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essarily those of the publishers or editors.

Thoughts from High Westmorland

By Rev Beverley Lock

I was looking at a picture recently from Space. (in a book of course not from a rocket!!!)

It was at night and it was showing the planet all lit up. All the different continents had these millions of tiny specks of light – it looked amazing - from Space.

Then I remembered getting out of my car one night during the cold snap in December. I looked up and the sky was just bursting with stars.

As my eyes got used to the "dark" it was a really humbling experience to think that each of these specks of light had started their journey to this planet thousands and years before I was born.

Then my mind wandered to the realisation that these were stars, like our Sun, and millions and trillions of miles away. It truly is mind boggling.

What I discovered this week just made me realise just how wonderful we are to be able to see all this at all. Our eyes are amazing. Cone cells at the back of the eye work as the main receptors during the day,

perceiving fine detail and colour. But they cannot cope in low light. Instead in low light the chemical rhodopsin begins to flow into another set of cells, rods, which then take over. These only see black and white and shades in between but in compensation are extraordinarily sensitive. Experiments have shown that they respond to a single photon, a particle so small that it is essentially massless.

It struck me that if God, as I believe, is the Creator he has gone to an awful lot of trouble to allow you and me see those stars. What a pity that so often we are too busy to stop and look. If we did we would just be blown over by the wonders of the Universe he has given us to enjoy.

There will be a Solemn
Eucharist for anybody who is
interested from the Deanery

on 2nd Feb.

at Long Marton church

at 7.30pm

for the Presentation of Christ.

PARISH REGISTERS

The christening of Harriet Ann daughter of Mike and Clare Stafford took place on November 28th 2010 at St Oswald's Church, Ravenstonedale.

The wedding of Paul Roketzky and Corrie Franklin took place on 4th December 2010 at St James' Church Tebay..

The wedding of Jake Bayliss and Hannah Whitehead took place on 28th December 2010 at St James' Church Tebay...

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

I have finally made a difference - not a big one, but a difference. At the council meeting on 25 November, I begged council members not to impose a funding cut of £550 on Volunteer Transport. Volunteer Transport is an absolute life line where I work at a residential home. They are sometimes the only outdoor excursions that some of my wheelchair bound residents have. None of the drivers are paid for their services. The amount of £550 is so paltry in the scheme of things but vital to an organisation such as this, that money will pay towards their insurance. To my amazement, a majority of Eden District Councillors supported me and their grant was re-instated. We were not so lucky with the grant to Eden Community Alarms, a member of the Cabinet said that we have to make cuts and this was one that had been decided upon.

At this meeting, nothing was said by our leader of the cabinet, Gordon Nicholson, about the resignation of the Chief Executive. In fact, we had to read it in the Herald and our Chairwoman found out when the press phoned her. Not good communications there.

The full council was then recalled for a special meeting of the council (more expense) in order to rubber stamp a decision made by a 'Transformation Board' - an unelected and previously unknown group which most councillors had neither heard of or voted for. It transpired that the three meetings the group had already held had not been minuted and had been held in secret by our council leader. Democracy for you!

This Transformation Board had decided that a temporary chief executive was the way forward and we were told not to even consider the cost, which was enormous. This comes a year after council officers had had extensive discussions with South Lakeland District council to share a chief executive. This was rejected as it was decided by council that the Chief Executive should

concentrate on resolving the New Squares problem despite our Liberal Democrat group having put forward a sound business case. New Squares is now resolved, so why not look at sharing a Chief Executive and even other senior officers.? So many budget cuts could be avoided if this were to be done, for some reason this is not being considered.

Margaret Wilcox

Notes from The Herald, February 1911

Weather fine till 4th week when wet, it was cold the 2nd week; -8.5C on Thursday 9th.

Orton Liberals' Concert was held on Thursday, 2nd, in the Temperance Hall which was full to the doors. Dr. R.W. Gibson J.P. was in the Chair. It began with Mr. A. Moffat's gramophone selections, then came the Kirkby Stephen Concert Party who sang glees and songs e.g. "Father O'Flynn" (Mr. Lawson). It ended with comedy sketch "The Doctor's Patients". Supper was served at the end.

As there are three J.P.s living in Orton, one at Gaisgill and two at Ravenstonedale, Tebay should have its own Bench and Court monthly; the Clerk could be Kirkby Stephen's come by train (Silverpen says). Died at Coatflatt Mill on 8th, Lena Dixon aged 3.

Concert and supper held at Temperance Hall on the evening of the 14th by Orton and Greenhome Christian Endeavour Society: very good!

Tebay Working Men's Conservative Club's Annual Social was on Friday 27th January in the Market Hall. A lot attended. The concert was by the Crewe Aeolians and songs by Mrs. Rodds (Penrith) then supper and dance for which there were five M.C.s and 140 couples dancing.

Tebay Bible Society Auxiliary AGM was in the Primitive Methodist Hall on Friday 3rd with a good attendance. The speaker was from Kendal. On Saturday 4th in the Primitive Methodist Church Mr. A. Watt (Kirkby Stephen) spoke on Free Church Principles with anthems by the Choir.

Three farmers were fined for using the railway as a short-cut (2 from Bretherdale, 1 from Loups Fell). They had been seen by the bobby. They said "Everyone does it" and one said it saves him two miles. They were fined one shilling each and costs.

The Prizes Evening for the Tebay Branch of St. John's Ambulance Brigade was on 20th in the Station's Waiting Room; 48 prizewinners, the Vicar presided and a concert followed.

Tebay Parochial Committee of the RDC wants LNWR to stop discharging ashes from its drain opposite the north water-column and tar, grease and ashes from the engine sheds. Whinfell Terrace's sewer needs automatic flushing and a small filter bed at outfall.

Died at Ellergill, Tebay on 14th, Ann Wilson aged 77.

Ravenstonedale Parish Charities were distributed on the afternoon of Saturday 28th January. Twenty five received five shillings to one pound each. Newbiggin School got twenty seven shillings and sixpence.

Newbiggin's Parish Festival had 150 for tea on 31st January with a concert afterwards in the Assembly Room. This is an annual event.

Ravenstonedale Station now has six trains each way Monday – Saturday. Tebay Station has these plus eight to London (plus one more on Saturday)

Jokes

Girl in music shop: Have you
"Kissed Me by Moonlight"
Assistant: Certainly not
Miss. It must have
been the other assistant.

Teacher: What is a
hypocrite?
Boy: A hypocrite is
a boy who comes to school smiling!

Many thanks to Jeremy Godwin.

A meeting of the Joint Warden, Secretaries and treasurers

for the High Westmorland
Parishes

will be at 7.30 pm
on 2nd March

at Bampton Church Hall.

SUNDAY SERVICES IN OUR CHURCHES FOR FEBRUARY 2011

<u>Sunday 6th February</u>	<u>5th Sunday before Lent</u>	<u>Lessons</u>	<u>Liturgical colour</u>	Green
ORTON 9.30am	Holy Communion	Martin Dew	Isaiah 58 1-9a, 1 Corinthians 2 1-12	
Sidesman David Aspden	Prayers	Meryl Aspden	Readers	Susan Basnet, Gerald Weston
TEBAY 3.00pm	Songs of Praise	Reg Capstick		
RAVENSTONEDALE 4.00pm	Christingle for Jesus’ presentation	in the Temple	Beverley Lock	
		Readers	Clare Stafford, Richard Best	

<u>Sunday 13th February</u>	<u>4th Sunday before Lent</u>	<u>Lessons</u>	<u>Liturgical colour</u>	Green
ORTON 8.30am	Holy Communion	Beverley Lock	Deuteronomy 30 15-20, 1Corinthians 3 1-8	
Sidesman John Falshaw			Readers	John Falshaw
TEBAY 4.00pm	2@4	Beverley Lock		
RAVENSTONEDALE 10.00am	Holy Communion	Chris Jenkin		
		Readers	Caroline and David Morris	

<u>Sunday 20th February</u>	<u>3rd Sunday before Lent</u>	<u>Lessons</u>	<u>Liturgical colour</u>	Green
ORTON 10.45am	Family Service	Beverley Lock.	with Class1Orton school	
Sidesman Gerald Weston	Prayers	Angela Milburn	Readers	Mary Jenkin, Rob Willan
TEBAY 11,15am	Morning Prayer	Martin Dew	Leviticus 19 1-2, 9-18, 1Corinthians 3 10-11, 16-23	
RAVENSTONEDALE 9.15am	Matins	Martin Dew		
		Readers	David Vigar, Belinda Wood	

<u>Sunday 27th February</u>	<u>2nd Sunday before Lent</u>	<u>Lessons</u>	<u>Liturgical colour</u>	Green
ORTON 9.30am	Morning Prayer BCP	Beverley Lock	Genesis 1 1-23, Romans 8 18-25	
Sidesman Malcolm Coates	Prayers	Chris Bland	Readers	Ronnie Elliott
TEBAY 11.15am	H C Reg Capstick &	Beverley Lock		
RAVENSTONEDALE 6.30pm	Holy Communion	Beverley Lock		
		Readers	Dick and Janet Barlow	

<u>Sunday 6th March</u>	<u>Sunday before Lent</u>	<u>Lessons</u>	<u>Liturgical colour</u>	Green
ORTON 9.30am	Holy Communion	M Dew	Exodus 24 12-18, 2 Peter 1 16-21	
Sidesman	Prayers		Readers	
TEBAY 3.00pm	Songs of Praise	Beverley Lock		
RAVENSTONEDALE 9.15am	Morning Prayer	Reg Capstick		
		Readers		

SUNDAY SERVICES IN OUR CHAPELS FOR FEBRUARY 2011

Methodist Chapel		6th	13th	20th	27th	
Tebay	10.30am 6.30pm	P Dew *	T Dent 6.30 pm CS at Appleby	LA *	P Dew *	
Orton	10.30am 6.30pm	LA W Ousby	P Dew FS CS CS at Appleby	W Riley TP J Law	W Riley TP J Skinner	
Newbiggin-on-Lune	10.30am 2.00pm 6.30pm	LA FS * LA	* P Dew CS at Appleby *	* D Askew LA	* A Collinson *	
Ravenstonedale	2.00pm 6.30pm	LA D Marston	W Ousby CS at Appleby	P Dew LA	K Hewitson G Peterson	

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The View from Tebay

by Reg Capstick,
 Licensed Reader.

What a winter we have had so far. Over the holiday period it was viciously cold and now, although it is a lot warmer, we have wet weather. The icy conditions were in place when we had our two winter weddings at the end of December but in spite of the chill they both went off well. The carol service was conducted in a heatless church, thanks to the oil company not delivering, but those brave souls who attended appeared to enjoy it. The Christmas Eve Eucharist was not so well attended as in the past, probably due to the fact that weather and road conditions were so awful that night but the service, for me at least, was the ideal start to Christmas, even though I had enjoyed three pre-Christmas meals before that.

I was away over New Year and returned with a touch of laryngitis, having been voiceless for a few days. I am still convinced that it was partly caused by the shock of Newcastle United losing to Stevenage in the F A Cup but perhaps that was merely a coincidence.

Plans for increasing the use of St James and hopefully raising much needed future finance seem to be progressing well with several people who have not been active members of the congregation up to now showing interest and helping to form a new group to work alongside the PCC. I have been asked to take part in this group's plans and will do so willingly. Anything which can be done to encourage more visitors and ensure the future of our church is a blessing.

Talking of visitors, I have been sent a church magazine from St Mary's church. West Somerton in Norfolk which includes a feature on our church following a visit by one of their churchwardens to Tebay during last year. That church has a

tower at the west end as does St James' but there are several differences, most noticeably a thatched nave. From December edition of The Round Tower, which was sent to me, I learn that churches in East Anglia were built with towers because of a law promulgated by King Athelstan in the year 937 that "A bell tower must be built on the land of every Thegn" - in general terms, every modern parish. I very much doubt that C J Ferguson, who designed our church, paid any attention to King Athelstan's dictat.

Now that Christmas is definitely over we will soon be preparing for Easter, which is as late this year as it can be, but Ash Wednesday is on March 9th and Lent Meetings will start the following week. We will again be using one of the York Courses and the meetings will take place at 1 Mount Pleasant. More details of the dates and content of the six week course will be published in the March Link and sent out to anyone who is interested.



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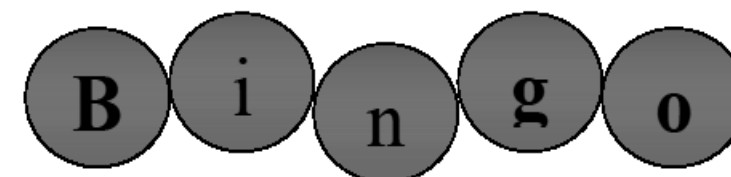
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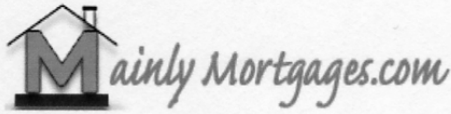




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-*n*— A wood god
-*n*— Sylvaculture--Forestry.
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Tebay Community Primary School News

Budding Actors and Festive cheer!

The Foundation Stage and Y1 and Y2 presented a beautiful version of the Nativity, "Busy, Busy Bethlehem", in December. The narrators were loud and clear and the songs cheery and up lifting.



The junior children all performed in "Edith's Wartime Scrapbook", the story of an old lady moving house and reminiscing when she finds a scrapbook made during World War II. The children acted out being families with soldiers at war, evacuees, being blitzed etc. A thought provoking production.

The Day Centre joined the school for the traditional Christmas Dinner...a real community occasion with Governors and parent helpers all chatting away.

On the last day a special Christmas Service was held in the chapel, with clarinets, recorders and singing.

Now, in the New Year, exciting themes are being taught: the Infants are in India whilst the Juniors study Ancient Greece.



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....

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Take away menu now available.

For group bookings, private functions, meetings, special diets or any information
contact Joanne or Steve on 01539 624286.

Due to requests we have opened our Evening Meal Menu to non-residents. If you would like to book a table or view the menu just ask.

Newbiggin-on-Lune Parent & Toddler group.
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,
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Orton School News
After School Clubs

After school club is a club we can attend after school.
On Monday we can attend Photography.
On Tuesday we can attend Film.
On Wednesday we can attend Dance.
On Thursday we can attend Sports.
On Friday we can attend Art.
We don't have to go to clubs if we don't want to, but they are great fun!

Star Competition

The star competition was a good success .We made some stars with glitter and cardboard. It was judged in church .The prizes were wrapped up in wrapping paper. Not all of us won but I don't think we were upset . Last year we did angels and before that we did wise men. By Emma

Weather!

There has been terrible weather recently like ice, snow and rain. People have been stuck in the snow and ice, we have had a few problems like not getting to school and water freezing and people slipping.
By James and Kimberley

NEW CAMERAS

We now have some new cameras and memory sticks for every class and we also have some others to use at After school club in the ICT club. Year 1,2,3,4,5 and 6 all got a memory stick each to save their work on for all subjects. We are still getting to grips with our new gadgets, and learning how to save our work on them so it is easier to load things when ever we need them. By Edward

CHRISTMAS PARTY

WE HAD A CHRISTMAS PARTY WE HAD PARTY POPPERS, PARTY FOOD AND GAMES IT WAS GREAT FUN EVERYONE ENJOYED IT. BY ARCHIE

Swimming

We have started doing swimming lessons at Appleby swimming pool on Wednesday. There are 8 levels. Reception to year 6 go swimming. We each have partners on the bus. We all have fun at swimming. We swim in 2 halves. We started on the 12th of January 2011. By Nathaniel and Shona

Christingle

At the Christingle there were a lot of people there. We sang some carols, we did some eating of our Christingle sweets and had a good time. Everybody in school made the Christingle with the ladies from the church.
By Lauren Hayley C.

Pantomime

On Wednesday of the last week of term, we went to see Danny Champion of the world and it was really good and it happened in Kendal. Lots of schools were there and they liked it too. We had ice cream when it was on a little break between acts. Then when it was 12.00 we had a packed lunch in the Brewery, then we went back to school. By Hayley and Rachel.

Success of Our School Play

Our school play was a great success because a lot people came to see it and we raised a lot of money. It was really good because we raised more than £100 we got £121 pounds! And that was fantastic for a little school and we are very proud of it. Thank You to all those people who supported us.

Gymnastics

This year we have started doing gymnastics on a Wednesday but we have only been doing it for a week. When we are at the end of the term we go to a gymnastics festival a Kirby Steven Grammar School. The teachers pick the best people from each class to go. We are all trying so hard, we all love gymnastics and hope we get through to the final. Eleanor and Joshua

Phil Dew's film

Phil Dew came in one day to show us a Christmas film called A Donkey's Tale. The film was about a silly little donkey who had to carry Mary, Jesus' mother to Bethlehem, but he faces many adventures on his way. We learned that all donkey's have a cross on their back because a donkey carried Mary not a horse.

Orton

FRIENDS OF ORTON SCHOOL

SPONSORED WALK (APPROX 4 MILES)

Saturday 5th March 2011

Starting from Orton Primary School at 1.30pm

Anyone can take part (parents, grandparents, aunts, uncles, brothers, sisters, friends etc), everyone will be very welcome, you can either get sponsors (forms are available in the Post Office or from the school office) or you can make a donation on the day.

All the money raised from the walk will go towards the Years 3, 4, 5 & 6 residential trips in April and May.

Please note that as a lot of the walk is over rough grassland we would recommend that you don't take very young children unless you are prepared to carry them, as the terrain is unsuitable for pushchairs.

* * * * *

Afterwards there will be tea and cakes in the school

Orton Farmers' Markets

The next three of these popular markets will be:

February 12th when the very popular harpists will be playing in church

March 12th

April 9th

Join us in Church for refreshments, bargains and a friendly chat.

In December we raised £1000

and in January £447

to help us continue God's work at All Saints.

Many thanks for your continued support

ORTON MOTHERS' UNION

Our next meeting with he Tuesday 1st February, 2pm at Angela's House

Bring a reading, poem, picture of some music of your own choice to share with us.

We always welcome anyone who would like to join us.

WORKSHOPS IN ORTON

Jan Hicks will be running a series of workshops at Orton Market Hall (5 mins from J38 of M6). The following are arranged so far:

Thursday 13 January Fabric colouration – dyes, fabric paints and more. Create special effects and backgrounds for further embellishment

Thursday 27 January Felt making. All levels, a general techniques workshop

Thursday 10th February Ragbags. Recycle old clothes into designer bags and purses

Thursday 24th February Nuno felt. Combine felt making with wool and openweave fabrics to create fine but strong fabrics which stand alone as scarves but can also be made into other items and further embellished

Thursday 10th March Textile jewellery. Embroider scraps of fabric (hand or machine) and use soluble fabrics or felt techniques to create all sorts of beads bangles and brooches

Thursday 24 February Needlefelt. A dry felt making technique which enables you to create sculptural forms or to combine wool fibres with materials which will not usually felt in with wet techniques

Those with all levels of expertise are welcome, please phone or e-mail if you want to discuss

All workshops run 10-4 and cost £25, including tea and coffee.

Weaving also taught at Jan's home at Raisbeck

Phone 015396 24249 or e-mail ivy-hall.hicks@googlemail.com for more information, to go on the mailing list, or to book a place.



Newbiggin-on-Lune

Don't miss! Lune Spring Players

Latest production

Simpkins is Dead!

A comedy by David Withey
(by kind permission of Samuel French)

Thursday, Friday, Saturday

**March 10th 11th, & 12th
7.30 p.m. at**

Newbiggin-on-Lune Public Hall

Reserve Tickets **£6, (includes refreshments)**

from :

David Morris 015396 23308
Or Richard Staley 015396 23263

Ravenstonedale Folk Dance Group.

Our Dance Club has started again for the spring season. We meet at 7.45pm on Thursday evenings in **Newbiggin on Lune Village Hall** through until April. New members (couples or singles) are always made very welcome at our friendly club, previous experience is not needed and new starters are always given extra help.

Why not give it a try?

The place where you can exercise mind and body and make new friends all on the same evening.

If you would like to know more, please ring Chris on 015396 24258 or Thelma on 015396 23329..

Newbiggin-on-Lune Public Hall

Easter fayre Sat 16th April

details in next link.

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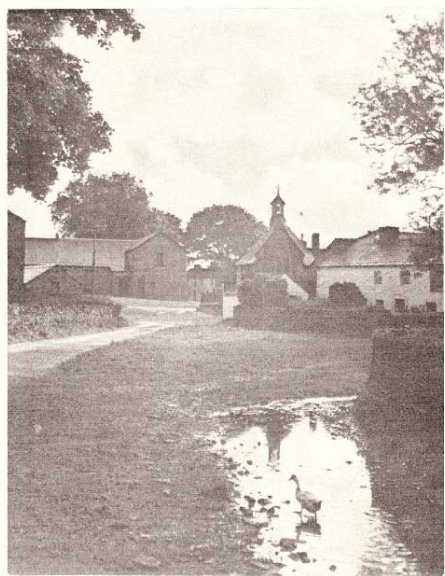
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sorry, discount isn't available on tobacco, lottery, phone cards, stamps & fuel

Newbiggin-on-Lune

Archive Moments, snapshots in time – Newbiggin on Lune



Above copy courtesy of Wendy Hunter. Opposite Enlarged section of above – who are they? Your relatives?
FC –Rdale Independent History Archive (frankrdale@yahoo.co.uk)

Newbiggin-on-Lune Public Hall

Contacts:
Chairman : Pauline Capstick Mob: 07973 502355
Secretary : Marion Law Tel: 015396 23409
Treasurer : Carl McLaughlin Tel: 015396 23674
Caretaker : Paul Boustead Tel : 015396 23477

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

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**

Orton

On Friday 25th March

Orton Church will be hosting a
Pies, Peas, Puddings
& Poetry Evening.

In the Market Hall at 7pm.

**Why not come and join us for an evening of
“Homespun entertainment”**

We have had two of these evenings in the past and they have been very enjoyable. Please put the date in your diary, listeners and readers equally welcome.
Full details next month !!!!!

ALL SAINTS CHURCH, ORTON

The PCC at All Saints would like to extend their thanks to everyone who contributes to the up-keep and care of the Church and graveyard. Numerous people help with cleaning, grass-cutting, key-rotta and assisting with the running of the monthly Coffee Mornings. Without their help it would be impossible for the PCC to do all that is required and we are very grateful for this support.
Also a big thank-you to all who support us financially by direct giving and attending the various fund-raising functions. Our gratitude and appreciation to you all.

ALL SAINTS CHURCH, ORTON.

February 12th 2011

In church from 10.30 am

(during the monthly coffee morning)

**Return visit of group from
NORTH WEST HARPISTS.**

Valentine Ceilidh

*with Chris Bland
and the Reunion Band*

**Saturday 12th February
Orton Market Hall
7.30 pm**

*on behalf of the Kasese Street Kids,
Uganda*

Bring - and - Share Supper
BYOB

£6.00

*Tickets from Orton Village Stores,
Chris and Olive Bland, or Chris and
Mary Jenkin
(or at the door)*

FRIENDS OF ORTON SCHOOL

Family Portraits

**Saturday 12th February 2011
Orton Primary School**

If you are looking for an extra special Mothers Day or Easter gift then come along and have your family portrait taken.

**The Family Portrait People are offering
a 10 x 12 inch photograph in a
wooden frame for only £12.**

(This combines quality with excellent value for money)
Additional photos can also be taken on the day but you are under no obligation to purchase these.

If you do not have children at Orton School but are interested in having your family portrait taken please contact Susan Thorpe 015396 24166 or Paula Coward 015396 24225 to book your place.

Orton

Orton Scribblers

Orton Scribblers writing group meets on the 2nd Monday of the month in Orton. Work in progress is always top of the bill, so bring it along for discussion and feedback. All meetings at 7.30pm.

2011

**January 10th at Mill House, Orton
February 14th at Mill House, Orton**

**March 14th at Mill House, Orton
April 18th OPEN MEETING at Orton Market Hall with guest speakers Brett Evans and Phil Robertson. "A Year in the Life of a Literary Magazine." The Co-Editors of PROLE Magazine talk about the highs and lows of its first year of existence, and share some of their favourite pieces.**

tel Sue Millard, 01539 624636 or Jackie Huck 01539 624266.

Age Concern Carlisle and Eden

— helping YOU to look to YOUR FUTURE Age Concern Carlisle and Eden wishes to see older people in the area remain independent and stay active in body, mind and spirit. We would like to explore ways of enabling people in the parishes of Tebay and Orton - and the surrounding area to make the most out of life as they grow older

As a 'first step' a questionnaire will shortly be circulated in which we are seeking the views of older people about their wishes, aspirations and concerns. We hope that you can take a moment to read it and respond to the questions and ideas it raises.

If you have any queries – or ideas you would like to share then please contact either Bernard Thornborrow 015396 24272 or Sue Maughan (Age Concern's Day Services Manager 01768 863618).

Age Concern Carlisle and Eden Community Home Day Care - Enriching Life for Older People

Could YOU help us transform the lives of older people in YOUR community?

Our hosts invite a small group of people into their home for a day – providing lunch and an opportunity to spend time in company.

Full training and support are provided. Expenses paid.

Interested? Want to know more? Please contact: Sue Maughan – Day Services Manager 01768 863618

SHAP MEDICAL PRACTICE

WE WOULD LIKE TO PUBLICISE THE AFTERNOONS WE WILL BE CLOSED FOR STAFF DEVELOPMENT DURING 2011/12. ALL SURGERIES WITHIN CUMBRIA WILL BE CLOSED ON THESE AFTERNOONS.

On these dates, our surgery will be closed between 1.00pm and 5.00pm. All emergency calls will be automatically transferred to CHOC, the emergency Doctor service.

2011

TUESDAY 18 JANUARY

2011

WEDNESDAY 16

FEBRUARY 2011

THURSDAY 17 MARCH 2011

NO SESSION IN APRIL

TUESDAY 17 MAY 2011

WEDNESDAY 15 JUNE 2011

THURSDAY 14 JULY 2011

NO SESSION IN AUGUST

TUESDAY 20 SEPTEMBER

2011

WEDNESDAY 19 OCTOBER

2011

THURSDAY 17 NOVEMBER

2011

NO SESSION IN DECEMBER

2012

TUESDAY 17 JANUARY

2012

WEDNESDAY 15

FEBRUARY 2012

THURSDAY 15 MARCH 2012

FROM DONATIONS RECEIVED, SHAP SURGERY EQUIPMENT FUND HAS PURCHASED THE FOLLOWING EQUIPMENT DURING 2009/2010:

Due to machine breakdowns from old age:

* A new ECG machine. This is an up to date machine which allows us to save the ECG results directly into the patients record which is easy for Doctors to view and easy to forward to consultants at hospitals when required. £3120

* A new ear syringe machine £200

* A new spirometer which is used by nurses to measure breathing capabilities of patients with asthma and COPD £1400

* A spirometry calibrator which ensures the spirometer machine is taking accurate readings £400

Equipment to kit out more surgical rooms in the new surgery:

* 2 blood pressure monitors £180

* 2 height measures £100

* Blood pressure cuffs £70

* Table top fridge to store urine/blood samples until collection £90

* Digital radio for the waiting room £100

* Another arm for the phlebotomy room chair which is used by all patients when having blood taken £100

* Another small printer to enable the printing of labels for blood samples £90

OUR SINCERE THANKS TO EVERYONE WHO HAS HELPED TO MAKE THESE PURCHASES POSSIBLE.

Ravenstonedale

Ravenstonedale Parish History Group

**High Chapel Room
Tuesday, 1st February
at 7.30pm.**

Presentation about the local Milner Family by Val & Stephen Fermer

For further information about Ravenstonedale Parish History Group please contact either Caroline Morris 015396-23308 or Val Fermer 015396-23693. For membership contact Membership Secretary RHPG ,

Nether House, Garsdale, Sedburgh,

Cumbria LA10 5NS or see

history@ravenstonedale.org

Newbiggin-on-Lune

LUNE LADIES

2ND FEBRUARY 7.30pm

There will be a demonstration by Shelia Capstick on the art of making marzipan fruits, it will be a hands on evening, bring your pinny !!

**SATURDAY 19th FEBRUARY
TABLE TOP SALE, IN THE NOL
VILLAGE HALL**

10AM - 4PM

**TABLES £10 ENTRANCE £3
WITH HOME MADE
REFRESHMENTS
CHILDREN £1**

2ND MARCH 7.30pm

A talk will be given by Karen Greenwood a lecturer on forensic science at University of Cumbria

6th APRIL 7.30pm

A talk by Jan Harker on 'puppy walking' Jan is a volunteer with guide dogs for the blind

THE VENUE FOR THE ABOVE IS
NEWBIGGIN ON LUNE
VILLAGE HALL

Come to our Half Term Holiday Fun Session

At Orton Methodist Chapel



**On Wednesday, 23rd February 2011
From 1.15 – 3.30pm**

Open to all children from Reception upwards

Crafts Lots of Games Snacks Quizzes

For further information or consent forms, please contact Paula Coward at the Post



Newbiggin-on-Lune Public Hall

Tatie Pie Supper

On

Saturday 26th February

7.30pm

Followed by Dominoes

Raffle

Tickets from M Law 015396 23409

£7 / £3 for primary children

Ravenstonedale

£5,400 saved for St Oswald's Church

In September 2010 Ravenstonedale PCC was faced with a very large bill from our electricity supplier, which we felt to be inaccurate.

One of our PCC members asked his solicitor son if he could advise us as to what we should do. Andrew Best, took on the case without charge and found that St Oswald's Church had been presented with a large, unclear and seemingly unfair electricity bill. Andrew concluded that the electricity company was at fault, having failed to properly notify the PCC that their preferential contractual rates were about to end. By early November Andrew was able to successfully negotiate a retrospective change of pricing over the term of the contract and for the current rates. This resulted in a direct saving to the PCC of around £5,400, Andrew is a partner and head of commercial law at HSR Solicitors, Doncaster. The PCC is grateful to him and his firm for sorting out this very complex problem, which they felt unable to solve.

HSR Law has 7 Partners and specializes in Wills and Probate, Tax Planning, Agriculture, Property, Employment Law and Commercial Law. If you have any queries, Andrew's number is 01302 347800 and his e-mail address is

andrew.best@hsrlaw.co.uk.

Squirrels – hard at work.

Glad to say that so far this New Year that we are seeing lots of red Squirrel activity, picking Hazel nuts from the feeding boxes and burying them in large numbers. They are not all wasted! We do not know what these squirrels do or why and the seeming "wastefulness" of expensive nuts is probably quite purposeful from the squirrels view point – squirrels probably do know best and have evolved in this way for good reasons. Keep feeding, please and report any Grey Squirrels to me as a matter of urgency, also report any signs of "poorly" red squirrel behaviour – lethargy, sores, "flu like symptoms" etc, or dead ones, even. Send information to Frank Chalmers 01539623638 or email frankrdale@yahoo.co.uk

Janet & Graham Paxman; say Farewell to all neighbours and friends in the area, and thank you for 29 very happy years as part of the community. We are sorry that due to a rather sudden departure we were not able to say goodbye personally to many of you. We shall keep in touch through the Link

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Carols in the Pub

raised £130.00 for **Wish List** a subsidiary of **The Oaklea Trust** a local charity based in Kendal, which gives care and support for the disabled in this area. Very many thanks to all those who came to join in and to the **Black Swan Hotel** who provided delicious mulled wine to help the singing along. Likewise our grateful thanks to piano accompanists Dick Barlow and Stephen Mott... and a very big thank you to Rev'd Carole Marsden who organised the singing brilliantly!!

Winter Warmers, Ravenstonedale

Saturday January 8th 2011

We wish to thank everyone for their help and support and we raised £430 for Church Funds. W&J

Forthcoming events

Through the year 2011

Tuesday, March 1st

Local History monthly meeting at High Chapel

Sunday, February 6th

Christingle Service at St Oswald's

Shrove Tuesday, March 8th 2011

Pancake Lunch at Flass

March 10th, 11th & 12th

Lunespring Players
'Simpkins is Dead'

Saturday June 18th 2011

Barbecue & Fete

Elm Lodge, Ravenstonedale

Sunday, August 7th

St Oswald's Patronal Festival

October 16th Sunday

Harvest Festival Lunch

November 27th Advent Sunday

Exchange of Embroideries Service.

December 14th Wednesday.

Carol Service

'Winter Warmers'

Beautiful views, bright sunshine and a warm welcome from William & June greeted all those coming to another excellent and successful 'Winter Warmers', which raised £400 towards St Oswald's Church. Very many thanks to William and June Ellis for organising the event and thanks too to all the helpers behind the scenes who provided soups of many varieties and sandwiches. And last but not least thank you to all those who supported us.

Ravenstonedale Endowed Primary School

January 2011



Out of this world

In school we are learning about space I am going to make a moon, and a space-ship. By Nathan

The new swings by Kodi and Leanne Year 6

You might have noticed, that across the road at Ravenstonedale park there is some new stuff. There are two new junior swings plus some baby swings and with our detective skills we think that they are on with a big basket sort of thing. Of course, this is good news and we are so excited we can't wait until they are finished! At the moment, there is a red banner around them because the work isn't finished yet.

We think that there is soft, spongy flooring so if someone falls off they don't hurt themselves. It also has a wooden base and chains. Because of the swings it has brightened up the park and we really hope that there is more stuff to come!!!! This is what people think in Year 6

Carla: "I think that it has made the park much better!!!"

Niamh: "Brilliant and fantastic!!"

Jack: "They look good. I can't wait until they are finished!"

Leanne: "Terrific and amazing!"

Kodi: "They make the park more exciting!"



Christmas Dinner By Dominic Holroyd

At the end of term we had a delicious christmas dinner with the teachers and the school governors, when we finished we had our party .

School Christmas party

At our School Christmas party we played cool games like chop the choc, and stir the porridge, we also got to eat lots of nice food. The most exciting part was at the end when Santa came, he gave us lots of great presents, Thanks Santa.

A change of Head Teacher by Carla Boustead, Niamh Marshall-Brownrigg and Hollie Boustead

When Mrs Tringham went to Ethiopia for a year, Mrs Webster our new Head Teacher came. She will be with us for a year. She is very enthusiastic about P.E. and is very good at teaching us and she is very nice. Mrs Webster teaches us on Monday, Tuesday and Thursday and Mrs Sweeting teaches us on Wednesday and Friday. Mrs Webster used to play Hockey and that is why she likes P.E.! Mrs Webster got us new maths textbooks and teaches us numeracy, literacy, science and loads of other stuff. Mrs Webster loves mountain biking in her spare time.

NEW P.E EQUIPMENT

On Monday 10th January our new P.E equipment arrived there was a spring board, which is very springy, we had lots of fun taking turns jumping over the box.

Mr and Mrs John Dent present cheques for £500 to Mrs Carole Clayton, Chair of Governors at Ravenstonedale Endowed Primary School. Mr Dent's mother was Headteacher for some years at Ravenstonedale School, and the donation was in lieu of flowers at her funeral.



Ravenstonedale

Velvet on velvet... Early one morning in the frosty dark, finding St Oswald's church was lit, I looked in to see what was happening. Not a lot! But I did notice a small furry person hanging upside down on the curtains inside the main body of the church – clearly an early morning Bat at prayer. This velvet Pipistrelle, covered in cobwebs was not in the best place for “his” hibernation.



Mr Pipi Strelle may well have lost some vital fat when he was trying to return to his proper roost, so the Bat Groups Paul Arckle, kindly gave respite care to P Strelle and with the administering of water, and rather large amounts of wiggly live Meal Worms (Hmmm! Delicious!), was released back into the tower. Thanks to Paul's daughters Rowan and Eilidh who supervised the release of the bat as it flew off to find his own upside down resting place. It was a delight to watch the tiny bat, become active, scampering quite fast, climbing and munching. Bats are scarce and in need of all our consideration – builders and home improvers especially. Our villages have some good examples of bat colonies and some renovations have been done in bat friendly ways – assessing before work is started what bats there may be, and how to best work without disturbing them. New Year's resolution – enjoy our bats and make sure they are here for future generations. FC Jan 2011

Open House @Low Chapel

The Open House coffee morning s are back again, Wednesdays 10.30 to 12 noon. Everyone welcome. The Rev Phil Dew brought a couple of his friends to the first 2011 session last month (see photos).



We are currently looking at “embarrassing photos” as a group project; over the last few months (end of last year, going forwards) we each bring old photos that depict us in a range of curious old garments and styles – flares, minis, bouffant hair, Afghan coats (Phil!), etc Who dares wins.... Fairtrade tea and coffee plus good chat; admission free, donations appreciated. If you have time to lend a helping hand (no skills needed), come along any Wednesday to discuss – we'll be very pleased to see you. Stan has redeveloped the Open House page of the Ravenstonedale.org web site (click on Open House) and we now have new photos, including more of the Phil Dew menagerie. As Phil would say “Come ON!” PS - Phil has promised to bring his Donkey next time, haven’t you Phil....

Salt Bins – the answer to Icy roads?

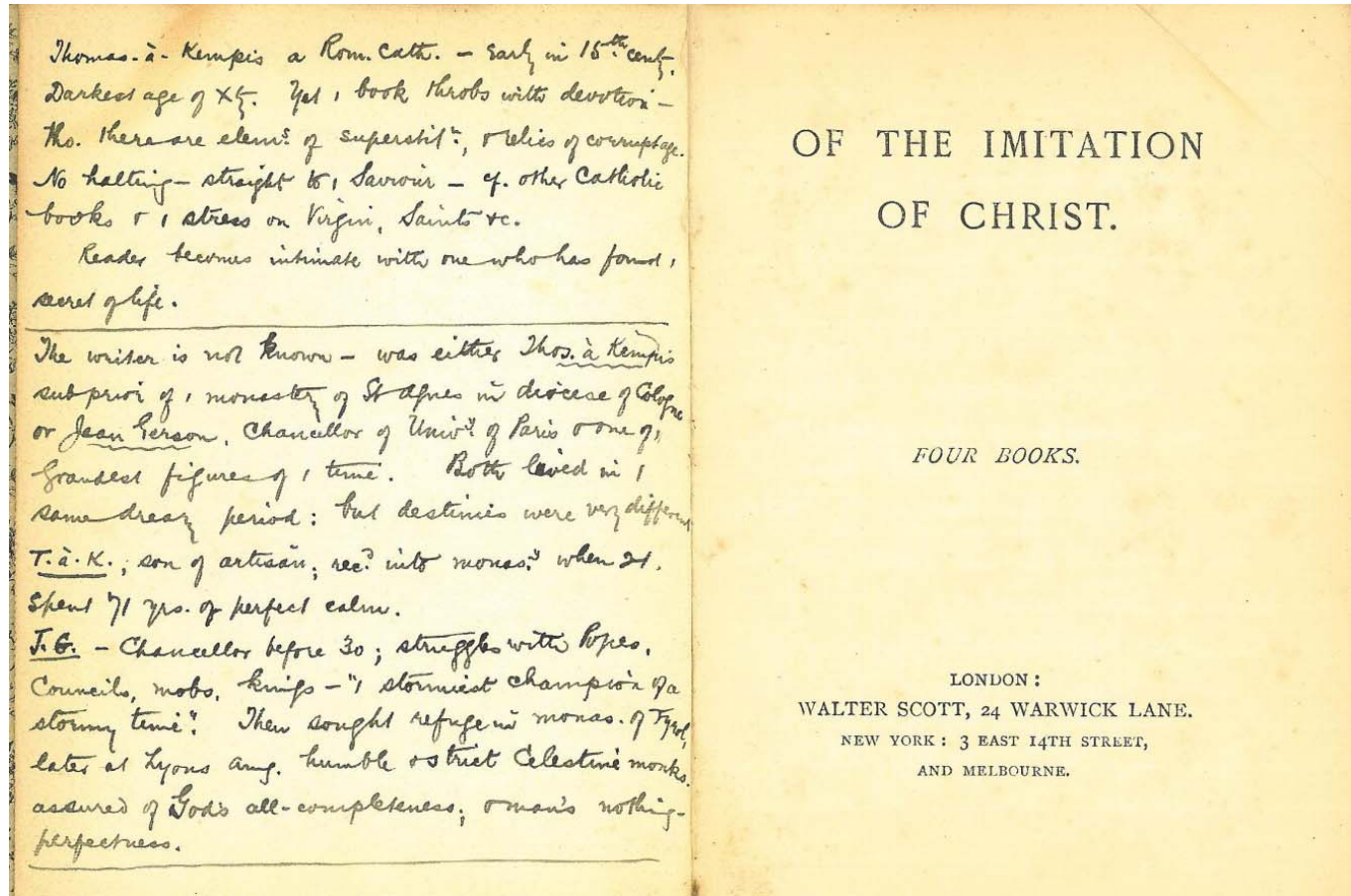
For the last two years we have had “extraordinary” weather and I feel we may expect more. In each village we have salt bins, which if used in an organised way can make our roads safer and passable. But do we fully use this valuable resource? Example – the hill leading out of Ravenstonedale from the Black Swan; this can be kept clear and ice free, usually, by the equivalent of one person, plus 1 bucket, 1 trowel & 1 spade plus 1 hours work every now and then- just keeping “on top” of the problem. There needs to be some analysis of which are the worst spots e.g. Garshill junction and which spots are strategic to cars being able to travel in and out of the villages – where to site existing salt bins, where to ask for new extra bins and especially who would, in the Big Society take voluntary responsibility to reorder salt and to regularly spread it, in a rota. Of course this would take “leadership” and imaginative motivational skills to set this up and to keep people engaged – I wonder who could do this, or which existing body could have done this sooner? FC

St Oswald's Church
Ravenstonedale
Christingle
with Ravenstonedale School,
For the Children's Society
followed by tea and cake
6th February
4.00pm
Everyone welcome

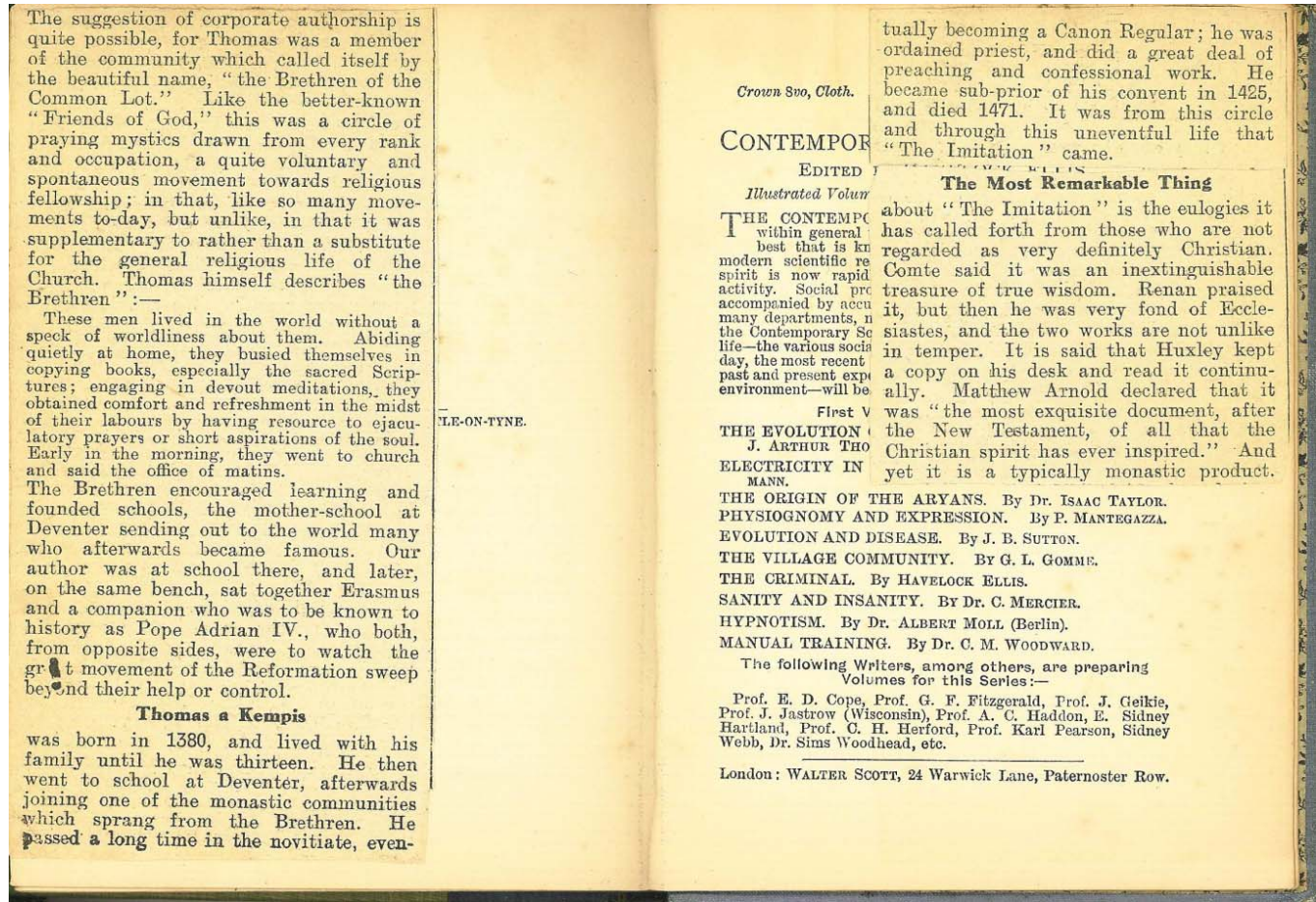
St Oswald's Church
Ravenstonedale
Ash Wednesday
9th March
7.00pm
Joint service for the High
Westmorland Parishes

Results of the UEFR
Lottery - February 2011
1st Prize - Mr and Mrs Galloway -
Waitby
2nd Prize - Caroline and David Morris -
Ravenstonedale
3rd Prize - Chris Metcalfe-Gibson -
Ravenstonedale.

George Manning, Minister of High Chapel
The history of High Chapel is important of itself; the Ministers who preached there were often erudite learned people of considerable standing. Here is an example of George Manning’s thinking through notes in his copy of “Of The Imitation of Christ” ascribed to Thomas a Kempis (or is it?)



George Manning’s annotations.



George Manning’s collected newspaper article, attached to the book.
FC –Rdale Independent History Archive (frankrdale@yahoo.co.uk)