

Keeping in Touch

During lockdown, we are not producing our usual monthly Newsletter. Our regular news and updates are going out through our e-news. If you receive our Newsletter by e-mail, you are not automatically subscribed to that list and will need to subscribe separately.

(Send an email to: spclark1@btopenworld.com)

To receive our regular e-news, please send an e-mail to David Jones (david@newbyendfarm.co.uk) as follows:

"please subscribe me to the e-news circulation list"

Worship Services

If you haven't already heard, during lockdown, all our services are now on our YouTube Channel:

https://www.youtube.com/channel/UC6iZVadGymIBC04aEEOJryw?view_as=subscriber

We offer Sunday services (around 30 mins each), weekday prayers or spiritual communion, and services for special events.

Anyone can view our services without a YouTube account. If you do subscribe to the channel, you will receive notifications when we post a new service. We also let you know through our e-news (see above).

Facebook

We also have a FaceBook page:

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

This is a good way of keeping in touch with latest news. We also conduct family worship and online Messy Church services on FaceBook.



The North Westmorland News is available via email!

Please send your email address to: spclark1@btopenworld.com
& receive the newsletter before its paper publication date.

Thy Kingdom Come

From Ascension Day (21st May) to Pentecost (31st May) is Thy Kingdom Come, a worldwide call to Christians to pray for the coming of God's kingdom. There are lots of really easy ways you can participate:

- Pray the **Lord's Prayer** daily
- Pray daily for **5 folk** known to you who do not yet know Jesus and his love
- Download the **Thy Kingdom Come app** for more resources, including daily prayer.
- Follow daily prayer **on our YouTube Channel** (beginning with our Ascension Day service on 21st May)
- The **Digital Family Prayer Adventure Map** is particularly good and fun. You can order the map or download it. When you download the App onto your phone, you can play Bible-based games and engage in fun, creative family prayer together, just by pointing your phone at various parts of the map.

Just Pray! Especially for those parts of the world and our lives that need God's kingdom of justice, mercy and peace

More information can be found on the global website:

<https://www.thykingdomcome.global>

Revd Stewart Fyfe
Rector, the North Westmorland Parishes
Rural Dean of Appleby
The Vicarage
Morland
Penrith CA10 3AX
01931 714620

As members are aware, the outing which was planned for June was cancelled. I hope that you are all well and finding interests or hobbies to fill your time. I think that we should all have beautiful, tidy gardens to enjoy this year, and we have even had the lovely weather to enjoy them. We must remember how lucky we are to live in this beautiful area. It will be good to hear everyone's stories of lockdown when we are able to meet together again.

In the meantime, you may like the following which was sent to us by a friend :--

Beatitudes for these days

Blessed are they who wash their hands,
for they shall hold living water;
blessed are those who keep their distance,
for they shall draw closer to God;
blessed are they who self-quarantine,
for they shall help others;
blessed are those who do not hoard,
for they shall feed families;
blessed are those who sing songs to sheltering neighbours,
for they shall be members of the heavenly host;
blessed are parents who learn to teach at home,
for they shall learn from their children;
blessed are they who shop for older folk,
for they shall receive everlasting thanks;
blessed are the front line workers,
for they shall be called healers of humanity.

Thom M Shuman (An Associate Member of the Iona Community)

Many apologies for the many rather pathetic attempts at humour throughout this issue. I had many spaces to fill not wanting to alter the pagination which would have created a great deal more work. Do feel free to ignore them!

I hope that all our readers will have patience until we can resume normal service, who knows when?

Please keep safe and well.

Ed.

Morland Parish Council News

It is hoped that the date of the next meeting of Morland Parish Council is:

Monday 13th July at 7.30pm

The Village Hall

Please check the parish council website for updates as the meeting will only go ahead if it is considered safe and sensible to do so

The remaining meeting dates for 2020 are:

Monday 14th September at 7.30pm

Monday 9th November at 7.30pm

Thank you,

Morland Parish Council
www.morlandparishcouncil.org

Tea, Coffee & Chat
Morland and Newby Village Hall
 Every Thursday **9:45am—11:00 am**
 (Term time only)



All welcome
 Come and join the chat.

Open to all ages.

Mums/Dads/Grandparents/carers/
 singles -

Bring your babies and toddlers -

Come on your own -

Housebound? Ring for a lift.

01931 714238

Great Strickland Village Hall Events 2020

Saturday 20th June - Village Fun Day - from
 1.00pm

Sunday 19th July - Village Big Breakfast-
 from 10.00am

Saturday 12th September- Steak Night from
 7.00pm

Friday 25th September- Mikron Theatre
 Company - from 7.00pm

Thursday 5th November- Bonfire night
 from 6.00pm

Children's Xmas Party - Date/time TBA

All details will be on village notice boards
 and on Facebook (@greatstrick)

**Check local details for any cancella-
 tions**



To all who feel the need for more spiritual food throughout this
 'lockdown' time of life.

As well as the excellent on-line services to be found on our Mission Communi-
 ty 'You Tube' channel (see page i), there are daily services provided by Moth-
 ers' Union on Face book, Morning, Midday and Evening Prayer. If you wish
 to follow up this provision, you don't have to be a member of the Mothers'
 Union to access the services, all totally free; just seek Carlisle Diocesan Moth-
 ers' Union on Facebook and you should be able to find the services.

Please note the change of t 

Hope to see you in September!



WINDERWATH GARDENS
Nr TEMPLE SOWERBY
PENRITH CA10 2AG

OPEN MARCH - OCTOBER

10.00am – 4.00pm Monday – Friday **10.00am – 2.00pm**
Saturday

5 acre garden with Herbaceous borders, Alpines, mature
 trees and a walled Vegetable garden.

We have plants grown on the premises for sale all year,
 and fruit and vegetables when in season.

There is also a good selection of second
 hand garden tools.

Tel. 01768 88250

www.winderwathgardens.co.uk



**St Lawrence Church gate, Crosby
 Ravensworth dressed for VE day**

MORLAND UKULELE GROUP

Currently suspended
at 'The Studio', The Square, Morland

All levels of ability accommodated!

The group is led by an experienced ukulele teacher, but the sessions are informal & (hopefully) enjoyable, with singing as well as playing.

For further information please contact Mark or Rachel on 01931 714163

Crown Inn Singers

Currently suspended
New venue to be arranged ????

All welcome!

For more info please ring 01931 714922 or email helenkeogh11@gmail.com

Morland Area 100 Club

There are plenty of numbers still available. Contact Stacey or Julia or drop a completed form in the box in school reception if anyone would like to join.

Message to all local event advertisers.

As printing costs for the North Westmorland News have inevitably risen with the additional areas of distribution, we are trying to minimise the effects by reserving the right to reduce the size of any local (free) submissions when space is limited. In case you wish to lessen the chance of a significant reduction of your copy, a 'landscape' ad is less likely to be significantly shrunk than a 'portrait' version.

Heart of Westmorland



Bereavement Support Group

will be meeting at

The Hub Cafe in Appleby



Currently suspended

This will be an informal group and anyone who has suffered the loss of someone close to them either recently or some time ago, is invited.

We will not be following a programme and will not offer counselling – simply the opportunity to talk about what is on your mind and share your feelings with others who may have felt the same. Grief affects everyone in different ways and a support group doesn't appeal to everyone, but if you feel the need to chat over a cup of tea and a biscuit, please come along.

For more information please contact:
Kevin Robinson – 017683 51569
Rev'd Sandy Pearl – 01931 714563

CUMBRIA COMMUNITY FOUNDATION

Oaklea

APPLEBY HUB

A prayer for peace

Gracious God,
We pray for peace in our communities this day.
We commit to you all who work for peace and an end to tensions,
And those who work to uphold law and justice.
We pray for an end to fear,
For comfort and support to those who suffer.
For calm in our streets and cities,
That people may go about their lives in safety and peace.
In your mercy, hear our prayers,
now and always. Amen

Boogie Bounce

Currently suspended

Where? Lowther Parish Hall, Hackthorpe

When? Two classes to choose from - 6pm & 7.15pm

How much? £6 per class

How? Booking essential to secure your trampoline

<https://bookwhen.com/beyondfitnesswithsarah>

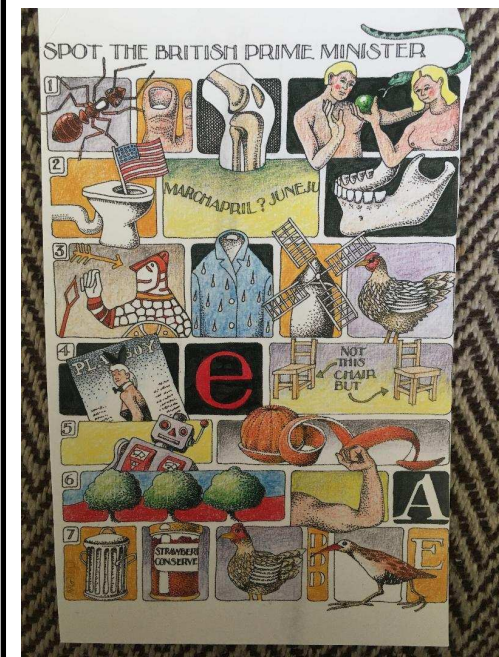
Book week by week or book any 6 classes (they don't need to be consecutive) and only pay for 5 at checkout

Need to know more? For regular updates, please find me on

 beyondfitnesswithsarah

 @beyondfitnesswithsarah

Any questions please message Sarah Newby on 07989744557



UNPUNCTUATED

Righting Rules

Prepositions are not words to end sentences with.
And sentences should not begin with a conjunction.
Shy away from clichés like the plague.
Absolutely always avoid annoying alliteration.
Be more or less specific.
Parenthetical remarks (however useful) are (usually) unnecessary.
Contractions aren't helpful and shouldn't be used.
One should never generalise.
Comparisons are as bad as clichés.
Abandon ampersands & abbreviations, etc.
Cut out commas, that are, not necessary.
Parenthetical words however should be enclosed in commas.
Never use a big word when a diminutive one would be sufficient.
Don't overuse exclamation marks!!!!
Take care to use your words appropriately.
It's important to use the apostrophe in its proper place.
Who needs rhetorical questions?
Exaggeration is a billion times worse than understatement.
Proofread carefully to see if you any words out.
The spell cheque is knot always write.

Punctuation & creative writing challenges
www.monsterpunctuation.com

Clifton Village Hall

Clifton Parish Council have recently discovered that they are the Trustees for the Village Hall, which means that the Village Hall comes under the ownership and running of the Parish Council. Sadly, the Parish Council have made the difficult decision to temporarily close the Village Hall for bookings after 31st March 2020 due to the condition of the hall, and the high running costs.

The Parish Council and Village Hall sub-committee of the Council are working to create a new village hall to meet the needs of a rapidly growing village. They will be instructing an architect to design plans for a new community facility to meet modern energy efficient standards. These plans will be available to view at Clifton Parish Council's Annual Parish Meeting on 4th May 2020 at the Village Hall (this will be the last meeting held in the village hall until works are completed).

In the meantime, the Parish Council is keen to receive views and suggestions for a new hall, as they plan for the future.

Contact them by email at cliftonpc@outlook.com or via their website www.cliftonpc.org.uk.

Many thanks for your help over the past few months.

Regards

Sian Howe Bookings Administrator

Morland and Newby Village Hall Tennis Court

As the year turns from Winter to Spring, we hope that many of you will use our cheap-to-hire, finely situated tennis court:

£20 One year family membership

£10 One year adult membership

£5 One year junior (under 16) membership

Occasional use: £2 per adult; £1 per junior (under 16)

For more information or to join, please contact Sheila Percival at Shannon Brae (bungalow below the tennis court) or by telephone (01931 714687).

A huge 'Thankyou' to Sheila Percival, who joined the Village Hall Committee in 1961 and was for 14 years its Secretary. When the tennis court was built in 1977, Sheila willingly agreed to be keyholder, provider of information, collector of fees, and generally to 'keep an eye' on the court. She still plays this vital role in 2020!

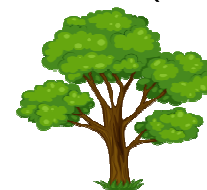
Andrew Austin

COMMUNITY TREE PROJECT KEEP MORLAND GREEN!

Find out more
contact:

morlandtreescommunityproject@gmail.com

01931714556 (Dan Fitton)



We are looking into having a community project to survey the trees in Morland. We would like to know the age and condition of the trees in our parish to see what action could be taken to preserve our local environment. Many trees will be well over 50 years old, and diseases like ash dieback are threatening. We may need to plant new trees for the future.

YOU CAN HELP !

Get in touch:

- * If you have trees on your land / in your garden you would like to be surveyed
- * If you would like to help with the survey (May – July, training provided)
- * If you want to volunteer your time or help fundraise for tree planting next winter
- * if you have room and would like some native trees to plant next winter
- * ...There are many other ways you could help!

A bit of fun!

A father passing by his son's bedroom was astonished to see the bed was nicely made, and everything was picked up. Then, he saw an envelope, propped up prominently on the pillow. It was addressed, 'Dad.' With the worst premonition, he opened the envelope and, with trembling hands, read the letter...

Dear Dad,
It is with great regret and sorrow that I'm writing to you.
I had to elope with my new girlfriend, because I wanted to avoid a scene with Mum and you. I've been finding real passion with Stacy, and she is so nice, but I knew you would not approve of her, because of all her piercings, tattoos, her tight motorcycle clothes, and because she is so much older than I am. But it's not only the passion, Dad. She's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We share a dream of having many more children. Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune for all the cocaine and ecstasy we want. In the meantime, we'll pray that science will find a cure for AIDS, so Stacy can get better. She sure deserves it!
Don't worry Dad, I'm 15, and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren.

Love,
Joshua

PS. Dad, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on the kitchen table.



Mrs. Jones got a little too used to watching online worship from home.

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Advertiser's Guide

When submitting a paid advert for inclusion in the newsletter please note:

- 1/4 page ads should be max A7 portrait in size (preferably 6.8 cm w x 9.4 cm h)
- 1/2 page ads should be max A6 landscape in size (preferably 13.8 cm w x 9.4 cm h)
- Full page ads should be max A5 portrait in size (preferably 13.8 cm w x 19cm h)
- The newsletter does not print in colour.
- We do not accept adverts over 350kb so that the newsletter is small enough to email, therefore please compress any pictures to reduce their size.
- Preferred file formats: Graphic files (.jpeg, .gif, .png), Publisher docs, Word docs.

Advertising Rates

1/4 Page ad per annum £70 per 1/2 year £38 per month £9
1/2 Page ad per annum £130 per 1/2 year £70 per month £15
Full Page ad per annum £220 per 1/2 year £120 per month £26

If you are interested in placing an advert please contact
Meg Hancock meghnc@btinternet.com) 01931 714 432

How NOT to write a College Paper

1. Sit in a straight, comfortable chair in a well-lighted place with plenty of freshly sharpened pencils.
2. Read over the assignment carefully, to make certain you understand it.
3. Walk down to the vending machines and buy some coffee to help you concentrate.
4. Stop off at the third floor, on the way back and visit with your friend from class. If your friend hasn't started the paper yet either, you can both walk to McDonalds and buy a hamburger to help you concentrate. If your friend shows you his paper, typed, double-spaced, and bound in one of those irritating see-thru plastic folders, drop him.
5. When you get back to your room, sit in a straight, comfortable chair in a clean, well-lighted place with plenty of freshly sharpened pencils.
6. Read over the assignment again to make absolutely certain you understand it.
7. You know, you haven't written to that kid you met at camp since fourth grade. You'd better write that letter now and get it out of the way so you can concentrate.
8. Go look at your teeth in the bathroom mirror.
9. Listen to one of your favourite CDs and that's it, I mean it, as soon as it's over you are going to start that paper.
10. Rearrange all of your CDs into alphabetical order.
11. Phone your friend on the third floor and ask if he's started writing yet. Exchange remarks about your teacher, the course, the university, and the world at large.
12. Sit in a straight, comfortable chair in a clean, well-lighted place with plenty of freshly sharpened pencils.
13. Read over the assignment again; roll the words across your tongue; savour its special flavour.
14. Check the newspaper listings to make sure you aren't missing something truly worthwhile on TV. NOTE: When you have a paper due in less than 12 hours, anything on TV from Masterpiece Theatre to Sgt. Preston of the Yukon is truly worthwhile, with these exceptions: a) Pro Bowler's Tour b) any movie starring Don Ameche.
15. Catch the last hour of Soul Brother of Kung Fu on channel 26.
16. Phone your friend on the third floor to see if he was watching. Discuss the finer points of the plot.
17. Go look at your tongue in the bathroom mirror.
18. Look through your roommate's book of pictures from home. Ask who everyone is.
19. Sit down and do some serious thinking about your plans for the future.
20. Open your door and check to see if there are any mysterious trench-coated strangers lurking in the hall.
21. Sit in a straight, comfortable chair in a clean, well-lighted place with plenty of freshly sharpened pencils.
22. Read over the assignment one more time, just for the thrill of it.
23. Scoot your chair across the room to the window and watch the sunrise.
24. Lie face down on the floor and moan.

Please support our advertisers:

they cover a large part of the cost of printing this magazine.



NEWBY COURT

NEWBY

Visit Britain

Four Star

Self-Catering Cottages

1, 2 and 4 Bedrooms

www.newbycourt.co.uk

01931 714521

newby.court@virgin.net

Events at Shap

see our website for details

www.theoldcourthouse.org

EDEN ACTIVE FIT4ALL at Shap

Memorial Hall

Wednesdays 9.45 - 11.45am

£3 per session All Welcome

Gentle activities designed to help you become more active in your older years in a friendly, sociable setting.

Details from the Old Courthouse, Shap

Currently

suspended

What could be more important than saving a life?

Community First Responders for Morland, Bolton, Newby, Cliburn, Kings Meaburn, Great & Little Strickland and Surrounding Area

!!!!VOLUNTEERS URGENTLY NEEDED!!!!

Unfortunately Morland Area Community First Responders are desperately short of volunteers.

In remote communities like ours we can literally save lives by providing first aid to patients before the ambulance arrives.

In out of the way areas like ours it can sometimes take much longer for an ambulance to reach the patient and first responders get there first to provide potentially life saving help for the short time before the ambulance arrives.

You will receive excellent training from North West Ambulance Service and ongoing refresher training and excellent support from existing volunteers.

This is a very rewarding and interesting volunteering opportunity and you can volunteer for as many hours per month as is suitable for you.

If you are just starting out on your career or thinking about changing your career path this is an excellent addition to your CV.

Minimum age 18

Must hold a driving licence

If you are wondering whether this might be something that you could do then please don't hesitate to call **Dean on 07812 773407 or Caroline on 01931 714971** for a chat, we can answer any questions you may have as we both have years of experience as CFR volunteers.

Morland Area



WIN between £15 and £40 per month with better odds than the lottery?!!

Help to raise funds to maintain and continue to improve Morland Area Primary School.

Please fill out an application form in full and hand it in to Stacey Young, Julia Evans or drop it in the '100 Club' box in Morland School reception.

Membership Application Form

I wish to become a member of the **Morland Area '100 Club'**

Name: (Names if applying for more than one person)

Address: (in full for prize payment)

Post Code: Phone No.:

Email: How many numbers would you like to enter in the monthly draw

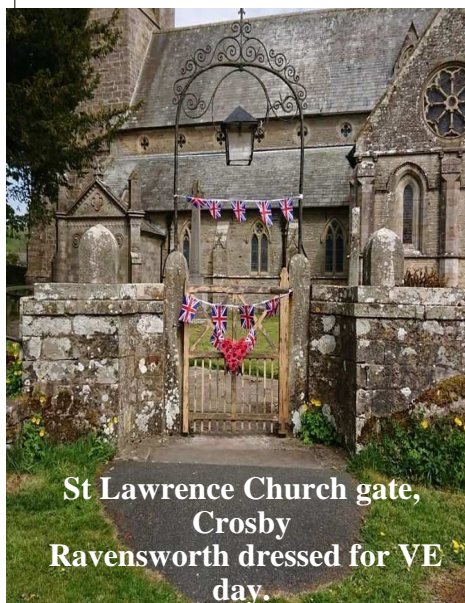
I agree to be bound by the rules of the club, and confirm I am over 16 years of age.

Signed: Print: Date:

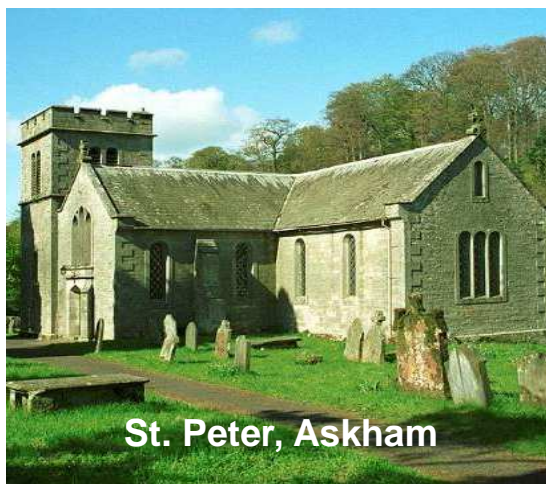
I wish to pay via monthly yearly standing order (please circle which)

Full Terms & Conditions available at www.morlandarea.cumbria.sch.uk/topic/parents or can be emailed on request

Photographs of each of our churches can be found within these pages



St Lawrence Church gate,
Crosby
Ravensworth dressed for VE
day.



St. Peter, Askham



Take Positive Steps to Avoid Trips and Falls

People of all ages fall. However, the consequences of falling for older people can be serious. Falling due to aging is not inevitable, there are simple things we can do to minimize risk.

- **Get regular exercise** to improve strength, fitness and balance.
- **Have your eyes and hearing checked.** Vision and hearing play a vital role in balance and movement.
- **Ask your pharmacist or GP for an annual medication review.** Some medicines or illnesses, such as poorly controlled diabetes, can make you feel faint or dizzy.
- **Look after your feet.** Painful feet and ill-fitting shoes can affect your balance and increase the risk of falling.
- **Make sure you get enough calcium and vitamin D** to keep bones strong.
- **Check your homes for trip hazards.** Some risks are obvious, but often overlooked, such as clutter or poor lighting.

Making small adjustments in your daily life doesn't mean that you have to limit your activities. In fact, it can give you greater freedom and confidence.

If you do have a fall or feel at risk of one, tell your GP

For more information or if you would like a talk or display, please contact Sara Bradley on 01228 536673 or e-mail sara.bradley@ageukcarlisleandeden.org.uk



The Strickland Arms

Great Strickland
Penrith, Cumbria
CA10 3DF
Tel. 01931 712238

Email: stricklandarmspenrith@hotmail.co.uk



Anton & Penny

Welcome you to The Strickland Arms

'The Warmest, Friendliest Pub in the Eden Valley'

**We believe The Strickland Arms is a
'pub of character & distinction
at the heart of the village community ...'**

Our Pub consists of a Bar, Terrace, Wiggo's Barn,
Dining Room and Beer Garden.

We have an extensive Menu with Real Ales on tap

We have 2 double en suite B&B rooms in the pub and we also have three
other accommodations which can sleep up to 6 people in each

LogYurt en-suite with twin or double beds and 2
sets of bunks - sleeps up to 6 people

Dolly's LogByre en-suite with twin or double beds
and 2 sets of bunks - sleeps up to 6 people

Lina's LogByre en-suite with twin or double beds
and 2 sets of bunks - sleeps up to 6 people

We can provide accommodation for up to
22 people and they are located in the secluded
grounds to the rear of the Pub



We have traditional wooden seating and tables in our
secluded beer garden & on our terraced front

We provide FREE superfast broadband WIFI ...

We welcome walkers, cyclists, families and **dogs** and everyone else
if you are well trained and behaved ...

Our Menu is available online at www.thestricklandarms.co.uk

Food served every day from 5 til 9pm Sat & Sun from 12 Noon til 9pm

We are open from 5pm week days and from 12 noon on Sat & Sun

THE BIRDS.
BISTRO

Cumbria's Wild Bird & Red Squirrel
feeding specialists



Bring your Garden to Life...

- ✓ Attract the widest variety of birds and wildlife by using our unique "Made in Cumbria" high quality seed mixes
- ✓ Our extensive range of seed mixes are designed to attract the species you want
- ✓ Premium blends with no added "cheap fillers" to bulk up the mixes
- ✓ A huge range of feeders, nest boxes and bird tables
- ✓ Helpful and friendly service and advice
- ✓ Passionate about Wild Birds and Wildlife

Call in or check out our website and be amazed!

We're at Pendruddock just off the
A66 between Keswick and Penrith.

Shop open every day

Mon - Fri - 10am - 5pm

Saturday - 10am - 4pm

Sundays & Bank Holidays - 12pm - 4pm

3 easy ways to place your order



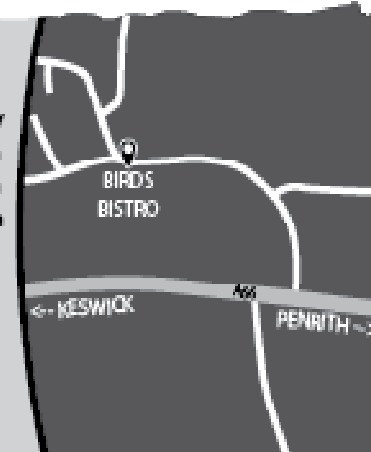
Online at www.thebirdsrestaurant.co.uk



Phone us on 01768 483100



Email us at info@thebirdsrestaurant.co.uk



SHAP WELLS HOTEL

Easter Weekend Offer



**Sunday
12th April**

3 course

Carvery Lunch

Served 12 to 2pm

Only £19.50 per adult/£11.50
per child.

Everyone receives an Easter
Egg and Join in on our Easter
Eggstravaganza Trail!

Sunday Carvery

Served every week
from 12 noon - 2pm



Only £17.00 per adult and
Children £9.00 under 11

Relax in the Lounge or go for a
wander in the woods to see our
Red Squirrel Colony

Afternoon Tea

Served every
day of the week
1pm to 5:30pm



Selection of
Delicious Sandwiches
as well as Homemade
Cakes and Scones

All served on fine bone china

For just £12.50 per person

Fathers' Day

Treat your No.1 Dad on

Sunday 21st June 2020

3 course Carvery Lunch

Served from 12 noon - 2pm

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See facebook page or website for current opening times and menus etc.

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(Please see website – www.millyardcafe.co.uk for any further dates which may be closed for holidays and for more information regarding menus etc.)

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01931 714155 (info@millyardcafe.co.uk)

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- ~ **Rosie on 017683 52263** or
- ~ **Jackie on 01768352365**

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Currently suspended

3 taster sessions are offered, and if you decide



to continue, the cost is £38 per term. Everyone is welcome including adults, who are welcome to attend the 7.45pm session to improve their stroke and stamina. Volunteers to help on the pool side are welcomed and training is provided. For more information come to Appleby Swimming pool on a Thursday evening or email us on, applebysclub@hotmail.co.uk telephone Liz Morgan 015396 23068 or our website –

www.applebyswimclub.org.uk

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TEMPLE SOWERBY CE PRIMARY SCHOOL

PRE-SCHOOL NEWS

Due to the success of the Pre-School facility (age 3 upwards), we are pleased to inform you that the provision is now available from 8am—5.30pm Mondays to Fridays.

We accept 15hr and 30hr government funding. Why not get in touch to see what we can offer?

TEMPLE SOWERBY TOTS

Every Thursday morning, we hold a parent and child session in school from 10am—11.30am. No charge, just come along with your children and join in the fun activities.

For further details, or to arrange to come and look around, please contact us on:

Temple Sowerby CE School
Temple Sowerby
Penrith
Cumbria, CA10 1RZ

Tel: 017683 61512
admin@temp-sow.cumbria.sch.uk
www.temp-sow.cumbria.sch.uk

Keep up to date with all our news and events by searching for Temple Sowerby Primary School on Facebook.

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Stable enquiries: Graham Fisher 07768100397
Cattery enquiries: Julie Fisher : 01931715246



The Arts Society

Appleby-in-Westmorland

Currently suspended

All lectures are at Appleby Market Hall and start at 11am, coffee is served from 10.15am. There is a small charge of £8.00 for non-members. Everyone welcome!



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History Lesson !!!

There is an old Hotel/Pub in Marble Arch, London, which used to have a gallows adjacent to it. Prisoners were taken to the gallows (after a fair trial of course) to be hanged.

The horse-drawn dray, carting the prisoner, was accompanied by an armed guard, who would stop the dray outside the pub and ask the prisoner if he would like 'ONE LAST DRINK.' If he said YES, it was referred to as ONE FOR THE ROAD. If he declined, that prisoner was ON THE WAGON.

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people got married in June, because they took their yearly bath in May and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

Houses had thatched roofs, thick straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs." There was nothing to stop things from falling into the house. This posed a real problem in the bedroom, where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing.

As the winter wore on they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold. (Getting quite an education, aren't you?)

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight, then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: 'Peas porridge hot, peas porridge cold, peas porridge in the pot, nine days old'.

Sometimes they could obtain pork, which made them feel quite special. When visitors came over they would hang up their bacon, to show off. It was a sign of wealth that a man could, "Bring home the bacon." They would cut off a little to share with guests and would all sit around talking and 'chew the fat'.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or 'The Upper Crust'.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of 'Holding a Wake'.

Now, whoever said history was boring ! ! !

If you're home schooling at the moment, share this with your older primary age children. Or just share these facts with a friend!

HUMOUR FOR LEXOPHILES

(Lover of words)

I wondered why the baseball was getting bigger. Then it hit me.
Police were called to a day care where a three-year-old was resisting a rest.
To write with a broken pencil is pointless.
The short fortune teller who escaped from prison was a small medium at large.
A thief who stole a calendar got twelve months.
When the smog lifts in Los Angeles, U.C.L.A.
The dead batteries were given out free of charge.
If you take a laptop computer for a run you could jog your memory
A bicycle can't stand alone; it is two tired.. .
A will is a dead giveaway.
With her marriage she got a new name and a dress.
Show me a piano falling down a mine shaft and I'll show you A-flat miner.
A grenade fell onto a kitchen floor in France, resulting in linoleum blown apart.
He broke into song because he couldn't find the key.
He had a photographic memory which was never developed.
When she saw her first strands of gray hair, she thought she'd dye.
Acupuncture: a jab well done.

More humour:

I was visiting my son and daughter-in-law last night when I asked if I could borrow a newspaper.
'This is the 21st century, old man,' my son said. 'We don't waste money on newspapers. Here, you can borrow my iPad.'
I can tell you, that fly never knew what hit it...

And more:

To tell the weather, go to your back door and look for the dog.
If the dog is at the door and he is wet, it's probably raining.
But if the dog is standing there really soaking wet, it is probably raining really hard.
If the dog's fur looks like it's been rubbed the wrong way, it's probably windy.
If the dog has snow on his back, it's probably snowing.
Of course, to be able to tell the weather like this, you have to leave the dog outside all the time, especially if you expect bad weather.

Yours Sincerely, The CAT

And finally:

- * When computing, whatever happens, behave as though you meant it to happen.
- * When you get to the point where you really understand your computer, it's probably obsolete.
- * The first place to look for information is in the section of the manual where you least expect to find it.
- * When the going gets tough, upgrade.
- * For every action, there is an equal and opposite malfunction.
- * To err is human . . . To blame your computer for your mistakes is even more human, it is downright natural.
- * If at first you do not succeed, blame your computer.
- * A complex system that does not work is invariably found to have evolved from a simpler system that worked perfectly.
- * The number one cause of computer problems? Computer solutions offered by [family](#) members.

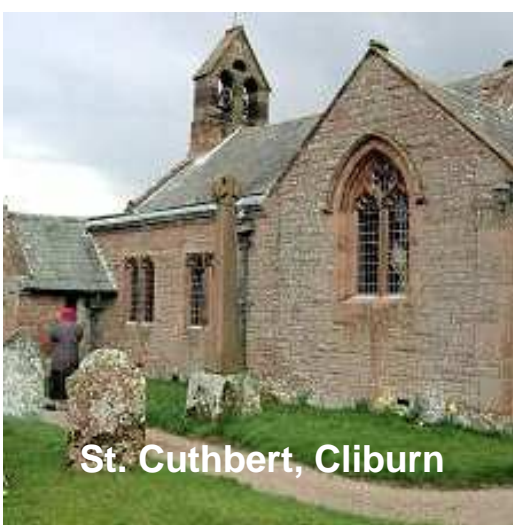
And if I may add - The best line I have heard when trying to explain to new computer users why something is happening that you don't understand is:
"I think you have a problem with the interface between the chair and the keyboard."



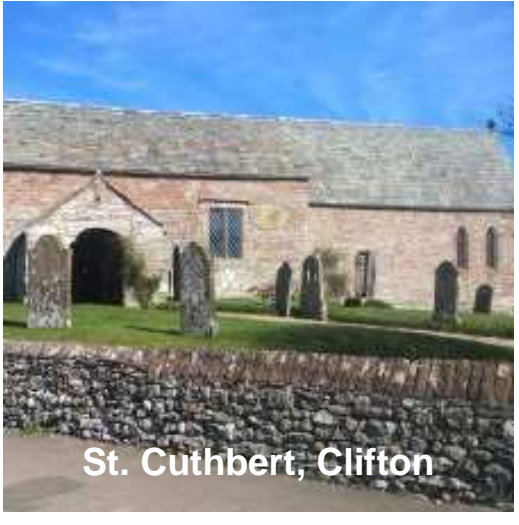
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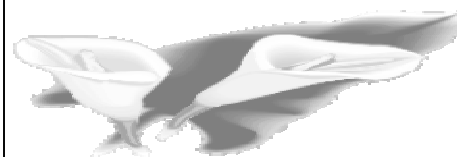
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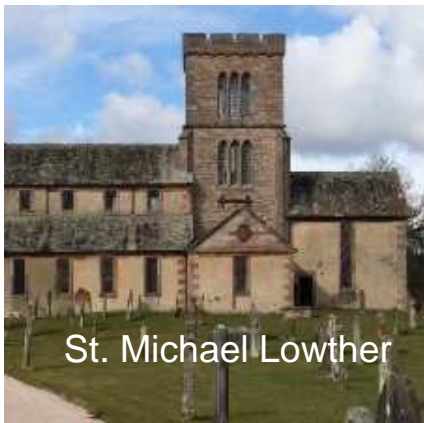


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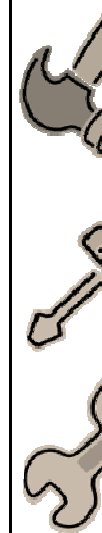
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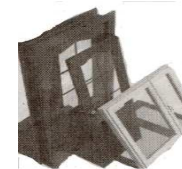
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Fellrunner Excursion
Village Fun Day Gt Strick VH p ix
1pm p v

Sat 20th/Sun 21st June **Open Gardens/Flower Festival**
Sun 28th June 10.30-4 **Open Gardens + refreshments** Crosby R.
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**NB: CLIBURN BINGO NIGHT TAKES PLACE ON THE 4TH FRIDAY OF EVERY MONTH EXCEPT
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Please check locally to find out if these events are going ahead

Local Parish & Community Websites

Askham & Helton —
www.askhamandhelton.co.uk
Bolton — www.boltonvillage.org.uk
Brougham — www.broughamparishcouncil.com
Cliburn — www.cliburnparish.org
Clifton — www.cliftonpc.org.uk
Crosby Ravensworth —
www.crosbyravensworthparish.org.uk
Great Strickland —
www.greatstricklandparishcouncil.co.uk
Morland — w.morlandparishcouncil.org

ASKHAM AND HELTON LADIES CLUB
Askham and Helton Ladies Club was formed over 50 years ago, we meet in the village hall on the second Wednesday of every month, 7.30pm in Summer and 2pm in Winter when we have a speaker followed by light refreshments and a natter with friends. There is always a competition.

About twice a year we go on outside visits instead of being in the hall; in April every year we have our Spring Lunch. On the Fourth Wednesday we go somewhere local and have a lovely friendly get together.

You don't have to live in Askham or Helton to be a member, we have people from a variety of places in the area.

If you think you would like to come along to a meeting some time, you would be welcome as a visitor.
You can contact Marie Armstrong on 01768 866932

Currently suspended

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Let your grass grow long for nature this summer!

If you have grass in your garden, you're invited to join in a bid to boost insects in Eden, all while bringing some lovely colour to your lawn. Households are being asked to leave their grass to grow longer this summer, giving wildflowers a chance to bloom, which helps insects including bees and other pollinators.

"The staggering decline in insect numbers both here and globally has been widely reported in the media," said Chris Cant, from Penrith Action for Community Transition (PACT), the volunteer group behind the Long Grass for Nature campaign. "More than 40 per cent of insect species are declining. Given that about three-quarters of crops grown by humans rely on insects to pollinate them, we all have a stake in helping their numbers to recover. Many species of birds and other wildlife also rely on insects for their food, so if we can all give the insects a helping hand in our gardens, we'll be supporting nature more widely, too."

It couldn't be easier to take part. Simply choose a patch of grass, or your whole lawn if you can, and let it grow long. You can try it for the month of May, or see if you can leave it all summer. Then, watch as the wildflowers like buttercups and daisies take their chance to shine. If you have a larger lawn, you could even mow a pathway through it, so you can enjoy watching all your new insect visitors.

If you plan to give it a go, PACT would greatly appreciate it if you'd fill in their online form, so they can track how many people take part this summer. You'll find the form and more information on their website: www.pennithact.org.uk

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| | | |
|-----------|---------------|-----------------------|
| Monday | CLOSED | |
| Tuesday | CLOSED | |
| Wednesday | 17:00 - 23:00 | Kitchen 17:00 - 20:00 |
| Thursday | 12:00 - 23:00 | Kitchen 12:00 - 20:00 |
| Friday | 12:00 - 24:00 | Kitchen 12:00 - 21:00 |
| Saturday | 12:00 - 24:00 | Kitchen 12:00 - 21:00 |
| Sunday | 12:00 - 22:30 | Kitchen 12:00 - 20:00 |



Bolton Nursery

We are open Monday to Friday, 8am to 6pm for babies and children aged 3 months - 11 years, offering flexible hours.

All 3 and 4 year olds are entitled to receive 15 hours of free early education per week. Families who meet the eligibility criteria will be entitled to 30 hours funded childcare from September 2017. The extended entitlement can be taken 30 hrs per week term time or 22.25 hours per week across 51 weeks of the year. Some 2-year-olds are also eligible for free funding.

We provide a **BREAKFAST/AFTERSCHOOL CLUB** during term time.

Our **HOLIDAY CLUB** will be open every week in the school holidays for primary school children within the Eden Valley. We provide holiday cover for SEN children up to 13 years old.

Our outside area is currently under renovation and when this is complete we will be having a fun filled open day for everyone – watch this space!!! For more information telephone **017683 62468**.

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| READER | David Jones | 01931 714 338 |
| BOLTON MEMORIAL HALL | | |
| Bookings | Deborah Brockbank | 07825458288 |
| Secretary | Christine Taylor | 017683 62082 |
| BOLTON PARISH COUNCIL | | |
| Chairman | Peter Griffiths | 017683 61944 |
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| Bookings | Margaret Burne | 01931 714218 |
| CLIFTON PARISH COUNCIL | | |
| Clerk | Rachel Kelly cliftonpc@outlook.com | 01768 863900 |
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| CROSBY RAVENSWORTH | | |
| Ward Councillor | Joan Raine (joan.raine@eden.gov.uk) | 01931 715351 |
| CROSBY RAVENSWORTH VILLAGE HALL | | |
| Bookings | Freda Smith | 01931 715381 |
| GREAT STRICKLAND PARISH COUNCIL | Usually meets last Monday in month | |
| Clerk/Village Hall Bookings | Ruth Tupling | 01931 712 571 |
| MAULDS MEABURN POST OFFICE | Tuesdays 9.30-11.30am in the village hall | |
| MAULDS MEABURN VILLAGE INSTITUTE | | |
| Bookings secretary | Vanda Betts | 01931 715 391 |
| MORLAND PARISH COUNCIL | | |
| Clerk | Andrea Runkee clerk@morlandparishcouncil.org | 01768 881003 |
| MORLAND COMMUNITY FIRST RESPONDERS | Caroline Sterling (cster52822@aol.com) | 01931 714 971 |
| MORLAND & NEWBY VILLAGE HALL | | |
| Secretary | Julia Evans (alexjulia@btinternet.com) | 01931 714 158 |
| Chair & Treasurer | Jane & Ian Barnes (ickb1960@gmail.com) | |
| MORLAND WARD COUNCILLOR | Michael Tonkin (mike.tonkin@eden.gov.uk) | 01931 714 094 |
| NEWBY PARISH MEETING | | |
| Clerk | Meg Hancock (meghnc@btinternet.com) | 01931 714 432 |
| KINGS MEABURN POST OFFICE | Tuesday 12.30pm-5.30pm, | 01931 714 256 |
| (at the White Horse Inn) | Wednesday 12 noon-5.30pm, Friday 8.30am-1pm | |
| KINGS MEABURN VILLAGE HALL | | |
| Bookings | Alison Goldfinch (kenandali@ntlworld.com) | 07807454079 |
| BROWNIES | | |
| Guider | Jo Laverick (jolaverick63@gmail.com) | 01931 714216 |
| SLEAGILL PARISH MEETING | | |
| Clerk | Lucy Tonkin (sleagillparish@zoho.com) | 01931 714 094 |
| NORTH WESTMORLAND NEWS | | |
| Editor | Sheila Clark (spclark1@btopenworld.com) | 01931 714 238 |
| Advertising Manager | Meg Hancock (meghnc@btinternet.com) | 01931 714 432 |

The North Westmorland News welcomes items from readers and news from all eight parishes. However, we must reserve the right to edit any contribution and inclusion is subject to space being available. The views expressed are those of the contributors. and are not necessarily those of the Editor, the Newsletter or the Church.

As soon as one Newsletter goes to press, we start on the next, so please send material for the July/August 2020 issue as soon as you can: 7th June at the very latest.
 Material by email, with phone call to confirm arrival, to: spclark1@btopenworld.com