

CHURCH SERVICES IN AUGUST 2011

CENTENARY YEAR
1911-2011

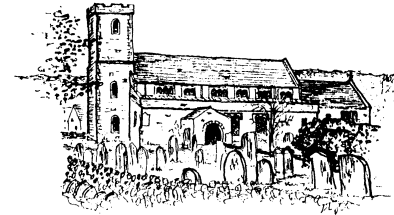
August 2011

| | | | |
|------------------------|---------|-------------------|-------|
| Sunday 7 August | | St Dominic | |
| <i>Caldbeck</i> | 11.00am | Holy Communion | MR |
| <i>Sebergham</i> | 11.00am | Morning Prayer | GH |
| <i>Rosley</i> | 9.30am | Lay-led Service | ER/MH |
| <i>Westward</i> | 9.30am | Matins | AF |
| <i>Welton</i> | 11.00am | Matins | ER |

| | | | |
|-------------------------|---------|------------------|-------|
| Sunday 14 August | | Trinity 8 | |
| <i>Caldbeck</i> | 8.30am | Holy Communion | MR |
| | 11.00am | Matins | DC |
| <i>Castle Sowerby</i> | 11.00am | Holy Communion | MR |
| <i>Sebergham</i> | 11.00am | Matins | GH |
| <i>Rosley</i> | 9.30am | Family Communion | KA/ER |
| <i>Westward</i> | 10.45am | Matins Lay-led | AF/HF |

| | | | |
|-------------------------|---------|------------------|-------|
| Sunday 21 August | | Trinity 9 | |
| <i>Caldbeck</i> | 8.30am | Holy Communion | NR |
| | 11.00am | Family Praise | ER/HF |
| <i>Rosley</i> | 9.30am | Family Communion | NR |
| <i>Westward</i> | 9.30am | Holy Communion | KA/AF |
| <i>Welton</i> | 11.00am | Holy Communion | NR |

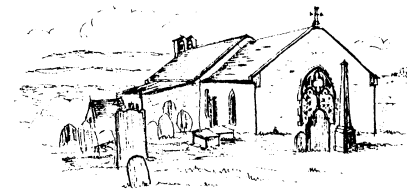
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|-------------------------|---------|-------------------|---------|
| Sunday 28 August | | Trinity 10 | |
| <i>Caldbeck</i> | 8.30am | Holy Communion | MR |
| | 11.00am | Morning Prayer | AF |
| <i>Sebergham</i> | 11.00am | Holy Communion | MR |
| <i>Rosley</i> | 9.30am | Family Communion | NR |
| <i>Westward</i> | 10.45 | Family Service | **NR/ER |



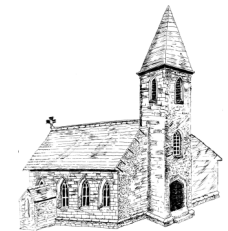
St Kentigern's, Caldbeck



St Mary's, Sebergham



St Kentigern's, Castle Sowerby



Holy Trinity, Rosley



St Hilda's, Westward



St James', Welton

MR= Rev. Malcolm Riches; ; AF= Ann Finlay; ER= Eileen Reid; GH= Geoff Hine; KA= Rev Kathleen Ashbridge; HF= Helen Farish; DC= Dorothy Chalk; MH= Maggie Howard; NR= Rev. Norman Robinson.

* Indicates who is preaching ** Includes a Christening

Parish Magazine

CHURCH STAFF AND CONTACTS

Priest-in-Charge: Rev Norman Robinson

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The Rectory, Brewery House, Caldbeck CA7 8EW

Tel: 016974 78233 e-mail: malcolm.l.riches@googlemail.com

CALDBECK - St Kentigern's

Churchwardens Mrs E Boydell, Mr R Brough, Mr A Grieve
Treasurer Mr Ian Shaw
Secretary Mrs S Beale 016974 78353

CASTLE SOWERBY - St Kentigern's

Churchwardens Mrs M Edmondson, Mr J Foster
Treasurer Mr B Mallinson
Secretary Mrs J Mallaband 016974 78143

SEBERGHAM - St Mary's

Churchwardens Mrs E A Luck, Mr R F de Robeck
Treasurer Mr J S Hollins-Gibson
Secretary Mrs M Brough 016974 78213

ROSLEY - Holy Trinity

Churchwardens Mrs P Elliott, Mr J Atkinson
Treasurer Miss S E Chesters
Secretary Mrs A Burgess 016973 49741

WESTWARD - St Hilda's

Churchwardens Mrs Rita Fell, Mrs Ethel Pigg
Treasurer Mrs Rebecca Brockbank
Secretary

WELTON - St James'

Organist Mrs L Gash 016974 76337

CALDBECK METHODIST CHAPEL

Services usually at 6.30pm

| | |
|-----------|---------------|
| 7 August | Rev J Millard |
| 14 August | Rev K Hurst |
| 21 August | Miss D Chalk |
| 28 August | Mrs E Haywood |

CASTLE SOWERBY FREE EVANGELICAL CHAPEL

Sunday School each Sunday 10.30am
Sunday Evening Service 6.30pm
016974 78470

HESKET NEWMARKET FREE CHURCH

Sunday Morning Service - 10.30am with Communion on the first Sunday
Junior Church - 10.30am. All children welcome.
Helen Stobart 016974 78669

QUAKERS: MOSEDALE MEETING HOUSE

From April until October we will meet on Sunday mornings at 10.30am
Everyone is heartily welcome to attend.

ROMAN CATHOLIC: ST CUTHBERT'S, WIGTON

Sunday Mass: 9.00am and 6.00pm
016973 42379

MAGAZINE CONTACTS ON PAGE 42

Your Priest-in-Charge Writes

Caldbeck Area Community First Responders

Registered Charity No 1108013

In Association with North West Ambulance Service

If you have a medical emergency, dial 999 or 112

(Please note that you cannot call First Responders direct)

If appropriate, the Ambulance Service will call the First Responders as well as (not instead of) an ambulance

EDITORIAL SUB COMMITTEE

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(PLEASE SEND AS AN ATTACHMENT)

NOTE: copy deadline **12th August** for inclusion in September's magazine

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Distribution Enquiries (Caldbeck, Sebergham & Castle Sowerby):

Tel: Mrs Joan Todhunter 016974 78453

Dear Friends

Summer time is here again; those lazy-dog-days where we potter around doing this and that in the house or garden. The George Gershwin song "Summer time" seems to magically capture the mood of this moment in a wonderfully evocative way. We jet off for *holidays* abroad or reconnect with students returning from college looking for ways to replenish their low bank balances! A major rhythm of our lives is set by our work patterns and school holidays. These were once seen way back in a different time as 'holy-days'; set-apart-days in the annual cycle to celebrate the main Christian festivals like Christmas and Easter as well as particular saints' days. As with the "Sabbath" that relieved the weekly pattern of work these special times were for community celebrations and the remembrance of a good Creator in whose world we toiled and lived and loved together. Rest and relaxation to recharge our energies are of increasing importance to many as the growth in air traffic has shown. However, this once much broader vision of "holy-days" has shrunk into merely a family affair or of a few friends sharing a BBQ that focuses solely upon the horizontal and immanent levels. This leaves out the vertical and transcendental dimension of the reality in which we live and move and have our being day to day and year by year.

The great freedoms we enjoy in this country of economic surpluses that enable most of us not to have to work all hours of the day and night just to provide food and clothing and shelter for our families is of recent historical origin and only for a relatively small number of the planet's total population. With freedom there comes responsibility and the need for wisdom to shape the pattern of our living according to good principles and practices. The rise of a number of indicators in our collective life together such as obesity levels, increases in our carbon footprint on the planet, and the number of hospital admissions relating to too much alcohol being drunk suggest that with this so-called 'freedom' there is a dark side to its much trumpeted value of our society. Recent events associated with the News of the World have also put a question on the limits to the freedom of the press. The deep irony here is that which was being engaged in by journalists in the name of a free press was precisely those invasions of personal privacy that was routine under the regimes of the old soviet-bloc countries of eastern Europe.

The cry for 'freedom' can often act as a cover for doing what one wants for personal or collective advantage. The price is paid by those whose voices are powerless to affect the story told in public. The Christian and biblical story reminds us again and again that we are deeply flawed creatures who need God's help to guide us in his ways. St. Paul reminds us all in his letter to the Galatians that we ought to use our 'freedom' responsibly and "keep in step with the Spirit." (Galatians 5: 13—14.) He goes on to outline indicators in an on-going battle between what he calls "the works of the flesh" and "the fruit of the Spirit." (Galatians 5: 16—26.) Entry into this way of living is through the cross of Christ which has put to death all that belongs to the old human nature that lives its life outside of God's power. May our lives reflect more of the fruit of God's Spirit in love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. In this way we will honour our Lord and bring true freedom to those around.

Every blessing

Norman Robinson

DIARY OF EVENTS 2011

August

- 11th Westward Lunch Club, 12.30pm, Westward Halls.
 15th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
 15th Westward Parish Council, Rosley Village Hall.
 24th Time for Tea, 2.00pm, Rosley Village Hall.
 25th Caldbeck & HNM Sheepdog Trials.

September

- 3rd HNM Agricultural Show.
 7th Caldbeck WI, '*Northern Fells Village Agent*', Julia Trotter + Round Table Conference, 7.30pm, Caldbeck Parish Hall.
 8th Thursday Club, '*David Ward's Desert Island Discs*', 2.00pm, Caldbeck Parish Hall.
 13th Sebergham WI, '*Very Important Clocks*', 7.30pm, Old School
 16th CAFS, '*The King's Speech*', 7.30pm, Caldbeck Parish Hall.
 18th St Kentigern's Church, Caldbeck, '*Gad-About Lunch*', starts at the Old Rectory, 12.15pm.
 20th Caldbeck Mothers' Union, '*Faith in Danger*', (Open Doors) Mr Brian Fulton, 2.00pm, Methodist Chapel Room.
 21st History Society, '*2,000 Years of Carlisle History*', Anton Hodge, 7.30pm, Caldbeck Parish Hall.
 26th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
 26th Heartstart, 7.00pm, Millhouse Village Hall.

October

- 1st History Society, '*Heritage Exhibition*', 1.30pm, Caldbeck Parish Hall.
 2nd St Kentigern's Church, Caldbeck, '*Harvest Lunch*', Caldbeck Parish Hall.
 4th Rosley Young Women's Group, '*Slideshow of Oberammergau*', Lyn Williams & Sandy Chesters.
 5th Caldbeck WI, '*Stained Glass*', Sarah Jackson, 7.30pm, Caldbeck Parish Hall.
 11th Sebergham WI, '*Visit to Paragon Vets, Dalston*'.
 13th Thursday Club, '*Luncheon Outing*'.
 14th CAFS, '*Strangers on a Train*', 7.30pm, Caldbeck Parish Hall.
 15th Millhouse Cake Competition
 18th Caldbeck Mothers' Union, '*Guest Afternoon*', Rev Ann Roberts, 2.00pm, Methodist Church Room.
 19th History Society, '*Supper + AGM*', Denton House, Hesket Newmar ket.
 20th Sebergham WI, '*Quiz Night*', Sebergham Village Hall.

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| <p>THE FAIR WORLD SHOP</p> <p>Fairly traded foods, teas and coffees, unusual crafts and gifts.</p> <p>Opening hours 1.30 to 4.00pm Monday to Friday Saturdays and Sundays April - Dec 2.00pm-4.00pm Contact: Lynette 016974 78544</p> | <p>WRAGG MARK-BELL SOLICITORS</p> <p>To assist with: residential, commercial & French property; small businesses; wills; employment & immigration; crime & road traffic offences. Gaynor Wragg 01228 711728</p> |

THE PARISH REGISTERS

Baptism
James Dickinson
10 July 2011
St Mary's Church, Sebergham

EXTRACT FROM PARISH MAGAZINE AUGUST 1911

'CALDBECK PARISH REGISTERS. BY ELLEN GOODWIN 1885.

The Christian names in the Caldbeck registers present nothing unusual. Bible names are common, that of Mungo occurs not unfrequently. I have found no curious puritan names. Double Christian names are given for the first time in 1736. John Woodcock Grave was evidently called after his mother, for in 1730 we have the marriage of John Grave and Mary Woodcock. The first instance of ordinary Christian names, as distinguished from family names, is that of Jane Susannah Side, a pauper who was buried Feb.4, 1790; the next instance is not until 1809, when Ann Frances Bouch was baptized. The surnames are chiefly those which still belong to the neighbourhood, though some have died out; Vaux, Stalker, Stockdaile, Stagg, Scott, Wilson, Richardson, Monkhouse, Jennings, etc.'

STILL STUDYING? FUNDING AVAILABLE FOR BOOKS, ETC.

Haltcliffe School Trust Fund Grant Distribution 2011

Application forms for these grants can be obtained from the Secretary, Mrs. A. Noble,
2 Hodden Croft Cottages, Caldbeck, Wigton, CA7 8EL.
Tel: 016974 78692.

The forms must be returned by 30th September 2011.
Distribution of interest will be made following a Trustees' Meeting to be held on 12th October. Individuals and groups who successfully applied for grants last year may re-apply this year for further consideration. Parish groups may apply each year but individuals may only make application twice.

The Trustees shall apply the income of the Charity in promoting the education, including social and physical training, of persons resident in the parishes of Caldbeck and Castle Sowerby.

In allocating benefits the Trustees shall have regard to the promotion of education in accordance with the principles and doctrines of the Church of England and the Methodist Church.

ST KENTIGERN'S, CALDBECK, ROTAS

| | Welcomers' Rota 8.30am | Sanctuary Duty (8.30am unless specified) | Welcomers' Rota 11.00am |
|---------------------|-----------------------------------|---|------------------------------------|
| August 7 | <i>no service</i> | (11am) Margaret Tinniswood | Dickie & Pen Bird |
| 14 | Kathleen & Ron Davie | Liz Boydell Diana Greenwood | Christine Pearson |
| 21 | Roberta Bowen | Liz Boydell Rachel Nicholson | Gwen Coulthard |
| 28 | Joan Todhunter | Joan Todhunter Shirley Rolfe | Eileen Paterson |

| DATE | SERVICE | READINGS | READER |
|-------------------------------|--|---|---|
| August 7 St Dominic | HC 11.00am | Genesis 37 vv 1-4, 12-28 Matthew 14 vv 22-33 | M Hellon |
| 14 Trinity 8 | HC 8.30am Matins 11.00am | Genesis 45 vv 1-15 Matthew 15 vv 21-28 | A Wade P Sageman (same Readings both services) |
| 21 Trinity 9 | HC 8.30am Family Praise 11.00am | Exodus 1 vv 8-2, 10 Matthew 16 vv 13-20 | R Nicholson TBA |
| 28 Trinity 10 | HC 8.30am MP 11.00am | Exodus 3 vv 1-15 Matthew 16 vv 21-end | D Chalk J Cowx (same Readings both services) |

NOTICE FOR MAGAZINE CONTRIBUTORS
The new e-mail address for the Parish Magazine is

warnellmagazine@gmail.com

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Please note change of date!

CALDBECK METHODIST CHAPEL
COFFEE EVENING AND BRING-AND-BUY SALE
Friday 19 August
at
7.00pm

| | |
|---|---|
| <p>KARMA SOLUTIONS <i>Remedial/Sports Massage/Relaxing Massage/Reflexology/Reiki/ Homeopathy</i> Treatment room in Hesket Newmarket or home visits can be arranged Contact Tray Dixon on 07895 620 456 E-mail: traydixon@yahoo.com</p> | <p>HENRY AND BEN TREE SPECIALISTS Henry Rose Sebergham Castle Lodge, Welton, Carlisle CA5 7HG 016974 76128 Mobile 07900311556 Email: bhlogging@hotmail.co.uk</p> |
| <p>COLIN SMITHSON Painter, Decorator, Handyman 3 Upton Cottages, Caldbeck CA7 8EU 016974 78161 07787 710061</p> | <p>MIDTOWN HOUSE CALDBECK Private Care Home Respite and Day Care Facilities Single En-Suite Rooms For details and brochure contact Gordon or Julie Tickle 016974 78528</p> |
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The Garden Trail & More!

This personal ‘thank you’ adds to the summary by Susan Beale in the Report of Caldbeck PCC’s recent meeting.

On Sunday 26th June Caldbeck was blessed with fine weather and an estimated number of around 300 people who came from near and far to walk the Garden Trail, take part in the fun events, sample the hospitality of a very friendly village, and give generously of their money! To be honest, I was really taken aback by the support.

My thanks go to Ron Davie for the publicity which played such a large part in attracting so many from the surrounding area. Ron was a member of the larger team comprising Margaret and Richard Brough, Anne and Tim Cartmell and Alick Grieve. Between them a huge amount of work was put in behind the scenes liaising with the owners of the gardens, planning and printing the route, blowing up balloons, hiding ducks and organising a cake stall. Then there was a small army of helpers who provided plants for the plant stall, baked for the cake stall and served tea and scones in the church. And because The Rectory’s garden is ‘work in progress’ it was our pleasure to welcome so many into our dining room to see my photographs.

Other contributors to the ‘& More!’ part of the day’s title were David and Roberta Bowen who raffled a Seagrass stool (made by David) and won by Luke Urey. The 2nd Prize (Wine) was won by Mr & Mrs Lintott. Bridget and Gordon Archer organised a courtyard treasure hunt quiz. Here, Ann Armstrong was the winner. And the winners of the Treasure Hunt arranged by Alick Grieve were – 1st Sarah Paterson 98%, 2nd Christian Jackson 87% and 3rd Beatrix Jackson 83%. Congratulations to the winners and a big thank you to the organisers.

But the gardens (and gardeners!) were rightly the stars of the afternoon. So much time, care and effort went into bringing visual and fragrant pleasure to all the visitors ... and this was after a week of very unkind gardening weather. My ‘thank you’ goes to everyone who welcomed the Trail through their ‘pride and joy’.

Finally, Caldbeck Church was blessed to the tune of £2,063.30 – an amazing amount. Parish churches are financed by the weekly gifts of the members, supplemented with fundraising events throughout the year. What an amazing start to 2011! Your generosity and support are really appreciated. The amount raised can go towards the cost of improving the heating system ... but you don’t have to wait until winter to experience the warmth of welcome Sunday by Sunday!

ST MARY'S CHURCH, SEBERGHAM, ROTAS

| DATE | SERVICE | READINGS | READER |
|-----------------|-------------------|---|--------|
| August 7 | MP 11.00am | Genesis 37 vv 1-4, 12-28 Matthew 14 vv 22-33 | |
| 14 | Matins 11.00am | Genesis 45 vv 1-15 Matthew 15 vv 21-28 | |
| 21 | No service | Exodus 1 vv 8-2, 10 Matthew 16 vv13-20 | |
| 28 | HC 11.00am | Exodus 3 vv 1-15 Matthew 16 vv 21-end | |

| DATE | SERVICE | WELCOMERS' ROTA | INTERCESSIONS' ROTA |
|-----------------|-------------------|----------------------|---------------------|
| August 7 | MP 11.00am | Elizabeth Luck | Elizabeth Luck |
| 14 | Matins 11.00am | Margaret Mattinson | Richard de Robeck |
| 28 | HC 11.00am | Poppy Hollins-Gibson | Jenny de Robeck |

**ST MARY'S CHURCH, SEBERGHAM
FLOWERS & CLEANING ROTA**

| DATE | NAME |
|---------------------------|-------------------|
| August 7 | Mrs Horn |
| 14, 21 | Mrs Luck |
| 28 September 4 | Mrs Magnay |



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| <p>E-MAC BUILDERS LTD for all your building needs For a free estimate on new building work or house/property maintenance call: Ewan MacFadzean Qualified Builder Tel: 016974 78367 Mob: 07901577498</p> | <p>HESKET NEWMARKET BREWERY Your local brewery. Having a party? Buy a barrel, pump supplied. Wholesale prices from 18 pints (2.25 gallons) upwards. Phone or Fax 016974 78066 E-mail: brewer@hesketbrewery.co.uk</p> |
| <p>K & A FEARON Magnesian & Ground Lime phosphates Stone, sand & gravel Lime Rigg, Heskett Newmarket Tel 016974 78403</p> | <p>HESTA SCENE? Gallery, Alternative Gifts & Interiors Adults & Childrens Craft Courses Childrens Parties Open Daily 10.00am to 4.00pm Tithe Barn, Midtown, Caldbeck Tel: 016974 78015 www.hestascene.co.uk</p> |
| <p>FOSTER FABRICATIONS Sowerby Row Sheet Metal Work and Steel Fabrications Turning facilities, Design Work & Repairs Contact: Tel: 016974 76124 FAX: 76452 Mobile 07979 316715</p> | <p>HIGH GREENRIGG HOUSE Three self-catering cottages to be found in totally detached country location. Enjoy the panoramic views, peace & tranquillity. Sleeps 2-5 Contact: Sonia Hill 016974 78430 www.highgreenrighghouse.co.uk</p> |
| <p>THE GARAGE CALDBECK Peter Macdonald Service, repairs, MOT, for cars, vans, bikes and machinery Tel: 016974 78392 Emergency: 016974 78291</p> | <p>HIM Chris Wilson Home Improvements and Maintenance For all manner of jobs around the home give HIM a call! 016974 76413 / 07929 421163</p> |
| <p>P & R HELLON ELECTRICAL LTD ELECSA registered Re-wires, alterations, testing, aerial installations, security systems. Tel: 016974 78086 Mob: 07747 114058 / 07796 397427 <i>Friendly & reliable</i></p> | <p>KEITH OSBORNE PLUMBING SERVICES Full bathroom installations, toilet and tap repairs, leaks, blockages, radiators moved, etc No job too small - free estimates 016973 42354 07944 902559</p> |

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| <p>CARROCK COTTAGES FIVE STAR LUXURY</p> <p>Self catering cottages on the fringe of the Lake District National Park. 10% discount to bookings from local or family/friends</p> <p>WWW.CARROCKCOTTAGES.CO.UK INFO@CARROCKCOTTAGES.CO.UK Tel: Gill Iredale on 017684 84111</p> | <p>FIONA COX</p> <p>I buy and sell vintage clothes, accessories, textiles, linen and lace</p> <p>016974 78302 fiona.cox@btconnect.com</p> |
| <p>BORDERLINE GENERAL COUNSELLING SERVICE</p> <p>depression - bereavement - abuse self-harm - post abortion - relationships etc</p> <p>Tel: 01228 596900 info@borderlinecounselling.co.uk 34 Aglionby Street, Carlisle, CA1 1JP www.borderlinecounselling.co.uk</p> | <p>DENTON HOUSE GUESTHOUSE & RESTAURANT</p> <p>Outside Catering for all occasions. Sunday Lunches En-suite rooms available</p> <p>Tel: 016974 78415 dentonhnm@aol.com www.dentonhouseguesthouse.co.uk</p> |
| <p>ENHANCE YOUR HOME with curtains and soft furnishings made to order</p> <p>Mandy Peverall 016974 76387 07791 454560</p> | <p>ELECTRICAL & PLUMBING Commercial—Industrial—Domestic NICEIC</p> <p>Approved Electrician Trevor Studholme Tel: 016974 76455 Fax: 76680 Mobile: 07710 015319</p> |
| <p>CHOICE CATERING</p> <p>Quality home-cooked food for weddings, funerals, parties, business functions, dinner parties.</p> <p>Debbie Bainbridge 016974 78535 Email: Debbie@choicecatering-cumbria.co.uk www.choicecatering-cumbria.co.uk</p> | <p>ENCHANTED GIFTS Gifts for all ages</p> <p>Tithe Barn, Midtown, Caldbeck Open 10.00am to 4.30pm daily Closed on Mondays Keswick Market on Thursdays 016974 78705</p> |
| <p>PEARSE COGLAN (ADI) Approved Driving Instructor</p> <p>Pass Plus approved</p> <p>Patience and 1st class motivational skills are central to my way of teaching. Happy to work closely with parents to improve effectiveness of private practice.</p> <p>Tel: 016974 78111 Mob: 07788 170491 E-mail: pearse1@btinternet.com</p> | <p>THE VILLAGE SHOP AND TEA ROOM Hesket Newmarket</p> <p>Local produce, Homemade food, Groceries, Off-licence, Take-away food, Home deliveries and Post Office</p> <p>Shop open Mon-Sat 8am-6pm Tea Room open Mon-Sat 9.30am-4.30pm 016974 78229</p> |

GRAND GAD-ABOUT SUNDAY LUNCH ON 18 SEPTEMBER

Arrangements have now been finalised for a Grand Gad-About Lunch on Sunday, 18 September, beginning at 12.15 pm at the Old Rectory, Caldbeck.

Proceedings will start with a complimentary drink and canapés, outside if the weather is clement. Guests will then receive directions to their subsequent destinations for the Starter and Main courses and then we shall all return to the Old Rectory for the dessert course and coffee.

The occasion will, as ever, be very enjoyable and the culinary skills of the Caldbeck & Hesket Newmarket hostesses are legendary! All proceeds will go towards the work of the church in the parish. The tickets (£15.00 for this 3-course lunch plus the pre-lunch drink and coffee at the end, wine will be available to purchase) will be on sale in the Caldbeck and Hesket village stores well before the event (see date in next month's magazine). The only difference from normal ticket sales is that a note will be made of your name, so that the lists of guests for the first and main course venues can be drawn up in advance; and any dietary requirements will also be noted. Although most guests will no doubt use their own cars, transport can readily be arranged, if necessary.

TICKETS WILL BE LIMITED, SO BOOK EARLY!
All proceeds to St Kentigern's Church, Caldbeck

HESKET NEWMARKET FREE CHURCH
Harvest Services
10/11 September

**St Kentigern's Church,
Castle Sowerby**
CLEANING & FLOWER ROTA
August - Doreen Bell
September - Diane Scott



**HOLY TRINITY, ROSLEY
CHURCH DUTIES**

| DATE | SERVICE | INTERCESSIONS' ROTA | SIDESPERSONS' ROTA |
|-------------|----------------------------|------------------------|--|
| August 7 | 9.30 am Lay-led service | | Lynda Huckell Jennifer Hetherington |
| 14 | 9.30am Family C | | Jean Osborne Esther Hodgson |
| 21 | 9.30am Family C | | Dorothy Smith Elma Coulthard |
| 28 | 9.30am Family C | | Harry Ravell Bryan Gibson |

**HOLY TRINITY, ROSLEY
BIBLE READING ROTA**

| DATE | READINGS | READER |
|-------------|---|--------|
| August 7 | Genesis 37 vv 1-4, 12-28 Matthew 14 vv 22-33 | |
| 14 | Genesis 45 vv 1-15 Matthew 15 vv 21-28 | |
| 21 | Exodus 1 vv 8-2, 10 Matthew 16 vv 13-20 | |
| 28 | Exodus 3 vv 1-15 Matthew 16 vv 21-end | |

Rosley PCC

On Friday 14 October a 'Forties' Night' is planned at Rosley Hall.
Further details to follow.

There are lots of things going on in Rosley - if you would like your club or association to be made known to the whole parish, or would like a special mention - then **please send the information to Lyn Williams** lynwilliams12@sky.com or **016973 45162** by 10th of each month. This is to meet the deadline for printing the monthly magazine at Church House.

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| <p align="center">COLIN ARMSTRONG Garden maintenance Grass cutting, Strimming, Hedge cutting, etc. also Painting and Decorating Tel: 01228 538798 Mob: 07936 243234</p> | <p align="center">MARLOWE COTTAGE, CALDBECK 5-Star Gold Award luxury holiday cottage Sleeps 5 www.marlowecottage.co.uk Contact Jen Arkell 016974 76417 info@marlowecottage.co.uk</p> |
| <p align="center">S & C ASBRIDGE LTD Building & Roofing Contractor Lyndene, Sowerby Row Carlisle, Cumbria CA4 0QH Tel: 016974 76384 Mobile: 07831 485 520</p> | <p align="center">DAVID BOWEN Cane & Rush Reseating Lloyd Loom Repairs Quality Materials, Collection & delivery Located behind the village pond at Caldbeck tel: 016974 78100 E-mail: drbowen@btinternet.com www.canenrusherseating.co.uk</p> |
| <p align="center">BED AND BREAKFAST ACCOMMODATION BROWNRIGG FARM Fairtrade and local produce Contact: Sally Vaux—016974 78626 sallyvaux@aol.com www.caldbeckvillage.co.uk</p> | <p align="center">CALDEW KITCHENS LTD Traditional handmade KITCHENS & BEDROOMS Workshop & showroom Avondale, Hesket Newmarket, CA7 8HR Tel/Fax: 016974 78385 Mobile: 078315 72301 Web: www.caldewkitchens.co.uk Email: office@caldewkitchens.co.uk</p> |
| <p align="center">THE BAROMETER WORKSHOP If you have an antique barometer or clock in need of repair/restoration then come to the specialists. • Free detailed written estimates. • High quality work fully guaranteed. • Collection/delivery service. • Open by appointment Antique barometers, scientific instruments & clocks repaired, restored, bought and sold Tel & Fax: 016974 76823 Email: info@barometerworkshop.co.uk</p> | <p align="center">CARROCK DESIGN & BUILD Full Design, Planning Permission; Building Regulations AND on-site build from one local company. Come and talk to us about your project— large or small with no obligation WWW.CARROCKDB.CO.UK E-mail: INFO@CARROCKDB.CO.UK TEL: Malcolm Iredale on 017684 88859</p> |
| <p align="center">GREENSIDE HOUSE, CALDBECK Bed & Breakfast Studio Delightful 18th century house situated in a promi- nent position on the village green overlooking the Northern Fells Contact Gail Dewis 016974 78226 Mobile 07971850002 Web: www.greenside-house.co.uk E-mail info@greenside-house.co.uk</p> | <p align="center">CARROCK ARCHITECTS Chartered Architects Member of Royal Institute of British Architects Member of the Guild of Master Craftsmen For all your building design needs; plans and building regulations. WWW.CARROCK.CO.UK E-mail: INFO@CARROCK.CO.UK Tel: Malcolm Iredale on 017684 84484</p> |

NOTES FROM CALDBECK PARISH COUNCIL'S MEETING, 4 JULY 2011

Duncan Fairbairn, District and County Councillor, supplied the timetable for the new 72 weekly bus service to Carlisle. The Clerk is putting these up on all the notice boards in the parish and in both village shops, thanks to the help of the proprietors.

Paul Doherty, The Northern Fells Broadband Representative for Caldbeck Parish, attended the meeting with Tony Richardson. He reported that of the 1397 dwellings in the Northern Fells seven parishes 765 households have signed up to express an interest in superfast broadband. Caldbeck parish has a lower percentage of interest expressed compared to Mungrisdale parish so Paul and Tony are going to give further publicity to the benefits of a much faster next generation broadband service.

The Chairman and Clerk were due to meet a representative from Tolsons at Heskett Newmarket on the 6th July to find out the likely cost of kerbing the eroded edge of Heskett Green on the slip road between the Old Crown and the Chapel.

There was very good news that the Joyce Wilkinson Trust had awarded £900 for the two replacement benches in Caldbeck. The Clerk was asked to order the benches as soon as the cheque arrived.

Thanks were expressed to Parish Councillors who had voluntarily sanded and painted with wood preserver a number of the parish benches: Anne Cartmell, Norman Atkinson and Alan Armstrong.

The Clerk was given a list of potholes to report to Highways, on Ratten Row, Friar Row, the School triangle and throughout Upton. Two street lights were also reported as being out of order.

Parish Councillors Audrey Noble and Angela Glendinning are organising a meeting in the Parish Hall on the 13th July to discuss ideas for celebrating the Queen's Jubilee in 2012.

The Clerk was asked to find out what had happened to the Lake District National Park's plans to replace two trees on Heskett Newmarket Green.

The tenders for designing and building the new community website were considered and the contract was awarded to Andrew Ward of www.wam-design.co.uk. (The Clerk had declared an interest and was not present at that part of the meeting).

Please contact the Clerk for full Minutes of meetings or see the website: www.caldbeck.org.uk

Antoinette Ward, 016974 78220. aw.caldbeck@gmail.com

ST KENTIGERN'S PCC, CALDBECK.

At its meeting on 20th June the PCC addressed a variety of issues. A number of members had been to Carlisle earlier in the year to hear the Bishop outline his ten-year vision. It is now time to take his ideas to a wider audience and this will be done on two dedicated Sunday Services. Holy Communion will precede each Service. The first on 4th September will be held at Sebergham Church and the second, on 20th November at Westward. On these dates all other services will be cancelled. It is hoped that by having one in each of the original benefices, everyone will be able to attend so we do hope you will be able to come.

The PCC is very grateful to the Methodist Minister, Rev. Kim Hurst who has run Club X during the interregnum, with help from Rachel Bonington and Carol Bolton. The future of Club X and the Family Praise Services was discussed and how we could best build on the collaboration with our Methodist friends. A proposal was put forward and it was agreed that Rev. Riches would discuss these ideas with Rev. Hurst, the children and their parents with the hope of building on work already done.

A request for donations to the Church Housing Fund, which provides hostels for the homeless had been received. This prompted some discussion and it was agreed the PCC would review its charity giving.

By the time you read this, many of you will have enjoyed the Garden Trail, which was blessed with lovely weather and was a great success, giving folk the opportunity to catch up with news and enjoy each other's company in a very relaxed ambiance. The gardens were lovely. Many thanks to all those who worked so hard to make this a great day. A much needed and hugely appreciated sum of £2,063.30 was raised to help finance the life and witness of St Kentigern's Church.

Referring to the church building and churchyard, the PCC was pleased that the new plaque is in place for the Roughton Stone. It was agreed that a new memorial stone will be purchased to put alongside the existing one. Improvements to the heating will be carried out in September and the quinquennial works are in hand. In the interests of safety the unsightly dead hawthorn tree will be removed but another tree planted. The wall by the lych gate, which has been damaged by tree roots, will be repaired.

Looking ahead, the gadabout lunch will be held on 18th September – see details elsewhere in this issue of the magazine. Preparations for the Harvest Lunch on 2th October are in hand, and we hope many of you will be able to come to these events.

As a result of the ballot, Warnell was chosen as the name of our new combined benefice.

Susan Beale

A Celebration of the Solway
**EXHIBITION
of
PAINTINGS**

of the Solway
& surrounding towns, villages, coast
and countryside
All paintings for sale

- Displays
- Craft Stalls
- Cream Teas

**BURGH BY SANDS
VILLAGE HALL**

*August Bank Holiday
Sat 27th to Mon 29th inclusive.
1.30 – 5.00 p.m.*

*Admission £3.50
(including cream tea) 14s and under free.*

*Parking available
For Burgh Church
Development Project*

Take time for prayer!

The ecumenical prayer group
meets each Tuesday morning
at 8.45am in the back of
Caldbeck Church
to pray for the needs of our
community and the world.
Why not join us?
ALL WELCOME!

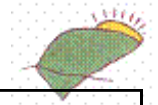
Ladies' Bright Hour
Caldbeck Methodist
Chapel
Tuesday 2 August
2.00pm
Picnic
Speaker: Liz Boydell

MOTHERS' UNION

On **Tuesday 16 August** the Mothers' Union is going on an afternoon trip to the **POT PLACE** at **Plumpton**.

We meet at the **Caldbeck car park** at **2.30pm**.

Any member or friend wishing to go please ring Liz on 016974 78315



ACTIVITIES TAKING PLACE IN SEPTEMBER

'Active For Life' Day at Westward Parish Hall on Tuesday 20th September 11.00am until 3.00pm - Will include Exercise/Healthy Eating/Massage/Demonstrations/Local Groups. Everyone Welcome. Free Entrance.

The Alzheimer's Society is holding a **Memory Walk** at Hutton in the Forest on Sunday 25th September. 3 miles or 10 miles.

Planned trip to **Keswick Theatre** on Wednesday 14th September to see 'Noises Off'. Matinee Performance

A Jennings **Rivers Ride Cycling Event** in Keswick on 18th September to support local charities

'Food Safety' courses could be available locally. These are for volunteers who produce food for public consumption in any capacity.

Watch out for details of another **'Apple Collection'** in the Autumn.

Please contact Anne or any Village Agent for further details on any of the above.



NORTHERN FELLS GROUP EVENTS COMING UP

We shall once again be at Hesketh Newmarket Show 3rd September this year with our minibus, tombola, displays, calendars, cards and soup recipe books on sale.

Don't miss us!

Our new **Calendar 2012** has landed and is now on sale. Get your presents early only £5 each with envelope while stocks last. Four new blank cards now available.

We have an introductory offer of blank mixed card packs still at the bargain price of £1.50 for five cards.

All available from our Trustees, Co-ordinators and Village Agents, Mosedale Coffee Shop and local outlets or ask Sue on 016974 78094.

Our AGM this year will be at Millhouse Village Hall on 29th September 7.30.

We hope to have some interesting displays for you.

Do come along we need your support and ideas for the future.

**Don't miss further news in your magazine on our intrepid Village Agents.
THANK YOU EVERYONE FOR YOUR SUPPORT AND ESPECIALLY OUR
LOCAL PARISH MAGAZINES HELPING TO SPREAD THE WORD AND
KEEP OUR COMMUNITIES WORKING AND PLAYING TOGETHER.**

Sue Clarke – Group Co-ordinator

OCEAN YOUTH TRUST

LIMITED PLACES ONLY FOR THIS FANTASTIC OPPORTUNITY ON A FIRST COME FIRST SERVED BASIS.

OCEAN YOUTH TRUST NORTH ARE PROVIDING 4 SUBSIDISED PLACES ON A VOYAGE OF EITHER 2 OR 5 DAYS.

IT IS FOR YOUTHS AGED 16 YEARS TO 19 YEARS AND THE SAILING WILL BE FROM NORTH SHIELDS IN LATE AUGUST.

THE COST PER PERSON IS £100 FOR 5 DAYS OR £40 FOR 2 DAYS.(Not including transport to and from North Shields)

THIS INITIATIVE SPECIALISES IN THE PERSONAL AND SOCIAL DEVELOPMENT OF YOUNG PEOPLE AND HELPS THEM ACQUIRE A RANGE OF SKILLS.

PLEASE CONTACT ANNE BURGESS, VILLAGE AGENT FOR THE NORTHERN FELS GROUP CHARITY FOR FURTHER INFORMATION.

Tel: 016973 49741 OR EMAIL: anneburgess52@googlemail.com

Millhouse Fitness Sessions

Our very popular fitness sessions will resume after the summer break on Thursday 8th September at Millhouse Village Hall at 7pm for 'Legs, Bums & Tums' and Tuesdays at 7pm for Aerotone. All welcome, all levels of fitness catered for, fun classes and great relaxation at the end.

Weigh-in optional for those wanting to watch their weight.

Any further details please contact Debbie on 0777 616 2125 or Philippa on 016974 78555

The running of this class has been assisted by Northern Fells Group Village Agents.



NORTHERN FELS
GROUP

NORTHERN FELS GROUP VILLAGE AGENTS PROJECT

If you would like a
FREE Home Safety Check from the Fire Service,
please contact your local Village Agent and we will arrange it for you.

**Cumbria County Council is NOT reducing its budget for
the Library Service in 2011/2012,**
but they would welcome ideas for improving future services.

Village Agents:

Westward/Rosley: Anne Burgess 016973 49741

Mungrisdale/Castle Sowerby: Philippa Groves 016974 78555

Ireby/Uldale/Boltons: Sally Vaux 016974 78626

Caldbeck/Sebergham/Welton: Julia Trotter 07976529275

Please remember all referrals/enquiries are **totally confidential**, no enquiry is too large or too small, we are here to help in any way we can and, if we can't help, we can probably put you in touch with someone who can.



SOCIETY PAGES

CALDBECK, HESKET NEWMARKET, CASTLE SOWERBY

CALDBECK & DISTRICT GARDENING CLUB

The first meeting of the new season will be held on
Wednesday 14th September, when the speaker will be Tony Rymer who
will give an illustrated talk entitled '**Bulbs for all seasons**'.

This will be held in Millhouse Village Hall and starts at 7.30pm.

All welcome, non-members £2.50.

Membership available.

HESKET-NEW-MARKET AGRICULTURAL SHOW

At Throstle Hall, Caldbeck

(by kind permission of Mr & Mrs R Mounsey)

Saturday 3 September 2011

Show Field Opens 8.30am

*Horses, Cattle, Sheep, Dogs, Poultry, Rabbits,
Vintage Vehicles, Terrier and Jack Russell Races, Pony Sports,
Tug-of-War and Fell Race*

*Cumberland & Westmorland Wrestling, Horticultural and Industrial
Section, Crafts, Children's Fancy Dress and much more.*

Stands and Side Shows.

Schedules and Enquiries - Helen Greenbank 016974 78125

Entries close 19 August 2011

A good day out for all the family!



Talk by

Sir Chris Bonington CBE

14 September 2011 at
8pm

Caldbeck

Parish Hall

Tickets £10

inc. light refreshments

Proceeds to

Friends of Fellview
School

CALDBECK & HESKET NEW MARKET SHEEPDOG TRIALS

would like to extend a warm welcome to you all and invite you to help celebrate 60 years of sheepdog trialling at Caldbeck.

The first committee was founded on the 15th of May 1951 when they held their first meeting, unfortunately their first trials which were to be held on the 23rd of August that year had to be cancelled due to the outbreak of foot and mouth disease but the committee kept having meetings and held dances and farm-yard whist drives to raise funds. Then in August 1952 after a year of planning the trials had to again be cancelled at short notice. The minutes book doesn't give a reason why but again they continued to fund-raise and finally, on the 27th of August 1953 with £45-11-10 in the bank they held their first sheepdog trials, as well as hound trails followed by a supper and dance, which was a great success. So even after two years of having all their plans dashed the committee worked together determined to hold sheepdog trials in Caldbeck, and we are so pleased they did. So our committee today would like to mark the fact that all those years ago, those local people worked so hard even though things didn't plan out how they would have liked but they kept battling on and succeeded in the end. So 60 years on we would like to celebrate their achievement and hope you will celebrate with us and join us on Thursday 25th August at The Wath, Caldbeck by kind permission of The Bell family. Running starts at 8-30am and continues throughout the day with the presentation of awards at 5pm approx. We are also holding a dog show not just for sheepdogs - all dogs working or pets are welcome. The show will be held around 3pm approximately so bring your dogs along. You could treat yourself to a delicious salad lunch or an ice cream watching some of our top dog handlers at work. We have a craft tent on the field, with all produce made by local people in the area so it is well worth a visit.

So please make a date Thursday 25th August 2011 and spend it with us celebrating 60 years of Caldbeck & H-N-M Sheepdog Trials.

THANK YOU!

A big thank you to everyone who supported the 50's night back in June. We raised £1019 which has been divided between 'The Great North Air Ambulance' and The Dawn Jackson Memorial Fund.

Marjorie Watson

FAIRTRADE NEWS



15 people joined the Fairtrade Way walk from Keswick to Mosedale on Wednesday 6 July. Despite the rain it was an enjoyable walk finishing off with much appreciated Fairtrade refreshments at the Mosedale Meeting House Coffee Shop. Many thanks to Lesley Smith who opened up especially for us.

The next leg from Mosedale to Caldbeck will be on Wednesday 10 August, starting from the Meeting House at 10.00am. There will be two routes: one over the fells and a lower route along the valley footpaths (both about six to seven miles). We will finish with Fairtrade refreshments in Caldbeck either at Priests Mill or The Old Smithy Cafe. If anyone is interested in joining us, either contact me or meet in Mosedale. Walkers from Caldbeck are encouraged to use the 9.30am bus from Caldbeck arriving in Mosedale at 9.45am.

Sally Vaux 78626

THE FAIR WORLD SHOP

Thank you to everyone who brought in used postage stamps to the Fair World Shop. I have sent off a big parcel to Mission Without Borders to raise funds for poor people in Eastern Europe. £50 worth of stamps will provide a family with ten chickens and seed, or give an elderly person a month's worth of nourishing meals. Please keep bringing your stamps. Thank you.
Betty Brame

WOULD YOU LIKE TO KNIT FOR CHILDREN IN EASTERN EUROPE?

Mission Without Borders needs jumpers, hats, bootees and blankets, to distribute to some of the poorest folk, including babies, who are unable to buy warm clothes against Europe's bitter winters. Sponsorship forms and knitting patterns will be available at the Fair World Shop. We will have a knitting party later in the year. In the meantime, get your knitting needles clicking. I have wool available if you need it.
Betty

FELLVIEW SCHOOL NEWS JULY 2011

Sport has taken up a large part of this term. There have been several cricket competitions with teams from all age groups participating, a tennis competition for Y3/4, athletics for Y1/2, and, of course, Sports Week. This comprised daily sporting activities for the whole school and included community coaches coming into school to take each class for rugby, Y6 walk up High Pike, rounders, cricket, etc. The culmination of the week was Sports Day. Parents and friends attended to watch the children compete in the races.

We received a grant from the Joyce Wilkinson Trust to undertake, under the guidance of local artist Naomi Harrison, some art work in the Conservation area. Y5 and 6 children carved on wooden logs and decorated them to make totem poles. They also built homes for some of the animals.

The second last week of term our work was centred on Flight. In subjects such as maths, the children 'booked' holidays, looking for the best value, in literacy, persuaded their fellow pupils to visit foreign countries and wrote about ET's feelings, made kites in technology and saw birds of prey close at hand.

Year 3 and 4 pupils enjoyed their residential visit to Borrowdale. On the journey there, they visited the Osprey viewpoint and Whinlatter. There was a variety of activities provided for the children at the Youth Hostel as well as a visit to a farm.

Parents of the children coming into Reception in September have been into school to speak with Liz Davis, the pupils also attending a taster day on their own.

Y6 pupils have visited their chosen secondary schools as part of their induction. Staff from the secondary schools have also come into school to speak with the children.

Community lunches continue next term, the first one on 4th October. Please contact school nearer the time if you would like to book a meal.

CALDBECK & DISTRICT LOCAL HISTORY SOCIETY The Men Who Built Carlisle Cathedral

At the Caldbeck & District Local History Society's meeting on 15 June, 2011, President, Ron Davie, introduced Thirlie Grundy, who was to speak about 'The Men Who Built Carlisle Cathedral', illustrating her talk with slides.

Carlisle Cathedral has a mix of architectural styles: Norman, Early English and Decorated. After the Norman Conquest, churches were to be rebuilt in stone. Anglo-Saxon builders had used wood, so Norman masons were brought in; and Italian masons came over later. Unfortunately, there are no surviving records of the cathedral workmen except for the carved heads, including those of themselves and of the trade-related tree god (Green Man) in the cathedral. The speaker's talk and her illustrations focused on these carvings.

Schooling, apprenticeship and then seven years as a 'journeyman', meant that a mason's son would be 28 yrs.old before he was fully free to ply his trade (although the title of Master was hereditary). Married masters would carve their wife's head opposite their own. A bachelor would sometimes carve his own head twice, using dog-toothed zig-zags as decoration. The oak tree was considered masculine in the cult of Sylvanus, the Green Man. Mistletoe on an oak made it sacred. The white five-petalled rose represented the wife, acorns the sons, and rose hips for daughters. Italian masons brought with them their allegiance to the King of the Wood and the heads they carved wore crowns unlike the Normans'.

With the mixture of nationalities, and their respective languages, it is surprising that so much was accomplished. The clergy were often at odds with the masons but all secular carving was done on downward-slanting or facing surfaces and so hidden from the heavenly view (and possible displeasure!).

After a lively discussion, the President warmly thanked the speaker for a most enjoyable and informative evening. The Society's next meeting will be on 20th July in the Parish Hall at 7.30 pm, when Jean Scott-Smith will speak on *The Life of George Moore of Whitehall: a Cumbrian Philanthropist*.

THURSDAY CLUB JUNE 2011

Mr T Ryan welcomed everyone and there was a warm welcome for our speaker, Mr David Crosby, who had come to speak about 'Lost Sounds'. Mr Crosby re-records old tapes and records onto compact discs. Although the original recordings are old, the clarity when recorded onto a compact disc was amazing as the scratches, scrapes and interference have all been eliminated. The talk was extremely interesting and members asked many questions. Mr Crosby was warmly thanked.

CALDBECK WI JULY 2011

The July meeting was a joint one with our link branch, Mungrisdale, who joined us in Caldbeck Parish Hall for the evening. The Mungrisdale WI members were warmly welcomed by Mrs P Shaw and the Minutes were read by Mrs B Archer. The County News was read and the notice of the autumn council meeting at Greenhill in September announced. Mrs Molly Marsden has been elected group convenor again. The History Society had asked if the WI would be able to display any memorabilia for the exhibition on 1 October. Invitations from Rosley and Dalston WIs had been received. Thanks were expressed for all who had supported the village gardens day in June.

The theme of the evening was 'Circles' as our speaker, Anne-Lise Kryger had come to lead us in 'Circle Dancing'. This was extremely enjoyable.

The competition for a circular item was won by P Bamborough and C Marsters came second. The raffle winners were: J Stott, M Plank, M Bell and I Eaton.

Mrs Shaw thanked everyone for coming, especially our guests from Mungrisdale and those who had provided food. Mungrisdale members thanked us for such a lovely evening of dancing, food and friendship.

SEBERGHAM

SEBERGHAM JUNE DANCE

The second June Dance was held in Sebergham Village Hall on Saturday night when John Foster welcomed everyone, with music by Roe Valley. During the interval everyone enjoyed a Bring and Share supper followed by sweets. John and Jean Salisbury took charge of the raffle. Prize winners: John Grindal, Maureen Hodgson, Isobel Nicholson, Pat Barnes, Connie Foster, Joan Scott, Shirley Mandale, Mary Johnston, John Salisbury, Margaret Hodgson, Norma Atkinson, Harold Hodgson, Doreen Ward, Winnie Jefferson, Doreen Lund, Jimmy Pollock, George Scott, Ian Holmes, Ray Hodgson, Cynthia Gilbert, John Gilbert, Susan Park, Joan Davidson and Annie McKie. John then thanked all the ladies for providing such a lovely supper and those who donated raffle prizes and helped in any way.

Sebergham Weather Recordings

June 2011



Rainfall.

June 2011. 50.80 mm (2.00 ins)

Aggregate 545.31 mm (21.47 ins)

Jun 2010. 41.70 mm (1.64 ins)

Aggregate 239.67 mm (9.45 ins)

Notes.

The ten-year average rainfall for the month of June is 70.38 mm (2.77 ins) so this year we are just below the average for the month.

However, the ten-year average for the first six months of the year is 518.18 mm (20.40 ins) and we are only 2.54 mm (1.00 ins) above the average this year. 2010 was of course a very dry year, and as you will see, for the six months of that year we had recorded below half of what we recorded this year.

Temperatures.

Average maximum day temperature 16.96°C (62.53°F)

Average minimum night temperature 8.75°C (47.75°F)

Warmest day Friday 3 June 24.30°C (75.74°F)

Coollest night Sunday 12 June 3.20°C (37.76°F)

Notes.

We recorded no frost in June. The average monthly day temperature was well below that of June 2010 by 3.5 degrees celsius (6.31°F) Similarly, the night time temperature for June was 1.87 degrees celsius (3.35°F) below that of June 2010.

The ten-year average maximum June temperature is 18.79°C (65.83°F) and the ten-year average minimum June temperature is 10.18°C (50.33°F) So June was a cool month.

Wind.

The average wind speed for June was 2.1 mph, and on Thursday 9 June we recorded a high of 23 mph at 11.00 hrs from the WNW.

The dominant wind direction for the month was from West North West and usually in June the dominant direction is from South West.



Needless to say in a Hitchcock thriller, nothing goes quite to plan. The suspense is ratcheted up to a white-knuckle finale.

Saturday Nov 26 + Supper 6.30pm

Sideways 2006 USA 121 mins (15) Comedy drama

When two middle-aged friends go on a road trip round the vineyards of California, they have different agendas. Divorced, neurotic, slightly depressed Miles is a wine snob and budding author, while Jack is a fading Casanova looking for one last fling before his wedding. Witty fun with American men behaving badly.

Friday 13 Jan 7.30pm

Another Year 2010 UK 129 mins (15)

A Mike Leigh film which depicts solid couple Tom and counsellor Gerri and their various friends and family through the course of a year. Will their son find a steady girlfriend? Will Gerri's needy friend get her life sorted out? Will Tom's overweight, workaholic pal mend his ways? This is a keenly observed slice of family life with all its ups and downs.

Saturday Feb 18 + supper 6.30pm

Kind Hearts and Coronets 1949 UK 102 mins (U) Comedy drama

Classic Ealing black comedy about a resourceful serial killer, Dennis Price, who decides to remove all those blocking his way to a Dukedom. Alec Guinness plays all 8 members of the D'Ascoyne family to be assassinated.

Friday 23 Mar 7.30pm

The Illusionist 2010 Fr 80 mins (PG) Animation

A Sylvain Chomet film from a script by Jacques Tati. A traditional magician with a fading career meets young Alice, who follows him to Edinburgh, hoping for a more exciting life. The magician supports Alice as an adopted daughter with occasional gigs and jobs. It is a wistful story with minimal dialogue and Edinburgh is beautifully depicted.

Fri 20 Apr 20 7.30pm

How I ended this Summer 2010 Russia 124mins (12A) Thriller

On an Arctic island in NE Russia, Sergei, a veteran scientist, is joined at the run-down weather station by young student Pavel. The student's frivolous ways ensure a clash of personalities. Pavel fails to pass on an important radio message to Sergei about his family and as the weather deteriorates, so does the atmosphere between them.

(The programme may have to be altered if there are circumstances beyond our control, such as winter weather.)

If the programme looks good to you, then come and join us - everyone is welcome. Membership and season ticket combined costs £20, **which saves you £8**. Please apply for your season ticket in advance from Poppy Hollins-Gibson using the form provided in this magazine or by ringing her on 016974 76276.

However, you don't have to become a member but as a guest, you can pay £4/ film at the door.

CAFS will be glad to see new and previous members on Friday, Sept 16th.

Tricia Nelson

BOOK LAUNCH

A successful book launch was held in Sebergham Village Hall on Saturday afternoon, 18 June.

The book 'The Cumbria Way from Dalston to Caldbeck' tells the story of 'A Stroll Through Sebergham – People and Places, Past and Present' written by Peter Weston, a resident of Sebergham who with his wife Anne has lived there for 25 years. They have found the area so lovely for walking with a section of the Cumbrian Way passing through Sebergham.

The launch of the book was presented by Rev. Kathleen Ashbridge, who lives near Caldbeck. She said that even in the short time she had found a lot of interesting items both regarding the history and right up to the present time. Peter then thanked Kathleen and the Caldbeck & District History Society and all who had contributed pictures and stories to make this book possible and to everyone who came to the launch this afternoon. Also to Ann Parry for providing a lovely afternoon tea. This book will be available at many local outlets.

SEBERGHAM WI JUNE 2011

President, Margaret Mattinson, welcomed twelve members and visitor, Anne Irving, to our June meeting.

Our visit to Barton Grange had been a great success with everyone enjoying themselves and requesting a return visit later in the year when all the Christmas decorations would be on display.

Poppy Hollins-Gibson gave a report on the WI AGM in Liverpool which had proved to be an entertaining and lively meeting. The resolution to try to halt the closure of public libraries was passed. However the resolution to prevent 'mega farms' was eventually not voted on, with a new resolution passed to move on to the next business. This was after it was made clear that the resolution could have resulted in more cheap foreign meats being imported with the consequence of putting British farmers out of business.

Margaret Mattinson then introduced Laura Ellis of Solway Soap and Skin Care, who gave a fascinating talk about the development of her hobby into a business through the love and belief in her products.

Having done an aromatherapy course she became interested in natural products. Discovering that the most expensive and glamorous face creams only had a tiny proportion of the natural ingredients they advertise, she decided to produce a similar product with all natural, vegan and organic materials. Her grandmother was her first tester and it proved such a success that all her friends asked for the same cream. Her business was born!

Laura has now developed a large range of products from face creams, hand creams,

scented candles and a very effective midge repellent using bog myrtle.

We then had fun trying some of the creams as she assured us they were never tested on animals but only on 'happy humans'.

We had thoroughly enjoyed the talk and were very impressed with her achievement in producing such natural and safe skin care. She was thanked by Jessie Ostle.

Mrs Ellis then judged the competition for a soap dish that was won by Carol Foster with Claire Guest second.

Poppy Hollins-Gibson, Press Secretary

SEBERGHAM WI JULY 2011

President, Margaret Mattinson, welcomed members and 2 visitors, Mary Brough and Celia Stobart, to our July meeting.

Margaret introduced Chris Drovett and Terry Jolley, our speakers who were both magistrates. They started by handing out a quiz about magistrates which we tried to do. Some of the answers we knew, but we learnt that there are about 50,000 magistrates aged between 18 and 70 chosen from ordinary people who 'sit' unpaid for at least 2 days a month. They train for 6 days initially, but receive ongoing training as laws change or new ones are introduced.

We were then given a role-playing exercise in a court scene drama about a shop lifting case. Although the subject matter was serious, everyone entered into the spirit and with three sitting magistrates, defending and prosecuting lawyers, court officials and the 'accused', we read our scripts with enthusiasm and much hilarity as acting skills developed! It was a very interesting experience and we learnt all about the process of court procedure.

Mr Drovett and Mr Jolley also give a similar talk to school children to help them understand the importance of not getting into trouble and suffering the long term consequences of a criminal record and the problems of future employment.

Explained to us were the levels of sentencing, ranging from an unconditional discharge, through fines, a community sentence, curfews with electronic tags and finally prison. The evening left us with a good understanding of the work of a magistrate, but had also been highly entertaining!

They were thanked by Anne Ludlam.

The competition for a book mark was won by Shirley Mandale with Doreen Ward second.

There followed a full business meeting which included the information we needed to follow up the resolution to support local libraries.

CALDBECK SURGERY

www.caldbecksurgery.co.uk Tel: 016974 78254

The surgery will be closed in the afternoon

for staff training on the following dates:

No closure in August

Tuesday 20 September

Art in the waiting room this month by Caldbeck Art Group

On these afternoons the surgery (including the dispensary) will close at 1.00pm. All calls will be redirected automatically to the out-of-hours service

CHOC

Cumbria Health On Call

The new number for the out-of-hours service CHOC (*Cumbria Health on Call*) for patients in North Cumbria is 03000 247 247. Calls to the surgery out-of-hours are automatically redirected to CHOC.

Hearing-impaired users who need to contact CHOC please call (Typetalk) 18001 03000 247 247.

CALDBECK AREA FILM SOCIETY



The new season starts on Friday, 16th Sept at 7.30pm in Caldbeck Village Hall and we have a varied and exciting programme. There will be a short AGM before the first meeting at 7.00-7.15pm. Volunteers to help with running events are always welcome.

Friday 16 Sep 7.30pm

The King's Speech 2010 UK 119mins (PG) Period drama

The shy, stammering Duke of York suddenly becomes King on the abdication of his brother David. His wife enlists the help of unconventional Australian speech therapist, Lionel Logue, to help him overcome his stammer. A lifelong friendship is forged between the two men.

Friday 14 Oct 7.30pm

Strangers on a Train 1951 USA 101 mins (PG) Thriller

Tennis pro Guy and mysterious admirer Bruno meet and decide to trade murders. Bruno is to kill Guy's unfaithful wife and Guy is to murder Bruno's spiteful father.

Skipping.5-6-7- Girls. 1st Ali Mandale. 2nd Natalie Mandale,
 Mixed 8-9-10. 1st, Jodie Davidson, 2nd Joseph Waterfield, 3rd David Foster.
 11yrs 1st Lee Davidson, 2nd Michael Studholme. 3rd Liam Studholme.
Tattie Race.5-6-yrs Girls. 1st Ali Mandale, 2nd Natalie Mandale.
 8-9-10. 1st Joseph Waterfield, 2nd Jodie Davidson, 3rd Liam Studholme.
 11yrs mixed. 1st. Jamie Foster, 2nd Lee Davidson, 3rd Liam Studholme
Sack Race.5-6-7- Girls. 1st, Ali Mandale 2nd Natalie Mandale,
 8-9-10 mixed. 1st Joseph Waterfield, 2nd Jodie Davidson, 3rd David Foster.
 11yrs Boys. 1st Jamie Foster, 2nd Lee Davidson, 3rd Michael Studholme.
Three legged Race.5-6-7- mixed 1st Jodie Davidson / Ali Mandale. 2nd David
 Foster / Natalie Mandale.
 11yrs mixed. 1st. Jamie Foster / Michael Studholme, 2nd Liam Studholme / Lee
 Davidson, 3rd. Joseph Waterfield, / Olivia Caldwell.
Obstacle, 6 & under. 1st Ali Mandale 2nd Natalie Mandale.
 7-8-9- mixed. 1st Jodie Davidson, 2nd Joseph Waterfield.
 10+ 1st Jamie Foster, 2nd Olivia Davidson, 3rd Lee Davidson,
Welly Throwing 6 & under Mixed. 1st. Steven Dickinson, 2nd Phillippa Dick-
 inson,
 6 & under Girls, 1st, Ali Mandale 2nd Natalie Mandale.
 Older Boys and Girls. 1st Jamie Foster / Lee Davidson, and Olivia Caldwell.
 Mixed. 1st Joseph Waterfield, 2nd Emma Wolstencroft, 3rd David Foster.
 Men's. 1st Mark Dickinson, 2nd Malcolm Foster.
Marathon
 Secondary School. 1st Jamie Foster, 2nd Lee Davidson, 3rd Olivia Caldwell.

Helpers on the day were: Jean Dickinson, Carol Foster, Irene Dickinson , Mal-
 colm Foster, Kenny Wolstencroft and others.

Penrith Girls Football Club
New Players Required – All Ages.
Friendly Club - Fun Times
Qualified coaches, CRB, Child Protection Certificates
Join us NOW for the new season
Call Simon / Kath 07752-872920

Margaret
 Mattinson re-
 minded us about
 the summer supper
 at Denton House
 on 2nd August, our
 visits to Bassen-
 thwaite, Penrith
 and Rosley WIs
 and our own quiz
 night on Thursday
 20th October.

Poppy Hollins– Gib-
 son

SEBERGHAM WI QUIZ NIGHT
 Sebergham Village Hall on Thursday 20 October at 7.30pm
 Admission: £2.50pp – to include refreshments
Teams of four, if possible (but not essential)
 Everyone welcome- not confined to members
For queries, or to book a table, ring Christine:
016974 76410

SEBERGHAM WI
 Tuesday 15 September, 7.30pm in the Old
 School
'Very Important Clocks'

ROSLEY

ROSLEY WI BIRTHDAY OUTING

Twenty five members and friends travelled to Craighurn farmhouse, Cat-
 lowdy in Tysons' coach with Frank at the wheel. The evening commenced
 with Mrs Louise Lawson doing a 'puddings' demonstration. Nothing fazed
 her and she chatted as she worked and the end results were fabulous. Lynda
 Huckell thanked Louise for her demonstration.

Then a delicious carvery was served fol-
 lowed by the sweets made earlier, also tea/
 coffee and mints.

The president Jean Harper-Tarr kept busi-
 ness to a minimum. On 22nd September it
 is the autumn council meeting at Greenhill
 Hotel.

Jean thanked the Lawson family and wait-
 ress Lyn for an extremely enjoyable eve-
 ning. Everyone boarded the coach for the
 return journey arriving back at Rosley at
 approximately 10.00pm.



TIME FOR TEA
 Drop in for tea at
 Rosley Village Hall
 Wednesday 24 August
 2.00pm until 3.30pm.

£1, includes tea/coffee
 and home-made cakes

*Call in for a chat
 Meet up with friends
 Bring a neighbour.*

WESTWARD

WESTWARD FLOWER CLUB

The next meeting of the Flower Club will be in September.
For further information & times contact June Kitchen
tel: 016973 43799

WESTWARD W.I.

PLEASE NOTE THAT THERE IS NO MEETING IN AUGUST

Westward Lunch Club

Thursday, 11th August at 12.30 p.m.
Westward Halls
Home-made soup, puddings
Tea /coffee & biscuits
£4
All Welcome

Westward Flower Club

Report on visit to Warnell Hall by Margaret Nicholson

A lovely evening was spent at Warnell Hall by members of Westward Flower Club.

When we first arrived, there were plants for sale, and Lyn Brunetti introduced herself and her colleague, William, who are the gardeners at Warnell Hall. Lyn gave a guided tour through the rose garden, the vegetable garden and then on to the main garden where it rained heavily! The main garden theme was purple and green plants. The whole garden was beautiful. We then went on to Denton House at Heskett New Market for a buffet, which was very enjoyable.

| | | | |
|---|------------------------------|------------------|-------------------|
| Boys 8, 9,10, 11yrs | Toby Collard | Joe Trotter | Matty Strong |
| Girls 8,9,10,11 yrs | Hannah Smaile | Laura Smaile | Kerry Regan |
| Boys 12, 13 14, 15 yrs | Edward Pattinson | Jake Watson | Aaron Glendinning |
| Girls 12, 13, 14, 15 yrs | Joanne Ridley | Beth Robson | Catherine Lewin |
| Cross country (Once round field) | | | |
| Boys 7,8,9,10,11 yrs | Aaron Horne | Toby Collard | Harry Bolton |
| Girls 7, 8, 9, 10, 11 yrs | Laura Smaile | Holly Macfadzean | Zoe Glendinning |
| Guide race (Boys and girls 10 yrs and over) | Kieran Macfadzean | Joseph Horne | Aaron Horne |
| | Catherine Lewin/ Kerry Regan | | Helana Watson |

43 races in total

Prizes 2011: 1st place £2; 2nd place £1; 3rd place 50p

Men's/ladies' races: 1st place £3; 2nd place £2; 3rd place £1

Cross country (once round field): 1st place £3; 2nd place £2; 3rd place £1

Guide Race: 1st place £5; 2nd place £3; 3rd place £2

SEBERGHAM SPORTS 2011

The weather kept fine for the Annual Sports Day at Sebergham on Saturday. The sports were held in a field kindly loaned by Mrs. E. Horn. Lime Tree Grove. Everyone was welcomed by Geoff Hine, Chairman of the Village Hall, who also judged the Fancy Dress - something beginning with the letter "B". 1st prize went to Phillippa Dickinson, 2nd Stephen Dickinson, 3rd Charlotte Gibbs and James Dickinson. The competition for Hand Drawing / Painting: 1st Ali Mandale, 2nd Natalie Mandale, 3rd Stephen Dickinson, Older entry 1st Olivia Caldwell. Raffle winners were, 1st Jean Dickinson, Jodie Davidson, Ken Hornby, Joseph Waterfield, Lee Davidson, Emily Magnay, Claire Guest, Sophie Rheam, Heather Magnay, Elsie Horn and Mark Dickinson,

Race winners..

Flat Race, 3yrs & under. 1st Steven Dickinson, 2nd Phillippa Dickinson, 3rd Charlotte Gibbs.

4 5 6 Girls. 1st Ali Mandale, 2nd Natalie Mandale.

9-10 Boys. 1st Joseph Waterfield. 2nd George Davidson, 3rd David Foster.

11yrs boys. 1st Liam Studholme, 2nd Jamie Foster, 3rd Lee Davidson,

what's on for young people

| | | | |
|-------------------------------|------------------------------------|-----------------------------------|------------------------------------|
| Three legged races | | | |
| Boys 7, 8, 9, 10, 11 yrs | Toby Collard Aaron Horne | Robin Regan Robert Lewin | Nathan Armstrong Cameron Wilson |
| Girls 7, 8, 9, 10, 11 yrs | Emily Watson Mya Cooper | Zoe Glendinning Laura Smaile | Lauren Bates Micha Atkinson |
| Boys 12, 13 14, 15 yrs | Liam Robinson Angus Hodgson | Kieran Macfadzean Shaun Merone | Edward Pattinson Calum Smaile |
| Girls 12, 13, 14, 15 yrs | Kerry & Ellen Regan | Amy Robinson Melanie Strong | Helena Watson Catherine Lewin |
| Boys & Girls 3 Legged under 6 | Megan Steadman Ella Horne | Jay Steadman Lucy Urey | Chloe Headley Mia Lillington |
| Wheelbarrow races | | | |
| Boys 7, 8, 9, 10, 11 yrs | Toby Collard Aaron Horne | Robert Lewin Mathew Bates | Robin Regan Kier Atkinson |
| Girls 7, 8, 9, 10, 11 yrs | Abbie Kennedy Hannah Flucker | Lauren Bates Mya Cooper | Zoe Glendinning Laura Smaile |
| Boys 12, 13 14, 15 yrs | Kieran Macfadzean Angus Hodgson | Liam Robinson Shaun Merone | Aaron Glendinning Joseph Horne |
| Girls 12, 13, 14, 15 yrs | Kerry Regan Helana Watson | Amy Robinson Melanie Strong | Sam Bell Beth Robson |
| Egg and spoon races | | | |
| Boys 7, 8, 9, 10, 11 yrs | Aaron Horne | Harry Bolton | Toby Collard |
| Girls 7, 8, 9, 10, 11 yrs | Kerry Regan | Hannah Flucker | Laura Smaile |
| Boys 5 and 6 | Jay Steadman | Zac Ostle | Brad Ostle |
| Girls 5 and 6 | Ella Horne, Chloe Headley, | | |
| Boys 12, 13 14, 15 yrs | Calum Smaile | Jonathan Scott | William Mallinson |
| Girls 12, 13, 14, 15 yrs | Amy Robinson | Catherine Lewin | Helana Watson |
| Slipper chuck | | | |
| Boys 5, 6, 7 yrs | Luke Urey | Mathew Bates | Zac Ostle |
| Girls 5, 6, 7 yrs | Megan Steadman | Aimee Lillington | Lucy Urey |
| Boys and girls 4 and under | Mia Lillington | Josh Little | |

SPORTSREACH FOOTBALL & NETBALL SCHOOLS
Wednesday 24th August -
Saturday 27th August
 on Fellview School Playing Fields
 10.00am-4.00pm
 cost £25 per child
 (subsidised price)
 Prizegiving Sunday 28th August
 in Parish Hall at 11.00am
 Ages: 7-14 for football
 9-12 for netball
 Organised by Heskett Newmarket,
 Stockdalewath and
 Castle Sowerby Free Churches.
 Tel: Helen 78669, Esther 76183
 or Chris 76646
 for application forms which must
 be received by 10 August

DISCOVERY CLUB
 Will start again on
 Tuesday 13 September
 3.15-5.00pm
 Caldbeck Parish Hall
 (children will be escorted
 across to the hall from
 Fellview School)
 Games/Crafts/Songs/Bible
 Stories etc
 Refreshments included.
 For all primary school-aged
 children
 Tel : Helen 016974 78669

THE DROP-IN
(age 10+)
 Drop-in will re-commence on Sep-
 tember 24th
 with a Walk and BBQ
 3.00-6.00pm
 Tel: Richard or Celia 016974 78500
 or Peter and Helen 78669
 for further information



"Happy Hop"
 (previously called Boogie Beebies)
 will be commencing in September
 Dance, Exercise and Games for the
 under 5's
 For further details please see local
 notice boards or contact: Julia Trotter
 (Northern Fells Village Agent for
 Caldbeck/Sebergham/Welton)
 Tel: 0797 652 9275 Email:
julia.trotter@northernfellsgroup.org.uk

Charity Cricket, 8's Final Day & Family Fun Day



*To be held on Sunday 28th August
Caldbeck Cricket Club
(time to be confirmed, please see local notice boards)*

**Games
Competitions
Raffle**



**&
Much more, including
Village Wheelbarrow Race!!
(Please see local notice boards for further details)
Refreshments available throughout the day
(Including Bacon Butties, Teas, & Evening BBQ)**



*All proceeds to be divided between
Dawn Jackson's Memorial Fund & Caldbeck Cricket Club*

**Caldbeck Cricket Club
8's competition**

Enter your team - whether it's friends,
work colleagues or social acquaintances!!
TEAM RULES! : Each team requires the following:
1 person Under 15 years old , 1 Female.

No more than 2 professionals
Plus 4 of anything else!!

Games to be played Mon, Tues, Thurs evenings, throughout August.
(Over approx. 3 weeks commencing 8th August)
To conclude in finals and Family Fun Day on Sunday 28th August.

***All proceeds to be divided between
Dawn Jackson's Memorial Fund and Caldbeck Cricket Club***

All entries required to: Jamie (017684 84722) or
Taz (016974 76457)

Entry fee: £10 per team + match fee
(All entries by 1st August)

CALDBECK VILLAGE SPORTS 2011

On Tuesday 14 June 2011 the annual village sports was held once again. As usual the children came out in force to compete for the prizes. We would just like to thank everyone who donated raffle prizes & the few parents & grandparents who turned up to give their support.

On a more serious note, every year the sports run at a loss & without the help of donations given by a few local people towards the running costs we wouldn't be able to continue. So we would just like to say a big thank you to them.

| Race | 1 st | 2 nd | 3 rd |
|---|-------------------------------|-------------------|------------------|
| Flat races | | | |
| Boys 5 and 6 yrs | Jay Steadman | Zac Ostle | Brad Ostle |
| Girls 5 and 6 yrs | Ella Horne | Lucy Urey | Mia Lillington |
| Boys and girls 4 and under | Josh Little | Phobe Jackson | |
| Boys 7,8,9 yrs | Robin Regan | Robert Lewin | Luke Urey |
| Girls 7,8,9 yrs | Holly Macfadzean | Molly Steadman | Lauren Bates |
| Boys 10,11,12 yrs | Aaron Glendinning | William Mallinson | Toby Collard |
| Girls 10, 11, 12 yrs | Kerry Regan | Amy Robinson | Catherine Lewin |
| Boys 13,14,15 yrs | Kieran Macfadzean | Angus Hodgson | Edward Pattinson |
| Girls 13,14,15 yrs | Ellen Regan | Sam Bell | Joanne Ridley |
| Men's Race | Jonny Kennedy | Rob Little | Tony Bolton |
| Ladies' Race | | | |
| Smarties Race Boys and Girls 4 years and under (holding hands in pairs) | Josh Little Mia Lillington | | |
| Sack races | | | |
| Boys 6, 7 yrs | Luke Urey | Oliver Flucker | Mathew Bates |
| Girls 6, 7 yrs | Ella Horne | Megan Steadman | Amy Lillington |
| Boys and Girls 5 and under | Lucy Urey | Mia Lillington | Chloe Headley |
| Boys 8, 9,10, 11yrs | Toby Collard | Aaron Horne | Cameron Wilson |
| Girls 8,9,10,11 yrs | Kerry Regan | Zoe Glendinning | Laura Smaile |
| Boys 12, 13 14, 15 yrs | Shaun Merone | Kieran Macfadzean | Ross Macfadzean |
| Girls 12, 13, 14, 15 yrs | Amy Robinson | Sam Bell | Melanie Strong |