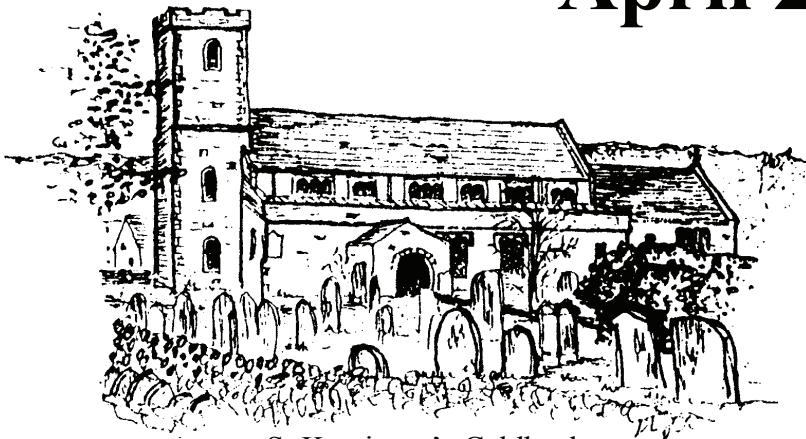


April 2009



St Kentigern's Caldbeck



St Mary's Sebergham



St Kentigern's Castle Sowerby

**Parish
Magazine**

CHURCH STAFF AND CONTACTS

Clergy

Rector	Rev Stephen K Prior The Rectory, Brewery House Caldbeck, WIGTON, CA7 8EW	016974 78233
Associate	Rev Kathleen M Ashbridge	016974 78205
Retired	Rev Walter Wade	
Readers	Mr G Hine Miss D Chalk	016974 76308

CALDBECK - St Kentigern's

Churchwardens	Mrs E Boydell Mr R Brough Dr R Davie	
Treasurer	Mrs C Hine	
Secretary	Mrs S Beale	016974 78353

CASTLE SOWERBY - St Kentigern's

Churchwardens	Mrs M Edmondson Mr J Foster	
Treasurer	Mr B Mallinson	
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SEBERGHAM - St Mary's

Churchwardens	Mrs M Mattinson Mrs E Luck	
Treasurer	Mr J S Hollins-Gibson	
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Parish Magazine Contacts

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

NOTE: Copy deadline **15th April** for inclusion in May's magazine.

Subscriptions: Mrs Jean Holden, 1 Hodden Court, Caldbeck

Tel: 016974 78097

The Rector Writes

I am conscious today of the warmth of the sun shining through the window - spring has arrived at last! As I watch the new leaves' swelling buds, the flowering crocus and the newly born lambs it is easy to be reminded of Easter and the resurrection.

But Easter is not just another season of the year. The resurrection of Jesus is the central claim upon which the Christian faith is founded. I am glad that Easter has not yet been completely overshadowed by commercialism in the way Christmas very nearly has. Although the chocolate eggs are hard to resist, the events leading up to the holy-day are more challenging and much more disturbing than the Nativity, and more central.

Everything that Jesus was - all he taught and did - was validated by God's raising Jesus from the dead. Life and love have the last word in God's world, not death and destruction.

The claim that Christ is risen has always caused controversy. We do both the classical and Jewish cultures of Jesus' day a great disservice if we accuse them of being simply gullible and superstitious. The Jewish, Greek and Roman citizens of Jesus' day were no more likely to accept an account of someone rising from the dead than we are today. But there was too much evidence for many to deny it. Not just the empty tomb and the eyewitness accounts of Jesus' followers, but the witness of their transformed lives as well.

My approach to Classics is historical. And I tell you that the evidence for the life, the death, and the resurrection of Christ is better authenticated than most of the facts of ancient history ...
E. M. Blaiklock, Professor of Classics, Auckland University

But, you say, it can't be proved historically or scientifically. How do you prove any historically unique event? As far as science is concerned, it is true you must first accept that there is a creating God who is the truth behind our physical world before you can accept that he is able to intervene in the world in such a way as not to tear apart the fabric of his creation.

But for those who place their trust in God, who is just and good and true to his word, the resurrection of Jesus Christ speaks of

hope. In the resurrection, we see God triumphing over evil and destruction. And if he did that through Jesus, in the past, we have hope that he will be able to do so again in the future.

It is no accident that historically Christians who have been most active in trying to change the world for the better (opposing slavery, building hospitals, supporting education) have previously experienced a personal spiritual awakening, in which the death and resurrection of Jesus have come to be the centre of their personal faith.

I think we need to know that God has overcome death and destruction in Jesus in order to take on board - to have faith - that he can overcome death and destruction in our world today. For the Christian, it is the resurrection of Jesus that empowers us to go on waiting, working and hoping; that gives us the courage and determination to join with God and one another in working for the Kingdom, working to make this world a better place, even as we await its final transformation and re-creation by God Himself. It is the resurrection that keeps us aware of the light in the darkest circumstances.

The resurrection of Jesus may be dismissed by many who misunderstand it or choose not to face its implications, but there is no true Christian faith without it.

*“If Christ has not been raised,
our preaching is useless and so is your faith.
But Christ has indeed been raised from the dead,
the first fruits of those who have fallen asleep.”*
1 Corinthians 15.14, 20

Stephen Prior

The Parish Registers
Funerals
Winifred Blackadder
26th February 2009
St Kentigern's Church, Castle Sowerby

*“If the New Testament were a collection of secular writings, their authenticity
would generally be regarded
as beyond all doubt.”*

F F Bruce, Manchester University



CALDBECK EASTER FLOWERS

There is a list in the church porch for anyone to sign who wishes to donate Remembrance Lilies to be displayed in church on Easter Sunday. The cost is £2.50 per stem.

We will be decorating the church on Saturday 11th April from 10.00 am. Please come along to help us decorate for this celebration of the resurrection!

FAIR WORLD SHOP

We shall be opening on Saturday 4th April for the new season selling fairly traded foods and crafts. We man the shop Monday to Fridays from 10.30am to 4.30pm and on Saturdays and Sundays form 2.00pm to 4.00pm. Mondays, however (due to a shortage of volunteers this year) we will be opening at 1.30pm, instead of in the morning.

FUNERALS

Rev Kathleen Ashbridge regrets that from the end of February 2009, she will not be available to arrange or officiate at funerals in our three parishes and would ask that you notify Rev Stephen Prior when the need for help in such services arises.



Steve and Sue Prior are leaving us to go to Rushden in Peterborough Diocese taking with them our best wishes and happy memories of the northern fells



**The Rector's *farewell* service
is on Sunday 3rd May 11.00am
St Kentigern's Church, Caldbeck
followed by a finger buffet in church**

We hope as many people as possible will join us in church that morning for worship, fellowship and refreshment as we bid them both farewell and wish them every success in their new life and ministry together in Northamptonshire.

Geoff Hine

NEW EDITOR

This will be my last month preparing the Caldbeck, Castle Sowerby and Sebergham Parish Magazine for the printers, as there will be a new Editor beginning next month, with the May edition. I am very pleased to say that Roberta Bowen will be the editor from the 1st of April.

Therefore, please note that all articles and notices to be included in May's magazine are to be submitted to **Mrs Roberta Bowen** (address: Clay Dubs, Caldbeck, Wigton, CA7 8ER; telephone: 016974 78100; e-mail address: drbowen@btinternet.com) by the **15th of April** for inclusion in May's magazine. Please include the word "**MAGAZINE**" in the subject line of any e-mailed message.

Many thanks to all those who write and regularly support the magazine.

Sue Prior

MOTHERS' UNION

Last month we chose not to invite a speaker to lead us, but instead held a "Do It Ourselves" session, to consider this year's theme for the Mothers' Union: *The Cost of Relationships*.



Using as our Biblical point of reference the story of Ruth and her selfless devotion to her mother-in-law, we thought about the plight of refugees, of exiles and of the bereaved. We divided into small groups, where we felt able to share our thoughts, experiences and memories. We spoke of bereavement, loneliness, of wartime evacuation, and we tried to imagine what it must be like to be an asylum seeker.

We thought about our own roles as mothers-in-law and the problems which can arise. And we looked at Boaz, in his capacity as redeemer of Ruth's family and as an early reflection of Jesus, our Redeemer.

Most of us felt that whatever trouble we faced - difficult circumstances or difficult relationships - the support of the family was what matters most - not surprising perhaps, as we are all members of the Mothers' Union which holds as fundamental the value of family life.

The falling snow, when we met next at Fellside, did not deter us, as we came to share our *Wave of Prayer* and remembered our Link Dioceses in Nigeria, Zululand, Kenya, Northern Argentina and our own diocese of Carlisle. At our next meeting we look forward to hearing Mrs Sue Braithwaite telling us about *Caring For Tom*.

Tuesday 14th April
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.

what's on for young people

Holiday Bible Club
Starship Discovery
Tuesday 13th - Friday 17th April
10.00 am - 12 noon
Caldbeck Parish Hall
(free of charge)
Games, Songs, Aerobics,
Snacks, Crafts, Puppets,
and competitions
Contact: Helen on 78669

"Bong-a-Long"
Music group of 0-3 year olds
Mother & Toddler Playgroup
Millhouse Village Hall
10.45am - 11.30am
With Reverb leader Alison Scott
Wednesdays - 1st, 15th & 29th April



DROP IN
For ages 10+
Saturday, 25th April
COMPETITION NIGHT
7.30-9.30pm
no charge
Hesket Free Church
Richard or Celia - 78500
Peter & Helen - 78669

CLUB X
After-school club for Juniors
Tuesdays during term-time
21st (*in school!*) and 28th April
GAMES - CRAFTS -
TEACHING - REFRESHMENTS
From 3.20 to 5.00pm
Caldbeck Parish Hall

Junior Cricket
This year we have entered teams in the Under-11 League Games on a Monday night and the Under-13 League Games on Sunday morning.
Cricket practices will start on **Friday 17th April**
from 6 - 7pm for years 5 & 6 (for under-11)
from 7 - 8pm for years 7 & 8 (for Under 13)

THURSDAY CLUB

Everyone was welcomed by Mr John Wooler to the March meeting of the Thursday Club. It was nice to have some visitors with us, who are always welcome to our meetings.

Our speaker was Mrs Fiona Cox, who spoke on *A Backward Look at Clothes*. Fiona brought along and displayed for us a fascinating selection of vintage clothes. She said she had always enjoyed old-fashioned clothing and has been collecting and dealing in vintage clothes now for six years, buying and selling from her home as well as travelling to London and Manchester. She relayed to us some interesting history of clothing in this country. Can you imagine that in 1900 there were 74,000 tailors in London?

This was a fascinating talk and afterwards we were given a quiz, which we all enjoyed (even though we were not very good!). Mr Wooler thanked Fiona and we then enjoyed tea and biscuits.

EB

THANK YOU!

Miriam and Beverley would like to thank everyone who donated items and attended the *Blue Peter Bring and Buy Sale* that they held in the school hall on 28th February. They raised the grand total of £86.78 which has been forwarded to the appeal - *Mission Nutrition*.

Very many thanks to Mrs Bagot for allowing them to use the hall and for helping them to publicize the event by sending notes home with all the children.

CALDBECK AND DISTRICT
THURSDAY CLUB
April 9th at 2 pm
The Oak Room
Caldbeck Parish Hall
She'll Maybe Last a Year or Two
Antoinette Ward

Caldbeck & District
Gardening Club
Wednesday, 8th April
Plants & Ideas
Millhouse Village Hall
7.30pm
All Welcome!
Guests £2.50



CALDBECK & HNM FAIRTRADERS



On February 28th many local supporters of Fairtrade enjoyed a special *Birthday Tea* at Millhouse Village Hall to celebrate one year since we gained Fairtrade Status. We all enjoyed a delicious tea and a splendid birthday cake, baked by Kathryn Rawson. There were ten entries for the *Fairtrade Banana Cake* competition, including two from children from Fellview School. The competition was judged by Mrs Phillipa Groves, assisted by Mrs Nancy Tweddle and was won by Mrs Betty Brame.

The event, which was entirely free, was a 'thank you' to everyone who promotes Fairtrade locally. Peter Krebs took photographs of the event. There are some on the Caldbeck Village website and a complete album of the event will be placed in the Fair World Shop. Do take the opportunity to browse it when visiting the shop.

Susan Beale

FRIENDS OF FELLVIEW COLLECTION

Due to popular demand we shall be having another collection for the Great North Air Ambulance at Fellview School. Collection date is **1st April**. Please take all unwanted clothes, towels, curtains, handbags and pairs of shoes into school before this date. Also accepted: old mobile phones and printer cartridges. If you need your items collected please call Helen on 016974 78125.

BRIC-A-BRAC WANTED!

The Northern Fells Group is running a Bric-a-Brac stall at the Mungrisdale WI Fair on Saturday May 2nd. If you are sorting out cupboards or attics and have anything you'd like to give us for the stall please ring Antoinette Ward on 016974 78220. We can collect if that would help, or just drop things into us. **Proceeds to the Northern Fells Group.**

CALDBECK ART GROUP

The next exhibition of the Caldbeck Art Group will be at the Watermill Café, Priests Mill, from Monday 27th April to Sunday 10th May. There will be a wide selection of paintings. Caldbeck Art Group always welcome new members!

Mary Snape

THANKS!

Many thanks go out to Richard Brough, Michael Bell and friends for all the work they did in cutting down the laurel hedge against the west wall of the churchyard, in preparation for the transfer of old headstones. It has lightened both the 'cut' and the churchyard, and is much appreciated.

Steve Prior

SOCIAL TENNIS

Social tennis will restart for the summer season at Caldbeck tennis court (next to the school) on Monday, 20th April from 5-6pm, weather permitting. We would love to see more players - men and women of mixed ability: all very welcome. We also plan to play on Tuesdays from 5 - 6pm, depending on numbers. If anyone is interested or has any queries you are welcome to contact me or just turn up with your racket!

Sally Vaux 78626

CALDBECK AREA FILM SOCIETY

After a successful film and supper event on 14th February and the presentation of a powerful drama on Friday the 13th March, our Chairman felt that we all needed some cheering up and a bit of fantasy. So, please note this change of programme for Friday, 17th April at 7.30pm. In these troubled times, what could be more cheerful than *Mamma Mia*? With a simple "Who's the Daddy?" plot and Abba songs to sing along to, be prepared to admire the dishy actors and the feisty women.

Tricia Nelson

Films at Keswick Film Club in April include:

Sunday 5th	<i>Three Monkeys</i>
Sunday 12th	<i>The Wrestler</i>
Sunday 19th	<i>The Class</i>

Easter Fun Day

Tuesday 7 April, 2.30-4.30 pm

Caldbeck Cricket Club

for Nursery, KS1 and KS2 children

(children under 8 must
be accompanied by an adult)

*An afternoon of competitions,
races and "Easter" activities.*

FREE ENTRY.

BBQ from 4pm - £1

Come and join in the fun!

Further details from Sue on 78582.

*Organised by
Hesket Newmarket Play Area Committee.*



Caldbeck Area Film Society

CALDBECK WI

Everyone was welcomed by Mrs P Shaw to our March meeting which was attended by a good number of members in spite of the weather. The minutes were read and County News was discussed. It was decided that the *Bulb Secretary* will be Mrs I Coulthard. We heard that the Darts Team lost this round, but had won three games out of five and had enjoyed the evening.

Mrs Shaw then welcomed our speaker, Carol Mounsey, whose talk was entitled, *The Queen Said to Me*. Carol had worked as a housemaid at Buckingham Palace and described the work there. They had an early start, with the day beginning at 5.00am; their work was then inspected at 8.00am. She said that she was able to take photographs of the Jubilee from the bedroom windows and enjoyed travelling with the royal family to Australia and Balmoral Castle. Carol received a Jubilee Medal for her service. Later, Carol became interested in and studied genealogy, so she is able to trace our ancestors. Some people have unexpected skeletons in the cupboard!

Mrs B Archer thanked Carol. The draw was won by Mrs A Benn and the winner of the competition for *family photographs* was: 1st Mrs J Todhunter and 2nd Mrs R Bowen.

Caldbeck W I

April 1st at 7.30 pm

Speaker:

Beverley Bargh

Get Ahead Hats

Caldbeck Parish Hall

LOST AND FOUND

Found in the kitchen of the Parish Hall: one green Aigle fleece jacket, size XL, with leather trim. This will be kept until Friday 17th April when it will be "finders keepers" or taken to the Oxfam shop!

*Please contact Anne Cartmell
on 016974 78484.*

AND JUST LOST!

Can anyone help with the whereabouts of 100 side plates, which have disappeared from the Caldbeck Parish Hall china cupboard.

The box is still there, but no plates!

*Please contact Margaret Brough
on 016974 78634.*

THANK YOU!

We would like to express our thanks to Edna, Keith and Jo at the Old Crown for hosting the February Quiz, which raised £137 for the Hesket Newmarket Play Area. Thanks, too, to the previous quiz winners, who ran the evening and set the questions. And thanks to everyone who supported the evening by taking part. Nine teams battled it out and enjoyed a great evening.

Sue Braithwaite

"HOOKY" AND "PRODDY" EXHIBITION

The Whelpo Rugmakers are having an exhibition of some of their work: rugs, wall-hangings, etc. These are made from old woollen garments (kindly donated by friends or bought from charity shops), which are cut into strips and worked onto old sacks or hessian.

The exhibition will take place in the Watermill Cafe, Priest's Mill, Caldbeck, from Monday, 30th March to Sunday, 5th April 2009, 9.00am to 5.00 pm. Many people have shown a good deal of interest in what we do, so here is your chance to have a browse, whilst enjoying a *cuppa*.

Diana Greenwood

Caldbeck Players presents:

Taking Steps

A farce by Alan Ayckbourn

Thursday Friday and Saturday,

23, 24 and 25 April 2009

Caldbeck Village Hall

7.30pm

Tickets: Caldbeck & Hesket Newmarket Post Offices

Tickets: £5; over 60's and under 16s: £3.

Annual Plant Sale

Vegetable seedlings, herbaceous plants and shrubs

Monday, 4th May

10am-12noon

In the centre of Hesket Newmarket

Please come and support this event - bring your spare plants to donate and buy others to enrich your garden.

All proceeds this year to *Age Concern*

Any enquiries to Sue Braithwaite: 016974 78582
or Teresa Bridges: 016973 71812

CALDBECK PARISH COUNCIL - 2 MARCH 2009

1. PC Chris Blain reported on the *Crime Mapper* details. There was no crime in the Caldbeck area in January. In February a handbag was stolen from Heskett Newmarket and a man was cautioned in relation to another incident. A suspicious vehicle had been parked near Woodhall and there had been an unsuccessful attempt to steal red diesel at Branthwaite. PC Blain had held his first Surgery at Fellview School where speeding was mentioned as a concern. PC Blain had then used a speed camera in the village but only one motorist was speeding at the times checked. In answer to a query, PC Blain explained that *Farm Watch* is coordinated by the Police, and any farmers wanting to belong to the scheme should get in touch with him.

2. Concerns had been expressed to Councillors about problems with **car parking in Heskett Newmarket**. The Parish Council is consulting the Lake District National Park Authority about possible solutions to the problem.

3. Squirrel Pox. Rosemary Bailey had telephoned the Council to let Councillors know that Squirrel Pox has killed a red squirrel in Caldbeck. She is putting up posters to alert people and ask them to disinfect feeding boxes.

4. Duncan Fairbairn, the Borough and County Councillor, reminded the Council that the Highway Steward would be in Caldbeck the week of 23rd March. He said that surface dressing of the road from Heskett to Caldbeck and on up to Upton is scheduled for 2009/10, as is the Ratten Row road. Councillor Fairbairn brought the Council up to date on the possible implications of the Tesco's Planning Application in Wigton.

5. Peter Marr from Capita has confirmed that the five **traditional signposts** in Caldbeck and Heskett Newmarket are being rust-proofed and painted by Cumbria County Council so there is no need to raise money for restoration.

6. The Chairman thanked the Councillors and residents who had helped with the **litter picking** at Blue Gate. Five bags of rubbish had been collected and taken to the recycling depot at Wigton.

7. Digital Television Switchover, Caldbeck Transmitter, June 24th. The Clerk has details of a Fact sheet if anyone would like one. The Digital UK Helpline is: 08456 505050, and the website is: www.digitaluk.co.uk

8. Caldbeck Website: www.caldbeck.org.uk has details of Parish Councillors, past minutes of meetings and other information relating to the Parish Council as well as to all the other parish organisations and many businesses.

*Antoinette Ward, Clerk to Caldbeck Parish Council
Telephone 016974 78220*

CALDBECK & DISTRICT LOCAL HISTORY SOCIETY

Dorothy Chalk welcomed members and guests to Caldbeck Parish Hall for the Coryn Clarke Memorial Lecture on the 19th of February and introduced the speaker, Mr Colin Smith from Bowscale.

His theme was *The Turnpike Roads of North Cumbria* and he began by describing his first meeting with Coryn and his appreciation of her energy. He said how honoured he felt to be invited to speak at this event.

We were reminded that after the Roman era there was little call for roads in Cumbria up to the 16th century; few folk travelled and those who did usually were in small parties and the local tracks served them well, if they did not travel by sea. Heavy goods were usually shipped, but pack ponies managed to carry considerable amounts.

It was the large landowners who needed to travel the length of the country and the turnpike, or toll, roads made carriage travel more convenient. Each parish had to maintain its own stretch of road and some were more conscientious than others. Maintenance usually meant hauling a load of stones to fill up ruts and potholes.

One of the first turnpikes in Cumbria ran from Penrith to the coal mines north of Caldbeck, ending at Chalk Beck. Each turnpike required an Act of Parliament to set it up and toll bars and fees were decreed. Those who were active in promoting the turnpike provided a cottage for the toll collector and encouraged upkeep. Fairly soon milestones were also required and an interest in preserving these led to the modern foundation of the Milestone Society.

Colin showed us slides of the differing styles of milestones and reminded us of the many ways milestones could be lost or destroyed. His book, *The Hutton Moor Road*, was available to purchase, as were postcards showing *Cumbrian Milestones*.

Information and questions came from the audience and finally Miss Chalk thanked Mr Smith and invited everyone to enjoy the refreshments provided by Evelyn Tickle and her friends. The speaker was besieged by individuals and continued to share his knowledge and his passion about the topic.

D Chalk

Ladies' Bright Hour
Tuesday, 7th April
2.00pm
Speaker: Kim Hurst
Caldbeck Methodist Chapel

ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	Welcomers' Rota 8.30am	Sanctuary Duty (8.30am unless specified)	Sidespersons' Rota 11.00am
April 5	<i>no service</i>	(11am) Margaret Tinniswood	Dick & Penny Bird
12 EASTER	Rosemary Bailey	Liz Boydell Diana Greenwood	Richard & Margaret Brough
19	Kathleen Davie	Liz Boydell Rosemary Bailey	Charlie Rolfe
26	Liz Boydell	Jean Holden Joan Todhunter	Eileen Patterson
May 3	<i>no service</i>	(11am) Margaret Tinniswood	Gwen Coulthard
10	Jean Holden	Liz Boydell Diana Greenwood	<i>no service</i> (Rogation Service at Roe Foot)
17	Ann Wade	Liz Boydell Rosemary Bailey	Marjorie Atkinson
24	John Price	Jean Holden Joan Todhunter	Peter Sageman
31	<i>no service</i>	Liz Boydell Diana Greenwood	<i>tbd</i>

CALDBECK CHURCH Cleaning Rota

April

3rd Mrs M Cowx
10th Mrs M Atkinson
17th -
24th Mrs J Todhunter

May

1st Mrs M Ridley
8th Mrs M Bell &
Mrs G Coulthard
15th Mrs M Whitson
22nd Mrs L Ramsay
29th Mrs E Patterson

Take time for prayer!

The ecumenical prayer group meets
each Tuesday morning at 8.45am in the
back of Caldbeck Church to pray for the
needs of our community and the world.

Why not join us?

ALL WELCOME!

DIARY OF EVENTS 2009

April

- 1st Caldbeck WI, B Bargh, *Get ahead hats*, Parish Hall – 7.30pm
- 1st Collection for the Great North Air Ambulance at Fellview School.
- 7th Ladies' Bright Hour, Kim Hurst, Caldbeck Methodist Chapel – 2.00pm
- 7th Easter Fun Day, Caldbeck Cricket Club – 2.30-4.30pm
- 7th Police Surgery, Fellview Primary School – 3.30-4.30pm
- 8th Gardening Club, *Plants & Ideas*, Millhouse Village Hall – 7.30pm
- 9th Thursday Club, Antoinette Ward, Oak Rm, Parish Hall – 2pm
- 9th Castle Sowerby Parish Council, Millhouse Village Hall – 7.30pm
- 14th Sebergham WI, B Garvey, *St George's Chapel*, Old School – 7.30pm
- 15th Hist Soc, T Padley: *30 Years of Excavation in Carlisle*. P.Hall – 7.30pm
- 17th CAFS, *Mama Mia*, Parish Hall
- 18th Caldbeck Methodist Chapel, *Sankey Night*, 7pm
- 21st Mothers' Union, S Braithwaite, *Looking after Tom*, Cald' Chapel – 2pm
- 22nd Heartstart Course - ELS training, Millhouse Village Hall
- 27th C' Sowerby & Sebergham Vestry & APCM, Seb' Old School – 7.45pm
- 27th - 10th May Caldbeck Art Group Exhibition, Watermill Café, Priests Mill

May

- 4th Annual Plant Sale, in the centre of Hesket Newmarket
- 5th Ladies' Bright Hour, Dorothy & Ruth, Caldbeck Meth Chapel – 2.00pm
- 6th Caldbeck WI, *Where there's a will*, Parish Hall – 7.30pm
- 11th Caldbeck Parish Council Annual Parish Meeting, Parish Hall – 7.30pm
- 12th Sebergham WI, G Barnett, *Life of Roman Soldier*, Old School - 7.30pm
- 13th Caldbeck Gardening Club, Plant Sale, Millhouse Village Hall – 7.30pm
- 14th Thursday Club, Outing
- 15th CAFS, *There will be Blood*, Parish Hall
- 18th History Society, Business Meeting, 1 Back Green HNM – 7.30pm
- 18th Caldbeck Parish Council, Caldbeck Parish Hall – 7.30pm
- 19th Mothers' Union, Mrs Curry, *OM*, Caldbeck Chapel – 2pm
- 20th History Soc, E Thompson: *Hutton in the Forest*. Parish Hall – 7.30pm.
- 28th Heartstart Course - ELS training, Millhouse Village Hall

June

- 2nd Ladies' Bright Hour, Mary Pattinson, Caldbeck Meth Chapel – 2.00pm
- 3rd Caldbeck WI, Birthday Outing
- 9th Sebergham WI, Visit to Carlisle Cathedral
- 11th Thursday Club, C Marsden, *Mum's Junk*, Oak Rm, Parish Hall – 2pm
- 16th Mothers' Union, Outing
- 17th History Society, *Outing to Hutton*.
- 29th Caldbeck Parish Council, Caldbeck Parish Hall – 7.30pm

July

- 1st Caldbeck WI, Visit to Booths, Keswick, Parish Hall – 7.30pm
7th Ladies' Bright Hour, Pat Staley, Caldbeck Methodist Chapel – 2.00pm
14th Sebergham WI, E Harbord, *In a Man's World*, Old School – 7.30pm
15th History Society, To be arranged.

August

- 4th Ladies' Bright Hour, Picnic
10th Caldbeck Parish Council, Caldbeck Parish Hall – 7.30pm
11th Sebergham WI Dinner at Denton House

September

- 7th Ladies' Bright Hour, Dilys Tomkins, Cald Meth Chap - 2.00pm
2nd Caldbeck WI, D Kerry, *Highway Code*, Parish Hall - 7.30pm
8th Sebergham WI, N Pickthall, *Nancy's Experience*, Old Sch' 7.30pm
10th Thursday Club, Members' Afternoon, Oak Rm, Parish Hall - 2pm
16th Hist Soc, D Shotter: *Roman Conquest of NCumbria*, ParHall 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:

No closure in April
Wednesday, 13th May
Thursday, 18th June

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

If you find it difficult to see a doctor during the normal surgery hours of 8.30am – 6.00pm (eg if you work unsocial hours) please ask for an appointment in one of our early bird or twilight surgeries. (Please note: these appointments are not available with practice nurses.)

Art in the Waiting Room: photographs by Edward Slater.

SEBERGHAM FLOWERS & CLEANING ROTA

April 5th	Mrs Magnay
April 12th and 19th	Mrs Wetherell
April 26th and May 3rd	Mrs Brough
May 10th and 17th	Mrs de Robeck

Sebergham Weather Recordings

Rainfall

February 2009: 20.10 mm (0.79 ins)
Aggregate for year: 118.45 mm (4.66 ins)

February 2008: 45.70 mm (1.80 ins)
Aggregate for year: 268.80 mm (10.58 ins)



February 2009 was the driest February over the last twenty years, with just over three quarters of one inch of rain for the month, when the average is 2.93 inches (74.42 mm). The driest month recorded was January 1997 at 0.11 inch (2.70 mm).

Temperature January 2009:



The average maximum day temperature was 43.50° F (6.39° C)
The average minimum night temperature was 34.58° F (1.43° C)
The warmest day was Friday, 27th February at 55° F (12.78° C)
The coldest night was Monday, 9th February at 24° F (-4.45° C)

RdeR

Living Word in Carlisle

ALL WELCOME

to this ecumenical gathering for
Bible teaching, worship and fellowship

Tuesday, Wednesday and Thursday 12th - 14th May

At the Methodist Church, Wigton Road, Carlisle
(corner of Stanhope Road and Wigton Road; Car Park behind church)

SPEAKER: Liam Goligher
Senior Pastor, Duke Street Church, Richmond, London

Evening Meetings, 7:30 - 9:00 pm.
Morning Meetings, 10:30 - 12:00 noon.

SEBERGHAM WI

Sebergham Women's Institute had another very happy evening at our March meeting when we celebrated the WI's 61st birthday with a dinner at Denton House in Heskett New Market. We were joined by two special friends and former members, Evelyn Tickle and Jenny de Robeck, and a prospective new member, Margaret Watson. A delicious three-course meal was enjoyed in a very warm and lively atmosphere with plenty of conversation. Yet again any thought of dieting was put aside as we enjoyed the delights of the menu.

In the absence of president Dorothy Staples, Poppy Hollins-Gibson welcomed everyone and led the business part of the evening, following the dinner. The *County News* and all correspondence were noted. Invitations were received and accepted from three other Women's Institutes to attend their guest nights.

Twelve names have been taken for the beading classes tutored by Edith Knapton, which take place on Saturdays, the 14th and 21st March. These will be held at 'The Old School'

Dorothy Staples and Poppy Hollins-Gibson will attend the Shawk Valley Group committee meeting on Saturday 14th March.

The competition for a necklace was won by Doreen Ward. Second was Anne Ludlam. Next month we have a guest night with four other WI's for a two-course supper. Our speaker will be Mrs Betty Garvey on St George's Chapel, Windsor.

Poppy Hollins-Gibson, 76276, Press Secretary

<p>Sebergham WI 14TH April - 7.30pm Mrs Betty Garvey <i>St George's Chapel, Windsor</i> The Old School</p>

COAST TO COAST FOR CUMBRIA

Between April 17th and 29th 2009, Denise Beeston and Penny Sutton are walking 192-miles Coast to Coast, raising money for Cumbria Charities: Hospice at Home, The Pride of Cumbria Air Ambulance, and the Penrith Red Squirrel Group. If you feel that you can support please ring either Penny on 017687 79691 or Denise of 017687 79346.

CALDBECK RED SQUIRREL UPDATE

After a very successful and well-attended meeting at Millhouse Hall in October, a training session was held in Caldbeck Hall in February for those who had expressed an interest in setting and monitoring traps.

This was an indoor training with Bernard Parker, Gerry Moss and Richard Dyke from the Penrith and District Red Squirrel Group. It was attended by around eighteen people, many of whom bought or borrowed traps.

To date, there have been no reported sightings of grey squirrels, but the worst has happened in that at least one, and possibly three, fatal cases of the squirrel pox virus have been discovered in Caldbeck. This is a really horrid and highly contagious disease. It is carried by the grey squirrels, but they appear to be immune to it. In the early stages of infection the red squirrel becomes lethargic and displays poor co-ordination/balance. Lesions then develop on the eyes, ears, nose and genitals and the squirrel dies a pitiful death in about two weeks.

Grey squirrels are classed as vermin and, apart from carrying disease, do many thousands of pounds worth of damage to our woodlands.

They were introduced from America in 1876, whilst the native red squirrels have been in Britain around ten thousand years, since the last ice age. The grey squirrel population has exploded to approximately three million, pushing relentlessly northwards, causing the dramatic decline of the beautiful and charismatic red squirrel, to their present number of approximately 120,000.

Unless a real drive is made to seriously reduce the grey squirrel numbers, our generation may be remembered as those who allowed the extinction of this native species. Please be vigilant and report any sightings of grey squirrels, or sickly or dead reds [including road kills] to me.

Rosemary Bailey 016974 78575

Caldbeck & District
Local History Society

welcomes

Tim Padley

speaking on

**Thirty Years of Excavation
in Carlisle**

Wednesday, 15th April

7.30pm

Caldbeck Parish Hall

Tickets: Members £2; Visitors £3

Refreshments included

Everybody Welcome!

WELTON SCHOOL NEWS

MARCH 2009

After School Club. Following a request from the School's Council all the children attended an after-school board games club during the first half of the Spring Term. The children enjoyed playing some of the more traditional games with parent helpers and it is hoped they will now be able to use the games during our many wet playtimes!

This half term we are offering a running club for the older children, where they are encouraged to develop their fitness and stamina.

Visitors. As part of a topic on *People Who Help Us*, Class 1 had visits from the School Nurse and Cumbria Fire Service. The children enjoyed asking lots of questions and were able to dress up in a fireman's uniform!

Class 2 have been busy making musical instruments from recycled materials as part of a music initiative organised by R Factor. The children took part in a workshop to create and record a musical jingle on the theme of recycling.

Visits. Class 2 have been finding out about a variety of mountain ranges throughout the world. The children visited Rheged and took part in a workshop which included packing a rucksack for an expedition – they also watched a film about Everest.

A day at Carlisle racecourse provided an excellent opportunity to develop numeracy skills for Year 3 – 6 children who were encouraged to measure fences, weigh equipment and calculate the length of some of the racehorses. To round off an enjoyable day, the children watched one of the races.

Sports. This term all the children have been receiving multi-skills coaching from Michael Barnes. A team of runners took part in a cross country event at Caldew School – our best runner came an impressive 9th. Lime House School joined our older children for a football friendly – a satisfactory score of 4-4 was recorded at full time.

**CASTLE SOWERBY
PARISH COUNCIL MEETING**
April 9th, 7.30pm
Millhouse Village Hall
Parishioners Welcome!

HEARTSTART UK IN THE COMMUNITY

This free, two-hour course covers the simple skills that can save lives.

Wednesday, April 22nd

Thursday, 28th May

For further details please contact
Philippa Groves on 016974 78555

NORTHERN FELLS GROUP (10TH ANNIVERSARY YEAR)

Youth Initiative – Easter Activities

We are again running a programme of activities during the Easter Holidays in April, from age 6 upwards. Events include music, dance, crafts, adventure cycling, orienteering and football.

LOCAL ART & CRAFT EXHIBITION AT ROSLEY VILLAGE HALL

Saturday 11th April 1.30pm – 5pm
Easter Sunday 12th April 10am – 5pm
Easter Monday 13th April 10am onwards
Entrance £2 Raffle and refreshments

NB *Anyone interested in exhibiting their work
please contact Dorothy Smith on 016973 42546*

Please watch out for other events we will be running later in the year to celebrate our 10th Anniversary.

Caldbeck Mothers' Union

Tuesday 21st April
2.00pm

Sue Braithwaite
Caring for Tom

Caldbeck Methodist Church



'Drop In'

for tea, coffee, homemade cake, biscuits
and a chat

Millhouse Village Hall
every Friday from 10 to 11.30am
£1 per person

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

Let us know if you need a lift.

Contact: Antoinette Ward, 016974 78220

THE NORTHERN FELLS GROUP

CALDBECK BOWLING CLUB

Coffee Morning

Easter Monday
10.30am
(usual stalls)

Proceeds to Club Funds

Bingo 7.30pm

Spring Coffee Morning with scones

Mungrisdale Village Hall
Saturday, 9th May, 10.30-12.30
Admission by donation

Proceeds to RNLI

FELLVIEW SCHOOL NEWS MARCH 2009

Our main excitement this term has been the production of a felt wall hanging. Julie Coghlan, along with members of the community, parents and grandparents, has worked with the children to produce this: it looks stunning. The children have thoroughly enjoyed making it. We procured some funding for the project, but are still awaiting to hear the outcome of some other bids. We are grateful to Friends of Fellview for their financial support. Thank you to everyone who helped. It is on show in school at present, but we hope to be able to display it more publicly during the next few months. If you would like to come into school to see it, you are most welcome.

There have been many PE activities this term and we have achieved good results in the competitions. Years 3 and 4 have received tennis coaching. Amy Moody, from Nelson Thomlinson School, tested some of the children for PE skills, as well as providing gymnastic training and a dance workshop.

Instrument teachers from the Music Service presented a musical and historical journey through the ages. The children were involved in singing, playing and listening to the instruments. Welton School joined us.

Year 3 and 4 pupils were involved in writing a story with two members of staff from *Storytree*. The legend is to be finalised with the addition of some music and performed at a festival in Wigton on Saturday 13th June.

We are looking forward to the French Week which will take place from 30th March to 3rd April. We have arranged for *Theatre Sans Frontieres* to deliver two workshops and a performance. Ireby School will join us. Some specialist MFL teachers from the LA are coming in to play games and work with the children. We have planned other activities, including studying French artists, geography, culture and French Easter customs. We aim to have a French meal as well as serve the children hot chocolate and *pain au chocolat*.

We are currently wishing to fill a Governor vacancy and would welcome a member of the community to join the Governing Body of the school. Please contact Norma Bagot at school (016974 78437) if you would like some more information.

Northern Fells Group

Boltons, Caldbeck, Castle Sowerby, Ireby & Uldale, Mungrisdale,
Sebergham & Welton and Westward & Rosley parishes

Greenhill Dinner Dance

at the Greenhill Hotel, Red Dial
Friday 8th May 2009
7pm arrival to be seated for 7.30pm

£30 per ticket

Seating at round tables of 10

Aperitif Drink & Music by Reverb

Meal

Coffee

The raffle will be drawn while coffee is served
Dancing to 1am with The Reason & 'Live Band'

A small Auction of Goods & Promises will be held on the night.

D & H Photographers will be taking portraits & more informal pictures which can be
purchased on the evening with a donation going to the Northern Fells Group.

Contact: Margaret Hodge 016974 78094/75920
or Lynn Steadman on 016974 78141

Anyone willing to donate Goods or a Promise for the
Auction, please contact Lynn Steadman 016974 78141 or
<lynn.steadman@virgin.net>. We would be most grateful.

Mungrisdale Village Hall
5th April at 7.30pm
The Eden Valley Storytellers
The Middle Yard
an Irish Epic Tale
Tickets from Peter Dicken on
07837816795.
£8 and concessions, £5.

Mungrisdale Church
Open Doors Film Night
Mungrisdale Village Hall
14 April, 7.00 for 7.30 pm
"The Day After Peace"
Contact Brian Davis 01768779640

Mungrisdale WI May Event
Saturday 2 May 2009 from 10.30am - 5.00pm
All day lunches, teas & table top sales

CALDBECK METHODIST CHAPEL

Chapel Anniversary

Saturday, 4th April at 7.00pm

Concert by Silloth Men's Singing Group

Sunday, 5th April at 2.30pm

Rev Stephen Prior

Easter Sunday

12th April at 6.30pm - Rev Ivor Haywood

Sankey Night

Saturday, 18th April at 7.00pm

led by Mrs T Hobday

Come and join us for a good sing!

19th April at 6.30pm - Mr W A Hall

26th April at 6.30pm - Revd Dr E Wright

**HESKET NEWMARKET
FREE CHURCH**

Sunday School & Worship Service -
10.30am

First Sunday - Communion

HESKETNM FREE CHURCH

EASTER SERVICES

GOOD FRIDAY 10.30 - 11.00am
Devotional Service

EASTER DAY 10.30 am

Preacher: Keith Mullon
from Operation Mobilisation
6.30pm - Easter Songs of Praise

CASTLE SOWERBY FREE EVANGELICAL CHAPEL

Sunday School each Sunday - **10.30am**

Sunday Evening Service - **6.30pm**

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

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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 (except Monday mornings) April 6 to Oct 31 10.30am-4.30pm Nov 1 to Dec 24 1.00pm-4.00pm Saturdays & most Sundays April - 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 APRIL 2009

Sunday, 5th April

Caldbeck 8.30am
11.00am
Castle Sowerby 11.00am
Sebergham 11.00 am

Palm Sunday

no service
Holy Communion
no service
Morning Prayer

Maundy Thursday, 9th April

Caldbeck 7.30pm The Lord's Supper



Good Friday, 10th April

Caldbeck 10.00am Good Friday Family Service
Caldbeck 7.30pm Good Friday Devotional Hour

Sunday, 12th April



Caldbeck 8.30am
11.00am
Midtown House 2.00pm
Castle Sowerby 11.00am
Sebergham 11.00am

EASTER SUNDAY

Holy Communion
Holy Communion
Holy Communion
Holy Communion
Holy Communion

Sunday, 19th April

Caldbeck 8.30am
11.00am
Castle Sowerby 11.00am
Sebergham 11.00am

2nd Sunday of Easter

Holy Communion
Family Service
no service
no service



Sunday, 26th April

Caldbeck 8.30am
11.00am
Castle Sowerby 11.00am
Sebergham 11.00am

3rd Sunday of Easter

Holy Communion
Morning Prayer
no service
Holy Communion

Sunday, 3rd May

Caldbeck 11.00am

4th Sunday of Easter

Joint Holy Communion
Rector's Farewell Service