

The Link

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



June 2014

**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**

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THE LINK DEADLINE IS THE 13TH OF EACH MONTH

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

Email: linkpines@hotmail.co.uk
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For Tebay: give to **Reg Capstick**,
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For Ravenstonedale:
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Advertising (finance only):

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All small display ads are £45 p.a.

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

A thought from the Vicarage

by the Revd Beverley Lock

Here is a question for you.

What do you get as a present
for a man?

Ok, I have to admit 'Father's
Day' is in my mind as are a
couple of family birthdays
coming up, but what do you get
for a man – 'they are hard to buy
for', as my old aunt used to say.

Part of me realises that we are
so lucky to have the problem.
We live in a world where we
have enough. So much so that
we have the option to use some
of our excess wealth to buy
presents for our nearest and
dearest.

Then some gentlemen have
consuming hobbies so we can be
sure that anything relating to
that hobby will bring pleasure. A
sophisticated or quirky tool for a
practical job works for some. A
book on their favourite subject
can be good. Recorded music or
tickets for a band or experience
related to their favourite star or
personality will 'go down well'
for others. Some like new
clothes or – well, socks are
always useful! Yes, it can still be
tricky.

The gifts given with the best
intentions do not always work of
course. I always used to buy golf
balls for my dad when he retired
until one day mum told me that
he had around 200. He was
sharp eyed and used to regularly
find more balls on the golf
course than he ever lost! He was
really sweet though and had
always looked pleased at
unwrapping another six such

offerings!

One thing that we all need,
male or female, young or old, is
respect. Treating everyone –
including our men folk - with
honour is important. Not just for
the hard work they have done
and still do today but for all they
contribute. This is what makes
any physical gift special. Yes,
men make mistakes – we all do.
Sometimes we all let ourselves
down and do things that make
others respect us less – that is
unfortunate. And yes, respect
has to be earned. However
memories can be sadly short and
the hard work, early mornings
and late nights, concentration,
effort, and so much more, can
easily be forgotten. Christians
believe God made us in his
image. So for Christians showing
respect for others, male or
female, recognises the Creator in
his creation.

So with Father's Day in mind -
to all – those who are physically
fathers and all those men who
contribute to our communities in
so many ways – thank you. As
the kids say – 'respect, man!'

(And if you could just drop a
few hints as to what you would
like for Christmas it would be
appreciated!)

Beverley Lock.

Orton "Drop-In"

Every Wednesday
from 10.30-noon in the cosy
schoolroom at Orton Chapel.
Coffee/cakes and a chat with
friends. Everyone welcome!

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

Cover picture: Revs. Carole Marsden and Jean Wright at the St. Paul's Cathedral
Service on May 3rd celebrating 20 years of women's ordination as priests

Notes from The Herald, June, 1914

Fine, warm, except 7th-9th (stormy and cold with snow on tops) and 17th-18th (violent thunderstorms). Hottest on Monday, 15th at 17F.

Orton The West Ward (i.e. Shap) R.D.C. is to ask the County Council (Kendal) to adopt the Orton Scar road within their W Ward area, part of the Appleby – Orton road.

Children from Orton, Tebay and Gaisgill were among the 3000 in the local Bands of Hope's Demonstration in Penrith on Thursday 18th (they escaped the storms). Began with tea then sports with an adults meeting in the evening. (These events died out in 1970s, the last being at Appleby c. 1975. I went to it.

JG)

Orton Sports on Friday, 12th had Cumberland and Westmorland Wrestling and the Tebay Temperance Band.

The Vicar of Orton (Rev. H.F. Tilbury) preached at Addingham's annual Long Meg Service – begun by their vicar in 1908. Hundreds attended and Penrith's Band led the service.

There were cheap tickets to Warcop Station for those going to the Rushbearing on 29th from all local stations including Tebay.

Orton Church needs £500 (present equivalent £40,000) for re-roofing, re-hanging the bells and renovating the organ, a very old one, not tuned these 10 years. A Bazaar to be held on Thursday, 1st July to help raise this sum.

Greenholme Annual Sports will be on Sat. 3rd July in a field lent by Mr. W. Atkinson near the school. Free tea for all Greenholme's children. Tebay Temperance Band will play. The event includes C & W Wrestling, also Ladies' Races (single and married).

Tebay School seeks Assistant Teacher (female, certificated). It

is run by Westmorland County Council through the local managers.

Cricket Tebay 46, Burneside 57; Tebay 46, Kirkby Stephen 41. No other news from Tebay!

Ravenstonedale Wesleyan Chapel Anniversary 30th and 31st May – a lot there, good givers. On Saturday Mallerstang Wesleyan Choir sang "Little Alec" a play.

Empire Day on Friday 19th was in the Endowed School suitably decorated. The pupils gave a concert at 3pm then all walked to the Black Swan Assembly Room for tea followed by Sports in Mrs. Capstick's field, the prizes given by Mrs. Metcalfe-Gibson. Fine weather.

Westmorland County Council considering cattle-ills; Cllr. Col. Mason: If you've a beast with TB, keep quiet. Knock it on the

head and bury it.

1864 (150 years ago)

The three yearly Court of the landowners of Orton and Raisebeck Townships was held in the Fleece Inn, Orton and comprised a dinner, toasts etc. They then reviewed their accounts and voted to spend their surplus on altering a beck and towards erecting the new Market House for the Butter Market – two of these held now, a great success. Various local gentry sent subs for this too during June 1864.

Joke 1914 Glum motorist standing next to his car. Second motorist hails him "What ho! You've trouble?" - "Some" - "What h.p. is she?" - "40, but 39 of them seem to be dead!"

Thanks to Jeremy Godwin for the Notes.

A Christian Alphabet—An occasional series.

F

Father: The title given by Jesus to God. His personal relationship with God was unique: he was the only begotten Son of God. But he said his disciples could become children of God by adoption: then they can address God as "Our Father". But it is only believers in Jesus who have the right to do that: John wrote, "as many as received Jesus, who believed in his name, to them he gave the right to become children of God." (John 1.12)

Fish: An early symbol of the Christian faith, dating from the period when the danger of real persecution made it helpful to have a secret sign to recognise fellow-believers. The Greek word for fish, "Ichthus", spells out the initial letters of the phrase in Greek, "Iesous Christos THEou Uios Soter", "Jesus Christ, God's Son, Saviour". 

Forgiveness: A crucial and vital element in our relationship with God. We are sinners – we do wrong, and disobey God again and again. This breaks our relationship with God and we are estranged from him, unless and until we are forgiven. Forgiveness has been won for us by Jesus through his death – "He died that we may be forgiven". But though God is now holding out to us forgiveness as a gift, we do not benefit from it until we accept it – which means acknowledging our sin, and asking for pardon through Jesus. **Forgiving others:** "Forgive us... as we forgive...." says the Lord's Prayer. If we hope to be forgiven by God, we have no right to withhold forgiveness from those who have wronged us, however dreadfully.

SUNDAY SERVICES IN OUR CHURCHES FOR JUNE 2014

Sunday 1st June

ORTON

Sidesman Jeff Mawson

TEBAY

RAVENSTONEDALE

Sunday after Ascension

9.30am Holy Communion

Sandra Ward and Chris Jenkin

Prayers Chris Bland

10.30am Joint Service with Methodists in Tebay Chapel

10.00am All Age Worship Fran and Tim

Lessons

Acts 1.6-14; 1 Peter 4.12-14, 5.6-11

Readers Mary Jenkin, Sarah Ward

Liturgical colour White

Sunday 8th June

ORTON

Sidesman Jim Milburn

TEBAY

RAVENSTONEDALE

Day of Pentecost

8.30am Holy Communion BCP Chris Jenkin

4.00pm 2@4 Beverley, Ian & Ronnie

10.00am Holy Communion CW Beverley Lock

Lessons

Acts 2.1-21; 1 Corinthians 12.3b-13

Reader Angela Milburn

Readers Hilary Law, Richard Best

Liturgical colour Red

Sunday 15th June

ORTON

Sidesman Jeff Mawson

TEBAY

RAVENSTONEDALE

Trinity Sunday

11am Family Service with Holy Communion

Beverley Lock

11.15am Holy Communion

Chris Jenkin & Reg Capstick

9.15am Morning Prayer Sandra Ward

Lessons

Isaiah 40.12-17, 27-31; 2 Corinthians 13.11-13

Readers Tom Oldham, Kathy Trimmer

Liturgical colour White

Sunday 22nd June

ORTON

Sidesman Chris Bland

TEBAY

RAVENSTONEDALE

First Sunday after Trinity

9.30am Service of the Word Sandra Ward

Prayers Ronnie Elliot

11.15am Holy Communion Beverley Lock

6.00pm Evensong Sandra Ward

Lessons

Genesis 21.8-21; Romans 6.1b-11

Readers Jackie Huck, John Burra

Liturgical colour Green

Sunday 29th June

Lessons Genesis 22.1-14;
Romans 6.12-23

Second Sunday after Trinity

10.30am Holy Communion Beverley Lock

Joint Service at Ravenstonedale

Liturgical colour Green

Readers Fran & Tim Parkinson



Sandra Ward
Ordination as Priest
3pm Carlisle Cathedral



SUNDAY SERVICES IN OUR CHAPELS FOR JUNE 2014

		1 st Pentecost	8 th Trinity Sunday	15 th	22 nd	29 th Conference Sunday
Tebay	10.30 a.m.	S of Pse LA	S Thackray 6.30pm Cnrxn Svce at KS	L Law 2 pm P Dew B	Gideons	P Dew HC
Orton	10.0 a.m. 6.30 p.m.	J Morton D Marston	P&H Stobart (LA) Cnrxn Svce at KS	P Dew HC T Longworth	K Coward R Colpus	2.30 pm D Law SSA *
Newbiggin-on-Lune	10.30 a.m. 6.30 p.m.	P Dew HC LA	D Thackray Cnrxn Svce at KS	K Hewitson LA	D Askew *	SSA LA *
Ravenstonedale	2.00 p.m. 6.30 p.m.	P Dew *	H Morton T Cnrxn Svce at KS	B Staley *	LA *	P Dew HC *

Vineleaf Fellowship: Every Sunday in Orton Market Hall, 10.30 a.m.

A VIEW FROM TEBAY

By Reg Capstick, Licensed Reader

The headline in the sports section of my paper the other day was "£50 MILLION FINE FOR CITY". A notice in Kendal the same day was "Hundreds more go to Food Banks." I have been a soccer fan all my life but the amount of money in top class football these days is obscene.

My mind goes immediately to a verse from Paul's first letter to Timothy, which begins "The love of money is a root of all kinds of evil. . ." This is often misquoted as "Money is the root. . ."

The above examples show as well as anything can the great inequality which persists in our society in spite of what some politicians might say. It may have been worse in the past but for those who suffer today it is still awful, I have no ideas how to remedy this situation and I must confess to being selfish, in that as long as I have enough to see me through I don't worry too much. I do, however, contribute to various charities such as Christian Aid, when I can.

Money, of course, had a part to play in our Exhibition Weekend, as that provides a fair proportion of our income for the year. So far the amount is down somewhat this year, though no fault of any of the people who contributed in either helping in any way, donations or attendance. The displays were of the usual high standard, and the food, so I am told, was as excellent as ever.

By the time you read this, the annual service at which the Archdeacon appoints the Churchwardens for the year will have taken place, and once again Linda and I will have been sworn in. I must state here and now that I would like to retire from the post, for a variety of reasons, but it is not yet feasible. As it is, we will both do our best to keep St. James' going for at least another year with the help

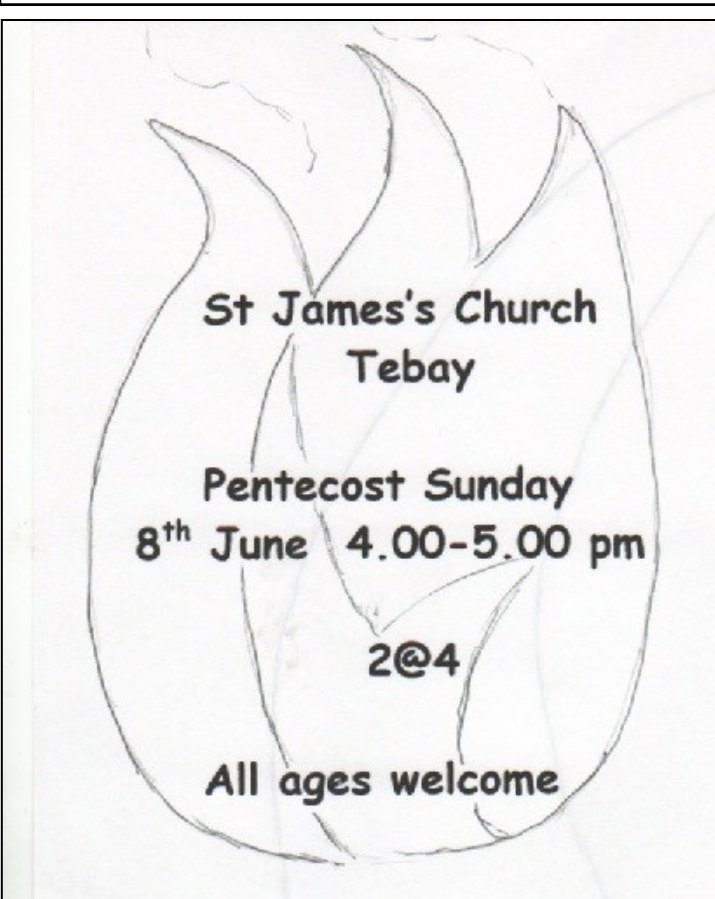
of the PCC and the Friends. But if there is anybody out there

One ray of light emerged (if that is the right word) at our APCM when I was relieved of the PCC Secretary's job. Elizabeth Crossley is taking over and I am sure she will do a fine job. All I have to do when I return from holiday at the end of May is to sort out all the required "stuff" to hand over – and no doubt throw out a lot of redundant paperwork.

I can't end without a mention of Lunesdale United. Both teams have had good seasons but neither managed to win a trophy. My role as Club President is a nominal one and all the work is done by an excellent committee, with Secretary Cath Allen the driving force. Unfortunately I will miss the end of season celebration as I will be away, but my thoughts will be with them all – committee, managers, players and volunteers who make Lunesdale one of the best-run clubs in Westmorland.

And I can't end without urging readers to visit The Hub at St. James' some time soon to see the improvements which have been carried out – the new chairs are worth sitting on if nothing else. Monday morning is the time for a visit to have a cup of coffee, a biscuit, a chat, and possibly choose a book to read. I am usually there, and though the regulars are a grand lot it will be good to welcome some new folk. Our church is still a vital part of the community and I pray it will continue to be so for a long time. God willing.

Tebay Methodist Church
ILLUSTRATED EXHIBITION
of
Books and Nursery Rhymes' Titles
by Flowers and Crafts
Saturday 28th June: 2-5 p.m.
Sunday 29th June:
Morning Service at 10.30 a.m.
Sunday Exhibition 2-5 p.m.
Afternoon teas served each day
Everybody welcome



St James's Church
Tebay
Pentecost Sunday
8th June 4.00-5.00 pm
2@4
All ages welcome

T E B A Y ° C L U B



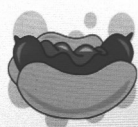
ENGLANDS WORLD CUP GAMES ON THE BIG SCREEN

ENGLAND V ITALY.....JUNE 14TH 23.00

ENGLAND V URUGUAY.....JUNE 19TH 20.00

ENGLAND V COSTA RICA...JUNE 24TH 17.00

FAMILY FRIENDLY, KIDS PRIZES & SPOT PRIZES



FOOD AVAILABLE

BOTTLES 2 FOR 1 ON ALL ENGLAND GAMES

(UNTIL 1ST GOAL SCORED)

ALL WORLD CUP GAMES BEING SHOWN

Tebay Sports Day

[For all the family]

2-4 pm, Saturday, 5th July

Tebay Recreation Ground

REFRESHMENTS

*** Fancy Dress ***

[Any theme. Categories: age 7 and under; age 8-11]

*** Stalls ***

Tombola, cakes

*** Children's Sports ***

Egg & spoon, sack, three-legged, running

*** Novelty Sports ***

Egg throwing, space hoppers

*** Face Painting ***

INFLATABLES

Visitors welcome!

Contact Phil Dew on 017683-71202
for further information

Tebay – 'Hub' of the Universe?

(connected to the world by road, rail and river
- and with God through prayer)

J'UNCTION – a new logo for a new initiative.



Why the apostrophe?
Answer – Unction is an
Old Latin word meaning
'anointing'. J stands for
Jesus, so J'UNCTION =
'Jesus' Anointing'

We want Jesus to bless us as Methodists and
Anglicans meet from time to time to pray together.
We met for 4 Tuesdays in February and plan to meet
again in 'The Hub' on Tuesdays 3rd, 10th, 17th and
24th June from 7.30 to 8.30 pm.

Tebay Community Hub Library and Drop In

Every Monday morning, 10.00am - 12.00pm

All ages welcome

Refreshments—Books to borrow and buy

Tebay Soccer School 2014



21-23 July

Tebay Recreation Ground



Children 8-11 years old

Application forms available from Phil Dew
017683-71202

Exhibition of Art at The Hub

After three years of grant applications, fundraising and physical hard work the project to convert the Vestry at St. James' Church into a Community Hub is now complete, and to show this off to residents and Friends there was an Open Day on Saturday 26th April. The drawings and watercolour paintings of James Henry Cookson were on display.

James was born in Kendal in 1883, and while still at school was awarded a national medal for Art. After school he worked in the factory of Arthur Simpson, as a wood carver and cabinet maker. During this time he continued with art as a hobby, producing many water colours of the Lake District.

He served in the army in WWI, and was posted to North India (now Pakistan) in 1916. He was there to protect families from Afghanistan raiders, who were attacking the villages while their men were away fighting on the Western Front. During his time in India he filled two notebooks with drawings and paintings, and it was these which were on display. They showed in beautiful detail the people, architecture and surrounding country that he witnessed.

During WWII, James turned to photography, capturing many studies of hill farming in that era. It was these photographs which first brought him to the attention of Judy Dunford of Orton, who with the permission and help of his great nephews, Bob Rutter and Will Garnett, used the photos in her book 'Heritage of the Hills' produced in 2007.

Judy was inspired to discover more about James and his work, and borrowed his Indian work from Bob, who has the originals. They are now in a

delicate condition, and Judy has spent many hours' work of careful scanning, to produce excellent digital reproductions which can be displayed.

Will Garnett gave a short talk, outlining a little about the gifted Cookson family, who were involved in the development of Kendal Mint Cake, in antiques, and one was a famous singer. Sadly they were almost forgotten, until the work of James came to light. He died in a Manchester hospital of a heart condition in 1947. Now, over 60 years after his death, he is achieving new fame because of his work passed down through the family.

After a delicious buffet, entertainment from The Community Choir concluded a very enjoyable afternoon. The choir under the leadership of Alison Mott sang a short selection of tunes including traditional and contemporary songs, with Meryl Aspen accompanying on the piano. Vicar Beverley Lock thanked everyone who had worked to make the event a success.

Our thanks go to Judy for arranging this exhibition for us and for the amount of work she has put into preparing it – also thanks to her and Hilary Wilson for providing lunch for our guests.

James Henry Cookson's work will be on display in Kendal Library from 1st - 31st July.

Jackie Huck



THE HUB ST JAMES' CHURCH, TEBAY

DISPLAY OF PAINTINGS AND DRAWINGS BY KENDAL ARTIST, JAMES COOKSON

Produced in India during World War I
and not previously publicly displayed

MONDAY 26 th MAY	10 - 12noon
SATURDAY 31 st MAY	2 - 4pm
SUNDAY 8 th JUNE	2 - 4pm
SUNDAY 15 th JUNE	2 - 4pm
SUNDAY 22 nd JUNE	2 - 4pm

Refreshments available

Rent The Hub for your party!

The Hub is now available for rental – it comprises an attractive round room which is carpeted and has comfortable seating, a kitchenette and a disabled toilet.

It is reached by its own entrance in Tebay Churchyard and there is ample parking. It is a suitable venue for meetings, courses and parties for up to thirty people.

Please phone 015396 24013 for further details.

Tebay Community Primary School News

Summer Term... all hard work and sport!

Tag Rugby

A happy team of children went from Y5+6 to play at the Tag Rugby Tournament in Penrith. After many games and improving team technic...they came second to Skelton and are through to the county finals!

Thank you to all who organised, trained and transported!



Cute and Cuddly

Class 1 have been looking at lots of "young" recently as part of their topic, from ducklings, puppies to kittens! Class 3 and Class 2 couldn't resist a sneak cuddle too!



Tennis Tournament

Three teams of four went to represent us at the Tennis Tournament at Penrith. All played well and one team is through to the finals!

E-safety training

Jeff Haslam came and delivered e-safety training to the entire school, with the parents being invited in with the Y5+6 and benefitting from their own training. Fascinating to think how quickly connections to you can be made through a few taps on an internet device! It certainly made us all consider how much information and networking we do!

The Selfish Giant

The children in Class 2 presented a beautiful performance of "The Selfish Giant". The solo singing, and dancing were captivating. The choral singing and effects cleverly managed. An interesting analogy between the friendship between the "crippled child" and the Giant and Jesus dying for our salvation.

Well done Class 2!



Sound Advice Cumbria

We Need Your Help – Please Call Us

Statistically, 1 in 7 people have a hearing problem: so it's more than likely you have a family member or friend that has a need for a hearing aid. Sound Advice Cumbria (*run as a charity*) is a 'drop-in centre' for the hard of hearing. With this notice we are hoping to encourage new volunteers to join us. We operate from 3 sites in Penrith, Keswick and Appleby.

Currently there is a pool of around 16 volunteers who staff the centres.

In most cases the only alternative to using the drop-in centres is to attend the Audiology unit at The North Cumbria University Hospital in Carlisle. Most visitors to our centres will be attended to within 10 minutes, during which the volunteers can exchange old batteries for new, re-tube hearing aids and give advice on using hearing aids.

We can also demonstrate many pieces of equipment such as amplifiers that can help with listening to TV / radio, loud / flashing door bells and amplified / text telephones. As you can imagine, our services are very popular.

Currently we have a requirement for 30 volunteer sessions per month to staff the centres, each of which lasts around 2 to 3 hours. If you can help, or know anyone who may like to help, would you please contact Lorna on 01768 864139. You will always be working with another volunteer and training will be given where necessary.

The 'drop-in centres' are held at:

Unit 1 Mostyn Hall, Friargate, Penrith CA11 7XR.

Thurs 4 to 6 pm – Fri 10 am to 3 pm

Tel: 01768 895553 - Email:

soundadvice13@gmail.com

Web Site: <http://www.soundadvicecumbria.co.uk/>

Keswick Hospital

Second Weds of the month –

9 am to noon

Appleby Health Centre

First Thurs of the month –

1 pm to 3.30 pm

Annual

Wilf's Shed Service

[High Lane Farm, Newbiggin-on-Lune]

For all the family

4pm Sunday, 13th July

- FREE BBQ & BUFFET -

*** Children's Fancy Dress Competition ***

*** Children's Picture Competition ***

*** Free Face Painting ***

*** Family Service - starts at 5:30pm ***

- FREE INFLATABLES -

*Contact Phil Dew on 017683-71202
for further information*

Sunday 8th June - Fix The Fells Volunteering Day

With the beautiful spring sun shining and the trees in blossom who wouldn't want to be enjoying time in the outdoors? Well here's a great opportunity.

Our friends at Fix the Fells are holding a volunteering day in Great Langdale. And they'd love you to come and join in their activities to see and experience what rangers and volunteers do to help protect and maintain the upland paths.

There's a range of activities on offer to suit as many people as possible and all the tools will be provided on the day. All activities require good walking boots, gloves and waterproofs (just in case!) If you need gloves, waterproofs or walking boots there'll be a selection available. For more information on the activities you can join, please visit the [website](http://www.fixthefells.co.uk) or email tanya@fixthefells.co.uk

Please sign up using the [online registration form](#)

'Twinkles'

Tue 9.30—11.30 a.m. at Tebay Methodist Hall

All welcome with or without children

Voluntary run playgroup

Activities changed on a weekly basis

Activities include; Painting, playdough, drawing, cutting, dressing up, slides, bikes, music, reading.

For more information contact

Amanda James 07733 180305

Orton

Orton Mothers' Union

Our next meeting will be on Tuesday 3rd June at Angela's house, 2.00 p.m. for discussion and prayer.

We extend a warm welcome to anyone who would like to join us.

If you would like information please phone Laura on 015396 24654

Mothers' UNION
Christian care for families

Orton Farmers' Markets

The next three of these popular markets will be:

**June 14th
July 12th
August 9th**

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

In May we raised **£448.63** to help us to continue God's work at All Saints. Many thanks for your continued support!

Orton Market Hall

This year marks the 150th Anniversary of the building of the Hall. It is planned to hold an Exhibition in the Hall at the August Farmers' Market.

Have you any memories or photographs you could share with us? If so please contact Wendy Higgins, Secretary to the Trustees, West End Cottage, Orton; Tel. 015396 24780.

ALTAR FLOWERS

The Altar flower rota is in church. Please add your name if you would like to do so. It is a lovely way of remembering a special person and celebrating an event in your life. If you would prefer to use the vases rather than placing flowers around the candles please do so. The vases can be found beneath the Altar.

Thank you

A sincere and heartfelt Thank you to all friends and neighbours for their words of sympathy, cards, flowers, cakes and hugs which meant a great deal at such a difficult time.

I have been overwhelmed by the kindness and friendship I have been shown and it has been a great comfort to me.

I am lucky to live in such a caring community; thank you all so very much.

Thank you all.

Sue Clough

'Tell the Gospel in your own words'

This is a five week course to be run weekly on Tuesdays from 2nd to 30th September 2014.

Its aim is to look at 5 weeks' lectionary passages and explore together the basics of putting together a 'talk' based on the Bible readings from the Common Worship Lectionary for those weeks.

This course does not commit anyone to speaking in public – it is an opportunity to explore the first stages of 'preaching'. It will however give participants the opportunity to gain confidence and find their own voice in a friendly and supportive group. The sessions will be an hour long followed by an optional additional session of coaching in presentation skills.

If you would like to join this group please speak to Beverley Lock (015396 24045) or Elaine Allison (01931 716771)

All sessions are at Orton Vicarage (CA10 3RQ).

Orton Sunday School and Young People's Anniversary

Come and join us for an afternoon for all the family
Sunday, 29th June 2.30pm
at Orton Methodist Church

Led by Derek Law

Drama and music by the children and young people

Refreshments served afterwards and a Bouncy Castle in the field if weather good



Everyone Welcome

Coffee Morning

A big Thank you to everyone who supported our fund raising event in Orton Market Hall on the 26th April. Together we raised a fantastic £572.03

Hospice at Home

Carlisle and North Lakeland

www.hospiceathome.co.uk

Registered Charity Number 1095708

Friends of Orton School

**Bike
Father's day
Ride
& BBQ**

**Bike
week
2014**

Sunday 15th June - from 1pm

**3 mile family ride
obstacle course
balance bikes**

£3 per Ind or £6 per family

ORTON MANOR COURT

Abridged Minutes of the Committee Meeting held on Monday 28th April 2014

1. **PRESENT:** 12 committee members. There were two apologies.
2. **Minutes:** Minutes of the Committee Meeting on Monday 10th February 2014 had been circulated and were accepted.
3. **Matters Arising from the Minutes:**
 - **Verges:** Wendy and Judy apologised that they had not yet written their letter to Diane Wood, Chief Executive of Cumbria County Council, but would do so shortly. Cumbria Wildlife Trust wants to collect wildflower seeds in July or August. Members were asked to pick up litter, and also to pull up any ragwort they found.
 - **Information Board:** The sub-committee had met and drafted information paragraphs about the village to go around the map and artwork, but further editing was needed. The precise positioning and mounting of the board have yet to be decided.
 - **Planters in the Square:** A range of colours, heights and flowering seasons is planned. The aim is to complete it by the end of May/
 - **Vehicle Access to Kirkland Cottage grounds.** Negotiations are continuing. Our solicitor would once again write to the company's solicitor.
 - **Trees:** Two trees in the land behind Beckside and Beckside Barn had been felled.
4. **Audit of expected expenditure:** Wendy had prepared a list of definite or possible financial commitments for the Committee to have in mind when considering possible expenditure.
5. **School Garden:** A letter had been received inviting a further donation of £150 for the Jubilee Sensory Garden. This was unanimously agreed.
6. **Howes Quarry:** A bid for the rental of this had been received, conditional on the drainage work being done. It is hoped to do this in mid-May.
7. **Treasurer's Report:** The savings account held £8,709.38; the current account £2,304.60, and three cheques are to be paid out.
8. **Meldykes:** Paul Arkle no longer thinks that we will get the Higher Stewardship – the scheme ends this August.
9. **Land at Park Lane:** possible rental will be considered in future.
10. **Beck Clearing:** Contact is to be made with the County Council Flood Surface Water Consulting Officer, as the Environment Agency only deals with main rivers.
11. **Dame School:** The interior information boards printed by Raven Graphics had been fixed and looked excellent.
12. **Any Other Business**
 - Raisbeck trees: another tree had been planted but there would be no more.
 - The Jubilee Tree plaque in Carsa Brow had now been erected
13. **Date of next committee meeting:** Monday 9th June, 7.30 p.m.
Date of AGM: Monday 28th July, 7.30 p.m.



The Plaque marking the Diamond Jubilee tree planted in Carsa Brow, Orton

All Saints' Church, Kasese, Uganda

Link Church with All Saints, Orton



This simple wooden shack was the church Mary and I visited in March 2008; but even then it was filled to capacity at three services (in three languages) on Sunday mornings.

When we returned two years later, it had been extended to accommodate the growing numbers they had attracted; and we learned that they had bought land behind the present church on which they planned to build a new, brick church building. They expected it to take 12 years to raise the funds; they had two offerings at each service, the second one being for the Building Fund.

By the time we paid our third visit in March 2012, the new brick building was well under way, and already they were deciding it was going to be too small to take the growing congregations; so they planned to incorporate a gallery on three sides. To the right is the Lay Reader, Robert Zziwa, who has led the church in these years of growth, standing in the unfinished building.



Here on the left is the design for the new church, well ahead of schedule. Robert has left, and is attending



University for training for ordination; the new trainee Reader is called Eric Bwambale.

The vicar we met at our first visit, Revd. Nelson Isebagheen, who still exercises pastoral responsibility for All Saints, has also started a Degree course at the same University. Some of us are helping both these gifted and godly men with their university fees.

Upper Eden Food Bank

The Upper Eden Food Bank is based in The Sands Methodist Church, Appleby. Four hundred and fifteen people including children have received food parcels since July 2012.

What leads to people getting help from the food bank? "They are all feckless layabouts!" some people claim.

No. They are solely referral based: i.e. people cannot come in off the street to ask for help. Referrals come from health and welfare professionals who will order a food pack to be placed at a strategic point for the person/family to collect.

The Upper Eden Food Bank recently paired with the Carlisle Food Bank, another independent one. Carlisle averages 40 enquiries per week compared with four to six in Appleby.

Benefit revisions and sanctions now account for ninety percent of referrals. The main cause for people needing the help of the Food Bank is the sanction system which can see a total cessation of all benefits from eight weeks to two years. The sanction can be applied for any number of reasons, from missing a DLA (Disability Living Allowance) appointment or being unable to attend, regardless of reason. One example was a person in Penrith who was sanctioned for eight weeks for failing to make an interview. In fact this person was in hospital in a coma at the time. Another person in Penrith failed to make the scheduled interview with the DLA office as he stopped on the way to attend to a victim of an road traffic accident. Result - an eight week suspension of benefits.

The "bedroom tax" plays a big part in some of our applicants' lives, especially in the Eden valley where the percentage of one bedroomed council rent homes is lamentably low, so single people or childless couples are having to take a hit of around twenty pounds per week. This doesn't seem a lot but if it's half your grocery bill you need help.

"Can you give us something that doesn't need cooking, because we can't pay for electricity?"

A homeless man sleeping in a car in Penrith arrived at the local Welfare office with nothing. The staff emptied the communal biscuit barrel in the staff room for him, as he had not eaten for some time. The Upper Eden food bank staff were contacted to provide him with a food parcel to take with him to the Hostel in Carlisle, which they did that day.

The Orton Drop-In on Wednesday mornings at the Chapel School Room provides an opportunity for local people to make a contribution, which is taken to Appleby every week.



Morland Parish Church Festival of the Arts

July 4-5-6, 2014

at Newby End Farm, Newby



Friday, July 4th at 7.30 pm

Deborah Milledge (Contralto), Anthony Milledge (Piano) and Jess Gillam (Saxophone)

BBC Young Musician of the Year
Woodwind finalist 2014.

This group came in at short notice last year and took the place by storm!

Don't miss them!



Saturday, July 5th at 3.00 pm.

Music and poetry, performed by our own local home-grown talent.

Saturday July 5th at 7.30 pm

Cornucopia —

an early music group based in Sedbergh.

They play a wide range of strange and ancient instruments from the medieval and

Renaissance periods, including crumhorns, gemshorns, shawms, cornetto, sackbutt, harp and many more. The programme, 'The Danserye', weaves together dance tunes and songs ranging from the 13th to the 17th century.



Sunday 6th, at 3.00 pm

Music for cello and piano played by **Polly Virr**, a cello

pupil of Emma Ferrand, with

Adam Davies (piano).

Exhibition of art and photographs

by

Karen MacDougall's Art Group and Gavin Young



Exhibition of vintage clothing coordinated by **Jenny Jones.**

Floral arrangements by **Patti Dawson.**

Teas organised by the
Church Social Committee.

Exhibition opening times: Friday 5.00 pm until 7.30 pm. Saturday 1.00 pm onwards, outside concert times; Sunday 2.00 pm until 3.00.

Full details, prices and tickets from:

David Jones, Newby End Farm, Newby,
Penrith, CA10 3EX. Tel: 01931 714338
david@newbyendfarm.co.uk

Orton C of E School

Tag Rugby

On 24th April, some children from year 5 and 6 went to a exciting tag rugby tournament at French Fields. They did very well winning most games they played. All the people that played had a fantastic time and came back with a smile on their face.

YEAR 3&4

MINI TENNIS COMPETITION

On the 9th May some tennis players from year 3&4 went to a mini tennis competition. Only 8 children were allowed to go from each school. The children who went from our school were Anna, Sarah, William , Josh, Eilidh, Frank, Oliver and Jenny. The competition was at Penrith tennis club. Everyone played really well and we ended up in 2nd place.

SATS

This week year 6s have been busy doing SATS while the rest of class 3 have been doing assessments. Year 6s have to do four SATS papers which are: mental maths, SPAG (spelling, punctuation and grammar), reading and maths.

By Olivia

Birds of Prey

On Tuesday 13th May we had a visit from Silverband Falconry display. There were some little owl chicks and we all got to stroke them . There was also a raven that flew off onto the school roof. Some of the grown-ups came to watch the display. It was very exciting.

By Katie and Rowan

Art

Class 3 have been working on their art for Greenholme Show inspired by William Morris and Vincent Van Gogh. We all drew Geraniums then painted them and made a pattern out of our drawings. We are going to make a BIG picture out of the photocopied drawing.

By Thomas, Seb and Martin

Jubilee Garden Update

The Jubilee Garden is nearly finished! YIPPEE! After a lot of back breaking work and brilliant donations, the Jubilee Garden is well on its way. In a few weeks the garden should be finished. We are all looking forward to the new garden.

By Molly, Martha and Sian

Corpus Christi

There will be a Solemn Eucharist celebrated for the feast of Corpus Christi on Thursday 19th June at 7.30pm at Kirkby Stephen Parish Church. This is one of the few services we hold at various times and places in the Deanery when we get together to celebrate Communion with a more 'high church' liturgical setting.

Whether this is your favoured style of worship, something new to you, or just for something different and a chance to get together with members of the congregations from across the Deanery, do come and feel most welcome. Choir members and singers are invited to join our choir for this service!

Choral Evensong

St. Andrew's, Penrith have a monthly Choral Evensong, using the traditional Book of Common Prayer words. This takes place on the first Sunday of each month and is led by a voluntary choir, including some members of St. Andrew's Choir and any others who wish to sing (including psalm, canticles and responses). The service is at 6.00 pm with a half hour rehearsal beforehand at 5.15 pm. Anyone interested is welcome to come along.

For further information contact Colin Marston (01768 863518).



FOR SALE
Beko Fridge Freezer
(Silver—Fully working)

H: 72" (183cm)

W: 27½" (70cm)

D: 23" (59cm)

£40 015396 24410

Shap Medical Practice at Orton

Trial change to Orton opening hours on Tuesdays

With effect from Tuesday 13th May 2014 we will be trialling different opening times for Orton Surgery on Tuesday only.

The clinic will be **from 9.15 to 10.15 a.m.**, and medication will be available from 9.15 to 10.30 a.m.

Please bear this in mind when collecting your prescription.

If you would like to give us any feedback regarding this change please telephone Sue Graham, Practice Manager, on 01931 716230. We will trial this for a period of two months and then make a decision as to whether it will be permanent at this new time.

NB: There will be **NO SURGERY** on Thursday 19th June or Tuesday 26th August.



**EXCITING NEW
COURSES STARTING
NOW!**

Website Shapcdc.org.uk

*We also offer **FREE** one-2-one IT sessions at times to suit you.*

Capturing Nature in Poetry

*Thurs 5th June, 5 weeks,
9.15-11.15am*

Tiaras & Head Adornments

Sat. 7th June, 10 -4pm

Felt Rugs

Sat/Sun 14/15 June 10-4pm

Silk Painting

Saturday in June (TBC) 10-4pm

**Hand Tied Bouquets &
Buttonholes**

Sat 5th July, time TBC

**Kite Making Workshop
For kids & carers**

Date in June TBC – see posters for details

**For further details contact us on
01931 716447**

or cdc@shap.cumbria.sch.uk

Orton and Tebay Local History Society

Thursday 26th June: "Mining in Cumbria" with Ian Tyler.

Orton Methodist Church at 6.30 p.m.

Thursday 24th July: "Lime Kilns" with Graham Brooks.

Tebay Methodist Church at 7.30 p.m.

100th Anniversary of the outbreak of World War 1:

Our meeting on Thursday 27th November will mark this notable Anniversary. We plan to have an Exhibition on Friday 28th-Saturday 29th at Tebay Methodist Church. If anyone has any mementoes, photographs or anything else that would be relevant to such an event, please tell one of the Committee, or phone Mary Jenkin (015396 24410) or Heather Ballantyne (015396 24623).

URGENT Action required

I am writing to let you know of our serious concerns regarding Tata Steel's application to quarry below the water table at Shap - please visit the following website for further information

<http://shapfellquarryconcerns.wordpress.com>

If you feel able to support our cause then please vote accordingly.

Please forward this to anyone who you feel may be interested in supporting us.

Janet & Edward Wood

Do you feel
Called to Serve God
in your everyday life and in your
church?



Join the '*Called to Serve*' course:
created for Christians in Cumbria

The sessions are spread over a year,
from **September 2014 – July 2015**

What is it? An opportunity for you to

- Explore God's special calling to you
- Grow to serve God more fully and confidently
- Discover what God wants for his church and world

It will be exciting, stimulating, friendly and enjoyable!

When? 18 meetings (3 Saturdays and 15 weekday evenings, fortnightly, in term time) spread between 27th September 2014 and 4th July 2015

Where? Choose between:

Carlisle on Mondays

Kendal on Thursdays

Cost: Only £150 for the full year

Called to Serve is open to Christians of any denomination (a joint Anglican and Methodist initiative)

Come to a taster Evening, 7.30 – 9.30pm at:

Kendal: Thursday 12th June, The Gate, 128 Stricklandgate, LA9 4QG

Carlisle: Monday 23rd June, University, Fusehill Street, Carlisle.

For information contact Canon Amiel Osmaston:
Church House, West Walls, Carlisle CA3 8UE
Tel: 01228 815406
ministry.dev@carlisle-diocese.org.uk

Hospice at Home

Carlisle and North Lakeland

www.hospiceathome.co.uk

Registered Charity Number 1095708

*Letter to Bill Lawler,
Orton Church Treasurer*

Dear Mr. Lawler,

I would like to thank you for your generous donation of £375.00, which you have raised from refreshments after church services. This money will allow us to provide vital end of life care in North and East Cumbria.

Hospice At Home Carlisle and North Lakeland simply couldn't exist without the generous support of the local community. The NHS provide us with a grant, however this only covers less than a quarter of our total running costs. I'm sure you will understand just how vital your support is—just to keep the charity going.

Demand for our service continues to rise and last year we saw a 13% increase in the number of patient referrals. Since the charity was established in 1997 our nursing team have cared for almost 4,000 patients in their own home and provided specialist palliative care at the end stages of life. Home is such a special place for us all and Hospice at Home gives people a choice to remain within familiar surroundings at this difficult time.

On behalf of all the patients and their families you are helping, thank you again for your valuable support.

Yours sincerely,

Sheila Thompson
Charity Director

Grasmere Music

The next "big" choral service at Grasmere is on June 8th at 6pm - another Come and Sing evensong, this time for Pentecost. It will be from the BCP as before. Practice from 4pm (tbc). Stephen Mott is putting together some ideas for this, but in the meantime, please indicate your readiness to attend - and bring other singing friends please!

(If any singers would like to meet for rehearsals in the Tebay/Shap area, please let Stephen know. (Tel: 01931-716122))



CHRISTIAN AID LUNCH

Thank you to everyone in the parishes who supported our recent "Christian Aid Week." The "Soup Lunch" was a real community success and "get together." And the soups well if you couldn't be there, we can only say that you missed out on an amazing array of delicious home-made soups & equally delicious cakes. Also a special word of thanks to all who helped with the lunch by getting the hall ready, serving and working in the kitchen, cake makers and soup makers etc.

Thanks to the generosity of everyone, to date the sum of **£485** has been donated to Christian Aid.

Olive & Chris Bland



Free VEG events help Eden get growing

If you'd like to grow food but don't know where to start, come and see how people across Eden are turning their lawns and tubs into veg patches.

The Visiting Edible Gardens (VEG) programme sees residents opening up their gardens and veg plots to visitors each month until winter, organised by the Penrith and Eden District Freegle group. All the events are free, and are part of Freegle's 'Grow Your Own' campaign to help people across the district grow food.

"VEG gives people a chance to see what grows in Eden, ask questions, get tips, meet other growers, and even get some free plants and seeds," said Chris Cant from Freegle, which is a free website where people can pass on things they no longer need, or ask for things they do want – including gardening items.

The June VEG event is in Church Brough, where a new resident has begun planting out a fruit and veg garden (29 June, 2pm). In July, there's an opportunity to visit an established garden and polytunnel in Glassonby, with experienced grower Peter Clarke (20 July, 2pm).

For full details and to book a space, visit www.penrithact.org.uk/veg or call Chris Cant on 01931 713240. The Freegle 'Grow Your Own' campaign is part of the Sustain Eden programme, funded by the Big Lottery and managed by Cumbria Action for Sustainability (CAFS).

Maulds Meaburn Village Institute

Coffee Morning—Monday, 2nd June 10.30–12noon

Enjoy delicious cakes, biscuits and scones as well as the coffee and chat!

And, in addition, meet representatives of OPT4: the Cumbrian Not-for-Profit Company, who can give you impartial advice on how to reduce your energy costs.

Cheaper Tariff

You can now switch to a cheaper tariff for your gas and electricity right here in Eden, thanks to a new service launched by Opt4 Community Energy in April. Opt4, a not-for-profit organisation based in Penrith, is now accredited to take you through the whole process of switching providers: from checking for the best available tariffs, through to getting the switch done for you.

By choosing Opt4 when you want to change energy providers you'll save yourself money on your energy bills and you'll also be helping the community. For every switch Opt4 carries out, the energy companies pay Opt4 a small one-off commission at no cost to the customer, and all profit will be reinvested in energy efficiency and renewable energy schemes that have the support of the Cumbrian community.

If you'd like to get onto a cheaper tariff for your gas or electricity, just ring 01768 593110 or visit www.opt-4.org. If you haven't switched for a while, dependant on your usage you could be paying several hundred pounds more than you need to!

Maulds Meaburn Village Institute

Rory Stewart

MP for Penrith and the Border
will be speaking at our Village Institute at

7.30pm on Friday, 6th June

*'Borderlands: a walk through the vanished
Middlelands of Great Britain. The history of the
Border and some comparisons with Central Asia.'*

Advance booking: please ring Ron & Sheila Smith:
01931 715 509

Tickets are £8-00 (£4 for under 18s)

Ravenstonedale

Forthcoming events

Summer 2014

Monday, June 24th

**Bible Discussion Meeting—
Manor House at 7.30pm**

Sunday, June 29th

**Sandra Ward's Ordination—
Carlisle Cathedral 3pm**

Saturday, July 12th

**Concert - Sacred & Secular Songs
St Oswald's Church**

Bible Study and Discussion

Monday, 23rd June

Manor House, Ravenstonedale 7.30pm

Come and join us in a friendly and informal atmosphere whether you're a believer, a doubter or someone just interested in the nature of faith. The discussion is interesting, often thought provoking, and a chance to exchange ideas.

Led by Beverley Lock

All welcome

St Oswald's Church, Ravenstonedale

Spring Boon Day

in St Oswald's Church Yard

Wednesday 11th June (or Thursday 12th if wet)
from 9am onwards

Many hands make light work

Please come if you can

St. Oswald's PCC presents

"The Look of Love"

An informal musical evening celebrating the theme of love in a collection of classic & contemporary songs.

On Saturday 12th July at
St. Oswald's Church

Look out for further details in the July Link

RAVENSTONEDALE PARISH HISTORY GROUP

Come along on Thursdays
2.00pm – 4.00pm

**to High Chapel Community
& Heritage Centre**
(other times by arrangement)

to view

Transcribed Parish Registers from 1650 – 1826
Poor Relief Returns for 1780, 1856, 1867,
1869 & 1871 showing occupiers and
owners of properties
Transcripts of British Newspaper Archives
reports which mention Ravenstonedale
plus old locally collected
newspaper cuttings
Many old photos including school photos
with pupils named
AND MUCH MUCH MORE!

For more information

Contact: Chris Elphick on 01539 620605
or Val Fermer on 01539 623693 or
e-mail history@ravenstonedale.org

Upper Eden First Responders

May Lottery Winners are as follows:

First Prize: Mrs E Eyre - Kirkby Stephen

Second Prize: Mrs Helen Staley - Ravenstonedale

Third Prize: Ken and Thelma Mayfield - Newbiggin
-on-Lune

Joke

A hiker came upon a farmer in his field, milking his cow.
"Excuse me," he asked, "Can you tell me the time?"
The farmer reached out his hand and lifted the cow's udder.
"Just quarter past four," he said.
"That's amazing!" exclaimed the hiker. "You can just tell what time it is when you lift up her udder? Is it that you judge the amount of milk she has?"
"Not exactly," replied the farmer. "When I lift up her udder I can just see the church clock!"

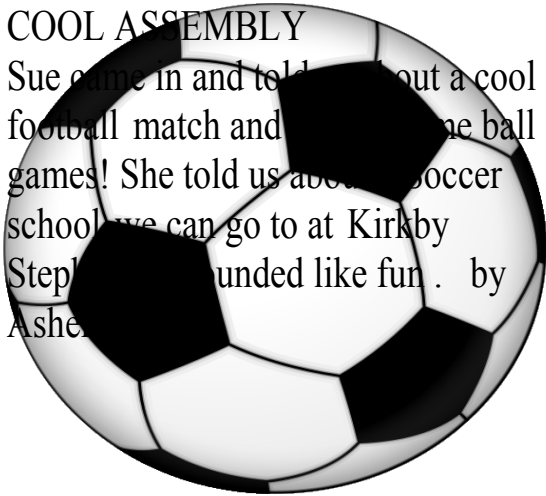
Ravenstonedale Endowed Primary School

Forest School

On a Friday we do exciting things across at the Woods, and at the park. We have been learning about sounds around us and different things we can hear in the environment. We have also been learning about nocturnal animals and how they live. Forest school is fun; we even stay out when it's raining.

COOL ASSEMBLY

Sue came in and told us about a cool football match and some ball games! She told us about a soccer school we can go to at Kirkby Stephen. It sounded like fun. by Asha



S.A.T.S week

The year 6s are doing SATS. The years 6s are Sam, Robbie, Hollie and Dan. There is a Spelling, Punctuation And Grammar, reading comprehension, maths and literacy. At the end of the test we get a treat; Monday is going to the park and picnic, Tuesday is ICT session (bring in tablets, iPad and phones), Wednesday is going to café at Orton, Thursday is going to Sam Hutchinson's granddad's farm.

By Hollie Boustead

Reflecting

We talked about reflecting and what reflects. We wore reflective jackets and looked at what they were made of. Reflective things when shine onto reflective things.

St George and the Dragon

Class 1 made dragons for a display, we also made Shields. The shields we made we had to draw things that represented things we liked and do.



Newbiggin-on-Lune

Newbiggin on Lune Methodist Chapel.

Come and join us for:-

- Sunday Services – weekly at 10.30am 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 **23033**

Coffee and Chat

The church will be open every Tuesday morning. You are welcome to pop in between 10 and 12 for coffee, cake and chat. We would love to see you every week or just once in a while. It's good to get together.

Lunch Club

Our monthly lunch clubs will be held on the first Tuesday of each month through to April.

You are welcome to join us for soup, sweet and coffee at a cost of £5.

A warm room, good food and plenty of chat!

Newbiggin on Lune Methodist Church

Sunday School Anniversary

Sunday 29th June at 10.30 am.

Everyone very welcome.

Newbiggin-on-Lune Public Hall

Mid-Summer Family Barbeque

Friday 20th June

6.30 pm onwards

Bar available

BIG JAM BAND

Tickets £7 adults / primary children £3.50

Contact M Law: 015396 23409

Are you interested in

**sewing / knitting / quilting / sharing skills
and chat ?**

We meet every Tuesday 7-9pm at

Ravenstonedale High Chapel Community Centre

Just come along or ring Ann on 015396 23565

Claiming dates for Newbiggin-on-Lune Public Hall

Ann Breen Sat 11th October

LUNE SPRINGS LUNCH CLUB

Newbiggin on Lune
continues to meet once a month
and you are welcome to join us.

Please contact Sally 23230 or
speak to Norman Ousby

Newbiggin On Lune Parent and Toddler Group

Every Friday morning (term time)
9.30am - 11.00am

in the Methodist Chapel Schoolroom
Toys and Activities for children under 5
Children over 6 months £1.50 (includes
refreshments)

For more details contact

Chairperson : Paula on 07951 523433

Treasurer : Margaret on 015396 23498

YOMP

Paul Boustead is walking the 23 mile Yomp at
Kirkby Stephen on 1st June to raise money for
Epilepsy Action and the Newbiggin-on-Lune
Methodist Church roof fund. If anyone would
like to sponsor Paul they can contact him on

23033 or donate online at

www.virginmoneygiving.com/Paulboustead

Newbiggin-on-Lune Public Hall

Contacts:

Chairman : Paula Marshall-Brownrigg

Tel: 015396 23676

Secretary : Marion Law Tel: 015396 23409

Treasurer : Carl McLaughlin

Tel: 015396 23674

The Vicarage, Newbiggin-on-Lune, Kirkby Stephen,

Caretaker : Anne Brownrigg

Tel: 015396 23594

**All bookings should be placed with the
Caretaker**

All payments to the Treasurer.

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family member?
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help at the touch of a button

ECA's care alarm service can help
you to feel safe in your own home
and maintain your independence

Our Emergency Response Service
is available

24 hours a day 365 days a year

call us on 01768 890657

email: eca.admin@btconnect.com
web: www.ecalarms.com

Eden Community Alarms,
12 St Andrews Churchyard, Penrith

Registered Charity No 1087503
Company Registration No: 4157043

LUNCHEON CLUB FOR THE OVER 50'S

AT THE GEORGE HOTEL IN ORTON (015396 26046)

THE **LAST WED** OF THE MONTH

25th June & 30th July

START 12 NOON CHOOSE FROM

4 MAIN COURSES £5.00 3 PUDDINGS £2.50 TEA & COFFEE £1.00

INCLUDES A QUIZ & GAMES AFTERWARDS

FINISH APPROX 2.30

EVERYONE WELCOME - FOR MORE DETAILS CONTACT HAZEL

Mel Brown

**LADY INTERIOR PAINTER
& DECORATOR**



MOB: 07833 928623

TEL: 01539 626121

Liam Kelly



Fast Local and Reliable

22 Guldrey Lane
Sedbergh
LA10 5DS
Tel: 015396 21074
Mob: 075315 89581
Email:
liam097@me.com

Computer Setup
System builds
Data recovery
Password recovery
Upgrades
Laptops
Advice or help

Facebook: IK's Computer Service

Old School Tea Room

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

Open Weds - Fri, 10.30am — 3.00pm

Weekend 10.30 - 5.00 pm

Free Tea or Coffee in March with any other purchase!

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

OddJob
No Odd Job Too Small



Handyman Services

Contact Adrian on:-

01539 623 495

07811 944 423

www.adrianswift.com/oddjob

J N & E Capstick **INSURANCE CONSULTANTS**

*A local company small enough to care, but big enough to compete
Farm, Home and Motor Insurance*

Market Square, Kirkby Stephen CA17 4QT. Tel. 017683 72285 –
36 Main Street, Sedbergh, LA10 5BP. Tel. 015396 20124
Email: sales@capstickinsurance.co.uk www.capstickinsurance.co.uk

J N & E Capstick Insurance Consultants are authorised
and regulated by the Financial Conduct Authority

In the Frame for

Picture framing and giclee printing

The Old Post Office, Kirkby Stephen
www.cumbria-framing.co.uk 017683 72661
open Tues-Sat 0930 -1530.

Kassandra's **mobile hairdressing**

offering hairdressing services
in Clients own homes.

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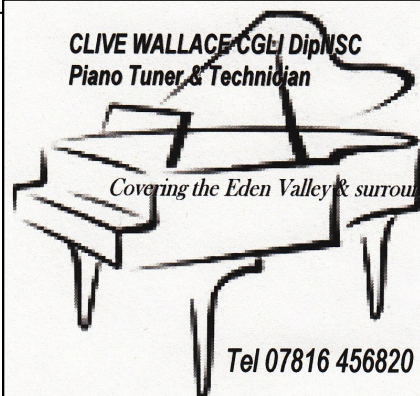
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