodist chapel school room.

Toys and activities for children under 5,
Children over 6mths £1.50 (includes
refreshments)

For more details contact

Chaantallaimy on 01539623341
or Katie on 01539623503.

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**

Counselling and other therapies

Personal or family relationship problems,
stress, anxiety, depression, experiencing
the pain of loss or bereavement?

I am a well qualified, experienced therapist
who can offer different approaches to help
you find solutions to your problems. Let's
talk about it....

Contact Sarah Urwin
017683 74915
www.sarahurwin.co.uk

*Experience a fun way of finding out about
the events and people in the Bible*

Walk Thru the Bible – The Old Testament

At Appleby Methodist Church

On Saturday, 20

February 2010

From 9.15am to 4.45pm

Cost is £7 per adult

**Free for children with a paying adult (*not*
suitable for under 11s)**

Bring a picnic lunch

**All other refreshments and drinks are
provided throughout the day**

For a booking form contact:
Rowland and Rachel Woof, tel 015396 24372
or e-mail randrwoof@talktalk.net

Broadband? Do you have
problems with your
computer or wireless setup?
We can help! We have fixed
charges for most jobs, not
an hourly rate. For friendly
IT support, call John on
01539 624903
(based in Orton)

Richard Urwin

Computer support for
individuals and businesses.
Websites.

Crash repairs, virus cleaning,
reinstallation or upgrading.
Training.

Network installation and support.
Free initial consultation.
017683 74915

JonathanWalkingshaw
Director of **GreenEndsLimited**

personal and corporate financial advice

**investments • banking • pensions • mortgages
protection • tax planning • medical insurance**

Call (01931) 715630 for a free consultation

Tebay Community Primary School News

Life Education Bus

The Life Education bus parked outside the Methodist chapel, in Tebay and was visited by all the Tebay and Orton children. It comes every year and all the children enjoy visiting it. The Tebay and Orton children also work with their own year group and make new friends.

Y6 and Y5 learnt how the organ systems in the body work, then Year 6, learnt about Alcohol: how alcohol effect people and how it can be bad for your body. Y5 learnt about smoking. Both groups were taught about the importance of making “our own decisions” and how to be politely assertive. At the end of the session you got to see Harold the Giraffe (he was a puppet not a real giraffe !)

Reported by: Natalie Kipling and Hollie Wharton



Sports Tournaments.

Tebay played a football tournament at KSGSSC. The team played: Brough, Warcop, and Orton. The captain was Russell Hunter and the vice-captain was Martin Askew. “Most of the teams were challenging” the main goalkeeper, Scott Riley reported. The team drew two and won one game. Everyone really enjoyed playing.

Reported by Scott Riley and Russell Hunter

The girls played a Netball Tournament at the same time, against the same schools as the boys but also Ravenstonedale. The team drew won match, and lost three. However the Captain, Adele Graham said she really enjoyed playing and so did the rest of the team. It was great to play on a full sized pitch and we saw many students at KSGS that we knew.

Reported by Megan Campbell and Ashleigh Jennings.

The Netball Team went on to play at a Tournament at Ullswater Community College. The team played four games on two courts and became better each match. The team work was excellent...however the goals were elusive when shots were made! A thank you to all involved.

The Iron Man

The Yr 3+4 have been learning about the Iron Man, a famous book by Ted Hughes. The children made a poster of the Iron man and also made their own Iron Man out of old card board boxes and tin foil. They’ve discussed characters in the book and created diaries about the character Hoggarth. Poetry inspired by the scrap heap was created. A much loved book! Reported by Ben Moss and Ryan Law.

The Drama Club “Past and Present” Evening

Children from Y1 to Y6 were involved in a superb evening performing plays depicting Tebay in the past. They created the plays themselves after working with Reverend Beverley and local adults who came in to share what life was like in the past. Kindly, costumes were made and organised so the children really “looked the part”. St James Church, with it’s railway history was an appropriate setting. Thank you for all the support, to make this happen and to the huge audience!

Orton School News

Bonfire Night

On the 5th of November in Orton there was a bonfire and lots of noisy fireworks. It was a good display. On the 6th of November in Tebay It was Phil Dew's firework display and there was a huge Bonfire with lots of big fireworks. It was a good display too!

By Ellie and Alexander

Pond Restoration

Our pond needed some attention! Miss Richardson and other people emptied the water out the pond and took all the frogs out of the pond. We kept them safe and she then filled the pond with fresh water and put the pond weed back. Then she put the frogs back in the pond and now it's nice and clean for the pond animals and plant life to live in. Thank you. Ethan a& Nathan.

The New Building

The new building is growing bigger every day. We have had a digger, and a new Holland tractor and trailer to take away the soil. A cement mixer and a huge dumper have been bringing cement and the new building is looking good. by Adam, Andrew & Nat



PINK DAY

On the 23rd October Pink Day took part at Orton school. We did Pink Day to raise money for Breast Cancer. Everyone came in pink even the boys. We all had really good fun. In the afternoon we did pink games like pink smartie pick, cake stall, pink jelly pick, bat the pink rat, pink penalties, hook the pink duck, pick the pink multilink, pick the pink straw and guess the name of the pink teddy. We raised £103 just by having fun !!!!!

By Lizzie and Louise

Football And Netball

On the 5th of November Mrs Arnold selected a team of footballers and netballers. We all went to Kirkby Grammar School to play 4 games each. These are the scores for football: win3-1 draw1-1 lost0-1 draw1-1 and these are the scores from netball:beat Tebay, drew against Ravenstonedale, drew against Brough lost against Warcop. By Michael and David

Ravenstonedale Endowed Primary School



Bonfire night

On Friday the school had a Torchlight Procession up to a bonfire at the river. There was a Guy competition, but there were only 2 Guys and Callum Staley won. He won £10 to spend at the village shop. Callum, Dan, Robert and Kian sat on the bridge to watch the fireworks. The fireworks were really colourful and some of them made a star shape in the sky, some were crackly and some made massive bangs. Callum Staley and Matthew Ousby.

Bonfire party money

The children of Ravenstonedale Endowed Primary School want to say a big 'Thank-you' to the organisers of the village bonfire and firework display. The amazing sum of £1034.97 was raised for the school at the firework display on Friday 6th November. Generous members of the community donated food and drink to sell and a collection was taken. Raffle prizes were also donated.

Remembrance Day

On Wednesday 11th November we went to St.Oswald's church to remember the people who died in the war. Megan and Bethany did Bible Readings and Jessica read a prayer. We sang two songs, they were Make me a channel of your peace and I've got peace like a river. I had to say something out side of the church. At the war memorial we had two minutes silence then someone came up to the war memorial and put down a wreath of poppies. Laura Stephenson

Netball

Ravenstonedale, Brough, Tebay, Warcop and Orton played netball at Kirkby Stephen Grammar School on the 5th November. We drew with Orton, Tebay and Brough, and lost to Warcop. Year 5 and 6 went and Leah and Ben came as substitutes. We enjoyed the chance to play against other schools. We all had a packed lunch at Kirkby Stephen, then we got picked up by the swimming bus and went swimming. Carla Boustead and Niamh Marshall-Brownrigg

Science club

On every Monday for the next six weeks we will have science club. We all enjoyed it on the first week, we all made blow powered rockets. There were real science teachers ; one will be there the whole time and, the other one will change. We made a little rocket out of paper and a massive rocket out of a tube. At the end, one of the scientists made one where you jumped on a bottle and it fired a rocket into the air, but it wasn't a real one. These are the people who go Megan, Bethany, Leanne, Niamh, Leah, Ben, Ryan, Calum, Callum, Anoushka, Sam, Rory, Kian, Jamie, Lilly and Jessica. We have this sticker log book where for each week you put a sticker in and it has got one sticker in now because we have only done one week, on the back there's a mega star challenge. We got a badge on the first week and if we are good at doing investigations we get a big badge and if we go every week we can get our sticker log full. Some people's rockets went over the wall because they jumped on it so hard, Ryan and Callum were firing our blow rockets and we hit the wall. We were trying to hit the thermometer outside but we could not because it was too high and our rockets couldn't reach it. Leah Boustead, Ben Capstick and Ryan Capstick.





Carols in the Pub

***Come Carol singing ***

in the Black Swan, Ravenstonedale
at 8pm on Wednesday,
***December 23rd ***

Mulled Wine & Mince Pies

Rev'd Carole Marsden will be joining us



High Chapel – 2009 into 2010

During the winter break, the volunteers will as usual be working away smartening up the fabric. The boiler room is currently getting a coat of Cornish Cream and soon the Loo will also be repainted in the same colour. We will exclude the rain from the Toilet by the use of a tarpaulin, perhaps next year we could re roof the Loo? The main chapel will have another coat on the walls to ensue

uniformity. The upper room will also be smartened where paint surfaces have discoloured. Keith Pratt is dealing with the roof inspection and attending to any slipped slates. He will also restore the coping stone on the southern gable end and this will help reduce any damp underneath. When planning for these refurbishments, 8 weeks over Christmas is easily taken up.

Thanks to all our supporters, and to all who come to enjoy the chat – thanks to all who donate and make sure we can afford volunteer expenses. Thanks to all who help by gardening, by donating flowers, by weeding and sweeping the path and all the collective efforts that make the High Chapel a viable enterprise. Thanks to those who paint, who computerise our local history, who welcome visitors and who make coffee and bake cakes and thanks to the visitors who come from far afield to find their roots. Thanks to the URC who support our efforts to keep the chapel in use.

All support is welcome.



Open House

Open House is having its winter break during December and January, but will restart on Wednesday February 3rd 2010, 10.30 am to noon, business as usual.

BONFIRE PARTY November 6th, 2009

The re-kindling of the Ravenstonedale and Newbiggin-on-Lune Village Bonfire Party was hailed as a resounding success – somewhat against the odds.

✦ The forecast was for strong winds, so the marquee could not be erected – but the collection of cattle trucks and gazebos provided shelter for the bar and barbecue.

✦ It rained, heavily and steadily, most of the day – but it was dry from about 6pm and during the evening, the moon rose, almost magically, into the starlit sky.

✦ The food, and the red wine, ran out – but who could have predicted that so many people, of all ages, would turn up (estimate – over 300).

✦ The firework team had a flat tyre en route, so had to install the whole display in the dark – but it was spectacular, with explosions of brilliant colours overhead, which then seemed to float slowly down from the sky.

The huge bonfire burnt fiercely all evening, providing just enough light for everyone to recognise neighbours, friends, family, and more than enough warmth for chats and conversations. As someone said ‘The crack was great’ So, a wonderful evening. But it was also intended to raise funds for Ravenstonedale Endowed Primary School, and in this, it exceeded all expectations. Jan Tringham, Head Teacher, was surprised, delighted and even slightly tearful when she received just over **£1060**. This will certainly be put to very good use, for the benefit of current and future pupils of the school.

Thanks are due to the many people – they know who they are – who donated time, money, equipment, food, drink, and not least enthusiasm. Thanks are also due to everyone who supported it simply by turning up. The whole effort was a huge tribute to the generosity of spirit within our community, which can surely only have been strengthened as a result.

The event can probably all be summed up as:

Glass of wine - £2.00

Beefburger - £1.50

Being part of a great community event AND raising money for the school – Priceless!

Photos can be viewed on www.ravenstonedale.org.uk

Grey Squirrel Autumn Danger.

Every year the Grey squirrels seek new grounds and in this way expand their territory. Up till now in Ravenstonedale we have had little to worry about, but this year we have had more greys than before – so Gary Murphy from Tebay had to be called in. Gary traps, shoots and controls greys in several other areas in conjunction with local red squirrel organisations.

People had been reporting in that greys had been sighted in Coldbeck and as far as Dickie Green. We have now put traps in the central area of their habitat – Elm Lodge and this has been successful. Thanks to Chris Harrison Beck for supporting this vital work. So far (14/11/09) four greys have been “controlled” – 3 trapped and 1 shot. There is no other method to protect the small red squirrel population and it is critical that villagers report greys when seen.

Notices are out giving Gary’s number – 01539624788 and mine, Frank – 01539623638 so that if seen you can (and should) report greys immediately.

There may have been only four in the area at present, but everyone should be vigilant – Meercat says – “*protect the reds, report the greys – simples!*” FC

Christmas at All Saints



Silent Night

Orton School
Christmas production
2pm and 6pm
in school
Thursday 10th December

Christingle

With
Angel competition
for the children



Everyone is welcome to our
Christingle and Carol Service
in All Saints’ Church
Monday 14th December, 7pm.

Sunday 27th December
High Westmorland Parishes
combined service of
Holy Communion
10.30am, Orton

Pram Service

Pre-school children and parents
are warmly invited to join
the nursery children from school
in Church
Friday 11th December 9.30 am



Christmas Festive
Food

Tree Trimming

School Carol Service

End of term Carol Service
in All Saints’ Church
Friday 18th December
1.30pm

Everyone welcome

Orton Carol Singing

Join our happy group of Carol
Singers on Christmas Eve.
Meet outside the Village Shop
6.30pm
and make our way round
the village.
Money raised is for

The Children’s Society
and
The National Children’s Homes



Orton Christmas Farmers’ Market

Saturday 12th December
Join us in Church from 9.30am
where we have:
Refreshments
(including mince pies)
Carol Singing Children’s table
Christmas stalls
Bric-a-brac Books Etc.
Also
special presentation of
Marque of Excellence
to Orton Church
by the **Bishop of Carlisle**

Carols by Candlelight

Come and enjoy a selection of
Christmas readings
and carols

In Orton Church
6.30pm Sunday 20th Dec



Christmas Eve Midnight Mass 11.30pm
St. Oswald’s Church, Ravenstonedale



Christmas Day Holy Communion 10am
All Saints’ Church, Orton
(Bring a present to open in Church)

Orton

SHAP MEDICAL PRACTICE IS MOVING.....

To all Patients:
From Monday 9th November we will be situated at Peggy Nut Croft, Shap, Penrith, CA10 3LW.

Our telephone number will remain the same. 01931 716230.

Directions: Leaving the surgery at West Lane, head back to the A6, turn right and take the first road on the right onto Cross Garth. Turn left at 'The Lynchetts onto Peggy Nut Croft.



CHRISTMAS TREES FOR SALE NON-DROP

Enquiries to: Lanty Wharton
Bowness Farm, Sunbiggin, Orton
015396 24653 or 07818 645722

FRIENDS OF ORTON SCHOOL

Thank you to everyone who helped at and attended our recently held LADIES NIGHT

It was a really fantastic evening, with two very entertaining demonstrations and a total of 14 stalls with lots of great gift ideas.

We raised a brilliant £399 for school funds

Ceilidh for Uganda

On Saturday December 12th,

Chris Bland and the Reunion Band
will be leading a
Ceilidh
at Orton Market Hall at 7.30 p.m.

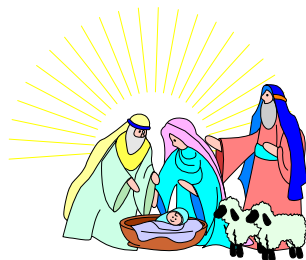
It is on behalf of the Kasese Street Children Project, for which Chris and Mary Jenkin have been raising money since their visit to Uganda in April 2008.

There will be a bring-and-share supper; bring your own drink.
Raffle:
crafts for sale.

Tickets £6 (children free)

available from Chris Bland, Chris and Mary Jenkin, and Orton Post Office.
Enquiries: 015396 24410

FAMILY CAROL SERVICE



Orton Methodist Church
Sunday, 20 December 2009
10.30am
Led by Rev Phil Dew

Coffee and mince pies
Offering for National Children's Homes

NORTH WESTMORLAND ARTS

Outstanding musicians playing for us here in the Eden Valley

2009/2010 Concert Season

All concerts in Appleby Public Hall at 7:30pm. £8.5/£10. Accompanied children free.

Sun 31st Jan : YORKSHIRE IMPERIAL URQUHART TRAVEL BAND
Sun 28th Feb : ANDY JACKSON (Portuguese guitar) & AURORA QUARTET
Sun 28th Mar : NORTHERN SINFONIA Chamber music programme

For Discounted Subscription Tickets contact: Clare Morton tel: 017684 83777

E-mail: Algars2@aol.com Website: www.appleby-concerts.org (under construction)

Supported by Westmorland Arts Trust

Orton

Orton Farmers' Markets

The next three of these popular markets will be: **A Grand Christmas Market**
December 12th

Carol singers and mince pies in Church

January 9th
February 13th

Join us in Church for refreshments and a chat in a friendly atmosphere.

In November we raised £675 to help us continue God's work at All Saints.

Many thanks for your continued support.

Ravenstonedale

Please come and enjoy CHRISTINGLE SERVICE on MONDAY DECEMBER 14TH AT 7.00 PM at RAVENSTONEDALE METHODIST CHAPEL and support SIGHT SAVERS

Which improves the sight of many people in developing countries and has been supported in the village for many years, originally at High Chapel and now at Low Chapel - lets get a bumper collection in 2009



WISHING YOU ALL A VERY HAPPY CHRISTMAS

from everyone at Orton village store and post office.

Shop opening times: Christmas eve 8 - 4
Christmas day Closed
Boxing day Closed
27th December Closed
28th December 9 - 12

New Years eve 8 - 4
New Years day Closed
2nd January 8 - 6

Last posting dates for christmas: 1st class 21st December
2nd class 18th December
Standard parcels 15th December

FRIENDS OF ORTON SCHOOL CHILDRENS CHRISTMAS CRAFTS



Friday 11th December 2009
3.30pm to 5.30pm
Orton Primary School
£2.00 per child everyone welcome
includes refreshments and all craft materials

Parental help would be appreciated



Winter Warmers



Soup & Sandwiches

Saturday 5th December 2009

Westview, Ravenstonedale

12-2pm

£6.50 all proceed to church funds

Tickets available from June Ellis,
Margaret Wildman
& Anne Brownrigg

Raffle

