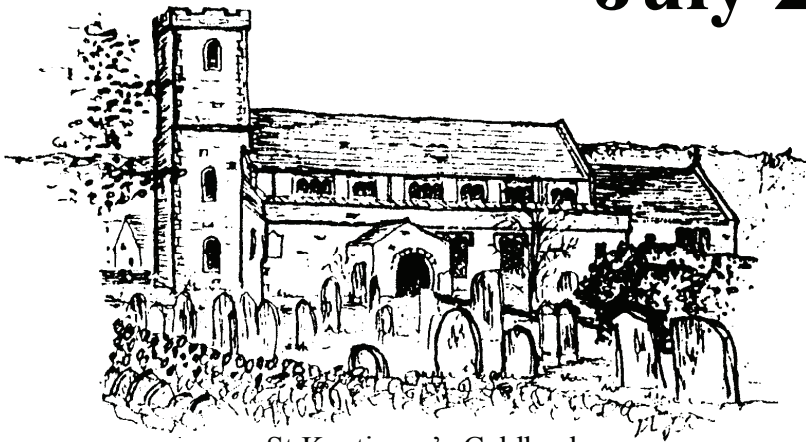


July 2009



St Kentigern's Caldbeck



St Mary's Sebergham



St Kentigern's Castle Sowerby

**Parish
Magazine**

CHURCH STAFF AND CONTACTS

DURING THE VACANCY

For *weddings*, please direct queries to: Rev Norman Robinson (Asst Rural Dean) 016973 43723

For *funerals*, please direct queries to: Mr Geoff Hine (Reader) 016974 76308

Unfortunately, we are unable to arrange *baptisms* during the vacancy. General oversight and point of contact will be the Assistant Rural Dean, as above.

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	
Secretary	Jean Mallaband	016974 78143

SEBERGHAM - St Mary's

Churchwardens	Mrs M Mattinson Mrs E Luck	
Treasurer	Mr J S Hollins-Gibson	
Secretary	Mrs J de Robeck	016974 76349

Parish Magazine Contacts

Editor: Mrs Roberta Bowen

Tel/Fax: 016974 78100 **Email address:** drbowen@btinternet.com

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

NOTE: Copy deadline **15th July** for inclusion in August's magazine.

Subscriptions: Mrs Jean Holden, 1 Hodden Court, Caldbeck

Tel: 016974 78097

A Reader Writes

I am delighted to announce to those who have not yet heard that the Bishop of Penrith, the Rt Revd James Newcome, is to be the 67th Bishop of Carlisle and his enthronement is expected to be in the Autumn. Bishop James has been our suffragan (assistant) bishop since March 2002. He is no stranger to our benefice, having visited Castle Sowerby on several occasions. It is quite unusual for a suffragan to be appointed as the diocesan bishop in the same diocese in which he has been serving. I have worked closely with him on a number of occasions and am very excited by the prospect of his leadership.

In the meantime we soldier on while the process of appointing a successor to Stephen Prior unfolds. I am very grateful to all those clergy who have stepped into the breach thus far, and to those who will do so over the coming months. Getting the right person for the job is much more important than simply filling the post and having someone on hand for services. I would be happy to hear from anyone in the community who would like to make comment. Taking this one step further, in last month's magazine I said; *'We will continue as God's church and seek to serve the community to the best of our ability.'* So, it would also be good to hear from people about what they want from the church - apart from the occasional offices of weddings and funerals, etc.

Small comments can sometimes have an impact on things in our lives and on things in our community that seem out of proportion – for better or worse. Jesus spoke about the tiniest of seeds – mustard – growing so large as to be able to provide a nesting habitat for birds (Mark 4:26-34). This is not the mustard plant we know in this country but something which can grow to 10 feet, and there are records of the stems being used for thatching buildings. I was reminded of this story while we were staying with friends in a town called Sansepolcro in Tuscany in the last few weeks. We lost count of the number of great works of art we were taken to see, but one stands out in our memories: a picture by Piero della Francesca painted in 1450 which hangs in Sansepolcro depicting the Resurrection.

In 1925 the English author Aldous Huxley commented in his book 'Along the Road' about his travels in Italy that he thought the work to be the finest

painting in the world. He could have had no idea of the impact that his small comment would make nearly 20 years later. The book had been read by a British Army major who was given orders in 1944 to bombard the town and flatten it because the German Army was believed to still be in occupation. He could not bring himself to destroy the great picture that he had read about and ordered a cautious advance into the town instead. The Germans had pulled out the day before and the town and the Piero della Francesca masterpiece were spared.

Now, as far as I know, there are no dire destructive threats facing our villages, but there are uncertainties about the future pattern of the church's ministry serving the communities of Caldbeck and Castle Sowerby with Sebergham and the surrounding area.. Comments (printable of course!) from those we seek to serve will be most welcome. I have been working with a parish elsewhere in the diocese that has gone out to its community for their opinions and it has proved a very valuable exercise. *Yours in Christ, Geoffrey Hine.*

THE PARISH REGISTERS

Burial

James Park Williams

5th June 2009

Caldbeck Churchyard

Wedding

Christopher James Scott and Helen Louise Horky

6th June 2009

St Kentigern's Church, Caldbeck

Baptism

Eliza Anne Knox Hudson

14th June 2009

**The funeral of Robin Jacobs took place on 12th June 2009 at
Carlisle Cemetery.**

ST KENTIGERN'S CHURCH, CALDBECK - A WORD FROM THE TREASURER

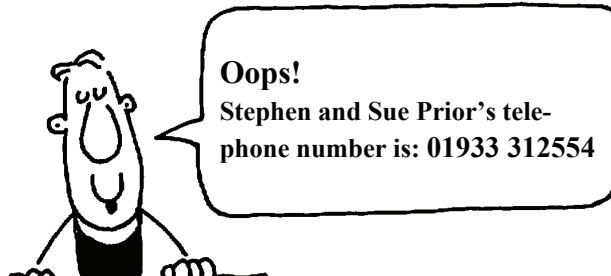
Stewardship Having been on holiday I have not been able to analyse the replies yet to our stewardship initiative but I would like to thank all those who have responded so far. If you are still 'thinking about it' – then I look forward to hearing from you soon.

Lent Appeal Thank you to all those who responded and returned their 'Smartie' tubes. To date just over £320 has been raised but this figure will rise significantly once we get the Gift Aid from the taxman. *Carol Hine*

ST KENTIGERN'S PAROCHIAL CHURCH COUNCIL

The PCC have met twice since the Annual Parochial Church Meeting on 30th March. At each meeting, the main topic on the agenda was the future of the parish. At the first meeting, held on 22nd April, arrangements were made to deal with various practical matters which would arise during the interregnum. The PCC had been informed that the Diocese wishes to consider reorganising the groupings of parishes within the Carlisle Deanery. Lengthy discussions resulted in a set of agreed priorities when appointing the next incumbent.

The following meeting of the PCC, held on 19th May, was addressed by the Rural Dean, Canon John Libby. Canon Libby outlined the reasoning behind the Diocesan suggestion of enlarging the Caldbeck benefice. He also explained that, under current rules, individual parishes have a significant input into any decision. Members questioned Canon Libby on various aspects of the plans, to which they gave a cautious welcome. It was agreed that the churchwardens and treasurers of Castle Sowerby and Sebergham be invited to the next meeting. At this stage, no decision has been taken as to the responsibilities of the new incumbent. *Susan Beale*



MOTHERS' UNION

At our May meeting, Mrs Hilary Curry spoke to us about the Christian mission network OM (Operation Mobilisation) for which she and her husband had worked for many years. This is a vast international organisation with over five thousand staff working in one hundred and ten countries.

It began in a very small way, over fifty years ago. An elderly lady in America had prayed for years that students in her local school might become followers of Christ. Then, as now, prayer was the underlying strength of OM, empowering faith and enabling courageous decisions. This lady's prayers found a response in one young man, George Verwer who, after prolonged Bible reading, became a Christian. Eager to share this new faith, he established a system of distributing Christian literature, first in Mexico and, only a year later, in Spain. Here, teams went door-to-door and received an amazing response from twenty thousand visits.

From this, the whole of Europe became his area of mission and, very soon, he was the biggest distributor of Christian literature on the continent. During this time he chose the title of the mission while watching busloads of young people being 'mobilised' for their two years' voluntary service. Henceforth, teams worked under the name 'Operation Mobilisation', and began to be talked of as modern 'crusaders'.

In 1964, OM expanded overland to Asia, reaching as far as India with such success that, at present, forty per cent of OM's work is in that land. The decision was taken to buy a small ship so that they could tie up at points along any coast and invite people on board. By 1985 when 'Logos Hope' was acquired, it was estimated that 37 million people had been welcomed on board.

Mrs Curry and her husband had spent three years on one of the ships, de-

scribing the difficulties of running a community where there might be forty different nationalities working with the corresponding range of languages. However, the underlying and wholehearted dependence on the efficacy of prayer had always ensured success. Always, Mrs Curry said, money was forthcoming from all parts of the world. As a result, OM has not only continued but developed further, working with churches ashore and meeting new issues as they arise - at present with children who are orphans from the AIDS epidemic. Altogether, it was an inspiring talk and a challenge to us all.

Ladies' Bright Hour

Tuesday 7 July at 2.00pm, Speaker: Pat Staley
Caldbeck Methodist Chapel

THE INSTITUTION AND INDUCTION OF REVEREND STEPHEN PRIOR

Our former Rector, Stephen was Instituted and Inducted to the Benefice of Rushden St. Mary with Newton Bromswold in the Diocese of Peterborough on Wednesday 27th May. Rushden is a town of 30,000 people and Steve will have about 10,000 people within the parish of St. Mary.

It was a fine evening and a full church when the Bishop of Brixworth, Rt. Rev Frank White, an old friend of Steve and Sue from their Durham days, instituted and inducted Steve to the two parishes. The service was uplifting with hymns that included 'In Christ alone my hope is found' & 'And can it be that I should gain an interest in the Saviour's blood?' & 'Immortal, Invisible, God only wise,' and finally 'Be thou my vision.' After the service there were refreshments in the Church Hall.

It was nice for Steve and Sue that their son, Ben, who works in Paris, was able to be with them for the service. They are fairly well settled in their new home, which is a purpose-built rectory close to the church and town centre, with a large garden! The Parish Office is at the bottom of the garden.

The parishioners of Rushden send their greetings and prayers to our parishes of Caldbeck, Castle Sowerby and Sebergham and will be praying that our interregnum will be short-lived and that God will fill the vacancy with a person of his choosing. We, in turn, will pray for Steve and Sue and their family as Steve starts a new chapter in his ministry.

THURSDAY CLUB

Mr J Wooler welcomed everyone and apologies for absence were received from Mr and Mrs Ryan. Mr Wooler then welcomed Rev Carol Marsden, who had come to talk about 'Mum's Junk'.

Carol, who is now officially retired, began collecting in childhood when she bought a small jug as a holiday souvenir from Blackpool.

Goss began making small miniature pottery items but was rather expensive. H Robinson also made similar items but these were cheaper and were called Arcadian Pottery.

Carol showed us a variety of items, which were mostly copies of household crockery, for example, a teapot, a kettle and a cheese dish. There were many of them and all were different. Carol has four hundred items in her collection, and is still collecting - visiting car boot sales, flea markets, and anywhere there is a sale.

The talk was very interesting and humorous, and Mr Wooler warmly thanked Carol.

At our next meeting our speaker will be Rev Brian Pedder: *From a Ha'penny Cob to the Bread of Heaven.*

KESWICK CONVENTION

Once again we hope to run a bus to Keswick from Caldbeck and Hesket Newmarket on **TUESDAY 21 JULY, leaving the car park at 6.00pm.**

If you would like to join us for that special evening, please let me know as soon as possible on 78423, or Kath on 78205.

Thank you, Audrey Ryan.



Dorothy Chalk would be pleased to help your unwanted books find a new home, at 'On The Shelf'

CALDBECK & DISTRICT LOCAL HISTORY SOCIETY

Ron Davie welcomed members and friends to Caldbeck Village Hall on 20 May, reminding them of the outing next month to Hutton-in-the-Forest and introduced Edward Thompson, who had spent many years working there, to give us some background information.

His intention was to tell us of what is known of the owners of this stately home and how the building developed. He started, however, with legend. If Carlisle was Camelot, then Hutton was the Castle of the Green Knight.

In the Middle Ages, de Hutton (or Hotton) was Warden of the southern section of the Royal hunting forest of Inglewood and lived there. High End guarded the middle and Dalston Hall the northern section. A man trap and a trip gun survive from those times.

The central portion of the building was the Peel Tower dating from the 1350's and this was surrounded by a moat which had disappeared by 1604 when Sir Richard Fletcher from Cockermouth Hall took possession of the property, possibly by foreclosure. He started to build the long gallery over the cloisters and his son, Sir Henry, completed this before he was killed in 1645 fighting for King Charles. His son, Sir George, was educated at Oxford and added a classical frontage across the peel tower and the new Hall he added beside it. He became Carlisle's Member of Parliament and instigated a good road to Carlisle and enclosures. The villages were deep in the Forest, trying to pretend they weren't there, since they were illegal. The last of the Fletchers, Sir Henry, entered a monastery in 1700. In 1712 his sister married a Vane and Henry Vane Fletcher built the Walled Garden in the 1730's. He also planted many hardwood trees and designed the Cupid room, overlooking the garden. Like most of the local landowners (perhaps not the Lowthers) he went along with Prince Charles.

In 1761 his brother, Sir Walter, who had been a merchant in Holland, inherited. His son, Sir Lyonel, dropped the Fletcher. His wife brought a Welsh dower chest to Hutton with her. His son, Sir Frederick Fletcher Vane, lived at Armathwaite Hall, where he invited John Peel to hunt and to dine. He inherited in 1786 but was an absentee landlord, letting the building decay. In 1832 his son, Sir Francis Fletcher Vane inherited and employed the architect Salvin to refurbish. Salvin had restored Greystoke after its fire and he also worked on other castles, including Windsor.

Sir Henry Vane was only 10 when he inherited in 1842. His marriage brought his wife's collection of the Arts and Crafts period to Hutton. He planted the specimen conifers and the topiary features. The yew hedges still provide clippings to pharmaceutical firms to make Taxol, a cancer-inhibiting drug. He died childless in 1908 and the estate was run by Trustees for a cousin who came of age in 1931. It was 1945 before Sir William Vane could come to live here. He became a Member of Parliament for Westmorland, Minister of Agriculture, and moved to the Lords as Lord Inglewood. His son, Richard, inherited in 1989. He was Minister of Culture

and Tourism under John Major, a Member of the European Parliament for Cumbria and then for the North-West. He is in the Lords as an elected hereditary peer and chairs the Art Exporting committee.

After some questions, Ron Davie thanked Mr Thompson, marvelling that so much information could be supplied from a simple crib sheet of dates. Everyone enjoyed the refreshments provided by Evelyn Tickle and her helpers.

Caldbeck & District Local History Society

REMINDER

Evening outing to St Mary's Church, Wreay on 15 July

Meet in Caldbeck car park 5.30pm, travel by private cars (£1 per person to driver)

After church tour, meal (optional) at Plough Inn 7.30pm approximately

Menus have been circulated

Please let Rachel know if going direct to church (78024)



Tom Reed's 70th Birthday

Tom and his family would like to thank everyone who attended his birthday party on 24 May. They would like to thank those who were present, and also those not able to attend, for their generous donations to his chosen charities. The sum of £377 was given, and shared equally between, Macmillan Nurses and St Mary's Church, Sebergham.

Many thanks to all for their generosity and hoping everyone enjoyed his party.

Penny and Dickie Bird wish to thank all those who offered help and support, and sent cards, during Dickie's recent illness.

They were a great comfort and were much appreciated.

CALDBECK WI

Wednesday 3 June was the 89th birthday of Caldbeck WI, so the committee planned a mystery outing for the members. We met in the car park and boarded the coach to take us - where? We followed a very winding route through Greystoke, Stavely and many other attractive villages, passing very close to Flusco recycling centre - we can't be going there, can we? - until we came to Ullswater. The coach followed the lakeside road as far as Patterdale and then Mr Tyson expertly turned it around and headed back to Glenridding and into the drive of The Inn on the Lake. Time for us all to alight and spend the rest of the evening having a meal, and relaxing among friends. This was a very enjoyable evening and even the weather co-operated, so that we were able to enjoy the good views as we travelled.

Caldbeck W.I.
Visit to Booths at Keswick
Wednesday 1 July
Caldbeck car park at 6.00pm to
leave at 6.15pm
Competition: A carrier bag

Next year will be a special year for Caldbeck WI as it will be 90, so plans for the birthday will have to be made!

The competition for a watch was won by Rachel Nicholson, and Mina Barker came second. Mr Tyson arrived at 10.00pm to return us safely back to Caldbeck.



CALDBECK CRICKET CLUB
Are holding a **Walking Treasure Hunt**
on **Sunday 5 July**.
Starting from the Cricket Club between
4.00 and 5.00pm.
Cost: £2.00, under 11s free.
Followed by a BBQ at 6.00pm
(cost £5.00)

GLOBAL WALK FOR WATER
To help provide clean, safe water
to communities in the developing
world.
Sunday 12 July at 3.00pm.
from **Primrose Hall, Gaitsgill,**
approx 4 miles.
£4.00 per adult (£2.00 for kids)
This goes directly to families in Africa.
Phone Paul & Debs for more
details 78535

NOTES FROM CALDBECK PARISH COUNCIL ANNUAL PARISH MEETING, 18 MAY

1. **PC Blain** had sent a Police Report (read out) to say that three vehicles had been broken into recently, two in Upton and one in Commercial Row.
2. **Graham Standring, LDNPA Ranger**, sent a report which was also read out, detailing the work he does: Repairs and Surveys on Rights of Way (a lot of new gates and stiles installed recently), Resolution of path obstructions, Property management on Caldbeck and Uldale Commons, Meetings with various bodies and Commoners, Conservation management, Recreation, access and events management, Conservation of mining and mineral heritage, 'Policing' anti social behaviour, Legal issues and car parks, Management of leased properties (eg The Howk), Volunteers, Guided walks, Fix the Fells (upland paths restoration), Bassenthwaite Lake restoration programme, Planning (very little involvement), and Environmental land management. Graham also reported on the complex issue of the illegal ponies on the Common (those ponies where the owner does not have grazing rights). A number of these ponies are stallions and stallions are not allowed to roam on the Common whether or not their owner has grazing rights. As owners of the Common the LDNPA secured the permission of the owner of these stallions to castrate them and so far 14 have been castrated. The work will continue in the autumn and spring of the next two years. Graham reported that the owner has had the ponies on the Common so long that he will have acquired Commons rights for a certain number of ponies, probably about 20 – 30, but not the present 80+. Graham points out that while the LDNPA is funding the castration work to reduce the grazing and other problems on the Common it is important to point out that the ponies are not the responsibility of the National Park.
3. **Allotments.** The Council received the Clerk's report re the recent inspection of the Allotments. It was agreed that a letter should be sent to the Allotment Holders Association, with a copy to each tenant, with compliments on those plots which are well cultivated and a request that other plots are tidied with paths strimmed and weeds removed before a further inspection in June. There are now three people on the waiting list.
4. **SIDS.** Audrey Noble reported that the Speed Indicator Device scheme will hopefully recommence at the end of May. She is to attend a training course in the management of the SID and then cascade the training to others involved. The Clerk will now activate the agreed insurance for the SID.
5. **Cumbria in Bloom and Tidy Village plans.** It was agreed that the Chairman and Audrey Noble would lead a 'Tidy Up Day' for the public areas of Caldbeck village on Sat 4th July, and that Hesket Newmarket would make their own arrangements under the leadership of Alan Armstrong.

6. **HN Green.** It was agreed that the Clerk would request Graham Standing to organise a meeting with the Highways Dept, which the Parish Council would also attend, to address the issue of the damage to Hesket Newmarket Green from vehicles parking and driving on and over the Green edges.
7. Clerk would notify the following road problems to **Highways:** a) very urgently, the myriad potholes on School Hill as they are particularly dangerous to cyclists including schoolchildren, b) Haltcliffe – potholes just south of the Hole Crook entrance, c) scarred area of road at Howbeck still not repaired, d) pothole opposite the Garage at Upton.
8. Following representations from residents the Council considered the proposal to extend the two **Conservation Areas**. It was **resolved** not to support the boundary extensions in either village as the rationale was not persuasive.
9. **Annual Audit** a) The Annual Report for the year ended 31st March 2009 was received from the Internal Auditor. b) The Annual Return Statement of Accounts 2008/2009 and the Cashbook were approved and signed. c) The Statement of Assurance was completed, approved and signed. The Clerk informed the Council that the external audit had been set for 10th July 2009. The notice will be displayed from 25th May – 7th June on each of the Parish's five noticeboards and the records will be available for inspection from 8th June – 3rd July 2009.

Antoinette Ward, Clerk to Caldbeck Parish Council
 The Green, Caldbeck, Wigton, CA7 8ER, Telephone: 016974 78220
 Email: aw.caldbeck@googlemail.com

SATURDAY 4 JULY 2009 – A REMINDER

In case you have not entered this date in your diaries **9.30 am** is the starting time, the **car park** is the starting point, brushes, shovels, barrows, **trimmers** are the tools of the trade when Caldbeck village is going to spruce up Caldbeck village prior to the judging of the Tidy Village competition.

We look forward to seeing as many people as possible to help with this.

Anne Cartmell and Audrey Noble



LITTER BINS

It sounds strange to ask people to ignore litter bins but there is a good reason! During the summer and at busy weekends the litter bins can reach capacity point and the problem is particularly acute with the bin by the telephone box in Caldbeck. We wondered if locals (like myself who has had a tendency in the past to put old notices in the nearest litter bin when I'm changing the notice board!) could take our larger amounts/carrier bags of rubbish home to our own bins rather than overloading the litter bins which are primarily there for sweetie papers, dog poo bags and visitors' litter. Thank you very much. Antoinette Ward, Clerk to Caldbeck Parish Council.

FELLVIEW SCHOOL NEWS 2009

Our main excitement last term was the production of the felt wall-hanging. Julie Coghlan, along with members of the community, parents and grandparents, 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 church at present.

There have been many P.E. 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, has tested some of the children for PE skills as well as providing gymnastic training and a dance workshop.

Instrumental 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 was to be finalised with the addition of some music and was performed at a festival in Wigton on Saturday 13th June.

We enjoyed the French Week which took place from 30th March to 3rd April. We arranged for Theatre sans Frontieres to deliver two workshops and a performance. Some specialist MFL teachers from the LA came in to play games and work with the children. We also planned other activities,

including studying French artists, Geography, culture and French Easter customs as well as a French meal, hot chocolate and pain au chocolat.

We are collecting Sainsbury's Active Kids and Tesco vouchers. If you have any and would like to drop them off at school we would be grateful.

FAIRTRADE NEWS



A sale of Fairtrade goods took place outside The Old Smithy, Caldbeck on Monday May 25th. Victoria's clothes shop from Penrith, Oxfam Keswick and the Caldbeck Fair World Shop were represented. Thanks to all those who supported the event by buying goods, browsing and running the stalls and to Kathryn and Richard Rawson for hosting the event.

At Keswick and District Campaign's recent AGM, the phenomenal growth in Fairtrade sales nationally and locally over the last 10 years was noted; sales nationally have grown from £16.7 million in 1998 to £712.6 million in 2008 – there are now 4,500 branded Fairtrade products in the UK with bananas replacing coffee as the number one item. These sales benefit 7.5 million of the world's poorest farmers and their families.

New free leaflets on "Fairtrade in Cumbria" are now available for groups, businesses and individuals. Contact any member of the group for supplies. See also Keswick's new Fairtrade website for more information on Fairtrade issues and details of events in our area. www.fairtradekeswick.org.uk

A decorative border of small human figures surrounds the text.

FAIR WORLD SHOP SALE OF CRAFTS
(Foodstuffs are not in the sale)

Lots of bargains available!

The Fair World shop is open Tuesday to Friday 10.30am - 4.30pm,
and Monday, Saturday and Sunday afternoons

Caldbeck Multi Purpose Tennis Court

Social Tennis: Mondays and Thursdays, from 5pm to 6pm. A warm welcome to anyone who would like to come along and play tennis.

Just turn up at 5pm at the Court!

Fees 2009 (confirmed as remaining the same at the recent AGM)

Children, 16 and under: 20p each child per hour.

Adults: £1 each adult per hour

Students and Unwaged people: 50p each person per hour

Please book at the Booking Board at the Garage before you play and wear soft soled shoes.

'Pay as you go' moneybox at the Garage for fees.

Annual season ticket. Play as often as you like with no additional payment. Obtainable from the Treasurer: Antoinette Ward, 016974 78220

Children, 16 and under: £5 per year

Adults, 17 and over: £15 per year

The tennis court is situated on the school field at Fellview School. It is open to all, subject to booking a slot on the booking sheet at the Garage, and putting the fee in the honesty box at the Garage.

what's on for young people

Reverb

Youth Music Group (8-18)

Tuesday evenings

6.30 - 8.30pm

Caldbeck Parish Hall

£2 a session

*Open to all,
of any level of ability*

DISCOVERY CLUB

Tuesday 7 July

3.15—5.00pm

Caldbeck Parish Hall

Tel: Celia 78500 or Helen 78669



COAST TO COAST WALK APRIL 2009

Denise and Penny would like to thank very much all the people who so generously supported them for their Coast to Coast Walk which was completed on schedule in 13 days.

The magnificent sum of £3,000 has been raised and will be shared between Hospice at Home, Cumbria Air Ambulance and Penrith Red Squirrel Group.

VINTAGE BIKE RALLY IN HESKET NEWMARKET

This year was once again a fantastic rally, with over 120 vintage bikes taking part. The success of the 2009 rally was due in part to the excellent weather (we were due a good one), but mostly it was down to the volunteers and the villagers. The Entrants enjoyed the routes around our wonderful countryside, fell, forest and coast. We hope you enjoyed the spectacle of them passing by. Mrs Connie Richardson held a collection for the Air Ambulance, one of Mr Tommy Richardson's favoured charities, and raised a brilliant £229. Without the continued commitment from the volunteers and the residents of Heskett Newmarket an event such as this could not take place, thank you all for the help and support. *Jo Richardson*

TRADITIONAL ROOTS AND FOLK MUSIC EVENT

**11-12 July from 12 noon on both days
at The Old Crown, Heskett Newmarket**

PROFESSIONAL FOOT HEALTHCARE

Carol Lee MCFHP, MAFHP

Foot Health Practitioner

Nail trimming, thickened nails, corns & hard
skin removed, ingrown toenails, fungal nail
infection

For a home visit contact:

016973 43834 / mobile 07801785366

CALDBECK PLAYERS' SUMMER PLAY READINGS

Caldbeck Players will be hosting a selection of play readings this summer. These readings are open to anyone who would like to come along, new faces are always welcome. You don't have to follow it up with a stage appearance! You could also just come along and listen if you prefer not to read. Any queries, give me a call, Veronica Stockdale 016974 76035.

Thursday 25 June, 7.30pm.

Tim and Ann Cartmell, The Old Rectory, Caldbeck. 016974 78484
Reading: *The Admirable Crichton*, JM Barrie.

Thursday 23 July, 7.30pm.

David and Roberta Bowen, Clay Dubs, Caldbeck. 016974 78100
Reading: *Come on Jeeves*, PG Woodhouse.

Thursday 27 August, 7.30pm.

Ken and Pauline Woolfenden, Greenrigg Farm, Caldbeck. 016974 78212
Reading: *Cold Comfort Farm*, S Gibbons.

Thursday 17 September, 7.30pm.

Frank & Rachael Cosgrove, Back Green, Hesket Newmarket. 016974 78024
Reading: *Great Expectations*, H Leonard.

CALDBECK AREA FILM SOCIETY



Over the last few weeks, the CAFS Committee has been at work to secure an exciting programme of films for the 2009-10 season. Sally Vaux reported back on the feedback forms she had received about the type of films members liked to view. With this in mind, a long list was drawn up, discussed and shortlisted to give a diverse programme. We are currently waiting for confirmation of the bookings, but please note the following dates for your diary:

Friday 18 September	Saturday 13 February (film + meal)
Friday 23 October	Friday 19 March
Saturday 14 November (film + meal)	
Friday 8 January	Friday 16 April

We are hoping to start the season with the Oscar-winning 'Slumdog Millionaire', but watch this space in the August edition for further news and a membership application form.

ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	Welcomers' Rota 8.30am	Sanctuary Duty (8.30am unless specified)	Sidespersons' Rota 11.00am
July 5	<i>no service</i>	(11am) Margaret Tinniswood	Ron & Kathleen Davie
12	Rosemary Bailey	Liz Boydell Diana Greenwood	Marjorie Atkinson
19	John Price	Liz Boydell Jean Holden	Gwen Coulthard
26	Ann Wade	Jean Holden Joan Todhunter	Eileen Patterson
August 2	<i>no service</i>	(11am) Margaret Tinniswood	Peter Sageman
9	Jean Holden	Liz Boydell Diana Greenwood	David Smith
16	Diana Greenwood	Liz Boydell Jean Holden	Dick and Penny Bird
23	Liz Boydell	Jean Holden Joan Todhunter	Richard & Margaret Brough
30	Kathleen Davie	Liz Boydell Diana Greenwood	William or Judith Cox



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

July

- 1st Caldbeck WI, Visit to Booths, Keswick. Caldbeck car park 6.00pm.
- 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, Outing to Wreay Church.
- 19th Parish Picnic & Shared Tea, Castle Sowerby, beginning 2.00pm.

August

- 4th Ladies' Bright Hour, Picnic.
- 5th Coffee Evening at Roe Foot, Sowerby Row - 7.00pm.
- 10th Caldbeck Parish Council, Caldbeck Parish Hall - 7.30pm.
- 11th Sebergham WI Dinner at Denton House.
- 27th Caldbeck and Hesket Newmarket Sheepdog Trials.

September

- 2nd Caldbeck WI, D Kerry, *Highway Code*, Parish Hall - 7.30pm.
- 5th Hesket Agricultural Show.
- 7th Ladies' Bright Hour, Dilys Tomkins, Cald Meth Chap - 2.00pm.
- 7th History Society, Business Meeting, Elm Lodge, HNM, 7.30pm.
- 8th Sebergham WI, N Pickthall, *Nancy's Experience*, Old School 7.30pm.
- 10th Thursday Club, Members' Afternoon, Oak Rm, Parish Hall - 2pm.
- 16th Hist Soc, D Shotter: *New Perspectives on Roman Conquest of North-West*. Parish Hall 7.30pm.
- 21st Caldbeck Parish Council, Caldbeck Parish Hall - 7.30pm.
- 26th Caldbeck Methodist Chapel, 7.00pm, Rev R Teal.
- 27th Caldbeck Methodist Chapel, 2.00pm, Mr D Faulds.

October

- 4th St Kentigern's Church, Caldbeck, Harvest Festival.
- 6th Ladies' Bright Hour, Anna Brown, Caldbeck Meth Chapel - 2.00pm.
- 7th Caldbeck WI, N McCrorie, *Pioneer Foods* Parish Hall - 7.30pm.
- 8th Thursday Club, Luncheon Outing.
- 9th Castle Sowerby Harvest Festival - 7.30pm.
- 11th Castle Sowerby Harvest Service 11.00am.
- 12th Castle Sowerby Harvest Sale, 7.15pm, Millhouse Village Hall.
- 13th Sebergham WI, B Richardson, *Village Store*, Old School - 7.30pm.
- 21st History Soc, *AGM and Supper*.

November

- 2nd Caldbeck Parish Council, Caldbeck Parish Hall – 7.30pm.
- 3rd Ladies' Bright Hour, Marjorie Mallinson Cald Meth Chapel – 2.00pm.

- 4th Caldbeck WI, D Stewart, *Cumbrian Myths and Legends*, Parish Hall - 7.30pm.
- 10th Sebergham WI, L English, *Home Fire Safety*, Old School, 7.30pm.
- 12th Thursday Club, N Godfrey, *Mont Blanc*, Oak Rm, Parish Hall - 2pm.
- 14th 'Nosh and Natter Night', The Mill, Millhouse - 7.00pm.

December

- 1st Ladies' Bright Hour, Caldbeck Methodist Chapel – 2.00pm.
- 2nd Caldbeck WI, AGM, Parish Hall 7.30pm.

Reg charity no 110 8013

**CUMBRIA
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:

Tuesday 14th July

No closure in August

Wednesday 16th September

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

Art in the Waiting Room: exhibits by Caldbeck Art Group.

Please note: we are now taking bookings for Art in the Waiting Room from July onwards. Please contact Gail Cass on 016974 78254

Early bird & twilight surgeries

If you find it difficult to see a doctor during normal hours 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.

Sebergham Weather Recordings

Rainfall

May 2009	76.40 mm	(3.00 ins)
Aggregate for year	286.95 mm	(11.29 ins)
May 2008:	11.30 mm	(0.44 ins)
Aggregate for year:	422.40 mm	(16.62 ins)



We have had the average rainfall for the month of May and you will see last year May was a dry month which was an exception. However, the year continues to be a dry one similar to 2003 which was below average.

Temperature May 2009:

The average maximum day temperature was 59.80°F (15.45°C)

The average minimum night temperature was 45.90°F (7.72°C)



It is interesting to see that the average day temperature for May has been similar in previous years, but the average night temperature has been 3°F warmer this May.

The two warmest days were 29 & 31 May at 74°F (23.34°C)

The two coldest nights were 11 & 13 May at 38°F (3.34°C)

We did not record any air frost, but there was a ground frost on 11 & 12 May.

R de Robeck



ST MARY'S CHURCH, SEBERGHAM

Each Tuesday morning during July and August, between 10.00am and 12 noon, St Mary's Church will welcome anyone who is passing or wishes to call in and enjoy a cup of coffee. Walkers on the Cumbrian Way or anyone out for a stroll are welcome - and there is no charge. On a fine day you can sit outside and enjoy beautiful scenery and a chat.

We look forward to seeing and making you welcome.

Margaret Mattinson

NOTES FROM SEBERGHAM PARISH COUNCIL

The Annual Parish Meeting was held on 13 May. Twenty members of the public joined the Parish Council to hear talks from Marie Fallon, the new Corporate Director of Environment for Cumbria County Council, and Andrew Butler, the Highways Engineer for Cumbria County Council. They discussed their work in the County with specific emphasis on the local area. The meeting asked questions about the state of the road surface on Doctors Brow, the bushes obstructing the Welton to Rosley road and about resurfacing the Caldbeck to Dalston road. Concerns were also expressed about the state of the footpath in Parsons Park, the lack of landscaping at Parkhead Quarry, and lorries parking at the Goose Green crossroads. The costs of getting a Broadband line to some of the more remote dwellings in the Parish was also mentioned. Both speakers took details of our concerns away with them and undertook to email the Clerk with developments.

The Parish Council met on 19 May for the Annual General Meeting followed by the Parish Council meeting. Mr Hollins-Gibson was re-elected as Chairman with Mr Pearson as Vice-Chair.

The meeting was joined by six members of the public and Mr David Hughes, who is the Enforcement Officer for planning with Cumbria County Council. He came to address the meeting as a direct result of the questions that were asked at the Annual Meeting. Mr Hughes explained the various options that were available to complete the landscaping scheme for Parkhead Quarry which has not been done by the present owners. He explained that the County Council are currently planning to take enforcement action against the owners for non-completion of the landscaping scheme. He said this would be a long job and could take several years until compliance is achieved.

Amongst the items of correspondence was a pack about the Digital TV switchover. The PC would like to remind everyone with elderly neighbours to make sure that they are ready for the switchover and give them some assistance if necessary.

It is hoped that the SIDS speed device will be back in the Parish in the next few weeks. The traffic slows down significantly when the devices are in place.

The questionnaires for the Parish Plan have been delivered to every house in the Parish. We would like them all back by 30th May. Don't forget there is a draw for all the ones that are returned. If anyone would like to join the steering group for the Parish Plan please get in touch with any Parish Councillor or myself.

The Parish Council would like to encourage everyone to report problems on the roads to the highways hotline. These can be potholes, overflowing drains or anything else adversely affecting the road surface. When you phone in a report or send one online you will be given a reference number for your call.

The next Parish Council meeting will be on Monday 13 July in the old school in Sebergham. *Ms PL Gauntlett, Parish Clerk*

SEBERGHAM WI REPORT

Five members on holiday and farming commitments meant a small but select turnout for our June meeting. Joyce Harrison stood in for secretary, Margaret Mattinson. The minutes were read and approved.

President, Dorothy Staples, welcomed everyone including Joan Todhunter from Caldbeck and Roy Knowles, a bee keeper who would talk about 'The honey bee'. With the national concern about the health of the honey bee, this was a very topical choice and proved to be a fascinating subject.

All honey bees are now kept by keepers, as a colony of wild bees will only survive for a couple of years. Each colony contains between 6000 and 40,000 workers who are infertile females, up to 500 drones who are fertile males and one fertile queen. As each bee emerges from its cell, it follows a series of jobs suitable for its age. For the first few days it cleans out the cells, then helps to feed the larvae. As its wings strengthen it fans them to ventilate and keep the hive at a constant temperature of 95F (35C). From one to three weeks the bee takes the pollen or nectar from the returning bees and packs it into storage cells. From 5 days the bees start orientation flights, gradually increasing the distance so they know exactly where their hive is. During this time they secrete wax, build new combs and perform guard duties at the entrance to the hive. Finally, as strong adult bees, they go off to collect pollen and later, nectar, water and propolis, the sticky stuff on buds, which they use as glue to repair the hive or wrap up an invader who dares to enter their hive. Mice have been found wrapped up and mummified in hives! What a horrid sticky end! The worker bees control the hive and lead the queen to each cell for her to lay an egg into; she can lay thousands of eggs a day. The eggs take 3 days to hatch and the larvae are fed on a mixture of pollen and honey but only a new queen is fed on royal jelly. Workers and drones take 6 days to develop but a queen only 5 days. After this the cells are sealed and after 12 days the larvae have turned into bees, and they begin their busy lives. Research has shown that scout bees who find a new source of food perform a 'waggle dance' to show the other bees the exact location. The new biggest threat to bees is a mite called a varroa which sucks the blood from the bee. Roy Knowles was thanked by Anne Ludlam for his fascinating talk.

Joan Todhunter then gave a full report of her visit to the NFWI AGM in London; this included a resolution on help for the honey bee which was passed.

Next month our speaker will be Edie Harbord on 'A woman in a man's world', about life on an oil rig. *Poppy Hollins-Gibson*

WELTON SCHOOL NEWS, JUNE 2009

Residential Visit

Our Year 5 and 6 children recently spent three days at Dukeshouse Wood Outdoor Centre, Hexham where they enjoyed a variety of challenging activities including leap of faith, climbing, night line, problem solving, zip wire, camp fire, and team games - to name but a few. On the way to the Centre the children completed a walk along Hadrian's Wall from Steel Rigg to Housesteads. The visit got a 'thumbs up' from all the children!

Captain Carrot

Class 1 had a fun afternoon at Stoneraise School when they attended a performance of Captain Carrot aimed at promoting healthy eating.

Orienteering

Eight of our children took part in the Border Liners' Orienteering League. It was the first time Welton School has taken part in the league but the children soon picked up tips on how to improve their weekly scores. They are all looking forward to next year when they can participate again.

Kwik Cricket

Years 5 and 6 took part in the Kwik Cricket competition at Wigton Cricket Club – they put on a good performance winning 2 out of 3 matches.

SEBERGHAM UNEXPECTED DANCE

Owing to a cancellation, the Roe Valley Band organised a dance in Sebergham Village Hall on Saturday 23 May, in aid of Hall funds. Fifty six dancers enjoyed a Bring and Share Supper with sweets provided by Dorothy Carruthers and Connie Foster. John Foster welcomed everyone and hoped they would all enjoy a hastily arranged dance. John and Jean Salisbury took charge of the raffle. Prize winners were: Tom Clements, Brian Hodgson, Annie McKie, John Salisbury, Edward Twentyman, Geoff Titterington, Margaret Irving, Joyce Pollock, Molly Dickinson, Doreen Ward, Maureen Hodgson, Dorothy Carruthers, Ian Holmes, Sheila Relph, Joan Davidson, Norman Bird, Marjorie Titterington, Noreen Wharton and Betty Storey. Birthday wishes were sung to Tom Relph.

SEBERGHAM JUNE DANCE

John Foster welcomed the dancers to Sebergham Village Hall for the June dance. Music was provided by Roe Valley. During the interval, refreshments were served, and John and Jean Salisbury took charge of the raffle. John wished Maureen Hodgson and John Salisbury a quick recovery, and said it was good of them to come. He thanked all those who donated prizes and helped.

SEBERGHAM SPORTS DAY

Sebergham's annual sports day was held in a field loaned by Mrs E Horn, Lime Tree Grove, on Saturday 13 June. Mr Geoff Hine, Chairman of the Village Hall Committee, welcomed everyone, including a family from New Zealand. He then judged the competition for a Homemade Decorated Biscuit: 1.David Foster 2.Jamie Foster. He judged the Fancy Dress: competitors dressed as things beginning with the letter 'A'. 1. Emma Wolsencroft 2.Sarah Wolstencroft joint 3.Sophie Rheam and Steven Dickinson. Geoff thanked all for taking part. Connie Foster took charge of the raffle. Winners: Elly Tolmie, Irene Dickinson, Elsie Horn, Rohan Oldham, Claire Guest, Ben Gibson, Sophie Rheam and Jean Dickinson. Secretary, Carol Foster, assisted by Irene Dickinson, took charge of the prize money, ice creams and bran tub. Everyone enjoyed their own picnic tea. In the evening there was a Domino Drive in the Village Hall. MC was Trevor Foster. Winners of the children's prizes were: Michael Studholme, Liam Studholme, Thomas Little, Michael Foster and Jamie Foster. Adult winners: Ethel Blenkarn, Tom Beeby, D Lund, Carol Foster, John Scott, Arthur Ogle, Tommy Coulthard and Bobby Studholme. Consolation: Margaret Mattinson.

Sports results: Flat Race 5-6 Boys: 1.Daniel Gibson 2.Rohan Oldham **5-6 Girls:** 1.Abbie Spittle 2.Ali Mandale 3.Natalie Mandale **7-8 Boys:** 1.James Oldham 2.Ben Gibson **9-10 Boys:** 1.Daniel Oldham 2.Brady Stone 3.Liam Studholme **9-10 Girls:** 1.Emma Wolstencroft 2.Jody Davidson **11yrs Boys:** 1.Jamie Foster 2.Lee Davidson 3.Zebedee Stone **11yrs Girls:** 1.Sophie Rheam 2.Sarah Wolstencroft

Skipping Race **5-6-7 Girls:** 1.Abbie Spittle 2.Ali Mandale 3.Natalie Mandale **5-6-7 Boys:** 1.Daniel Gibson 2.Jackson Spittle / Rohan Oldham **8-9-10 Girls:** 1.Emma Wolstencroft 2.Jody Davidson **8-9-10 Boys:** 1.Brady Stone 2.Ben Gibson 3.Gabe Stone **11yrs+ Girls:** 1.Sophie Rheam 2.Sarah Wolstencroft **11yrs+ Boys:** 1.Jamie Foster 2.Alex Wasilewski 3.Lee Davidson

Three-Legged Race **5-6-7 Mixed:** 1.Rohan Oldham/Daniel Gibson 2.Jackson Spittle/Abbie Spittle 3.Zante Stone/James McCleod **8-9-10 Mixed:** 1.Brady Stone/Gabe Stone 2.Liam Studholme/Daniel Oldham 3.Emma Wolstencroft/Jody Davidson

11yrs+ Mixed: 1.Michael Studholme/Joseph Stockdale 2.Sarah Wolstencroft/
Sophie Rheam 3.Michael/Jamie Foster

Tattie Race 5-6-7 Girls: 1.Abbie Spittle 2.Ali Mandale 3.Natalie Mandale **5-6-7
Boys:** 1.Daniel Gibson 2.Jackson Spittle 3.James McCleod **8-9-10 Girls:** 1.Jody
Davidson 2.Emma Wolstencroft **8-9-10 Boys:** 1.Brady Stone 2.James Oldham
3.Ben Gibson **11yrs+ Girls:** 1.Sophie Rheam 2.Sarah Wolstencroft **11yrs + Boys:**
1.Jamie Foster 2.Lee Davidson 3.Elliot Stockdale **11yrs + Boys (2nd race):**
1.Michael Foster 2.Zebedee Stone 3.Michael Studholme **10 Boys:** 1.Daniel Oldham
2.Gabe Stone 3.Liam Studholme

Sack Race 5-6-7 Girls: 1.Abbie Spittle 2.Natalie Mandale 3.Ali Mandale **5-6-7
Boys:** 1.Zante Stone 2.James McCleod 3.Daniel Gibson **8-9 Boys:** 1.Ben Gibson
2.Joe Wales 3.James Oldham **11yrs + Girls:** 1.Sophie Rheam 2.Sarah Wolstencroft
11yrs + Boys: 1.Alex Wasilewski 2.Jamie Foster 3.Thomas McCleod **5-6-7 Mixed:**
1.Jodie Davidson 2.Emma Wolstencroft 3.Jackson Spittle **10 Boys:** 1.Liam Stud-
holme 2.Gabe Stone 3.Daniel Oldham **12-13 Boys:** 1.Zebedee Stone 2.Michael
Foster 3.Michael Studholme

Obstacle Race 9 yrs Mixed: 1.Brady Stone 2.Emma Wolstencroft 3.Jody David-
son **7-8 Mixed:** 1.James Oldham 2.Zante Stone 3.Joe Wales **10 Boys:** 1.Gabe
Stone 2.Liam Studholme 3.Daniel Oldham **11Boys:** 1.Jamie Foster 2.Lee Davidson
3.Thomas McCleod **12 Boys:** 1.Zebedee Stone 2.Michael Studholme 3.Joseph
Stockdale **Under 6 yrs Mixed:** 1.James McCleod 2.Jackson Spittle 3.Daniel Gib-
son

Welly Throw 5-6-7 Boys: 1.Daniel Gibson 2.Jackson Spittle 3.James McCleod **6
yrs & under Girls:** 1.Ali Mandale 2.Natalie Mandale **7-8-9 Girls:** 1.Emma
Wolstencroft 2.Jody Davidson 3.Abbie Spittle **7-8-9 Boys:** 1.Charlie McCleod
2.Ben Gibson 3.Joe Wales **10yrs + Girls:** 1.Sophie Rheam 2.Sarah Wolstencroft
10yrs + Boys: 1.Michael Foster 2.Liam Studholme 3.Michael Studholme

Marathon Junior School Mixed: 1.Jamie Foster 2.Liam Studholme 3.Lee David-
son **Secondary School Mixed:** 1.Michael Foster 2.Michael Studholme

Ladies' Welly Throw 1.Eleanor Baldwin 2.Emma Studholme 3.Claire Guest/
Nicola Wolstencroft **Mens' Welly Throw** 1.Malcolm Foster 2.Kenny Wolstencroft
3.Keith Gibson **A big thank you to all who helped in any way!**

* * * * *
* COFFEE EVENING *
* at *
* Roe Foot, Sowerby Row *
* Wednesday 5 August from 7.00pm *
* Raffle, white elephant stall and cake stall *
* £2.00, to include coffee and biscuits *
* * * * *

Mosedale Coffee Shop

In Mosedale Meeting House



**The Coffee Shop will be open during the Summer on
Thursdays to Sundays from
2nd July to 6th September.**

Thursdays, Fridays, Saturdays from 10am to 5pm and each Sunday from 2pm to 5pm.

**Come and enjoy homemade soup, snacks, cakes and biscuits.....
With a variety of locally crafted items and paintings for viewing and sale....
And Bric-a-Brac in the barn.....**

The Coffee Shop will be run by Northern Fells Group volunteers with proceeds to the Northern Fells Group. The rent paid for the Coffee Shop will help the Quakers of Mosedale to maintain the attractive and historic building.

No transport? If a Northern Fells Resident, try the Northern Fells Minibus (016974 78787). There is also the Stagecoach Caldbeck Rambler (Keswick – Caldbeck circular service 73 / 73A).

The Dinner Dance held in May for the Northern Fells Group raised £2,150. Many thanks to all who supported us - we very much appreciate it.



**Northern Fells Group
Thank you**

**PARISH PICNIC
AT
CASTLE
SOWERBY
Sunday 19 July
Service at
2.00pm
followed by a
'shared tea'**

Mungrisdale
FAMILY FUN DAY
Sunday 12 July
Activities 2.00pm-6.00pm
Lots of activities for all ages!
Supported by Penrith Mountain
Rescue, Cumbria Police, St
John's Ambulance

CALDBECK METHODIST CHAPEL

Sundays at 6.30pm

5 July	Mr D Ward
12 July	Miss B Jagger
19 July	Mr WA Hall
26 July	Rev P Mair
2 August	S Hurst

CASTLE SOWERBY FREE EVANGELICAL CHAPEL

Sunday School each Sunday - **10.30am**

Sunday Evening Service - **6.30pm**

HESKET NEWMARKET FREE CHURCH

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

First Sunday - Communion

QUAKERS: MOSEDALE MEETING HOUSE

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

Everyone is welcome to attend.

ROMAN CATHOLIC: ST CUTHBERT'S, WIGTON

Sunday Mass: 9.00am and 6.00pm

<p align="center">COLIN ARMSTRONG Garden Maintenance Grass Cutting, Strimming, Hedge cutting, etc. also Painting and Decorating Tel: 01228 538798 Mob: 07936 243234</p>	<p align="center">JOHN BELL (ELECTRICAL SERVICES) Your Local "Qualified" Electrician NICEIC Part P Registered Over 30 years of Electrical Experience based in the locality (Caldbeck & surrounding area) All types of domestic and Farm Electrical Installations and Repairs. Own Van-mounted Access Hoist for those hard to reach Electrical Maintenance and Repair jobs Tel: 016974 78620</p>
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<p align="center">"IN STITCHES"</p> <p align="center">Roman blinds, curtains & soft furnishings Handmade in Caldbeck by Carol 016974 78148 carol.e.bolton@btinternet.com</p>	<p align="center">www.thistlelodges.co.uk</p> <p>Double balconied, A-framed timber lodges, sleeping 2-8, at Sandyhills Bay on the Dumfries and Galloway Coast.</p> <p align="center">www.staydeansgate.co.uk</p> <p>Apartments ideal for short city breaks in a canal-side development in the centre of Manchester 016974 76254</p>										
<p align="center">KIRKLAND STORE 016974 78252</p> <p>Groceries, fruit, veg, 'papers, hardware Calor gas, off-licence, petrol/diesel Post Office and Banking services.</p> <p>OPEN: Mon - Sat 8am-6pm Sun 9am-12.15pm Post Office closed for lunch 12.30-1.30pm Shop open through lunch</p>	<p align="center">MIDTOWN HOUSE CALDBECK</p> <p>Private Care Home Respite and Day Care Facilities Single En-Suite Rooms For details and brochure contact Gordon or Julie Tickle 016974 78528</p>										
<p align="center">LOFTERS HAIR DESIGN CALDBECK</p> <p align="center">Appointment times:</p> <table border="0"> <tr><td>Tuesday</td><td>8 am -12 am</td></tr> <tr><td>Wednesday</td><td>9 am - 4 pm</td></tr> <tr><td>Thursday</td><td>2 pm - 8 pm</td></tr> <tr><td>Friday</td><td>9 am - 4 pm</td></tr> <tr><td>Saturday</td><td>8 am - 2 pm</td></tr> </table> <p align="center">Barbara Mitchell 016974 78609</p>	Tuesday	8 am -12 am	Wednesday	9 am - 4 pm	Thursday	2 pm - 8 pm	Friday	9 am - 4 pm	Saturday	8 am - 2 pm	<p align="center">P A MONKHOUSE BALE WRAPPING</p> <p>Tractor and Man for Hire Also mini-digger for hire —with or without driver 016974 78428 07748 986978</p>
Tuesday	8 am -12 am										
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Saturday	8 am - 2 pm										
<p align="center">LUTHIER</p> <p>Kathleen Robertshaw Maker of fine guitars and fretted instruments Professional stringed Instrument repairs Phone: 07875 905129 Email: Kathleen101@btinternet.com</p>	<p align="center">JOHN MURCHISON Electrical & Plumbing Services</p> <p><i>For all your electrical and plumbing installation and repairs.</i></p> <p>ECA Approved Electrician Oftec Oil Registered Technician Tel/fax 016974 78201 Mobile: 07775 691867</p>										
<p align="center">MONKHOUSE HILL COTTAGES</p> <p>Award-winning holiday cottages In a courtyard setting, sleeping 2-14 Please visit our website www.monkhousehill.co.uk or Contact Jennifer or Andrew Collard 016974 76254</p>	<p align="center">NETHER ROW Construction Consultants</p> <p>Quantity Surveying, Construction Cost Consultants, CDM Co-ordinators, Surveys, Plan Drawing JW & SE Wells Nether Row Hall, Hesket Newmarket 016974 78355</p>										

<p>ODDFELLOWS ARMS INN CALDBECK Good Beers, Good Food Ensuite Accommodation Weddings & Private Parties Contact: Allan 016974 78227 Fax: 016974 78056</p>	<p>THE SIGN SHOP 01228 521111 T-shirt printing. Stag & Hen nights. Work-wear. All types of garments printed. Also Banners and Signs. Mobile: 07979 685644 e-mail: thesignshop@hotmail.co.uk www.ascottdesign.net</p>
<p>THE OLD SMITHY CALDBECK CRAFTS, GIFTS & TEAROOM Open every day of the week all year 9.30am to 6pm Shop: Suma Brand and Fairtrade Food, Locally made Taste of Eden Ice Cream, maps, cards. Tearoom: Homemade cakes, light meals & snacks served all day, walkers welcome. Kathryn & Richard 016974 78246</p>	<p>SEBERGHAM SERVICES LTD Churchtown, Sebergham Vehicle repairs and MOT testing Services and diagnostic tuning Gas and mig welding/resprays Insurance accident repairs 016974 76234</p>
<p>THE OLD CROWN INN HESKET NEWMARKET Offering Real Ale and home-cooked traditional food. Also Brewery Tours in partnership with HESKET NEWMARKET BREWERY For Brewery Tours and meal bookings: Tel: 016974 78288</p>	<p>SAM STARMER Chimney Sweep Open fires, log burners, multifuel stoves, bird nets fitted, cowls replaced. Tel: 016973 45315 Mob: 07846 609035 Fully Insured</p>
<p>THE POTTING SHED OPENING HOURS 11.00-3PM MONDAY, THURSDAY & FRIDAY 11.00-4PM SATURDAY & SUNDAY OTHER TIMES BY CHANCE Closed Tues & Wed; Jan 6 to mid-February. Church Terrace, near Priests Mill, Caldbeck Tel: 016974 78404</p>	<p>A. STEADMAN & SON LTD Warnell, Welton, Carlisle CA5 7HH Manufacturers of composite panels, box profile and corrugated sheeting, galvanised purlins & gutters, flashings, insulation & fittings Phone 016974 78277 www.steadmans.co.uk</p>
<p>ANN PARRY For all your outside catering: Weddings, Christenings, Buffets, Parties and Funeral Teas. Home-made food using local produce Tel: 016974 78417</p>	<p>ALLAN STOBART LUBRICANTS AND FUELS Derv, tractor diesel, heating oil, lubes, tanks, hoses, etc. Tel: 016974 76575 Fax: 016974 76577</p>

<p>J STOBART & SONS LTD Manufacturers and Retailers of Newlands Quality Farm Foods Newlands Mill Hesket Newmarket 016974 78261</p>	<p>ANDREW WARD, BSc IT Systems Computer Technician Website Designer & Technician Hardware & software installation, upgrades, problem solving. Websites for small businesses & organisations. Maintenance & aftercare. <i>Home and Office visits</i> Tel: 016974 78220 Email: a.ward@wam-design.co.uk</p>
<p>JOE STRONG & SON CLOGMAKER Boot and Shoe Repairs - only the best materials used - Open: Mon to Friday: 9am to 5pm Closed for lunch Monday & Friday 12.1-15pm Shop Tel: 016974 78225 Home Tel: 016974 78424</p>	<p>WATERMILL CAFÉ LTD Priests Mill, Caldbeck, Wigton, Cumbria CA7 8DR 016974 78267 ANNUAL SHUT DOWN - Mon 5th January Open Again Saturday, 14th February 9.00am — 5.00pm (until 2nd Nov) 9.00am—4.30pm (until Xmas) Closed Christmas day, Boxing Day, 27th December and New Year's Day</p>
<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>
<p>TREE MAINTENANCE & FELLING Fully qualified. Ten - years' experience. Very competitive rates. <i>Call Alan or Justin</i> Tel: 016974 78178 Mobile: 07905 409851</p>	<p>THE WOOL CLIP Priests Mill, Caldbeck A local co-operative selling high-quality woollen goods made by hand. <i>Open:</i> 11am-5pm Easter to Oct 31st 11am-4pm Mid-February to Easter, Nov and Dec, Jan 2nd - 5th <i>Closed:</i> Jan 6th to Mid-February 016974 78707</p>
<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 JULY 2009

Sunday, 5 July		4th Sunday after Trinity
<i>Caldbeck</i>	8.30am	<i>no service</i>
	11.00am	Holy Communion
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	11.00 am	Morning Prayer
Sunday, 12th July		5th Sunday after Trinity
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Morning Prayer
<i>Castle Sowerby</i>	11.00am	Holy Communion
<i>Sebergham</i>	11.00am	Morning Prayer
Sunday, 19th July		6th Sunday after Trinity
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Family Service
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
	2.00pm	Benefice Picnic Service
<i>Sebergham</i>	11.00am	<i>no service</i>
Sunday, 26th July		7th Sunday after Trinity
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Morning Prayer
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	11.00am	Holy Communion