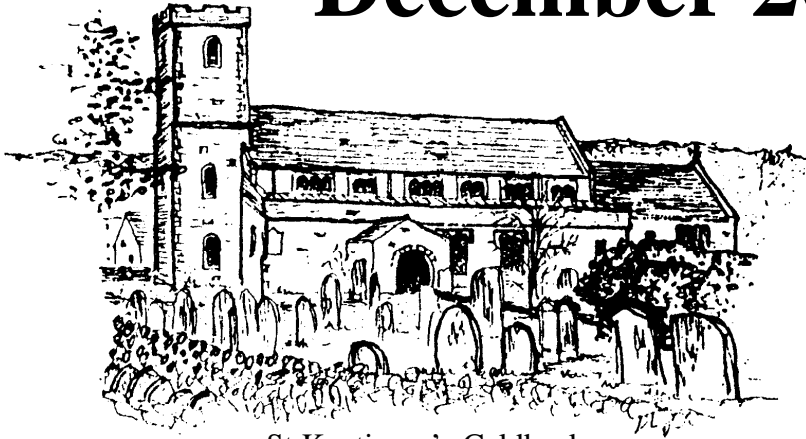


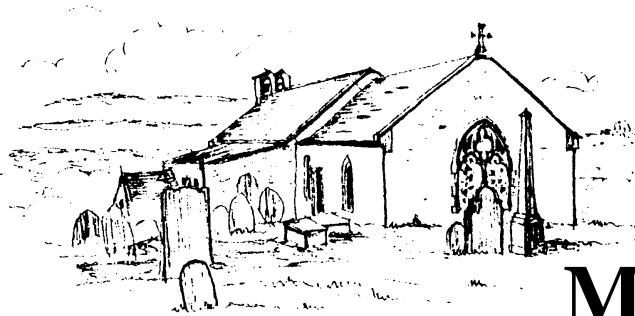
December 2008



St Kentigern's Caldbeck



St Mary's Sebergham



St Kentigern's Castle Sowerby

Parish Magazine

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(please put 'magazine' in the subject and paste items in the body of the email)

NOTE: Copy deadline **13th December** for inclusion in January's magazine.

Subscriptions: Mrs Jean Holden, 1 Hodden Court, Caldbeck

Tel: 016974 78097

The Rector Writes

Following the US elections, there has been euphoria and great expectations concerning the coming presidency of Barack Obama. When in their enthusiasm some people began to use messianic language about him, however, Mr Obama, wisely and with a wry deprecating humour denied, “any rumours circulating that I was born in a manger”! As pleased as I am with the election results, I know that all that has been built up in expectation cannot possibly be fulfilled. Obama will not arrive at the White House with a magic wand. In his acceptance speech he wisely emphasized the sacrifice and difficult adjustments that would have to be made by the American people if real progress is to be made.

Two thousand years ago, when God arrived in our midst in Jesus, he *was* laid in a manger. There was apparently great excitement in the spiritual realms accompanying his coming - with choirs of angels giving it their best - but humanity was unprepared. There were no crowds giving welcome, only a few shepherds on the night of his birth and some travellers with presents a year or two later.

The Light keeps
shining in the dark,
and darkness has
never put it out.

John 1.5

Fast-forward thirty years, however, and we do see large, excited crowds. They have *very* high expectations of Jesus, many of which were completely mistaken. The Gospels record that many times Jesus tried to correct these false expectations. He knew that he was God’s chosen Messiah, but he also knew that fulfilling his Messiahship in a way that

was true to his Heavenly Father would mean servanthood rather than domination, vulnerability rather than security, pain not comfort, humility not glory, sacrifice not power. Jesus knew that God was acting decisively in and through him for the healing and wholeness of the world he had created, but he also knew that humanity still had a part to play. Men and women still had to be involved, still had to receive the healing he gave and respond to his call, “Follow me.”

Despite the many problems in the world and in our lives, we are right to have hope, because in Jesus, Emmanuel, *God is with us*. And God still looks to you and to me, firstly, to open our hands to receive all that he offers us in gifts of forgiveness, healing and sustenance; and then to share these with others. Jesus can and does act apart from us, but mostly he chooses to involve us in his purposes.

Are we prepared to receive him, to celebrate the hope that he brings to our world and to respond to his call and his purposes, realizing that he chooses to work, not through some magic wand, but through us?

Stephen Prior

The Word became a human being and lived
here with us. We saw his true glory,
the glory of the only Son of the Father.
From him all the kindness and
all the truth of God have come down to us.

The Parish Registers

Baptisms

Jessica Louise Rowan
Daughter of Alistair and Sarah
9th November 2008
St Mary's Church, Sebergham

Alfie Crawford Warwick
Son of David and Cassandra
9th November 2008
St Kentigern's Church, Castle Sowerby

OXFAM CHRISTMAS COFFEE MORNING

Saturday, 6th December, 10.00 - 11.30 am

Midtown House

by kind permission of Julie and Gordon Tickle

ENTRANCE - £1.00

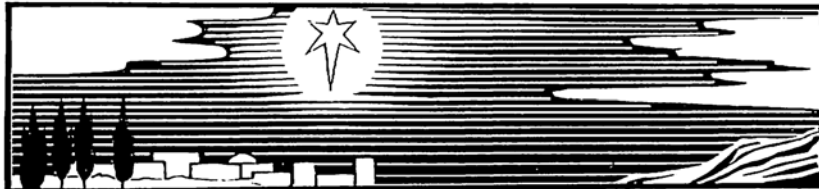
Including refreshments (provided by our hosts)

**- RAFFLE - BRING & BUY - BRIC-A-BRAC -
- BOOKS, CARDS, CAKES - GOODS FROM THE FAIR WORLD SHOP**

YOUR SUPPORT WILL BE MUCH APPRECIATED!

Wishing you a Happy
Christmas
and a Joyful New Year

Tom Little
Andy and Jennifer Collard
Audrey & Tony Ryan
Beryl Hibbs
Arnold & Nan Savage
John Wooler
Diana Greenwood
Dorothy Chalk
Peter Sadler
David & Pam Wood
Ken, Mandy, Hannah & Chris Pears
Jim & Fiona Cox
Ruth & Dennis Strong and children
Alick & Eileen Ashmore
Elsie Tunstall
Peter & Jennifer Krebs
Ron & Betty Brame
Tom Reed & Pat Scott
David Smith
Fran & Robin Jacobs
Jean Holden
Kathleen and Margaret Ashbridge
Lynette Ramsay
Sue & Steve Prior
Gillian, Martyn & Jordan Barnes
Peter Lee





CHRISTINGLE SERVICE

Sunday, 21st December

4.00 pm

Caldbeck Parish Church

... a very
special service

ALL
WELCOME!



St Kentigern's Church CASTLE SOWERBY Carols by Candlelight

Friday
19th December
7.30pm

Not to be missed.

St Kentigern's Church
CALDBECK

Sunday, 14th December

2.00pm

Carol Service

Special Guests: Fellview School

All Welcome!

Christmas Fayre

Fairtrade foods and local crafts for Christmas

Wednesday 10th December

7-9pm

Caldbeck Parish Hall.

FREE ENTRY PLUS MINCE PIES AND COFFEE/TEA



Requests for stalls to

Sally Vaux (78626) or Susan Beale (78353)

CALDBECK AND HESKET NEWMARKET FAIRTRADERS

Our recent Fairtrade wine-tasting and local cheese event raised £100, which has been shared between The Northern Fells Group and local Fairtrade campaigning. Thanks again to all who helped with and supported the event. We previously omitted to thank Bell's Bakery of Lazonby for also donating cheese biscuits.

what's on for young people

Discovery Club

For ages 4-11 (primary)

Tuesday 9 December

3.15 - 5.00pm

Caldbeck Parish Hall

Gordon and Helen Bingham and

Helen and Celia Stobart

016974 78669

Children are escorted across to the hall from school.

CLUB X

After-school club for Juniors

Tuesdays during term-time

2nd December

GAMES - CRAFTS -

TEACHING - REFRESHMENTS

From 3.20 to 5.00pm

Caldbeck Parish Hall

DROP IN

For ages 10+

Friday 9th January - 7.30-10.30pm

Christmas Party

Welton Village Hall

£2.50

Richard or Celia - 78500

Peter & Helen - 78669

CALDBECK CAROL SINGING

We will be carol singing in and around Caldbeck Parish on **Thursday, 18th December**. Any volunteers willing to sing, provide transport or both will be very welcome to join us. Children under secondary school age must be accompanied by an adult. We meet at Caldbeck Methodist Chapel at **6.45pm** and return as near 9.00pm as possible. The evening ends with mince pies and coffee. All proceeds will be shared between three children's charities: the NSPCC, SCF and NCH. We will knock on doors before we start to sing so that you can turn down the TV and put on any outside lights to let us know there is someone at home.

Offers of mince pies or any queries, please contact David and Antoinette Ward on 78220 or Hilary Mattinson 78574. Thank you!



CALDBECK & DISTRICT LOCAL HISTORY SOCIETY

The 23rd AGM of the Caldbeck and District Local History Society was held in Hesket Newmarket Chapel on 22nd October, following a most enjoyable supper in Denton House. As in previous years, there was a good attendance. President Liz Boydell welcomed everyone and invited a short silence in memory of the three members, Peggy Maynard, Ursula Banister and Ian Dunmor, who had died since the last AGM. She said how honoured she has been to preside during her three year term of office and how well supported she has been by the hard working officers.

Diana Greenwood, the Secretary, read the minutes of the previous AGM; the financial accounts, audited by Audrey Noble, were presented by Lesley Kingham; and Kathleen Davie, the Publicity Officer, presented a detailed account of the last year's activities. The many members who had attended found the speakers interesting and informative, as well as enjoying the excellent refreshments provided by the catering team, led by Evelyn Tickle.

Beryl Hibbs outlined the wide range of speakers who have agreed to come next year. Beryl was thanked for her long years of membership and good wishes were expressed for her future in Keswick.

Vice-President Ron Davie reported on the projects in progress. The publication of 'A Walk Around Our Village of Caldbeck' had been delayed; however, there was good news in that Greenup's original manuscript had been found, so that reliance on often badly degraded photocopies was no longer necessary. 'Memories of Lakeland' has been completed and is now with the printers. It will be launched in Caldbeck Parish Hall on November 29th. The work on a DVD of local photographs with commentaries was continuing. Ron paid tribute to the dedication and hard work of the many members who had been involved in all these efforts.

Changes to the constitution were accepted by the meeting. Ron Davie assumed the position of President; there is no one to fill the position of Vice-President at present. All the existing committee members with the exception of Beryl Hibbs were willing to stand and were re-elected. The meeting approved the Committee decision to split the Publicity Officer's work into a) Reports and b) Posters. Kathleen Davie retained the latter and Dorothy Chalk took on the media reports. Kathleen also agreed to be Archives Officer.

The new President asked members to consider the need for change.

The President closed the meeting, with heartfelt thanks to Liz Boydell and the Committee members, at 9.45 p.m.

WINTER CLASSICS

An afternoon concert for all the family will be given at Caldbeck Parish Hall on Sunday, 7th December at 3pm (doors open at 2.15pm). Three of the UK's top wind players, under the name *Prevailing Winds*, will play the great classics, including Tchaikovsky's *Nutcracker*, Handel's *Queen of Sheba*, Bizet's *L'Arlesienne*, *Greensleeves* and L Mozart's *Sleigh Ride*.

The cost is superb value at £5.00 for adults, £3 for under-18s and senior citizens. A family ticket is available for £10 (two adults and two children). No advance booking is necessary; cash payment will be taken at the door.

Nan and Arnold Savage

CALDBECK WI

Everyone was welcomed to the November meeting of Caldbeck WI by Mrs P Shaw. The minutes were read by Mrs P Richardson. It was noted that Mrs M Bell and Mrs P Shaw are through to the finals in the darts. A donation of £24.50 was won in a draw at the darts match.

Mrs Shaw then introduced Mr Mike Carrier who spoke and showed us slides of the *Solway and its Birds*. Mike described how nine rivers run into the Solway Estuary, making it a wonderful migratory resting place and breeding ground for birds. On both sides of the Solway, from St Bees to Scar Rock, many rocky outcrops are covered with birds. Some very rare breeds of birds are often spotted. The photography in the slides brought us views of the birds' habitats as well as showing how they catch and ring the birds.

Mrs Teresa Richardson thanked Mike, the Honorary Reserve Warden, for the insights he had brought us in his interesting talk.

The competition for a *feather* was won by - 1st: J Todhunter and 2nd: I Coulthard. The draw was won by K Davie.

**New Year's Eve
Family Disco**
Caldbeck Parish Hall
8pm
£3.50 per Adult
Children under 18 free
(must be accompanied by adult)
Games - Bar - Disco
Bacon butties on sale

Caldbeck W I
December 3 - 7.30 pm
AGM
American Supper
Speaker: Ann McGinn
Christmas Baking
Caldbeck Parish Hall

Over-65s Party
Saturday
December 13th
12.30 - 3.30pm
Caldbeck Parish Hall

MACMILLAN COFFEE MORNING

Thank you to all who attended the Northern Fells Coffee Morning on 26th September at Millhouse Village Hall. We made £140 for Macmillan Cancer Care.

CALDBECK AREA FIRST RESPONDERS - UPDATE

We have had a busy year with the merger of Cumbria and Lancashire Ambulance Service, as there have been some 'teething troubles'. Our team has recruited and trained four responders and we have a further four new recruits in training. Our area covers approximately 70sq miles. At present we have three defibrillators on our patch and we have recently applied for part funding to help add an extra two. We have responded to every callout that we have been alerted to by Ambulance control and have been on hand to assist in other cases.

Thank you all for your support, especially those who sponsor some of our pagers. We are very grateful for any and all the help which we have received this year from many sources. We are lucky to have so much local support.

*Philippa Groves, Team Leader
Pat Shaw and Sarah Morley Deputy Team Leaders*

HEARTSTART

Since March we have trained over 150 people in the simple, basic skills which if necessary may one day help to save a life. This very worthwhile course is open to all and is completely free.

Supported by the British Heart Foundation, the North West Ambulance Service and run by your local First Responders Team, this course is not just about heart attacks, it gives advice on how to cope with a range of emergencies. Please book onto a course early. If there is not a date to suit you then contact us to discuss another one. You are more than welcome to attend as many courses as you like, but please try to attend at least one.

Dates for 2009 are Wednesday January 21st , Tuesday 24th February, Thursday 26th March, Wednesday 22nd April , Thursday 28th May, Tuesday 23rd June, Wednesday 22nd July , Tuesday 25th August , Wednesday 23rd September , Tuesday 27th October , Thursday 26th November. All these will be at Millhouse Village Hall at 7.30pm.

Please contact Philippa Groves on 016974 78555.

HESKET BONFIRE

I hope all those who came had a great night. We could not have had the weather any better. Thanks to all who heeded the bonfire notice in last months' magazine and didn't put any *nasties* on the bonfire. It was a lot safer and easier to tidy up. Sorry for my 'cut and paste' error (putting last year's date)! But remember, remember that Heskett Bonfire is always on the **5th** unless it is a Sunday when it's on the 4th!!

This year we raised £633 on the night, plus the £114 from the pub quiz and over £200 from Pat & Malcolm's community share/leaving do. Special thanks to them. Some of this money was used towards extra fireworks as I have had *sooo* much 'fun' with my usual supplier - I'm still waiting for the cheque for the missing fireworks.

Apart from this, may I say *thank you* to Keith, Edna and Jo (new landlords at the Old Crown) for their soup. If the soup served at the Bonfire is anything to go by, their meals will be worth trying. Thanks too to the wonderful ladies who helped serve the soup, to Alan and Sue for providing the cups the soup was served in and, last but not least, to the 'yellow jackets' who once again did a grand job (do remember, Ian, fireworks are dangerous and not for wearing!).

Hopefully, I will see you all next year - on the 5th, a Thursday, I think!

Sue Robson

'WORLD'S BEST CAKE' COMPETITION

We had a super morning with nearly seventy entries in six classes. It was expertly judged by Gill Potts, who was very impressed by the standard of entries. All the cakes were sold after judging and we raised £440 for Macmillan Cancer Care. Julie Coghlan made a separate amount for Macmillan from her mother's wonderful knitting.

Millhouse Village hopes to make this a yearly competition as a charity fund-raising event. If you would like to be involved and/or would like to help then please contact either Diane Scott on 78312 or Philippa Groves on 78555. Next year's date is Saturday October 17th.

<p>Ladies' Bright Hour Tuesday, 2nd December 2.00pm Caldbeck Methodist Chapel</p>

NOTES FROM CALDBECK PARISH COUNCIL

Graham Standring, the Lake District National Park Ranger, attended the Parish Council Meeting on the 3rd November and gave a very interesting report on his recent work in Caldbeck parish and the five other parishes he covers in the National Park. There has been a recent survey of all the footpaths and bridleways in the parish and work on the paths will be done by about March. There are one or two obstructions of paths, and letters will be sent to land-owners. Graham has worked on tree planting schemes with the Commons Committee and Natural England at Burplethwaite and Roughton Gill, been involved in Events management on the Commons, has helped with conserving the mineral and mining heritage, protecting the Commons from anti-social behaviour such as motorbike scrambling, and been involved in the management of lease properties such as the Howk in Caldbeck. He has also been involved in 'Fix the Fells' (upland paths work), and the control of invasive species such as Himalayan balsam in Heskett Newmarket pond. Graham explained that the LDNPA is to tackle the problem of the growing illegal herd of small ponies on the Common by castrating the stallions in the Spring, and then castrating any new male foals later in the year. Some of the ponies may go to horse charities and the others will die out naturally over time so that the grazing is available safely for the legally grazed fell ponies.

Volunteers are needed for the National Park and they do have regular days when people can find out about volunteering. Contact the LDNPA at Murley Moss, Kendal for information.

There have been problems for the lorry emptying the recycling bins in Heskett Newmarket and some residents would like the bins removed. The Council has decided to organise a vote on the question of whether the bins should stay or go, with each household in Heskett Newmarket having the opportunity of a vote. The Council is still following up ideas about a site for plastics recycling in the parish. Meanwhile nearest sites for plastics are Inglewood Edge, Wigton and Greystoke.

The next Parish Council meeting is on Monday December 15th at 7.30pm in the Parish Hall and members of the public are most welcome.

Antoinette Ward, Clerk to Caldbeck Parish Council

Christmas Domino Drive

Sunday 14th December

Caldbeck Bowling Club

7.30pm prompt!

Seasonal Prizes & Raffle

All proceeds to First Responders &
The Dawn Jackson Memorial Fund

*Donations of prizes
would be appreciated*

Friends of Fellview

Twilight Christmas Fair

**Games - Stalls - Treasure Cash Prize
Santa's Grotto***



Friday, 5 December 2008
Caldbeck Parish Hall - 3.30pm to 5.30pm
 £2 entry per person
 includes mulled wine or coffee and mince pie
 (kids free, but must be accompanied by an adult)

*please book Donations of prizes gratefully received

CALDBECK AREA FILM SOCIETY



The November supper and film was a cheery and entertaining evening for nearly 40 people. There is no film presentation in December but we hope to see everyone again in the New Year.

The presentation on Friday, January 2nd at 7.00pm is *Fanny and Alexander*, directed by Ingmar Bergman. It will keep us in the spirit of Christmas, at least for the first part of the film. It was made in 1982, has English subtitles, is one of Bergman's most accessible films and - I have to warn you - is 188 minutes long. You might want to bring a cushion and we will have a break halfway through for coffee. The photography is wonderful as Bergman uses his usual cameraman, the Oscar winning Sven Nyqvist.

This turn of the 19th century family drama begins with the exuberant Christmas celebrations of the extended Ekdahl family. All is seen through the eyes of the young Alexander and his sister Fanny, as family and servants ignore social restraints and have a riotous time together. Later, Alexander's father dies suddenly, shattering their warm and loving family life. Their mother, a God-fearing woman, is comforted by the local bishop and eventually marries him. Fanny and Alexander move into a colder, stricter household and we see how they are effected by these oppressive changes. Alexander in particular bears the brunt of the harsh stepfather's regime. Bergman based this scenario on his own family history. The film makes a strong statement against religious zealotry without being wordy or heavy-handed.

Have a Happy Christmas and a good New Year!

Tricia Nelson

BIBLE READING NOTES FOR 2009

If anyone would like to order Bible Reading Notes for the coming year, please ring me and I will add you to the list. Also, if there are any cancellations among those I already supply, please let me know as soon as possible.

Audrey Ryan 78423

THANK YOU

I would like to thank everyone who bought the Caldbeck Calendars from me. There were 450 sold, raising over £2,000 for cancer research.

Bob Clark, Midtown House

LOCAL HISTORY SOCIETY: GUESTS' NIGHT

The History Society has decided to break with tradition this year and have a 'Guests' Night' for its January meeting instead of its customary Members' Night (see display panel). Three people, all very well known locally but none of them members of the Society, have kindly accepted our invitation to speak: Margaret Brough, Jim Cox and David Ward. They have complete freedom to speak personally about any aspect of their own reminiscences.

However, it is not only the speakers who will be guests: all members of the Society have been urged to invite a guest or guests to come along. As always, all visitors are welcome – and on this occasion they have free admission and complimentary refreshments as well!

BENEFITS HELP

For help with finding out if you are eligible 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 or email: aw.caldbeck@googlemail.com.

Northern Fells Lend a Hand Group

Caldbeck & District Local History Society

To replace our traditional members' night, this January we present

GUESTS' NIGHT

Featuring local speakers

Margaret Brough

Jim Cox

David Ward

With their personal reminiscences

Wednesday, 21st January

7.30pm

Caldbeck Parish Hall

Tickets: Members £2; Visitors FREE!

Refreshments included

Everybody Welcome!

ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	Welcomers' Rota 8.30am	Sanctuary Duty (8.30am unless specified)	Sidespersons' Rota 11.00am
Dec 7	<i>no service</i>	(11am) ??	Dick & Penny Bird
14	Rosemary Bailey	Liz Boydell Diana Greenwood	2pm Ron Davie Richard Brough
21	John Price	Liz Boydell Rosemary Bailey	4pm Sue Prior
24/25	11pm (24th) Wm & Judith Cowx	11pm (24th) L Boydell	10am (25th) Carol Hine
28	Liz Boydell	Jean Holden Joan Todhunter	<i>no service</i>
Jan 4	<i>no service</i>	(11am) ??	Rosemary Bailey
11	Anne Wade	Liz Boydell Diana Greenwood	Eileen Patterson
18	Jean Holden	Liz Boydell Rosemary Bailey	Marjorie Atkinson
25	Diana Greenwood	Jean Holden Joan Todhunter	Christine Pearson

Despite our efforts to
keep him out, God intrudes.
The life of Jesus is bracketed by
two impossibilities: a virgin's
womb and an empty tomb.
Jesus entered our world
through a door marked
"NO ENTRANCE" and left through a
door marked "NO EXIT."
Peter Larson, *Prism*

CALDBECK CHURCH Cleaning Rota	
November 7	Mrs J Todhunter
November 14	--
November 21	Mrs J Pears & Mrs Milburn
November 28	--
December 5	Mrs E Paterson
December 12	Mrs M Atkinson
December 19	Mrs J Pears
December 26	--

DIARY OF EVENTS 2008

December

- 2nd Ladies Bright Hour, Caldbeck Methodist Chapel
- 3rd Caldbeck WI, AGM, Parish Hall - 7.30pm
- 4th Domino Drive, Millhouse Village Hall - 7.30pm
- 6th Oxfam Coffee Morning, Midtown House - 10.00 to 11.30am
- 7th Concert of Winter Classics, *Prevailing Winds*, Parish Hall - 3.00pm
- 9th Sebergham WI, Annual Meeting
- 10th Caldbeck Gardening Club, Christmas Meal
- 10th Fairtrade Christmas Fayre, Parish Hall - 7.00pm
- 13th Christmas Domino Drive, Sebergham Village Hall - 7.45pm
- 14th Caldbeck Carol Service, Caldbeck Church - 2pm
- 15th Caldbeck Civil Parish Council Meeting, Parish Hall - 7.30pm.
- 18th Carol singing around Caldbeck - gather at Caldbeck Methodist - 6.45
- 16th Mothers' Union, Christmas Lunch, Denton House, 12 for 12.30pm
- 19th Carols by Candlelight, Castle Sowerby Church - 7.30pm.
- 21st Christingle Service, Caldbeck Church - 4.00pm
- 21st Sebergham Carol Service, St Mary's Church - 6.30pm
- 24th Christmas Communion, St Mary's Church Sebergham - 6.30pm
- 24th Christmas Communion, Caldbeck Church - 11.00pm
- 25th Christmas Family Service, Caldbeck Church - 10.00am
- 25th Christmas Communion, St Kentigern's Castle Sowerby - 11am
- 31st New Year's Eve Family Disco, Caldbeck Parish Hall - 8pm

2009

January

- 2nd CAFS, *Fanny and Alexander*, Parish Hall
- 7th Caldbeck WI, R Knowles, *Bee Keeping*, Parish Hall - 7.30pm
- 9th History Society. Business Meeting. Old Crown, HNM, 12 noon
- 12th Sebergham Village Hall AGM, Sebergham Village Hall - 7.45pm
- 14th Gardening Club, *Winter Colour & Interest*, Millhouse V Hall - 7.30pm
- 21st History Soc Guests' Night - Visitors Free, Parish Hall - 7.30pm
- 23rd CAFS, *Persepolis*, Parish Hall
- 26th Caldbeck Church PCC, The Rectory - 7.30pm.
- 26th Caldbeck Civil Parish Council Meeting, Parish Hall - 7.30pm.

February

- 4th Caldbeck WI, I Sanderson, *Oriental Ink Painting* Parish Hall - 7.30pm
- 11th Gardening Club, AGM & *Road to Arcadia*, Millhouse V Hall - 7.30pm
- 14th CAFS, *Eat, Drink, Man, Woman*, (plus supper) Parish Hall
- 21st Heskett Newmarket Agricultural Society Show Dinner

March

- 4th Caldbeck WI, C Mounsey, *The Queen said to me*, Par Hall - 7.30pm
11th Gardening Club, *Water in the Garden*, Millhouse Vil Hall - 7.30pm
13th CAFS, *Michael Clayton*, Parish Hall

April

- 1st Caldbeck WI, B Bargh, *Get ahead hats*, Parish Hall - 7.30pm
8th Gardening Club, *Plants & Ideas*, Millhouse Village Hall - 7.30pm
17th CAFS, *Garage*, Parish Hall

May

- 6th Caldbeck WI, *Where there's a will*, Parish Hall - 7.30pm
13th Caldbeck Gardening Club, Plant Sale, Millhouse Vil Hall - 7.30pm

CALDBECK SURGERY

www.caldbecksurgery.co.uk

Early Bird & Twilight Surgeries

We are now piloting an extra surgery each month outside our normal opening hours 8.30am – 6.00pm to help people who are unable to see a doctor during normal surgery hours (e.g. people who work out of the area).

If you wish to make an appointment to see a doctor in one of these special surgeries please contact reception on the usual surgery number: 78254.

Please note that these appointments can only be booked in advance and that appointments are with doctors only; no nurse will be available.

Staff Training Afternoons

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

No closure in December
Wednesday, 14th January
Thursday, 12th February

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: landscape watercolours by Alastair Smeaton.

Reg charity no 110 8013

CU♥**BRIA**
Community
First Responders

In Association with Cumbria Ambulance Service NHS Trust

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.



St Mary's Church
SEBERGHAM
Candles and Carols
Sunday, 21st December 6.30pm
ALL WELCOME!

SEBERGHAM FLOWERS & CLEANING ROTA

December 7th and 14th	Mrs Holliday
December 21st and 28th	Mrs Hollins-Gibson
January 4th and 11th	Mrs Horn
January 18th and 25th	Mrs Luck

Sebergham Weather Recordings

Rainfall

October 2008: 153.00 mm (6.02 ins)
Aggregate for year: 995.50 mm (39.18 ins)
October 2007: 45.13 mm (1.78 ins)
Aggregate for year: 749.43 mm (29.50 ins)



Our average rainfall for October is 128.57mm (5.06 ins) however in October 2005, 203.70mm (8.02ins) fell. Our wettest day was Saturday, 25th October, when 35.2mm (1.38 ins) of rain fell.

Temperature September 2008:



The average daytime temperature was 52.71° F (11.50° C)
The average minimum night temperature was 42.90° F (6.06° C)
The warmest day was Friday, 19th September at 60.0° F (15.56° C)
The coolest night was Friday, 5th September at 30.0° F (-1.12° C)

We recorded frost on two nights at the end of this month. It has been the coolest October for five years.

RdeR

SEBERGHAM QUIZ NIGHT

You know you are getting old when you know all the answers to the quiz questions, but are not able to delve deeply enough to retrieve them when you need to. So it was, for some, on the quiz night in October, organised by Sebergham WI. But still, it was fun! President Dorothy Staples welcomed everyone and thanked Christian Rule for working out such an interesting and varied set of questions.

Those who were, obviously, able to dig deeply enough were, in 1st place Josie Henderson, Sheena Morton, Maureen and Louise Harrison; 2nd, Jean Harper-Tarr, Angela Gibson, Katie Brammeld and Jean Osborne. Refreshments were served by members of the WI and nine raffle prizes were won.

SEBERGHAM CHURCH DANCE

The Village Hall at Sebergham was full with dancers on the night of the 1st November, for the Annual Church Dance, with all proceeds going to St Mary's Church, Sebergham. During the evening, refreshments were served, which were provided by Mrs Margaret Mattinson and Mrs Doreen Ward. Spot prize winners were Alan and Hazel Studholme and Alan and Margaret Woodhouse. Congratulations were played and sung to Jim and Mary Johnston, who celebrated their Golden Wedding on that day. A bottle of whisky which had been donated was auctioned by John Foster and won by Robert Watson. Music was provided by Roe Valley. John and Jean Salisbury took charge of the raffle with thirty-five people taking home prizes.

Margaret Mattinson, Churchwarden, expressed many thanks to all who had donated raffle prizes and to all who had helped to make this such an enjoyable evening. The next dance at Sebergham on 14th November, with proceeds going to the Air Ambulance. It was a bring-and-share supper. For tickets, please phone 016974 76452

Connie Foster

**Christmas
Domino Drive**
Saturday, 13th December
7.45pm
Sebergham Village Hall



Sebergham Village Hall

AGM

Monday 12th January
7.45pm

SEBERGHAM WI

We are all familiar with the term, “the salt of the earth” and largely know how to use it sensibly, but we had much to learn when Katrina Brown gave an excellent presentation on the properties, use and effects of salt in our diet. She explained how to be more aware of the levels of salt in food products and how to interpret the difference between salt and sodium levels in food labels. She advised against the use of salt substitutes in a healthy diet.

As a dietician, she gave much useful advice on how to live a healthy lifestyle, which could prevent stroke and coronary problems. We should all try to eat a balanced diet, with more fresh food and less processed products, check food labels, keep exercising, maintain a good weight and enjoy only moderate alcohol intake. Carol Hine expressed warm thanks for her excellent advice and presentation. President Dorothy Staples had welcomed members, who were pleased to hear of the safe arrival of member Claire Guest’s son, Stevan Michael. Cards and gifts had been sent.

The recent Quiz Night had been very successful, showing a useful profit; the 2009 Programme is almost completed. Information was noted from the County Newsletter and members were interested in attending some of the many activities planned for the coming months.

The competition for *a recipe for a healthy dessert* was won by Anne Ludlum with Poppy Hollins-Gibson second. Members enjoyed refreshments served by the Heskett Newmarket group and were reminded in December we will hold our Annual Meeting with a Bring-and-Share Supper.



HESKET NEWMARKET CAROLS AT THE CRIB.

*Come and sing along,
A friendly Christmas song
Share a pie and something warm
at Heskett Cross.
Your absence there would be a loss.
What day and time, you query?
Saturday, 20th December,
At 7pm, my dearie.*

PS don't forget your pennies!

*Mince pie makers, please watch
for future notices in Heskett Shop.*

DOMINOES
Millhouse Village Hall
Thursday, 4th December
7.45pm
ALL WELCOME
SEASONAL PRIZES

WELTON SCHOOL NEWS - November 2008

Sports

- Reception to Year 5 children have enjoyed swimming lessons at St. Aidan's pool – all the children received certificates for their achievements.
- Graham Kidd has been coaching the children in tag rugby on a Friday afternoon – they have been learning a variety of skills to put into practice on the rugby field.
- A budding team of footballers took part in the small schools tournament at Robert Ferguson School in Carlisle, coming an impressive third place. Many thanks to Trevor Studholme for his expert coaching and managing!
- Two students from Caldew School delivered a multi-skills session to the Infant Class as part of their Young Leaders' Award. Two of our Year 6 children are training for their Young Leaders' Award with Year 6's from neighbouring cluster schools; on completion of their training they will be able to lead break-time activities.
- As part of the Extended Schools initiative, Shona McClean has been teaching Class 2 bike-handling skills through the Go-Ride Scheme. The children all enjoyed learning new skills and each received a *goody* bag at the end of the four sessions.

Visits

- Class 2 attended Shakespeare for Kidz – a production of *Romeo and Juliet* at the Sands Centre in Carlisle. All agreed it was a brilliant performance.
- Class 1 have been learning about *light and dark* in Science, so took the opportunity to attend a workshop at Nenthead mines. The children made glow-in-the-dark badges before experiencing a short tour of the mines. They even tried their hand at panning for gold and were treated to a warming cup of hot chocolate to finish off the visit!

Other News

- All the children have been busy cooking at the After-School Club, making such delights as pizzas, chocolate krispies, scones, shortbread and fruit salad.
- There was a good turnout of parents to a 'lunch with the children' event – all the parents were impressed with the food and have asked for it to be a regular fixture.
- Rachel Terry from the Library Services has been working with the children to revamp our library area. We have reorganised the shelves and will be purchasing some new books in the near future.

FELLVIEW SCHOOL NEWS

Last half-term, although a long one, seemed to pass quickly, there being plenty of activities to keep us busy in spite of the poor weather.

Years 5 and 6 made an early start to their Victorian topic work by visiting Beamish Museum. The children were interested in the dental equipment (and grateful for modern surgeries) as well as the school. The Victorian schoolteachers were keen on teaching multiplication tables; in that respect we haven't changed much! The absence of computers, televisions and modern conveniences made the children realise how life has altered.

Two members of British Cycling came into school for four weeks, encouraging the children to use their bikes as a means of exercise rather than just for travelling. There were some weary children at the end of each session but it has encouraged some of them to take the sport further.

Years 3 and 4 have been studying WWII. The response from parents, relatives and family friends has been wonderful. One grandparent came into school to tell the children about his wartime experiences and many others have sent information, photographs and memorabilia. The children have been very enthusiastic, making models of Anderson shelters (again helped by Grandad!) and looking up information in books and on the computer. Thanks to everyone who helped bring this topic alive and meaningful.

R/Y1/Y2 children have been looking at houses and taking a camera home to photograph their house.

Hannah Reid of *Sing Up*, a national initiative to encourage singing in schools, has worked with Reception to Year 4 pupils, teaching them action songs. The children look forward to their additional singing sessions. Staff members have also received training at after-school sessions. As well as the singing sessions, *Extended Schools* has provided four story-tellers to work with the Year 5 and 6 children. This also involved three members of the community who shared their memories of their childhoods and Caldbeck's changes through the years.

There have been several inter-school sporting competitions which we have attended, the most notable being the cross-country, which we won! Other events included netball and tag rugby. Liz Davis is organising a skipping after-school club and we have been racking our brains to try to remember the skipping rhymes which we chanted as children. If you can contribute any skipping or ball rhymes, we would be delighted to hear from you.

Our annual *Book Week* took place during the last week of the half-term. The theme was *Safari* and various activities on an animal theme took place. The highlight was the talk by Sean Hudson who showed pictures of animals he and his friends had encountered on their travels around the world, and arranged for animals to be brought from Trotters. There were varied reactions to the snake! Thank you to everyone who supported our Fair. We realised a large commission with which we have been able to buy books such as dictionaries for use in school.

Friends of Fellview have also been busy. Their generous donations enabled us to buy much needed Guided Reading books as well as role-play equipment for the Infant class. We are indebted to them for their hard work. School budgets are not generous and we depend on their energetic fundraising to enable us to buy much-needed books and equipment. They organised another *Air Ambulance* collection at school in November as well as a Halloween party for the children and the Christmas Fair on 5th December. The children have all drawn a picture of themselves which will be printed onto bags. The bags, which are light and easily carried in handbag or pocket, will be on sale at the Fair and at school.

Sonja came into school to show everyone the new addition to her family. Both mother and daughter are doing well. Sonja intends returning to work next year, Jenny Millican covering for her in the meantime.

Norma Bagot, Headteacher

Weekly
'Drop In'
for tea, coffee, homemade cake, biscuits and a chat
Millhouse Village Hall
every Friday (except Boxing Day)
10am to 11.30am
£1 per person

Come and join us to catch up with friends and neighbours from the Northern Fells area!

*For transport or other information:
Contact: Antoinette Ward, 016974 78220*

THE NORTHERN FELLS GROUP

A CUMBRIAN NOVEL

**The
Drover's
Boy**
by Irvine Hunt



Illustration by Anne Weeks

Young Henry Hodgekin is pushed out of his home and sent to walk 600 geese to market with Torse, a cantankerous Irish Drover. It is Cumberland of a century ago; man and boy clash, the roads are rough and danger lies ahead. The journey is days long, and one that will change Henry's life.

From all good Bookshops,
or e-mail from Handstand Press:
handstandpress@talktalk.net
or by phone 015396 25571
Paperback £6.99 plus p and p

Hesket Newmarket
Free Church

CHRISTMAS SERVICES

Sunday 21st December
10.30 am
FAMILY SERVICE
(Junior Church taking part)

6.30 pm
CAROL SERVICE
*followed by coffee and mince
pies*

CHRISTMAS DAY SERVICE
10.30 - 11.00 am



**MUNGRISDALE
CIRCLE DANCING**

Mungrisdale Village Hall
Starting back in January 2009
with Anne-Lise Kryger
January 6th & 20th
February 3rd & 17th
March 17th & 31st
All starting at 7.30pm £5 a session

MUNGRISDALE VILLAGE HALL

DOMINOES

20th December
7.30pm
Seasonal Prizes

**THE LOCKERBIE SINGERS
CHRISTMAS CONCERT**

Mungrisdale Village Hall
Saturday 13th December at 7.30pm
Mulled wine, canapés & mince pies
Raffle & Auction
Tickets £5
from Caldbeck
& Hesket Newmarket shops
or Margaret Hodge 016974 75920
A truly fun & entertaining evening!

All proceeds to
NORTHERN FELLOWS GROUP

CALDBECK METHODIST CHAPEL

Sundays at 6.30pm

7th December - Rev Ivor Haywood

14th December - Mr Andy Fearon

21st December - Rev Kim Hurst

28th December - D Tomkins

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**

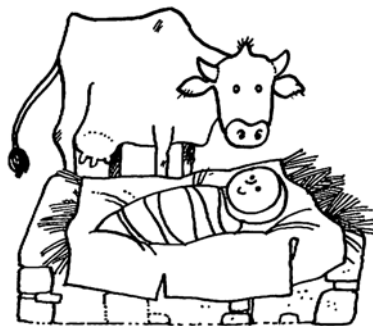
First Sunday - Communion

QUAKERS: MOSEDALE MEETING HOUSE

Commencing in November until the end of March,
Meeting for worship will be held the 2nd and 4th Sunday at 10.30am
Everyone is welcome to attend.

ROMAN CATHOLIC: ST CUTHBERT'S WIGTON

Sunday Mass: 9.00am and 6.00pm



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