

June 2008



St Kentigern's Caldbeck



St Mary's Sebergham



St Kentigern's Castle Sowerby

**Parish
Magazine**

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The Rector Writes

A week after the cyclone in Burma, the earthquake devastated part of China, then on this morning's news I heard reports of the imminent deaths of six million children in Ethiopia through starvation. Bombarded with news of disasters day after day, it is easy to feel a bit *punch drunk*. We have barely begun to register one terrible situation when news is brought to us of another. When will it end? At one level, we know that natural disasters will occur from time to time, until the Lord returns and "makes all things new". At another level we ask ourselves, "How do I respond to this?"

We have all heard of compassion fatigue - the impulse to turn off and turn away, feeling overwhelmed by the demands of a hurting world. Modern communication has increasingly turned us into a global village, bringing disasters that we would never have heard of decades ago into our living rooms, with up to the minute reports in disturbingly graphic detail. We can easily find ourselves trapped between frustration and denial/abdication. We feel frustrated that the pain and destruction is so big and our response so limited, especially if we are used to being in control - used to fixing things around us. Faced with the disabling reality of our limitations we are tempted to turn our backs, denying that we need to do anything.

Jesus did not heal every ill or crippled person in Galilee. What's more, he took 'time out' from his ministry to go to parties, to spend time with his friends and to be alone. Yet, when confronted with human need, whether hunger, illness or despair, he never failed to give of himself. It is that balance of celebration and self-giving that I want at least to try to emulate. My giving through the *disaster's emergency committee*, when a new appeal is made is as dust in the scales compared with the need; and by myself, I can't fix anything. But I express my desire to reach out and help and, together with the giving of many others, we can do *something* to help. And in between the disasters and the giving I will accept with gratitude the gifts of God's goodness that I receive through friends, parties, family and solitude. These are reminders that he loves us too, in our comparatively easy, disaster-free lives and expects us to go on showing compassion to others, as he continues to demonstrate his love for us each day.

*Let us not become weary in doing good, for at the proper
time we will reap a harvest if we do not give up.*

Galatians 3.9

Stephen Prior

The Parish Registers

Baptism

Mae Elizabeth Nellist
Daughter of Emma and Mark Nellist
St Kentigern's Church, Caldbeck
18th May 2008

CUMBRIA IN BLOOM TIDY VILLAGE

Caldbeck Parish Council has again entered our villages in this competition and it would be good if the cup could remain in position in Kirkland Stores for another year. Obviously we hope everyone will keep their own frontage tidy and all their flowers in full bloom but we would like to have a communal effort on all the communal parts of the village. If we get lots of people it won't take long.

We do not know the judging date yet but it is some time between 7th and 18th July so please could as many as possible who are interested in helping to tidy Caldbeck meet in the car park on **Saturday 28th June at 10 am**. Hard brushes, shovels, barrows etc will be needed as we need to sweep and weed the pavements and road edges, collect litter etc. You may ask should we not leave the road sweeping to Allerdale Borough Council but the machines do not get into the edges, or on the pavements, or do the weeding! We did have help from the Council last year in that they sent their road sweepers just before the judging for a final tidy and we shall certainly see if they are available again this year. If we have a major effort on 28th then all that will be required will be a quick whisk round before the judging. Last year the village looked really good after its tidy up and it was even more of a pleasure to walk round it than it normally is!

If you are unable to come on that day and would like to help but at another time, please give either Anne Cartmell 78484 or Audrey Noble 78692 a ring.

PARISH PICNIC - SUNDAY 29TH JUNE - 2PM

On Sunday afternoon on 29th June, there will be a service of Evensong at St Kentigern's Church, Castle Sowerby, followed by a *Bring and Share* picnic. Coffee, tea and squash will be provided. All welcome! Come and join us for worship and fellowship in this beautiful location!

KESWICK CONVENTION

A bus will be leaving Caldbeck Car Park on Tuesday 22nd July to visit Keswick Convention for the evening. The bus will leave Caldbeck at 6.15pm, calling at Heskett Newmarket at 6.20pm. We are usually home by around 10pm. Costs will be determined by the numbers attending: please give us your names as soon as possible.

*Audrey Ryan - 78423
Kath Ashbridge 78205*

FAIRTRADE NEWS

On **Sunday June 15** there will be a FAIRTRADE DAY with sales of goods and information at **The Old Smithy, Caldbeck 10am - 4pm.**

On **Monday June 2** we are hosting two Ethiopian coffee farmers and their interpreter; their visit to Cumbria has been organised by *Keswick and District Fairtrade Campaign*. They plan to have lunch in Caldbeck, a walkabout to the Fairtrade outlets in the village, a visit to a local farm, and take part in a presentation led by two members of the Keswick group (based on recent trips to coffee cooperatives in Ethiopia) at about 6-7pm. The venue is still to be arranged, but hopefully it will be in the Parish Hall. Watch out for posters for more details of this event. All welcome.



Sally Vaux(78626)

On behalf of Caldbeck and Heskett Newmarket Fairtraders

THANK YOU

I wish to thank all those who gave their time and effort to paint Castle Sowerby church over the past several weeks, with special thanks to Marjorie who kept everyone organised and supplied with paint!

Steve Prior

MOTHERS' UNION



At the meeting on 20th May, Ann welcomed all present and introduced our speaker, Myrtle Langley. We all wished Mary Carling a very Happy Birthday and are pleased she is feeling better after her treatment and stay in hospital.

We were told of the visit to Low Hesket, where we were introduced to *Eden Young Carers*, and were very moved by the young people's stories. Our visit to *Westward Songs of Praise* was very much enjoyed by all who attended. We were also told about this year's Swanwick conference and learned about the Caldbeck website and how we can take part in that.

After our prayers, Dr Langley spoke on 'Passions of my Life'. From her early years in S Ireland, she had a passion for the Gospel and spreading the Good News. She worked in Africa, where she taught, wrote books and did research into the lives of young people caught between the Christian way of life and tribal cultures. Another passion is painting - and we saw some beautiful examples of her work. She also has a passion for justice and equality, where there will be no class distinctions or gender differences. Myrtle has trained ordinands and has a passion for the Christian cultural heritage of England. She has moved on as God has called her. There were many questions after Myrtle's talk for which she was thanked by Kathleen Ashbridge.

Our outing this year will be on July 8th, to the Ivegill Sculpture Gallery. We will then take our summer break, resuming meeting on 16th September.

OLD CROWN PUB QUIZZES

Each month Malcolm and Pat are holding a pub quiz at the Old Crown, Hesket Newmarket, in aid of two local causes. These will be on the third Sunday of each month, and alternative months will support the Caldbeck Area First Responders and the Hesket Newmarket Play Area.

The April quiz night had an interesting range of questions to test the 7 teams. Fierce competition developed between rival friends and neighbours, and the winners were "Fat boys are harder to kidnap"! Congratulations to Julian and his colleagues. The evening raised £142, which will be used to help maintain the Play Area in Hesket Newmarket. Many thanks to all who took part and to Malcolm and Pat for starting this initiative.

Sunday, 15 June will be the next pub quiz. Look out for further details on the village notice boards - get your team organised now and come and join in the fun!

Sue Braithwaite

what's on for young people

CLUB X

*After-school club for Juniors
Tuesdays during term time*

**GAMES - CRAFTS -
TEACHING - REFRESHMENTS**

From 3.25 to 5.00pm
Caldbeck Parish Hall

Reverb

Youth Music Group (11-18)

Tuesday evenings
6.30 - 8.30pm
Caldbeck Parish Hall
£2 a session

*Open to all,
of any level of ability*

DROP IN

For ages 10 and over
7th June (NOT 31 May)
7.00-9.00pm

Meet at Hesket Chapel for a
TREASURE HUNT
Richard or Celia - 78500
Chris or Jo - 76646

Discovery Club

For ages 4-11 (primary)

Tuesday 17th June

Caldbeck Parish Hall

Gordon and Helen Bingham and
Helen and Celia Stobart
016974 78669

Children are escorted across to the
hall from School.

DROP IN Trip

Saturday June 28, 10am - 6pm

Mabie Farm Park

Bus from Caldew School.

Phone Chris Stobart for a form:

016974 76646

Contribution of £5.00

“Bong-a-Long”

Music group of 0-3 year olds

Millhouse Village Hall

10.45am - 11.30am

With Reverb leader Alison Scott
Wednesdays twice a month.

MUSIC SESSIONS

For 8-11 year olds

In Caldbeck Parish Hall;

Tuesdays 5.30 - 6.30 pm

Come and make music!

No experience or instruments required,
but bring any instruments that you play

£2 a session

Contact: Alison Scott 016974 78674

CALDBECK PARISH COUNCIL

Thirty five residents attended the Annual Parish Meeting on the 12th May, including eight Parish Councillors and a number of residents representing various organisations or businesses in the parish. The Chairman, Anne Cartmell said how delighted the Council was that so many people had turned up despite the wonderful sunshine outside, and Carlisle United's crucial match! Our District and County Councillor Duncan Fairbairn also attended.

Minutes and Reports were read and agreed. A question was asked about provision for young people in the parish. It was mentioned that the Northern Fells Group provide Easter and Summer holiday activities which are well attended, the Cricket Club have sessions for young people and the multi-purpose tennis court is available for tennis, winter football and basket ball.

The Guest Speaker was Ronnie Auld who gave a useful and interesting talk on community websites in general and our own new Community Website, www.caldbeck.org.uk in particular. He stressed the input of volunteers: at present Jim Cox is the voluntary Moderator (putting parish organisations' details up on the website) with Roy Knowles another volunteer. As time goes on we hope that volunteers from local organisations will train at the Community Learning Centre at the Old Crown, to become content managers and put information up on the website.

Ronnie also explained the opportunities for local businesses to advertise on the new website. We hope all businesses will choose to be listed (free). Then for £25 a year a business can have a webcard (like a business card) with fixed content for a year. For £50 a year an enhanced webcard is available with links to the business' own website and again fixed content for a year. For £75 a year the business can update their webcard information as often as they like.

Please look at www.caldbeck.org.uk and email admin@caldbeck.org.uk to ask for your parish organisation to be listed with its contact details and links to your own websites. This is all free for voluntary organisations. Businesses, please do the same to discuss your interest in the site.

The Minutes of all the Parish Council meetings are available to any resident. Please contact the Clerk. I also have spare copies of the Parish Plan if you have mislaid yours, or are a new resident to the Parish.

Antoinette Ward
Clerk to Caldbeck Parish Council
Telephone: 016974 78220. Email: ant.ward@virgin.net

MUSIC FOR A SUMMER EVENING

The Date: June 21st
The Time: 7.30pm
The Venue: Caldbeck Parish Hall
The Players: George Macdonald, clarinet;
James Birkett, electric guitar;
Peter Stuart, bass - plus Kevin Wright, keyboard.
The Price: £8.50 (£6.50 for Solway Arts members)

Yes, the Virtuoso Jazz trio make a welcome return. They play mellow, traditional jazz, and are always well received here in Caldbeck. Kevin Wright enjoyed playing with them last time, and is glad to be joining them again. Please come along - you won't be disappointed. You can pay at the door or, if you prefer, get your tickets in advance. Call in at the Kirkland Store or phone 016974 78001. Sponsored by Arts out West: Rural Touring in Cumbria.

CALDBECK WI

Mrs P Shaw welcomed everyone to the May meeting of Caldbeck WI, where a small jar of lemon curd awaited each member on their chair - a gift from our speaker. The minutes were read and County News discussed. News items:

- Our darts team unfortunately lost in the final (Santon Bridge won)
- Members reported back on the Keswick Charity Walk, Cummersdale WI Birthday and Sebergham WI.
- The Supper Club had been enjoyed.
- Our Bulb Secretary is Mrs I Coulthard.
- County Raffle tickets were available.
- Four members are doing a Midnight Walk for Eden Valley Hospice.

Mrs Shaw then welcomed our own Mrs Jill Johnstone, who spoke about making jam. The number of different fruits used was incredible. Jill will use any and every fruit to make jam, jellies and chutneys. Having started at Hesketh Show, Jill now has a stall in Wigton Market and also goes to several other shows. Mrs Shaw thanked Jill.

The competition for *a jam spoon* was won by I Coulthard, 2nd E Benson. The draw was won by Mrs P Richardson.

Caldbeck W I
**4th June - BIRTHDAY PARTY
OUTING**
To Mr John Dalton's house
gardens & flower arrangements
and enjoy a meal
Meet in Car Park at 6.30pm
Cost £6.95

CALDBECK PLAYERS SPRING PRODUCTION

Spare a thought for the curtain-puller next time you settle in your seat for a performance by the Players. Not a job anyone pays much attention to but every bit as important as all the others. Anne Freeland, the only person not mentioned in the programme, had this unenviable job this time, the regular one having copped out. The 'Puller' like the 'Prompt' has to follow the script meticulously usually in dim torchlight, has to liaise with all the actors and props people, somehow converse with the lighting desk and all that just to get the curtain right! Well done, Anne.

Lord Arthur Savile's Crime was assured success from the minute the curtains opened, though you only needed to read the cast list to know that it was in safe hands - and mouths!

Tim Cartmell might have been judged miscast as the butler, but for me he stole the show as every delivery was a gem – I hung on his every word. Mark Davidson, a newcomer here but not to the Carlisle stage, was nothing short of brilliant. A cross between Kenneth Williams and Kenneth Branagh, his energy and wit as the eponymous hero gave the play its plausibility and hilarity as he lurched from one unsuccessful murder plot to the next. Antoinette Ward, Jennifer Collard, Beryl Hibbs and Claire Hurst all must have had great fun rehearsing as the 'Ladies' revelling in their haughtiness and loving their costumes. Ken Wolfenden and Bob Whitson as usual gave absolutely sterling performances, Bob obviously must have been a useless foreign anarchist in a past life so convincing 'vos his vinkle'. Veronica showed masterful command as things did not quite happen as planned and we hope she could look forward to a wonderful life married to the butler. We also certainly hope to see more of relative newcomer to the stage, Paul Merone, who played the evil baddie with great aplomb.

Frank, you ran a tight ship to create such an excellent performance: costumes sublime; set breathtaking; props, sounds, prompt all wonderful. Well done everyone. And for those who missed it, what a pity; you should have been there!

Richard Woodcock

THANK YOU

To everyone who helped in anyway at my party, gave cards, gifts. Donations for The Great North Air Ambulance (The Pride of Cumbria) were £165.00.

Susan Armstrong

CALDBECK AREA FIRST RESPONDERS

Caldbeck Area First Responders (registered charity no 110 8013) are in need of some new volunteers, especially in **Churchtown, Sebergham, Sowerby Row, Hutton Roof, Lamonby, Warnell** and surrounding areas. Training is provided by North West Ambulance Service.

The volunteers are a group of ordinary people from all walks of life. We are trained in life support, the use of defibrillators and oxygen. Responders are called to some medical emergencies, *as well as, not instead of*, an ambulance. You need to be reasonably fit and active, prepared to turn out when you are available, at any time of the day or night to aid and assist in an emergency.

If you would like to know more about Responders please contact either:

The *Team Leader*, Philippa Groves 016974 78555 or one of the *Deputy Team Leaders* Pat Shaw 016974 78639 or Sarah Morley 016974 78612.

YOUR RESPONDER GROUP NEEDS YOU !

CHARITY GARDEN OPENING

The garden at the Old Rectory, Caldbeck will be open under the National Gardens Scheme on Sunday 22nd June from 11am to 4pm. Admission £3, children free. This is in aid of the NGS charities and North Lakeland Hospice at Home.

**Caldbeck & District
Gardening Club
June 21st
Summer Outing
ALNWICK GARDENS**

NEIGHBOURHOOD FORUM

Bowness, Thursby & Caldbeck Neighbourhood Forum will meet on Tuesday, 17th June at 7pm in Sebergham Village Hall. Following the successful Community Travel Plan meeting in April when local residents flagged up important issues in the parishes of Caldbeck, Sebergham & Westward, our Highways Team are now ready to present their Draft Plan. This is an opportunity for local people to prioritise these issues, and to discuss the Plan with the Highways Engineer.

CALDBECK PARISH HALL - BOOKINGS

From the 1st June 2008, Mrs Pat Shaw will be taking over the bookings for the Parish Hall in Caldbeck. Her telephone number is: 016974 78639.

HEARTSTART UK

Over 270,000 people each year suffer a heart attack. About 30% die before reaching hospital. About 70% of cardiac arrests happen out of hospital. It only takes a few minutes for irreversible brain damage to occur after a person has stopped breathing or their heart has stopped pumping. Someone needs to keep the casualty alive long enough for the emergency services to arrive. Whether someone has had a heart attack, has stopped breathing, is choking or bleeding - your help could be vital.

Heartstart UK is an initiative co-ordinated by the British Heart Foundation, the North West Ambulance Service and your local Caldbeck Area First Responders Group. Its aim is to teach members of the public what to do in a life-threatening emergency: *simple skills that can save lives*. A Heartstart UK course will teach you what to do in a wide range of emergencies. The set of actions needed to keep someone alive until professional help arrives - called Emergency Life Support (ELS) - includes:

- general care of a casualty including procedures for obtaining help
- dealing with an unconscious person who is breathing
- giving rescue breathing
- performing cardio pulmonary resuscitation (CPR)
- dealing with choking
- dealing with serious bleeding
- dealing with a suspected heart attack casualty

Courses are free of charge and last approximately two hours. You do not need to be an expert in order to undertake one of these courses.

It only takes a couple of hours to learn the skills which may some day save a life - it is very likely that the person you help may be a family member or someone you know. Remember, being able to perform ELS gives the casualty the best possible chance of survival.

For the next meeting on Tuesday 3rd June at Millhouse Village Hall or to arrange a course near you please call Philippa Groves (78555) or Monica Whitson (78600).

CALDBECK AREA FILM SOCIETY

About thirty people enjoyed the French *Policier 36 Quai des Orfevres* at our last presentation. By the time you read this, we will have had our last scheduled presentation, on May 16th, but the season has been extended for one more film on June 13th - which is *Atonement*, a very powerful British film based on Ian McEwan's novel.



The film was premiered in 2007 in Redcar, North Yorkshire, where the Dunkirk scenes were shot. It is directed by Joe Wright, who also directed the most recent film of *Pride and Prejudice*. It lasts 118 minutes and stars James McEvoy as Robbie, Keira Knightly as Cecilia, Saoirse Ronan as the young Briony and Romola Garai as the older Briony.

On a hot day in 1935, the imaginative thirteen year old Briony, by chance sees an intense conversation between her older sister Cecilia and Robbie. Both Cecilia and Robbie are down from Cambridge but Robbie is the son of one of the estate's domestics, who is working as a gardener for the summer. Later, Robbie asks Briony to deliver a letter to Cecilia but she reads it instead of delivering it. Before dinner, Briony also sees Cecilia and Robbie in intimate circumstances in the library. All of these events are completely misinterpreted from a child's perspective by Briony with disastrous consequences.

The onset of World War II sees Cecilia working as a nurse and Robbie about to be shipped out to France with the British Expeditionary Force. Later we see the desperate and harrowing attempt of Robbie and his men to get back to Dunkirk and fulfil his promise to return to Cecilia. Briony also becomes a nurse and we see her attempts to atone for the heartbreaking results of her childish jealousy and lies. The realities of dealing with the casualties of war are not spared. I will not give away any further plot but simply say that as the film progresses, you will have to decide whether what you see is real, wishful thinking or the product of an author's imagination.

The film is beautifully acted, the costumes and sets impressive and the photography magnificent – be prepared to be impressed and moved.

Tricia

Ladies' Bright Hour
3rd June
2pm
Mary Pattinson
Caldbeck Methodist Chapel

CALDBECK & DISTRICT LOCAL HISTORY SOCIETY

Denton Holme

John Huggon, the speaker at the April meeting of the Caldbeck & District Local History Society, was extremely well qualified to speak on the topic of *Denton Holme*, having lived on the edge of the area all his life, and as a boy had his early schooling there. Together with his considerable knowledge of Denton Holme, he has built up a remarkable archive of pictures, photographs, maps, etc. to form an excellent slide presentation encompassing virtually every aspect of its development since the beginning of the 19th century.

Mr Huggon explained the origin of the name: 'holme' is the flat land on the side of a river (in this case the Caldew); and the Denton family owned the estate, which stretched between Holme Head and the Caldew bridges.

During the first half of the 19th century and up to the 1870s, plots of land belonging to the original estate were sold off, resulting in factories and mills being established along the line of the mill race, which at that time provided the necessary power. Thus, though largely undeveloped until the middle of the century, Denton Holme was to become one of the biggest industrial areas around Carlisle.

The main employers (including such familiar names as Joseph Ferguson and Carr's) were detailed by Mr Huggon, and with a wide-ranging selection of material, he illustrated the tremendous diversity of industries, trades, architecture, workplaces, settings, etc. in Denton Holme.

Together with this industrial growth, there was an accompanying need for housing. Most of this was terraced, and examples of such streets could still be seen today. A host of little shops was established, as were schools, churches and places of entertainment in due course. Slides featuring Denton Holme's street life and inhabitants gave the audience a vivid picture of social life there in the 19th and early 20th centuries.

One very important aspect of the area's development was that of transport. The speaker outlined the vital role of the railways, which came to Carlisle in the 1830s – ultimately running right through Denton Holme – bringing with them the building of sidings, goods yards, bridges, etc. The Nelson bridge of 1853, for example, needed raising and eventually a new bridge was constructed, forming part of the new Victoria Viaduct, and was opened by Princess Louise in 1877. On a more local level, the streets of Denton Holme were to see the development of transport from horse and cart to charabancs, buses and trams.

Though there had been many changes and some demolition, Mr Huggon believed that Denton Holme remained an interesting area, with a number of its old buildings still standing, including the now listed Dixon's chimney of 1836. Denton Holme continued to be, as described in 1864, "a friendly village within a city, a spot with a character of its own".

Ron Davie, who chaired the meeting, thanked the speaker for his excellent talk and visual presentation. An enjoyable evening ended with the usual delicious refreshments provided by Evelyn Tickle and Mary Holliday.

The Society's next event will be an illustrated talk by Dr Rob David entitled 'The Yellow Earl's Arctic Journey', on 18th June at 7.30 pm in Caldbeck Parish Hall.

HESKET PLANT SALE

Monday, 5 May was a perfect day for the annual plant sale (in contrast to the gales of 2007!) The sun brought out the "plant punters" and the stall was full of lovely violas for bedding out, shrubs, healthy perennials and vegetable seedlings.

Trade was very brisk and things flew off the stall. By 11.30 almost everything had been sold and we had made over £520. Since then there have been some further sales and the current figure is £591.40! I hope all the purchases are doing well!

Thank you so much to all the people who helped to make this such a successful event: Steve, Mark and Phil for setting up the stall; fetching, lifting and carrying tables and plants; Tim Shimmin, from Sandy Hills Nursery, for donating the trays of bedding plants; the intrepid Sales Team – Rachel, Audrey, Sue, Malcolm, Susan, Helen, Yvonne; and everyone who contributed plants and/or bought them from us. It was a real community effort.

The proceeds have been given to Annie Mawson of the Sunbeams Music Trust.

Sue Braithwaite

**Caldbeck & District
Local History Society**

Dr Rob David

will give an illustrated talk on

**'The Yellow Earl's
Arctic Journey'**

The remarkable Arctic adventure
of the flamboyant
5th Earl of Lonsdale in 1888-9

**18th June, 2008 at 7.30pm
Caldbeck Parish Hall**

Tickets: Members £2; Visitors £3
Refreshments included

Everybody Welcome!

THURSDAY CLUB

*Mentioned in the Domesday Book of 1086, Kirkby Lonsdale is a town consisting mainly of 17th and 18th century buildings. It has a 13th century Charter for fairs, and a school dating back to Queen Elizabeth I.
(Kirkby Lonsdale Town Guide.)*

This was our destination on the 8th May, but there was much to see in the Westmorland countryside before arriving there.

It was a glorious day and every seat in the coach was occupied. There was a short break at Tebay Service Station for light refreshments and free entertainment from a family of ducklings.

We left the motorway behind and had our first glimpse of the River Lune as we approached Ravenstonedale and the Black Swan - recently visited by Prince Charles, who had obviously made a good impression on the female staff.

After an excellent lunch we turned south through the grandeur of the How Gill Fells. Our route followed the lovely River Lune through Sedbergh and Casterton with their famous schools - the latter built 'for Daughters of the Clergy'.

And so into Kirkby Lonsdale to wander at will. Thursday was Market Day and stalls were being set up under the medieval market cross. Shops were explored; a few visited the magnificent Norman church and one or two walked to Ruskin's View overlooking the Lune Valley. There was time for a snack before returning to the coach and a straightforward run home.

This first of the year's outings was successful in all regards, thanks to John, Liz and their team and to Bim and his driving skills - particularly on Ravenstonedale's narrow twisty lanes.

At our meeting on the 12th June we shall welcome Mr Tommy Coulthard of Watermillock, who will share his love for the Cumberland dialect and reveal some of its secrets. Perhaps we shall learn "A la'al bit o' dialect" ourselves.

A reminder - we meet at 2pm in the Oak Room of the Parish Hall. Although the main door will be unlocked, it is better to enter by the door round to the left of the Hall. New members are always welcome.

Jo Reid.

ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

| | Welcomers' Rota 8.30am | Sanctuary Duty (8.30am unless specified) | Sidespersons' Rota 11.00am |
|---------------|-----------------------------------|---|---------------------------------------|
| June 1 | -- | 11.00am Margaret Tinniswood | Malcolm & Eleanor Thyne |
| 8 | Rosemary Bailey | Liz Boydell Diana Greenwood | Charlie Rolfe |
| 15 | John Price | Liz Boydell Rosemary Bailey | Judith Cowx |
| 22 | Kathleen Davie | Jean Holden Joan Todhunter | Margerie Atkinson |
| 29 | David Smith | | <i>No service</i> |
| July 6 | -- | 11.00am Margaret Tinniswood | Dick & Penny Bird |
| 13 | Jean Holden | Liz Boydell Diana Greenwood | Christine Pearson |
| 20 | Ron Davie | Liz Boydell Rosemary Bailey | Charlie Rolfe |
| 27 | Diana Greenwood | Jean Holden Joan Todhunter | Jean Pears |

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 come along and join us?

CALDBECK CHURCH Cleaning Rota

June 6 Mrs Atkinson
 June 13 Mrs Benn & Mrs Pears
 June 20 --
 June 27 Mrs J Todhunter
 July 4 Mrs J Stott
 July 11 --
 July 18 Mrs M Ridley
 July 25 Mrs Pears
 & Mrs Milburn

DIARY OF EVENTS 2008

June

- 2nd Fairtrade Presentation (see posters for time and place)
- 3rd Ladies' Bright Hour, M Pattinson, Caldbeck Methodist Chapel 2pm
- 4th Caldbeck WI, Birthday Party Outing to John Dalton's Garden
- 10th Sebergham WI, Jan Hawkins, *Air Ambulance*, Old School - 7.30pm
- 12th Thursday Club, T Coulthard: *A Little Bit of Dialect*, Oak Room - 2pm
- 13th CAFS, *Atonement*, Parish Hall - 7.30pm
- 15th Fairtrade Day, The Old Smithy, 10am to 4pm
- 16th History Soc Business Meeting, Kings Arms House, HNM - 7.30pm
- 17th Neighbourhood Forum Meeting, Sebergham Village Hall - 7pm
- 18th Hist Soc, R David: *Yellow Earl's Arctic Journey*, Par Hall - 7.30pm.
- 21st Caldbeck Gardening Club Summer Outing to Alnwick Gardens
- 21st Jazz Concert, Parish Hall - 7.30pm
- 22nd Old Rectory *Open Garden* in aid of NGS & Hospice at Home
- 30th Caldbeck PCC, Caldbeck Church - 7.30pm.

July

- 1st Ladies' Bright Hour, Pat Staley, Caldbeck Methodist Chapel 2pm
- 2nd Caldbeck WI, Carol Purves, *Chinese Whispers*, Parish Hall - 7.30pm
- 7th Caldbeck Parish Council Meeting
- 8th Sebergham WI, David Kerry, *Road Safety*, Seb Old School - 7.30pm
- 10th Thurs Club, C Marsden: *Hatch, Match & Dispatch*, Oak Room - 2pm
- 16th Local History Society, J Doig: *History of Dalemain*, Par Hall 7.30 pm.

August

- 11th Caldbeck Parish Council Meeting
- 12th Sebergham WI, Dinner at Denton House
- 14th Thursday Club Summer Outing
- 20th Local History Society, Half-day's Outing to Dalemain.
- 22nd Caldbeck Chapel Coffee Evening and Sale - 7.30pm
- 28th Caldbeck and Hesket Newmarket Sheepdog Trials
- 30th Hesket Newmarket Agricultural Show

September

- 1st Caldbeck PCC, Caldbeck Church - 7.30pm.
- 2nd Ladies' Bright Hour, D Hutchinson, Caldbeck Methodist Chapel 2pm
- 3rd Caldbeck WI, Members' Evening, Round Table, Parish Hall - 7.30pm
- 8th Sebergham PCC, Sebergham Old School - 7.30pm.
- 9th Sebergham WI, *Pioneer Foods*, Old School - 7.30pm
- 11th Thursday Club, T Richardson, *My Life*, Oak Room, Parish Hall - 2pm
- 15th Castle Sowerby PCC, Millhouse Village Hall - 7.45pm
- 16th Mothers' Union, Roberta Bowen, Caldbeck Chapel - 2pm
- 17th History Soc, J Todd: *Mind of the Medieval Doodler*, Par Hall - 7.30pm.
- 22nd Caldbeck Parish Council Meeting

**CU♥BRIA
Community
First Responders**

In Association with Cumbria Ambulance Service NHS Trust

Reg charity no 110 8013

**If you have a medical
emergency, dial 999.**

*Please note that you cannot call
First Responders direct.*

If appropriate, the Ambulance
Service will call us out, as well
as (not instead of) an ambulance.

CALDBECK SURGERY

www.caldbecksurgery.co.uk

The surgery will be closed in the afternoon
for staff training on the following dates:

Wednesday 11th June

Tuesday 15th July

(no session in August)

On these afternoons the surgery (including the dispensary) will close at
1.00pm. All calls will be redirected automatically to CueDoc.

Art in the Waiting Room this month by Malcolm Bird

St Mary's, Sebergham Lesson Reading Rota

| | | | |
|-----------|-------------------|--|---|
| June 1st | MP | Genesis 6.9-22; 7.24; 8.14-19 Matthew 7.21- end | Margaret Mattinson Peter Weston |
| June 8th | MP | Genesis 11.2.1-9 Matthew 9.9-13, 18-26 | Joyce Wetherell Elizabeth Luck |
| June 15th | <i>no service</i> | | |
| June 22nd | HC | Genesis 21.8-21 Romans 6.1b-11 Gospel | Trevot Hebdon Ros Hebdon Preacher |
| June 29th | <i>no service</i> | | |

St Mary's, Sebergham Flowers and Cleaning Rota

| | |
|--------------------|--------------------|
| June 1st | Mrs Brough |
| June 8th and 15th | Mrs de Robeck |
| June 22nd and 29th | Mrs Holliday |
| July 6th and 13th | Mrs Hollins Gibson |

Sebergham Weather Recordings

Rainfall

| | |
|---------------------|-----------------------|
| <i>April 2008:</i> | 42.20 mm (1.70 ins) |
| Aggregate for year: | 411.10 mm (16.18 ins) |
| <i>April 2007:</i> | 21.10 mm (0.83 ins) |
| Aggregate for year: | 268.20 mm (10.55 ins) |



April has, on average, been a month of low rainfall, and 2008 is no exception. The average rainfall recorded for April over the last ten years is 58.87 mm (2.31 ins)

Temperature April 2008:



| | |
|--|--------------------|
| The average maximum day temperature: | 49.60° F (9.78° C) |
| The average minimum night temperature: | 37.53° F (3.07° C) |
| The warmest day was Wednesday 23rd April: | 60° F (15.56° C) |
| The coldest night was Sunday 6th April: | 27° F (-2.78° C) |
| There were seven nights when frost was recorded. | |

April 2008 was 7° F cooler than April 2007 during the day and 3.5° F cooler during the night. Global warming hasn't reached Sebergham! RdeR

CASTLE SOWERBY PARISH COUNCIL

Castle Sowerby Parish Council held their Annual Parish Meeting followed by a business meeting which took place in Millhouse Village Hall on May 1st 2008.

The Chairman introduced Antoinette Ward who gave a report on the Northern Fells Group. Antoinette said that the take-up in Castle Sowerby Parish was one of the lowest in the Group and she was concerned that people might not be receiving the benefits to which they are entitled. She stressed that disabled benefits are not means tested and said that anyone wanting help with Social Services or other benefits should contact her. She explained the other services available through Northern Fells. The mini-bus is going strong. The Lend a Hand Group which provides an odd-job service to disabled and elderly people is also available. *Drop In Sessions* is a weekly get-together held in Millhouse Village Hall every Friday from 10 to 11.30am with coffee, tea, and biscuits for £1 each. Antoinette's contact number is 016974 78220.

The election of officers took place: Mr J Foster was re-elected Chairman; Mrs J Wetherell was re-elected Vice Chairman; Mr S Asbridge was co-opted onto the Council as a vacancy had arisen. Tracy Wetherell was appointed as Internal Auditor. The clerk agreed to the same contract as last year.

The District Council had refused to supply a waste bin at the lay-by at Inglewood Edge, which means that Parish Councillors are having to remove waste left there unofficially at their own expense. The request for a plastic bank is still in negotiation. A credit of £79.20 was received for the recycled bottles, cans, and paper.

A letter was received from the occupants of Cumbrea, Sowerby Row regarding a County Council order to remove a fence as it was too near the highway. However, as it was a decision of the County Council the Parish Council could not take any further action. The clerk would reply to the occupant.

Keld Springs Access Way. A letter has been received from the Parish Council's Solicitor, Mr Johnston. The Council's title is entirely based on the decision of the Commons Commissioners in 1981, who judged that the Parish Council was the owner of the land at Keld Springs. A grant was made of £200 to the Northern Fells Group. The chairman thanked the Councillors and welcomed Mr Asbridge as a new Councillor. He also thanked the clerk for his services. The next meeting will be on July 31st in Millhouse Village Hall at 7.30pm.

Connie Foster

SEBERGHAM WI

It was a beautiful evening when members visited the home of John Thexton and David Ryland at Hazel Cottage, Armathwaite. John and David guided groups around the vast area, with lovely views of the surrounding area, pointing out the different planting schemes and explaining how the garden has developed over the past five years. There was a range of planting to suit each environ, sunny or shady.

Their hospitality extended to tasty refreshments and a wonderful flower demonstration, by David, in the adjoining barn to the accompaniment of diving swallows and the chirp of baby robins.

Mary White was fortunate to win one of David's beautiful arrangements, containing feathers, foliage, lilies and roses. Members had the opportunity to purchase some of the interesting plants they had seen in the garden. During a short business meeting apologies were received from the President, Dorothy Staples. Vice-President, Poppy Hollins-Gibson, led the meeting, extending a warm welcome to new member Christine Rule. Members were reminded to hand in their bulb orders very soon and there are still one or two places available for a proposed beadwork class in the autumn.

Menus were handed out for a visit to Denton House in August and we have once again received a box of goodies from Taylor's Tea so we will continue to enjoy plentiful refreshments at our meetings. The competition for a Floral Greetings card was won by Doreen Ward with Margaret Mattinson second.

Poppy expressed our warm thanks to John and David for a most interesting and informative evening in their very special garden.

Dear Lord, of creatures great and small
Accept my prayer, for one and all

For what life this, though old and stiff
One has no time to stand, and sniff?

To watch the tractors as they pass
And gently nibble sweet, new grass.

To dream of dinners, rich in liver
And paddle in the Caldbeck river.

To see, just ambling round the bend
A well known, woofly wagging friend.

And, as we sniff at this and that
We mark the local village cat

Sitting on a garden wall
Above the tulips, bright and tall

Lord, what is life, though old and stiff
We have no time to stand and sniff?

J de R, with apologies to W.H. Davies.

ANNUAL VESTRY & PAROCHIAL CHURCH MEETING

Castle Sowerby with Sebergham Annual Vestry Meeting was held on 28th April in Millhouse Village Hall. The Rector thanked the Church Wardens for their work over the past year. John Foster and Marjorie Edmondson were re-elected as Church Wardens for Castle Sowerby. In Sebergham, Margaret Mattinson was re-elected as Church Warden; Elizabeth Luck was elected in place of Joyce Wetherall who was thanked for her years of faithful service.

At the Parochial Church Meeting which followed, the Rector gave a report in which he thanked everyone who had worked for the church over the year, with special mention of the Lay Readers as well as Rev Kathleen Ashbridge and Rev Walter Wade for leading worship.

Liz Mounsey reported that Castle Sowerby now has 53 people on the electoral roll; Joyce Wetherall reported that Sebergham has 56 on their roll.

John Foster and Margaret Mattinson gave reports on the buildings. John thanked Peter and Marjorie Edmondson for all their hard work and reported that Castle Sowerby roof is in good condition, but the windows will need replacing at a some stage. Margaret reported that the new boiler in Sebergham is functioning well.

In Castle Sowerby Malcolm Foster was elected as a new member to the PCC and the rest of the existing PCC was re-elected. Sebergham's PCC was also re-elected en bloc and added Brian and Helen Holgate to their number.

The spiralling costs of ministry and maintaining church buildings was discussed and audited accounts were presented.

**Castle Sowerby
Parish Council
MEETING**

Millhouse Village Hall
July 31st, 7.30pm
Parishioners welcome!

SEBERGHAM WI

10th June at 7.30pm
The Old School, Sebergham
The Air Ambulance
Jan Hawkins
Competition: *a skyscape*

**NORTHERN FELLS
LEND A HAND GROUP:**

Benefits help and help with forms.

For help with checking eligibility for benefits, and with filling in claim forms for disability or low income benefits, and finding out about various welfare services, please contact Antoinette Ward, the Lend a Hand Benefits Worker, on 016974 78220.

**Neighbourhood Forum
Meeting**

7pm on June 17th 2008
Sebergham Village Hall
Bowness - Thursby - Caldbeck
Contact: *Connie - 016974 76452*

EARLY REMINDER FOR YOUR DIARIES!

Mosedale Coffee Shop at the Meeting House, Mosedale, will open on Thursday 3rd JULY and be open Thursdays to Sundays from July until 14th September .

There will be an exhibition of local art and craft work, and bric-a-brac in the barn, to entertain us all.

Cake-bakers and soup-makers are needed to swell our numbers this year – we gladly reimburse people for the cost of ingredients. More volunteers for the rota in the Coffee Shop are always welcome too!

Proceeds from the Coffee Shop will go to the Northern Fells Group's activities: Minibus, Lend a Hand, Benefits Awareness, Youth Activities, Lunch Groups, Drop In's.

Contact Antoinette Ward on 016974 78220, or email:ant.ward@virgin.net

GREAT NORTH AIR AMBULANCE & FELLVIEW

Well done to all who collected bags of clothing and bedding etc for the above. We raised a grand total of £703.80 of which £427.80 has been donated to the Air Ambulance and £ 276.00 has been donated to Friends of Fellview. The Air Ambulance were thrilled with the result and have sent a certificate of thanks to Fellview School. Another great result from a Spring clearout! Many, many thanks.

Sue Merone (Chair, Friends of Fellview)

CALDBECK METHODIST CHAPEL

Sundays at 6.30pm

1st June - Rev J Millard
8th June - Mr D Ward
15th June - Rev J Millard
22nd June - Miss D Chalk
29th June - Rev I Haywood

CASTLE SOWERBY FREE EVANGELICAL CHAPEL

Sunday School each Sunday - **10.30am**

Sunday Evening Service - **6.30pm**

HESKET NEWMARKET FREE CHURCH

Sunday School & worship Service - **10.30am**

First Sunday - Communion

QUAKERS: MOSEDALE MEETING HOUSE

Commencing in April, and for the summer months until the end of October,
Meeting for worship will be held every Sunday at 10.30am
Everyone is welcome to attend.

ROMAN CATHOLIC: ST CUTHBERT'S WIGTON

Sunday Mass: 9.00am and 6.00pm

CHURCH SERVICES IN JUNE

Sunday, 1st June 2nd SUNDAY after TRINITY

| | | |
|-----------------------|----------|-------------------|
| <i>Caldbeck</i> | 8.30am | <i>no service</i> |
| | 11.00am | Holy Communion |
| <i>Castle Sowerby</i> | 11.00am | <i>no service</i> |
| <i>Sebergham</i> | 11.00 am | Morning Prayer |



Sunday, 8th June 3rd SUNDAY after TRINITY

| | | |
|-----------------------|----------|----------------|
| <i>Caldbeck</i> | 8.30am | Holy Communion |
| | 11.00am | Morning Prayer |
| <i>Castle Sowerby</i> | 11.00am | Holy Communion |
| <i>Sebergham</i> | 11.00 am | Morning Prayer |

Sunday, 15th June 4th SUNDAY after TRINITY

| | | |
|-----------------------|---------|-------------------|
| <i>Caldbeck</i> | 8.30am | Holy Communion |
| | 11.00am | Family Service |
| <i>Castle Sowerby</i> | 11.00am | <i>no service</i> |
| <i>Sebergham</i> | 11.00am | <i>no service</i> |

Sunday, 22nd June 5th SUNDAY after TRINITY

| | | |
|-----------------------|----------|-------------------|
| <i>Caldbeck</i> | 8.30am | Holy Communion |
| | 11.00am | Morning Prayer |
| <i>Castle Sowerby</i> | 11.00am | <i>no service</i> |
| <i>Sebergham</i> | 11.00 am | Holy Communion |

Sunday, 29th June 6th SUNDAY after TRINITY

| | | |
|-----------------------|----------|--|
| <i>Caldbeck</i> | 8.30am | Holy Communion |
| | 11.00am | <i>no service</i> |
| <i>Castle Sowerby</i> | 2.00pm | Evensong followed by Bring and Share picnic |
| <i>Sebergham</i> | 11.00 am | <i>no service</i> |