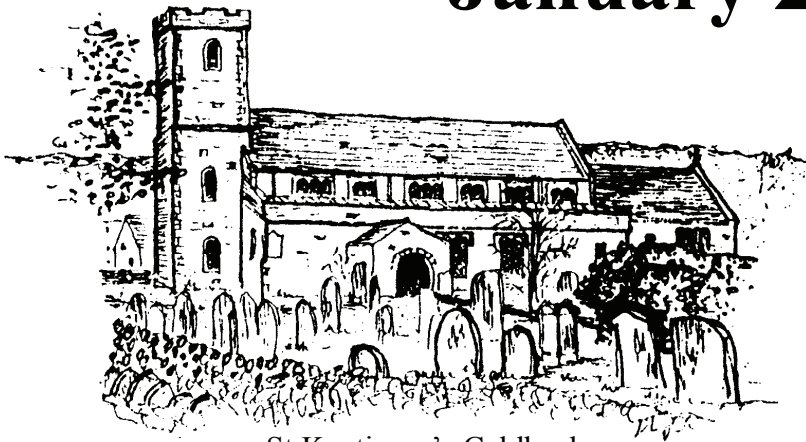


January 2009



St Kentigern's Caldbeck



St Mary's Sebergham



St Kentigern's Castle Sowerby

**Parish
Magazine**

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Subscriptions: Mrs Jean Holden, 1 Hodden Court, Caldbeck

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The Rector Writes

A cold wind is howling outside as I write. Every now and then an especially strong gust blows through the less-than-airtight window beside me, fluttering the curtain. It is an equally cold wind that has been blowing through the economy, gathering strength as the months go by. In many ways it is also getting through the chinks in the walls of security with which we surround ourselves. It chills our lives with cold breaths. “Are our savings safe?” “Can I get a mortgage now?” “What happens to my pension?” “Will I have a job tomorrow?” It would be strange indeed if people were not concerned and it is right that the government do what they reasonably can to help produce a more secure economic climate for workers and businesses.

But we cannot become so obsessed by the state of the economy that we neglect other vital issues.

First, we cannot let the state of the economy to become an excuse for governments to ignore the challenge of climate change. As I write, the US car giants are lobbying the government for handouts. Too often we have given in to the industry’s threats of unemployment if strict environmental standards are imposed. Why not take the opportunity which now presents itself to encourage long term sustainable transport and energy production? I once saw a placard, “You can’t eat an environment” - no? Well you can’t eat an economy either. All economies are ultimately dependent on the world’s natural resources. As well as many solidly practical reasons why environmental protection ought not to slip during these economically difficult days, the Christian has the additional incentive of a spiritual duty to protect the environment as God’s stewards. Faced with a financially leaner 2009, we

“The only thing they asked us to do was to remember the poor - the very thing that I was eager to do!”

Galatians 2.10

need to consider that the adjustments we make to our spending and saving also reflect our care of God’s creation.

Secondly, we must not use our obsession with the economy as an excuse to neglect the needs of the world’s poor. Bishop Tom Wright observed the massive and shameful disparity between the billions which western

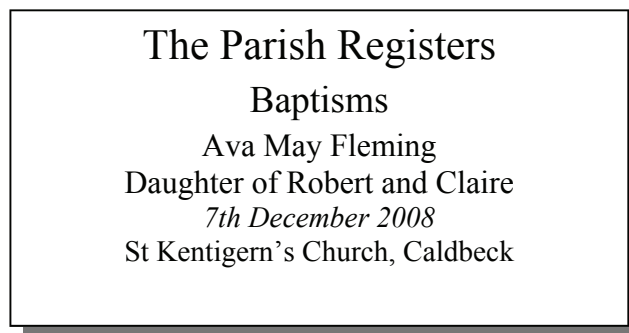
governments have made available to bail out the banks while many of the

world's poorest countries still struggle to pay off debts to the richer nations. "The very rich are doing for the very rich what they are refusing to do for the very poor... Behind the sudden new squeals for help from the very rich, we must listen to the long term cries from the very poor." Justice for the world's poorest complements a concern for the environment, as many people who successfully live subsistence lifestyles which were environmentally sustainable have only begun to degrade their environment when driven to it by extreme poverty.

Am I optimistic as I contemplate the New Year to the sound of the gale outside? No. Fallen humanity, of which I am a part, is slow to learn by its mistakes.

But the Saviour has come! And His Spirit is both with us and at loose in the world, so I am hopeful.

Stephen Prior



CASTLE SOWERBY SERVICES

Castle Sowerby Sunday services for January, February and March will be held in Millhouse Village Hall, at the usual time of 11am, instead of in the Parish Church. This seasonal change of venue was decided by the PCC in order to avoid the extreme cold of worshipping in the church building during the winter months. Worship in the Parish Church will resume in April.

THANK YOU, IAN!

We would like to express a community *Thank You* to Ian Todhunter for clearing the leaves down the straights, gritting the roads and paths during the icy weather in early December.

BIBLE STUDY

The Bible Study at the Rectory, Brewery House, will continue in the New Year, beginning on 6th January. We are doing a course entitled *Living Faith* with Bishop Tom Wright on DVD. All are welcome to join us at 7.30pm on Tuesday evenings.

MAGAZINE SUBSCRIPTIONS

Subscriptions for this magazine are now due for 2009. Individuals may give their Distributors £5.00 for the year to come. Distributors, please give the collected subscriptions to:

Mrs Jean Holden, 1 Hodden Court, Caldbeck CA7 8EN.

Those who receive their magazines by post are asked to send their £9.00 subscription to Mrs Annie Benn, Ling Cottage, Upton, Caldbeck CA7 8EU.

THE REAL CHRISTMAS STORY.

A pregnant teenager in a censorious society visits her distant cousin for support. Her fiancé accepts his role as a step-parent and marries her, but a government decree means an uncomfortable journey and the baby is born in a crowded town where make-shift accommodation is all that is available.

A bunch of social outcasts come crowding in to see the new baby and go out overflowing with good news. Join us for an hour from 2pm at the Methodist Chapel on Tuesday afternoons, 13th and 27th January, to hear the inside story of the wise men, and Anna and Simeon. Who are they? Come and find out.

Dorothy Chalk.

SEBERGHAM PCC

St Mary's Church, Sebergham are looking for a Secretary for the Parochial Church Council (PCC). The PCC meets four times a year and the Secretary would take minutes at each meeting, to be distributed prior to the next, and also deals with occasional correspondence on behalf of the PCC. Any interest or inquiries, please contact Stephen on 016974 78233.

A FRENCH EVENING

Caldbeck Parish Hall was transformed into a French bistro, 'La Toque', on the night of 15th November in aid of St Kentigern's Church funds. French flags fluttered from the ceiling and the bar was straight from the Folies-Bergère.

Mine host was Bob Cullers who skilfully introduced each course of the meal in French. His translator, Mike Fearn, complete with onions and bicycle, filled us in on the details.

The Rector, Steve Prior, said a French *grace* before we settled down to enjoy a delicious meal. The starter was *salade niçoise*, followed by traditional onion soup. We then progressed to leg of lamb carved at each table by volunteers dressed in chef's hats. Brie and Roquefort cheese followed and then *crème brûlée*, profiteroles and poached pears. By this stage everyone was very full and the *franglais* was slipping.

After the meal Robin and David Ward, Peter Krebs, Richard Woodcock, Frank Cosgrove and Jim Cox sang traditional favourites, such as 'Sur La Pont' and 'La Marseillaise'.

The evening was a great success and raised a total of £3,020 for Caldbeck church funds. None of this could have been done without a great deal of work. The creative designers and general all-rounders were Richard and Margaret Brough, Mike and Linda Fearn and Joan Gate.

Ann Armstrong and Mary Pattinson were 'in the sink'. The *sommeliers* were Ian Gate, Cameron and Jane Cullen, Fiona Ford and Colin Smithson. Rebecca Cullen was the pianist as well as a waitress and the other waitresses were Carolynne Ashbridge, Gillian Potts, Gill Wilson, Rosie Thompson, Sandra Pattinson, Samantha Bell, Stephanie Smithson and Kelly Armstrong.

The naughty French maid waitresses were Sarah and Sally Gate, Laura Potts and Emma Armstrong.

Thanks must go to all the people who donated the raffle prizes and, particularly, to all the people above, who gave their time to make this such an enjoyable evening for all the guests.

Merci beaucoup!

Fiona Cox.

what's on for young people

Discovery Club

For ages 4-11 (primary)

Tuesday 13th January

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

20th & 27th January

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



FAIRTRADE NEWS

The Fairtrade Christmas Fayre was held in Caldbeck Parish Hall on December 10th. The stalls were very colourful and well stocked with a variety of goods for sale. The hall looked really festive, but regrettably the event was not well supported.

At the start of Fairtrade fortnight on Saturday February 28th, we are holding a birthday tea party in Millhouse Village Hall. This is to celebrate the first year of Caldbeck and district as a Fairtrade Community – all are welcome.

Jennifer Krebs



CALDBECK & DISTRICT LOCAL HISTORY SOCIETY

WW1 and its Affect on North Cumbria

Denis Perriam brought 100 slides to our November meeting to give us a flavour of how WW1 affected Cumbria. Government posters 'Remember Belgium' appeared, closely followed by Belgian refugees. Rickerby House turned into a hostel and became the HQ for their reception and distribution.

Fears of sabotage from Germans and the IRA sent Boy Scouts manning check points and guarding bridges. The press published lists of *Deed Poll* applications to change German-sounding names. All aliens, even our allied Italian ice cream vendors, had to register with the police.

The initial rush to join up saw the Labour Exchange replace the Castle as the recruitment centre. New recruits trained in Bitts Park and on the old Race-course. The Earl of Lonsdale formed one of the 'Chums' regiments where local lads joined up, trained and fought together: the 11th Battalion of the Border Regiment. They and the 12th trained at Durdar, parading through Carlisle on a recruitment drive before going to France in 1916. In that year conscription meant that all men between 18 and 41 had to join up. Military tribunals judged all cases where 'essential war work' was claimed. These were reported in the local papers and those approved were granted annual medals to wear, to avoid the indignity of receiving a white feather.

Women joined the industrial workforce for the first time and had to wear trousers, for safety among the machines. They staffed the East Cumberland Shell Factory in the Drill Hall, and the munitions works at Gretna. Some were employed as police constables and one was still stationed in Carlisle in 1919. After she retired it was 1939 before another was enrolled. Nurseries and crèches came into existence. The Cumberland Volunteer Regiment consisted of men in essential war work and over the age limit. Some of them manned anti-aircraft guns along the Solway.

What was it like in France? Press reports and photos were sanitised and censored, as were the letters from the Front after the first few months. We saw a photo of British prisoners in Germany 1915. The press carried lists of prisoners as well as casualties. As these escalated a Carlisle photographer of 40 was able to convince the tribunal that he was doing essential war work, taking studio portraits of the men who joined up.

The Alexandra Rose Day was special among the charity flag days. War Bonds were promoted, ration books brought in and posters warned against

wasting scarce resources. Allotments were dug, gardens became vegetable plots, Sunday school boys grew food and the Land Army was formed 'with lasses at the plough'. Horses had gone to France so tractors arrived on farms, children picked berries, wild fruit and gathered sphagnum moss.

In 1917 George V visited the north west; he presented medals to the Cumberland Volunteer Regiment and while in Carlisle inspected *The Gretna Tavern*, one of the early pubs taken over by the City to host the soldiers. In 1918 the *Fusehill Workhouse* became a military hospital, as did Brook Street and Newtown schools. Woodrow Wilson came from America via Carlisle to London and Paris on his way to sign the peace treaty in 1919. That autumn a Peace Dinner was held in the Market Hall, Carlisle, when some of our troops had returned.

Pictorial evidence is sparse; press photographers were unknown until 1924. Some glossy brochures were produced, the Shell Factory, Training at Durdar, all helping to give an intriguing panorama, reminding some of us of family stories. A more detailed account can be read on the Caldbeck & HNM community website.

Dorothy Chalk

DON'T FORGET! The History Society is hosting a *Guests' Night* on Wednesday, 21st January in the Parish Hall at 7.30 pm. The Guest Speakers for the evening will be *Margaret Brough, Jim Cox and David Ward*, who will be giving their personal reminiscences. The meeting will be chaired by the Society's president, Ron Davie. Members' guests, indeed all visitors, will have free entry and complimentary refreshments. It is sure to be a most enjoyable evening. *Put it in your*

BOOK LAUNCH - A GREAT SUCCESS

Caldbeck & District Local History Society launched its new book *Memories of Lakeland* at Caldbeck Parish Hall on Saturday, 29th November at 2.0 pm. More than 200 members, invited guests and visitors crowded into the Hall on a frosty but sunny afternoon; and 286 books were sold. Together with the 230 books already taken by bookshops, this accounted, in just over one week, for more than half the initial print-run of 1000.

Dr Ron Davie, President, welcomed everyone to the launch. He first thanked those who had helped in the production of the book, notably, the 22 contributors and also his fellow co-editors, particularly John Price – whose expertise had been invaluable and who had taken the stunning photograph for the front cover; and Sally Vaux, who had worked tirelessly on the marketing side.

(History Society Book Launch continued)

In addition, he thanked members of the Society who had helped with the preparatory work for the launch and also those who would be working hard during the afternoon, including Evelyn Tickle and her helpers, serving the complimentary refreshments.



Ron Davie also welcomed representatives of local schools, societies, clubs and companies. Finally, he welcomed County Councillor Duncan Fairbairn, whose ward covers Caldbeck and district, and who also chairs the Cumbria County Council's Neighbourhood Forum which had made a welcome grant of £500 towards the *project*.

"I have used the word 'project' advisedly", Ron Davie explained, "because the publication of the book is only the beginning of a process. For example, the launch itself today is also a social and community occasion, and it is hoped that subsequent work with schools and local societies would help to raise awareness of local heritage."

Amongst other activities planned for future years were the possible production of another book and perhaps a local heritage exhibition in the Parish Hall.

"However", Ron Davie concluded, "today, the book is centre stage. The Society is very proud of its production; and the reception it has already received has confirmed both its quality and its interest."

He conveyed good wishes for the book's success from Chris Bonington, Hunter Davies and Melvyn Bragg, who were unfortunately unable to attend because of prior commitments. Lord Bragg, to whom the printers had been able to send a final proof copy, had commented: 'What a treat to receive *Memories of Lakeland*. Caldbeck has always been one of my favourite villages and this is a wonderful companion. Over the past few decades the history of this country has increasingly been told by those who have lived through it and this is a notable contribution. The photographs are a fine reminder of past times and I would guess the whole enterprise has brought the community together and it gives the rest of us a rich history of Caldbeck.'

Finally, Kathleen Ashbridge thanked Ron Davie for his outstanding contribution to the book's production.

The book is now on sale (£8.99) in bookshops in Carlisle, Keswick, Penrith, Whitehaven and Workington and at local shops in Caldbeck and Hesket Newmarket.

WIND IN THE WILLOWS.

Caldbeck Players saw four full-houses for their brilliant colourful production of *Wind in the Willows*, with a cast of forty-five and a further host of back-stage bods.

There can be few people more physically able to play the bi-gendered Toad of Toad Hall than Bob Whitson. Having a neck as thick as one's head, the whole environmentally greened, and the matrimonial training to change from boisterous and cocky to a simpering poor toad, he did the part great justice. And justice was dispensed to him by the Magistrate and his Clerk (well played by Samantha Bell) for motoring misdemeanours for which he was imprisoned (poor Toad). A clothing gender swop with a luscious washer-woman (Jonty Crosland), who was enticed by Toad's deep-drawer'd wealth to switch clothes, enabled Toad's escape from gaol, and then naturally pardoned by his promise of breakfasting the presiding Magistrate (Dicky Bird in splendid avuncular form) on kedgeriee, who happily accepted that offer without fear or favour. Toad's release was organised by the comely gaoler's daughter (Claire Little who, backstage, supervised the children with Sue Robson and others – quiet as real mice they were). Further favours she later bestowed on Mole and Rat allowing them a kiss, and Mole got a cuddle. Indeed!

Toad's persecutors were the wildwoodsmen, stoats and weasels and ferrets, forthrightly lead by Sarah Atkinson as Chief Weasel, whose words were as crystal clear as her colleagues' intentions – to dispose of Toad. Their "Where's Toad?" cries brought a spawn curdling fear for escapee and audience alike.

Toad's friends were Mole (the cuddled Victor facially brunetted for the part), Rat (Jennifer Collard), a fastidiously correct thin-control on proceedings, provider of sense and first aid and Mole fancier, and Badger (Frank Cosgrove who might have come on stage after being flattened by driver Toad on a zebra crossing). After Toad's escape, Badger, unarmed, bravely lead the way to the butler's pantry in Toad Hall, via an underground passage he knew, to usurp the squatting wildwoodsmen and to reinstate the Toad in his beloved 14th century residence.

The riverbank saw picnics and a boat trip for Rat and Mole, mice who carefully sang poignant carols, and rabbits who demanded money to enter their fields. Moley and Ratty (on familiar terms soon after the start) travelled in a splendid caravan drawn by Alice, the horse (Claire Hurst in good deadpan brummie form). The hedgehogs dined on porridge, and the squirrels did their

(Wind in the Willows continued)

nut things. Fox (Rebecca Pigg) was clearly full up with Red Riding Hood, and Portly (Joseph Stockdale) swam supplely with the bigger black Otter (Ken Woolfenden) in the rural idyll of the land of the *wind in the willows*.

And who gave it the wind?

A huge amount of effort goes into a production like this and the end result did real justice to that effort. The great costumes (Fiona Cox and team), the wonderful makeup (Barbara Mitchell and team), the lighting (Michael Stockdale and Tony Richardson) and sound effects (Ian Shaw) were there for all to see and hear – well, most of the time; the backstage wondergirls like Pat Shaw and others were not, but those you don't hear or see are as important as those front of curtain.. The greatest commitment, and the greatest praise must go to Ken and Pauline Woolfenden who took it on, and then directed, produced, organised and just did it all so really well.

A great village and community effort.

Tim Cartmell

CALDBECK WI

The December meeting of Caldbeck WI was our AGM to which members were welcomed by Mrs P Shaw. The weather was very icy, so many people were unable to travel, including our speaker!

2009 is the turn of our WI to arrange flowers in WI House. It was decided to send a donation. We have received a donation from the Hound Trails towards our parties for which we are extremely grateful. The programme for next year has been completed. The Financial Statement was presented by Mrs P Wolfenden and accepted. The Secretary, Mrs P Richardson gave her report on our activities and Mrs Shaw gave the President's Report. Mrs P Wolfenden moved that all reports be accepted, which they were, unanimously.

The winner of *Most Points in Competitions* was Mrs J Todhunter. The Committee agreed to continue in their current roles. Members were invited to join the Committee. We then enjoyed our American Supper. The draw was won by Mrs P Richardson and the competition by Mrs M Bell.

Next month, Mr R Knowles will speak to us about *Beekeeping* and we will have soup and mince pies. The WI Children's Party for primary school children in the area will be on the 11th January from 2-4pm.

CALDBECK MOTHERS UNION

October is our usual month for holding our Guest Night, but this year we held our Guest Event in the afternoon, as we had invited branches from Carlisle and Brampton deaneries to hear the *MU Diocesan Outreach Choir*. Many choir members had come from the far south of the Diocese, so we felt that they should be able to travel homewards while it was still daylight! The singing went well and we have received many letters of thanks with kind comments on an enjoyable afternoon. Thanks to all our members who provided the lovely refreshments for the afternoon.

Our November meeting was held in the Methodist Chapel room. Ann Wade welcomed all present and received apologies from Betty Hope, Jean Pears, Mary James and Mary Carling. Three members who celebrated birthdays this month (Mary James, Kathleen Ashbridge and Elizabeth Luck) received our good wishes.

After prayer, Kathleen Ashbridge spoke to us on "Relationships". Her Bible reading included the words, "Look out for one another's interests, not just your own," reminding us that we should take time to make good relationships: with God, with our family members and with people we meet.

Distance does not seem so great a hindrance to communication these days, with e-mails and text messages, but we still need to work at our relationships. Jesus taught us to call God "Abba," meaning "Father" and we should try to bring our Father's love into all our human relationships as well.

Kathleen was thanked by Pam Wood and we enjoyed our tea and chat which followed.

CALDBECK & HNMARKET SHEEPDOG TRIALS

Caldbeck & Hesket New Market Sheepdog Trials would like to say a very big thank you to all the members in the Hound Trails Association, Carlisle & Penrith Branch, for their very kind donation of £50 which will go towards holding next year's Sheepdog Trials. Their generosity and continued support is greatly appreciated by all our members. The Hound Trails Association also supports other organisations in our village - the WI for the Over 65's Christmas party, the Village Sports and Fellview School, so please try to help support them with their sport as they continue to support us and many of our village organisations by giving back money they have raised through trails held in our area.

Ann Arm-

strong

TRIO ORFEO CONCERT ON 18TH JANUARY

Concerts in Caldbeck are pleased to welcome back some of our earlier performers, namely Sasha Somov (cello and international soloist) and Lucy Jeal (violin) together with Simon Browne (viola), who have formed the *Trio Orfeo*. Their programme will be: Schubert, String Trio in B flat D471; Hindemith, Duet (Scherzo) for Viola and Cello; Rebecca Clarke, two Pieces for viola and cello; and Beethoven, String Trio Op. 3 in E flat.

Who is Rebecca Clarke? you ask. She is from last century, but tuneful with it, so don't worry. **This concert is on Sunday 18th January at 3 p.m. in the Parish Hall Caldbeck** (note the change of date). Ticket prices are £8.50 (Solway Arts members £6.50), students £2, available from 016974 78001 (Eric Wright) or at the door. This concert is sponsored by *Arts Out West*.

You may remember that we invited a Wigton Methodist Church audience here for the Zion Ensemble, which was well supported by their Wigton audience. As a *quid pro quo*, Wigton Methodist Church is inviting our audience back to a concert in their venue on Friday 27th February by the Rivoli String Quartet, playing Mozart, Janacek, and Ravel's String Quartet. The Rivoli have performed in Wigton for the last three years, with increasing acclaim, and are well worth hearing. Tickets are the same prices as above, and are available nearer the time from Eric Wright on 016974 78001. We aim to provide transport for those needing it; if you would like transport please contact Eric Wright.

Season's greetings!

Peter Krebs

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

ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	Welcomers' Rota 8.30am	Sanctuary Duty (8.30am unless specified)	Sidespersons' Rota 11.00am
Jan 4	<i>no service</i>	(11am) Margaret Tinniswood	Rosemary Bailey
11	Ann 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
Feb 1	<i>no service</i>	(11am) Margaret Tinniswood	Charlie Rolfe
8	Rosemary Bailey	Liz Boydell Diana Greenwood	Dick & Penny Bird
15	Kathleen Davie	Liz Boydell Rosemary Bailey	Sue Prior
22	Liz Boydell	Jean Holden Joan Todhunter	Judith Cowx

CALDBECK CHURCH

Flowers and Cleaning

There are new rotas in the porch of Caldbeck Church for those who would like to be on the flower rota. We also need more people to help clean the church: please put your name on the list if you will be able to help in this way.

Many thanks.

CALDBECK CHURCH

Cleaning Rota

January

2nd Mrs Pears
9th -
16th Mrs M Brough
23rd -
30th Mrs J Todhunter

February

6th Mrs M Ridley
13th -
20th Mrs M Cowx
27th -

DIARY OF EVENTS 2009

January

- 2nd CAFS, *Happy Go Lucky*, Parish Hall
- 7th Caldbeck WI, R Knowles, *Beekeeping*, Parish Hall - 7.30pm
- 9th History Society. Business Meeting. Old Crown, HNM, 12 noon
- 11th WI Children's Party, Parish Hall, 2-4pm
- 12th Sebergham Village Hall AGM, Sebergham Village Hall - 7.45pm
- 14th Gardening Club, *Winter Colour & Interest*, Millhouse V Hall - 7.30pm
- 18 Trio Orfeo, Parish Hall - 3.00pm
- 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
- 12th Annual Meeting helpers FairWorld Shop, Millhouse V Hall, 12.30pm
- 14th CAFS, *Eat, Drink, Man, Woman*, (plus supper) Parish Hall
- 18th Hist.Soc Colin Smith: *Turnpike Roads of N.Cumbria*. P.Hall, 7.30pm
- 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 Vill Hall - 7.30pm
- 13th CAFS, *Michael Clayton*, Parish Hall
- 18th Hist Soc. June Hall: *Sheep and Wool in History*. Parish Hall, 7.30pm

April

- 1st Caldbeck WI, B Bargh, *Get ahead hats*, Parish Hall - 7.30pm
- 8th Gardening Club, *Plants & Ideas*, Millhouse Village Hall - 7.30pm
- 15th Hist Soc. T Padley: *30 Years of Excavation in Carlisle*. P.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
- 15th CAFS, *There will be Blood*, Parish Hall
- 20th Hist Soc. E Thompson: *Hutton in the Forest*. Parish Hall, 7.30pm.

June

- 3rd Caldbeck WI, Birthday, Parish Hall - 7.30pm
- 17th History Society. *Outing to Hutton*.

July

- 1st Caldbeck WI, Visit to Booths, Keswick, Parish Hall - 7.30pm
- 15th History Society. To be arranged.

3September

2nd Caldbeck WI, D Kerry, *The Highway Code*, Parish Hall - 7.30pm

16th Hist Soc. D Shotter: *Roman Conquest of N Cumbria*. Par Hall 7.30pm.

October

7th Caldbeck WI, N McCrorie, *Pioneer Foods* Parish Hall - 7.30pm

21st History Soc. *AGM and Supper*.

November

4th Caldbeck WI, D Stewart, *Cumbrian Myths and Legends*, Parish Hall - 7.30pm

December

2nd Caldbeck WI, AGM, Parish Hall - 7.30pm

12th Over 65's Party, Parish Hall - 7.30pm

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.

CALDBECK SURGERY

www.caldbecksurgery.co.uk

Staff Training Afternoons

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

Wednesday, 14th January

Thursday, 12th February

Tuesday, 10th March

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

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.

Art in the Waiting Room: photographs by Dorothy Wannop.

SEBERGHAM FLOWERS & CLEANING ROTA

January 4th and 11th	Mrs Horn
January 18th and 25th	Mrs Luck
February 1st and 8th	Mrs Hine
February 15th and 22nd	Mrs Mattinson

Sebergham Weather Recordings

Rainfall

November 2008:	72.50 mm	(2.85 ins)
Aggregate for year:	1068.00 mm	(42.03 ins)
November 2007:	61.30 mm	(2.41 ins)
Aggregate for year:	810.73 mm	(31.91 ins)



Our average November rainfall is 94.23mm (3.71ins) so it has been a relatively dry month. The highest rainfall reached for November was in 2006 when 139.60mm (5.5 ins) fell.

Temperature November 2008:



The average maximum day temperature was 47.80° F (8.78° C)
The average minimum night temperature was 39.69° F (4.27° C)
The warmest day was Thursday, 12th at 56.0° F (13.34° C)
The coolest night was Sunday, 30th at 22.0° F (-5.56° C)

We recorded frost on six days during this month. The average day temperature was similar to last year, but the nights were much warmer, by 3° F.

RdeR

Castle Sowerby

Parish Council

Millhouse Village Hall

January 29th

7.30pm

Parishioners Welcome

SEBERGHAM PARISH COUNCIL

The Parish Council met for its final meeting of the year on 12 November.

In addition to the information previously given about the Ambulance Service there are two other phone numbers to note: Floodline: 0845 9881188 and Fire Brigade: 0800 3584777 (this number is for households to phone up and request a free fire safety check). All these numbers are on our website and displayed on the Parish Notice Boards.

The Highways Dept are currently trying to deal with the continuing problem caused by water running across the B5305 down towards Sebergham Bridge.

We have been alerted to the state of the footpath through Parsons Park; we are trying to get this matter sorted out.

The Highways Steward will be in the Parish from 24 November; we are looking forward to getting some of our smaller jobs done and hope it will be the first of many visits to the Parish in the next few years.

We hope that in the very near future the area at Goose Green currently being used by some HGV's for overnight parking will have a *Traffic Regulation Order* imposed on it banning this practice. This will mean that the Police will have the power to move on any wagons parked up there.

The Parish Council decided to precept for £3300 for the coming financial year. This is £200 less than we received in the current year.

We considered the options put forward to carry the SIDS (speed indication devices) scheme forward. We decided that the best option was to go for the Police managing the system. However, there were some concerns expressed that we may not get the devices as often as we did in the past. I am waiting to hear from the Police on this point.

The Blood Donors are looking for new volunteers. If you have not given blood before (or if it is a while since you donated), please see either the posters on the notice board or go to the blood transfusion website blood.co.uk. Enter your post code to find your nearest session.

The next Parish Council will be on **Wednesday 14 January 2009 at 7.30** in Welton Village Hall. On behalf of the Parish Council may I wish you all a Happy Christmas and a peaceful New Year.

Ms P L Gauntlett, Parish Clerk

CASTLE SOWERBY PARISH COUNCIL

The bi-monthly meeting of Castle Sowerby Parish Council met in Millhouse Village Hall on November 20th. The Chair, Mr J Foster, welcomed the councillors and one parishioner to the meeting.

Sign posts. Councillor Christine Johnston and the Chair reported on the grant application for *Grant Aid* for the refurbishment of guide posts. Two estimates would be required and after some discussion it was decided to consult the Probation Service to see if they would be interested in this project.

Recycling banks. The plastic recycling facilities have been delivered to Inglewood Edge and seem to be proving very popular.

Planning. The Council have supported the *Lawful Development Certificate* of High House at Sowerby Row for Messrs Jackson as the Council felt it would be good to bring a disused house back into habitation. Plans were also discussed regarding a planning application at Oak Lodge, Sour Nook, Sebergham for the rebuilding of an existing garage and alterations and extension to form two holiday lets. It was decided to have a site meeting. Christine Johnston, a member of the sub-planning committee gave a report on the Planning Seminar which she attended at the Town Hall, Penrith recently

Model Publication Scheme. The councillors agreed to consider the adoption of the *Model Publication Scheme Freedom of Information Act*.

The next meeting will be on January 29, 2009 at Millhouse Village Hall at 7.30pm. Parishioners Welcome.



WELTON SCHOOL NEWS - December 2008

Healthy Schools

Two of our Year 6 children recently received the Healthy Schools award on behalf of the school at a ceremony held at Rheged. They gave a short presentation about the work which has been done in school to achieve the Healthy Schools status. Other schools from around the county also attended and the afternoon was rounded off with tea and healthy snacks.

Christmas Play

Our Christmas play this year was "The Best Gift" which was set in Mr. Wilson's toy shop. All the children took part, learning a variety of songs. The performance played to a packed house and all agreed it was a resounding success.

After School Club

Over the past few weeks, classes 1 and 2 have been having a Christmas craft club, making cards, gift tags and decorations for the festive season. The glitter has been out in force.

Class 1 were all very impressed with their Christmas trees and Class 2 really enjoyed making Christmas cards and tree decorations.

Carol Singing

A group of parents, children, staff and governors spent an evening entertaining the residents of Welton with traditional carols. They were rewarded for their efforts, raising the sum of £110 for school funds.

Poetry Recital Competition

The children are taking part in a poetry recital competition organised by the BBC during the last week of term.

And finally

The children, staff and governors of Welton School would like to wish everyone a Happy Christmas and New Year.

Sebergham Village Hall

AGM

Monday 12th January

7.45pm

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

BAGS TO SCHOOL

Once more we had a fantastic response to our collection of clothes, bedding, towels, etc. on 13 November. The final sum raised was £240 for Friends of Fellview and £372 for the Great North Air Ambulance. Look out for another Bag to School collection some time in 2009!

Karen Kennedy, Secretary, Friends of Fellview

THURSDAY CLUB

At a Members' Afternoon on 13th November, we heard accounts of two *Journeys to Remember*.

In 1938, a tour of the German Rhine for forty London schoolgirls was cancelled. To soften the disappointment, the Headmistress suggested a journey around the home country. Only nine of the forty were interested in that change of plan, and one of these was Jean Holden. The five teachers had organised a tour that was full of history and beautiful buildings: King's College Chapel in Cambridge, Hexham Abbey and the Cathedrals of Carlisle, Durham, Ely and Lincoln. Jean described the shock of seeing industrial England on their return journey south, with dark buildings and poor housing. And the contrast of Warwick Castle and Shakespeare's Stratford-on-Avon - where they were thrilled to attend a performance of *Two Men of Verona*. Jean has been forever grateful to those five dedicated teachers and her journey to remember.

Twenty-five years ago, Colin Reid celebrated forty years of fell-walking with a stroll down Memory Lane from Coniston to Caldbeck. By linking up ridge routes, he crossed twenty-two fell tops, walking forty five miles and climbing over 12,000 feet in a day and night. This was a journey in which many happy memories were recalled and the final dark hours of crossing Skiddaw Forest were filled with thankfulness for our own homely hills.

John Wooler thanked both speakers for contributing to a Thursday Club meeting to remember.

Christmas Lunch. Because of an earlier copy date this report was written before the event, once again at the Oddfellows. We anticipate the usual happy occasion: plenty of chat among friends and a delicious meal thanks to Alan and his staff. And so to 2009. The AGM will be held in the Parish Hall on 8th January. This will be an important meeting for the election of officers. It will be followed by a Domino Drive thanks to Vera Mason and Mamie Potts. The 2009 programmes will also be available.

CALDBECK AREA FILM SOCIETY



Caldbeck Area Film Society

Firstly, I would like to wish everyone a Happy New Year 2009. Then I would like to draw attention to a last minute change in our programme for 2nd Jan 2009 at 7.30pm. Because of technical problems that we could not resolve, the film showing will be *Happy Go Lucky*, directed by Mike Leigh (instead of Bergman's *Fanny and Alexander*).

Released in 2008 and lasting 118 minutes, this is unlike most of Mike Leigh's films. It is cheerful, life-affirming and possibly whimsical. Poppy is a 30-year old primary school teacher who is relentlessly happy and optimistic. She loves her life, is dedicated to her job and has good friends and family. We follow her over a few weeks in London, as she goes out with her friends, goes to a flamenco class, meets her pregnant sister and embarks on a new romance. All is not sweetness and light, however. She has to contact social services over a child who is being bullied and abused and she has her bike stolen. She shrugs off the bike theft and starts driving lessons with Scott, played by Eddie Marsan. Poppy has to deal with his racism, anger, repression and controlling attitude. He is her polar opposite. By the end of the film we understand that Poppy is not the blinkered soul she appears to be and she realises that her compassionate nature could put her in harm's way.

Don't forget we have a second film in January on Friday the 23rd, at 7.30pm. *Persepolis* is an animated film made in 2007 in colour and black and white by an Iranian/French partnership of Marjane Satrapi and Vincent Paronnaud and lasts for 96 minutes. It is based on Marjane's autobiographical graphic novel charting growing up in Iran at the end of the Shah's rule and overthrow and the upheaval of the Ayatollah's Islamic revolution. Marjane is shown as a feisty and smart girl who is supported by her parents and strong grandmother. But they realise that such qualities will bring her into conflict with the authorities. The warmth of her family is contrasted with the claustrophobia of the regime. Marjane is sent to school in Vienna, where she discovers music and men. She struggles with the bourgeois apathy of her schoolmates, feeling herself an outsider. This feeling persists through an unsuccessful marriage, and when she lives in Paris or returns to Iran. The tale is not self-pitying or sentimental and perhaps we should recall and compare it with our first film, *Juno*.

Tricia Nelson

VISIT TO SCHELLENBERG

A visit to Munich provided the opportunity to visit the Gasthaus Schellenberg, which was recently twinned via video link with The Old Crown at Hesket Newmarket. Obviously the video link provided an opportunity to interact but there is nothing like meeting people face to face. Having taken the train from Munich to the Chiemgau area of Bavaria, we were faced with a cold wintry walk through the snow to the gasthaus, where we were given a warm welcome. Although the gasthaus was closed for maintenance work, we were able to see that the atmosphere and size are similar to The Old Crown. The surroundings and views from the Gasthaus Schellenberg are beautiful and it has the advantage of extensive grounds and a terrace. We were given a tour of the grounds and introduced to the animals, including hens, pigs, sheep and some mini-goats named Agnetha and Frida after the *Abba* members!

We were the first people from Hesket Newmarket to visit, beating Malcolm and Pat by a few weeks. Although not everyone can visit, it would be good to continue the friendly ties. Let's show them that we are not as reserved as they seem to think we are, although by Bavarian standards we may be fighting a losing battle!

The people at the gasthaus would love to keep in touch by email (gasthaus-schellenberg@arcor.de). Their website is www.gasthaus-schellenberg.de.

Diane and John Brown

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.
We welcome newcomers.

**THE LONDON PHILHARMONIC
SKIFFLE ORCHESTRA**
Mungrisdale Village Hall
Saturday 14th February
Doors open at 7pm
Bar & raffle
Tickets £5/ £3 children
Box office 017687 79397
*This performance comes to
Mungrisdale under
Highlights Touring Scheme*

ST VALENTINE'S SUPPER DANCE
**MUNGRISDALE
VILLAGE HALL**
FEBRUARY 21ST
7pm for 7.30pm meal
Dancing to Kenny Bell
Bar & raffle
(for British Heart Foundation)
Tickets £12.50
available from
Bob Watt - 017687 79009
& Penny Sutton - 017687 79691

CALDBECK METHODIST CHAPEL

Sundays at 6.30pm

- 4th January - Rev K Hurst - Covenant Service
- 11th January - Mrs C Gilbert - Readers' Service
- 18th January - Rev K Hurst
- 25th January - Rev S Prior
- 1st February - 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**

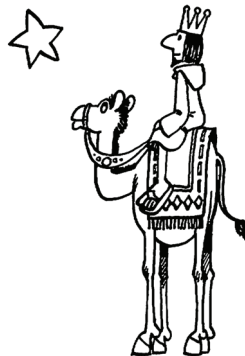
First Sunday - Communion

QUAKERS: MOSEDALE MEETING HOUSE

Commencing in 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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<p>THERAPEUTIC MASSAGE Karen Royall Dip ITEC <i>Ease away aches, pains and stress and discover the ancient art of massage.</i> HEAL THE BODY SOOTHE THE MIND STRENGTHEN THE SPIRIT tel: 016974 78443 Email: kzmorgan37@hotmail.com</p>	<p>ANDREW WHITE Professional Driving Instructor D.O.T. Approved, Long-established. GRADE 6. Excellent Pass Rate. Car - Car + Trailer - Mini bus - LGV - PSV Friendly & Patient Tel: 016974 78605</p>
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<p>THE FAIR WORLD SHOP Fairly traded foods, teas and coffees unusual crafts and gifts. Weekdays Mar 17 to Oct 31 10.30am-4.30pm Nov 1 to Dec 24 1.00pm-4.00pm Saturdays & most Sundays March 17- Dec 2.00pm-4.00pm Contact: Lynette 016974 78544</p>	<p>WRAGG MARK-BELL SOLICITORS To assist with: residential, commercial & French property; small businesses; wills; employment & immigration; crime & road traffic offences; matrimonial & children matters. Liz Berry/Gaynor Wragg 01228 711728</p>

CHURCH SERVICES IN JANUARY

Sunday, 4th January		Epiphany
<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, 11th January		 Baptism of Christ
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Morning Prayer
<i>Castle Sowerby*</i>	11.00am	Holy Communion
	<i>*at Millhouse Village Hall (see page 4)</i>	
<i>Sebergham</i>	11.00 am	Morning Prayer
 Sunday, 18th January		 Epiphany 2 - Plough Sunday
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Plough Sunday Family Service
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	11.00am	<i>no service</i>
 Sunday, 25th January		 The Conversion of Paul
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Morning Prayer
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	11.00am	Holy Communion
 Sunday, 1st February		 Candlemas
<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