

August 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

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

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

Subscriptions: Mrs Jean Holden, 1 Hodden Court, Caldbeck

Tel: 016974 78097

Not The Rector's Letter

Again, during this interregnum, and similar to the last one, I have been 'persuaded' to continue with some more extracts and notes of the three parishes taken from the *'History and Topography of Cumberland 1861'* by William Whellan, and Bulmer's *'History and Directory of Cumberland 1901'*.

I thought that I would restart with the 1861 introduction to each of the parishes.

Sebergham Parish. 'This parish is bounded on the north and north-west by Dalston and Westward, on the south and west by Caldbeck; and on the east by Castle Sowerby. Agriculture is the principal employment of the inhabitants, there is a small tile works on the common. The people are very industrious and clean, and, as a general rule in easy circumstances. The soil varies much in quality, some land being let as low as ten shillings an acre, and some as high as £2 10s. Carlisle and Wigton are the markets usually attended. Sebergham Parish comprises the townships of High Bound and Low Bound whose united area is 5,890 acres, and rateable value, £3,668 19s.' (To start with, I was a little surprised with areas being called 'bounds', then I recalled children, even now, when playing tiggys, hide and seek, and kick the can, etc. All had to be inside a given area and, if you were not, you were 'out of bounds'). 'The commons were enclosed in 1765. The parish is intersected by the River Caldew, whose picturesque banks are clothed with wood: and the small stream, the Shalkbeck, is its boundary for a considerable distance towards the west and northwest.'

Castle Sowerby Parish. 'This parish is bounded on the north-west by Dalston, on the south and south-west by Sebergham, and part of Caldbeck; on the south by Greystoke; and on the east by Skelton, Braithwaite and Middleseugh. It is six miles in length from north to south, and nearly two from east to west; and it is said to be formerly included in the parish of St Mary, Carlisle. It is divided into five townships or bounds: Busterbeck Bound, How Bound, Row Bound, Southernby Bound and Stockdalewath Bound, each of which maintains its own roads; but they maintain the poor conjointly. The parish comprises an area of 7,940 acres, of which rather more than 3,772 acres are old enclosed copyhold land, and 4,172 acres are common freehold. The rateable value is about £4,040. The inhabitants are principally engaged in agriculture, and attend Carlisle and Penrith markets. The population live for

the most part in farmhouses, disposed over the parish, the only villages being Raughton Head, Stockdalewath, and Millhouse.’

To be continued

Ron Brame

**VISITS TO THE BENEFICE BY THE VENER-
ABLE ARCHDEACON KEVIN ROBERTS:**

**Joint Benefice Service
Castle Sowerby Church
Sunday 9 August at 11.00am
Preacher and Celebrant:
The Venerable Archdeacon Kevin Roberts**

**Monday 10 August: The Archdeacon’s Visitation to the Benefice,
accompanied by the churchwardens.**

**Joint PCC Meeting
Wednesday 12 August at 7.30pm
Sebergham Village Hall
To meet Archdeacon Kevin Roberts**

**CALDBECK CHURCH HARVEST LUNCH
SUNDAY 4 OCTOBER
CALDBECK PARISH HALL**

The collection at the funeral of Teddy Coulthard in May raised £1,048 for Caldbeck Surgery.

Many thanks

Isobel and Family

Ladies' Bright Hour

Tuesday 4 August

Picnic

THURSDAY CLUB

Mr J Wooler welcomed everyone and the notices were read out. Mr Wooler then welcomed our speaker, Mr Brian Peddar, who entitled his talk 'From a Ha'penny Cob to the Bread of Heaven'.

Brian was born in Manchester where he passed a baker's shop on his way to school. The baker sold Saturday's rolls on Monday for a ha'penny. On leaving school, Brian went into forestry work and then the RAF for his National Service. The RAF was a big change for him and he became a nurse attendant, which he enjoyed.

After leaving the RAF, he went to forestry school in Scotland. Then he worked at Sandringham and the London parks. Following this, he joined the Edinburgh police.

When he came to Sowerby Row, he met John Foster and Beatrice Earl who invited him to Castle Sowerby Church. He trained for the Ministry and was a curate in Carlisle. Later he moved to Wigton and then Cleator Moor, returning to Wigton. He is still looking for answers.

Mr Wooler thanked Brian for his interesting talk.



**CALDBECK METHODIST CHAPEL
COFFEE EVENING BRING-AND-BUY SALE
Friday 21 August at 7.30pm**

BRITAIN IN BLOOM & TIDY VILLAGE COMPETITION 2009

Thank you everyone who helped tidy the village for the competition. A huge amount of effort had obviously been made to pick litter, weed edges and cobbles, cut verges, grass and hedges and also to hang beautiful baskets and tend gardens generally. It all looked perfect when I took the judges round and I think they were impressed. Even if they weren't, I do think Caldbeck looked very good indeed and that's what really matters.

We will hear the results in September when I hope we will hear that we did indeed only lend the Tidy Village First Prize to another village for a year.

Anne Cartmell

Still studying? Funding available for books etc. HALTCLIFFE SCHOOL TRUST FUND GRANT DISTRIBUTION 2009

Application forms for these grants can be obtained from the Secretary, Mrs J Stobart, 'Ritchie Ghyll', Hewer Hill, Hesket Newmarket, Wigton CA7 8HZ. Tel: 016974 76575.

The forms must be returned by 30 September 2009.

Distribution of interest will be made following a Trustees' Meeting to be held on 14 October. Individuals and groups who successfully applied for grants last year, may reapply this year for further consideration. Parish groups may apply each year but individuals may only make application twice.

The Trustees shall apply the income of the charity in promoting the education, including social and physical training, of persons resident in the parishes of Caldbeck and Castle Sowerby. In allocating benefits, the Trustees shall have regard to the promotion of education in accordance with the principles and doctrines of the Church of England and the Methodist Church.

CALDBECK WI

We left Caldbeck by coach at 6.00pm bound for Booths Supermarket in Keswick. We were met at the store by Robin the warehouse manager. He took us on a tour beginning with the public areas. As we walked around, Robin explained the planning behind the displays, the buying of stock and the turnover of different products. The store is trying to reduce its carbon footprint so is very aware of where it sources its goods, trying to use local producers as much as possible. It is also careful to use as little packaging as possible and ensures that all packaging that comes into the warehouse is recycled. We were also shown around the warehouse and offices. Robin explained how the computerised system worked, linking up to head office in Preston.

We were then treated to tea and cakes in the store cafe and Teresa Richardson gave a vote of thanks to Robin for his interesting tour.

The competition for a 'carrier bag' was won by Mrs M Barker with Mrs P Shaw coming second.

We left the store at 9.00pm to return by coach to Caldbeck.

CHARITY FOOTBALL MATCH

I would like to thank everyone who took part in the Charity Football Match on Monday 25 May. £260.00 was raised to be shared between the Dawn Jackson Memorial Fund and the Caldbeck Village Sports.

The teams:

Mike Strong, Andrew Lawson, Taz, Steve Pattinson, Richard Hellon, Joe Mounsey, Alan Pattinson, Nigel Little, Craig Pattinson, John Murchison, Alan Tyson.

Alan Armstrong, Tommy Trotter, John Little, Andrew Pattinson, Ewan Macfadzean, Steve Jackson, Paul Hellon, Dennis Armstrong, Mark Monkhouse, Chris Hellon, Duncan Murchison.

Final Score: 6 - 3

Hope you all enjoyed the game. See you next year.

Thanks, Ewan Macfadzean.

CALDBECK & DISTRICT LOCAL HISTORY SOCIETY

On one of the wettest days of the summer we visited Hutton-in-the-Forest, to a very warm welcome. Edward Thompson led us into the base of the pele tower, dating from the 1350's. Here the best of the stock would be enclosed when the raiders came, the rest taking their chance in the courtyard. The thick walls and the barrel vaulting of the ceiling were all designed to extinguish any torches thrown into the space by a lucky shot from outside.

On display were some man-traps and spring-guns from the period when the Lord of Hutton kept the southern section of the Forest of Inglewood for the King. There was also one of Lady Anne Clifford's locks which she supplied to her friends and neighbours, as well as her tenants, being justly proud of her locksmith.

Sir Henry Fletcher was killed in 1645 fighting for King Charles, leaving his family to languish in Carlisle Castle for two years until they raised the ransom of £700. His son, Sir George, was a friend of Daniel Fleming and the families intermarried.

The long gallery gazebo gives a good view over the walled garden on the north, with NW and NE walls sheltering what is now the main flower garden which has interesting masses of colour. The other two sides are yew hedges, many planted in the nineteenth century to pick up on the interest in the Arts and Crafts movement shown by Lady Margaret, Sir Henry Vane's wife. The Victorian wing is a progression of styles of the period under the guidance of Salvin, one of the major architects of the time. The main staircase is his, as is the Cupid Room with a plasterwork ceiling and an early William Morris wallpaper, trellis with birds. Much of the furniture is from Gillows. Lady Margaret supported the Keswick School of Industrial Arts and herself embroidered the bed curtains and quilt to reflect the William Morris wallpaper. She also painted the mirror frame in the dining room, which again has William Morris wallpaper and curtains of the period.

This upper floor gives a view over the road and the pond with its reed beds. The Hall, below the Library, is the main entrance and can seat 70 for events. William, the first Lord Inglewood took up carriage driving and usually hosted a reception for the Lowther Horse Driving Trials, in the anteroom to the Victorian Tower.

Ron Davie thanked our guide for an interesting glimpse into the past of an historic house which is still a family home.

CALDBECK & DISTRICT GARDENING CLUB VISIT TO HIGHGROVE HOUSE GARDENS



On Thursday 9 July, 25 members of the Gardening Club visited the gardens of Highgrove House, HRH Prince of Wales' Gloucestershire home. In reality the trip began two years earlier when Ann Little applied on behalf of the Club for a tour of the gardens. Guided visits are strictly by appointment and there is no general access to the Gardens. Out of the blue, in April we were offered the chance to visit in July. We were not slow off the mark!

We left Caldbeck on Wednesday 8 July, travelling by coach to Chipping Campden in Gloucestershire to visit firstly Kiftsgate Court gardens, which is privately owned and comprises a series of interconnecting gardens on the edge of the Cotswold escarpment, and then onto the nearby Hidcote Manor Garden, owned by the National Trust. Hidcote Manor is famous for its rare trees and shrubs together with outstanding herbaceous borders.

Our overnight stop was at the Three Ways House Hotel, the home of the famous Pudding Club. We were not disappointed! Highgrove House is 90 minutes' travel away and so we had to be away quite early to ensure a prompt arrival at the gardens. Timing here has to be with military precision - ten minutes late and we would not have been able to go in. Security, not surprisingly, is very tight, with CCTV cameras strategically placed around the estate. To be admitted we had to show our passports. Cameras and mobiles phones were strictly forbidden!

The gardens extend to around 15 acres and comprise a number of smaller specialist areas such as the Woodland Garden, the Azalea Walk, the Walled Garden, Thyme Walk, and the Southern Hemisphere Garden, and so on. We were guided throughout the visit, which lasted about 2-and-a-half hours (but seemed so much less than that). Our Guide spoke very knowledgeably about its contents and history and especially the close, personal involvement of Prince Charles in every aspect of its development and management. Whilst the wild flower meadow was coming to the end of its flowering and was shortly to be mown for hay, other parts of the gardens were coming into their own. In the Southern Hemisphere garden Prince Charles had been presented with 60 Tree Ferns on his 60th birthday, and these and other exotic trees and shrubs benefit from the warmth captured by a south facing wall. The Walled Garden itself is a vegetable grower's paradise and comprises eight triangular and eight square growing areas.

Sculptures and other features abound such as the 'Wall of Gifts' containing

architectural stone, 'Holyrood House' (a thatched tree house), the 'Temple of Worthies' (a green oak construction featuring a relief of the late Queen Mother) placed in an area of the gardens where Prince Charles heard the news of the death of his grandmother. And there was so much more.

It was an immense privilege and pleasure to have been there and to have experienced, albeit briefly, a truly magnificent variety of planting in such a glorious setting. Probably a once in a life-time experience but oh, how we would all like to take another glimpse of the gardens in the other seasons!

We must all thank Marjorie Watson and Liz Mounsey without whose organisation we would never have made it there and back!

CALDBECK AREA FILM SOCIETY



Welcome to a new CAFS season, which we hope will attract support from both existing and new members. Presentations are on Friday evenings in Caldbeck Parish Hall. (Times and dates can be found in the Diary of Events in this magazine).

18 September, **Slumdog Millionaire** - Oscar-winning drama set in Mumbai as a young man tries to win a quiz and his love despite his background.

23 October, **The Reader** - Drama set in Germany following World War II.

14 November, **I've Loved You So Long** - French drama portraying the complex reactions of a family when one sister is released from prison sentence. (+ supper).

8 January, **Goodbye to Lenin** - Comedy set in East Germany during the fall of Communism.

13 February, **Casablanca** - Classic romance set in Paris and North Africa, with Bogart and Bergman. (+supper).

19 March, **The Age of Stupid** - Drama documentary portraying the effects of climate change on certain groups of people. (Sponsored by Caldbeck & Hesketh Newmarket Fairtraders).

16 April, **The Damned United** - Entertaining football drama charting 44 days in 1974 when Brian Clough managed Leeds United.

The programme may be changed at short notice if there are circumstances beyond our control.

Please return our membership application form enclosed in this magazine before the start of the season, if possible. We hope to see you all at the first presentation.

Tricia Nelson

CALDBECK AREA FIRST RESPONDERS

HEARTSTART EVENINGS

We are still running HEARTSTART evenings every month. These evenings are less than two hours and teach you how to handle a situation involving a collapse, heart attack, suspected heart attack, choking and bleeding.

So far this year, we have trained around 120 people in these simple skills which one day could help save a life.

We are very happy to welcome anybody, you will not be pressured to do anything, just watching and listening is all you have to do. You will be invited to participate in the practical element of the course only if you wish.

We are very happy when families come along together. Heart attacks do not just affect the elderly, the stressed or the overweight, over-worked people. Anyone can faint for hundreds of reasons, anyone can choke or cut themselves. It can, and does, happen to anyone, anywhere, any age, any time of the day or night. So, by being prepared and knowing what to do should the need arise is vital. These are all things that can be potentially life-threatening, but with the knowledge of how to manage and get help, you could assist in saving someone's life.

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.

HEARTSTART EVENINGS

Tuesday 25 August, Wednesday 23 September,

Tuesday 27 October, Thursday 26 November

All start at 7.30pm prompt

Millhouse Village Hall

(or if you would like us to come to your group please contact Philippa Groves for details 016974 78555)

HEARTSTART evenings are supported and run as a service to your community by your Caldbeck Area First Responders Team

NOTES FROM CALDBECK PARISH COUNCIL MEETING 29 JUNE 2009

1. **PC Blain** had sent a Police Report to say that there had been no reported crime in the parish in the last month.
2. **SIDS.** Audrey Noble reported that the Speed Indicator Device had been in the Parish over the last fortnight and had now gone to Sebergham. It would return to Caldbeck Parish in August.
3. **Caldbeck Pond.** Arnold Savage reported that he had investigated pulling out the pond weed and it is a job beyond volunteers using boats. The weed forms a thick mat of roots just below the surface and the pond is silted up with mud below just 12 – 18 ins of water. The weed cannot be sprayed because the outflow is into the river. It was **agreed** that the Clerk would write to the Environment Agency and request permission to drain the water temporarily from the pond via the sluice and then clean out both mud and weed.
4. The Chairman thanked Colin Smithson who has painted the Riverside railings.
5. The Highway Steward was in the parish during the current week and was clearing drains and issues, cutting back vegetation from signs and cold filling some smaller potholes.
6. The Chairman reported that the seat under the tree on the Green needs replacing. It was agreed to remove the bench, keeping its inscription plaque, and that the Clerk would obtain quotes for a new bench, preferably 6ft 6ins seat length, from John Ackerley and other suppliers.
7. **Stones on verges** (obstructions to the Highway): some residents have received letters from the Highways Dept asking them to remove stones from the verges outside their property but other nearby residents in the same situation have not. It was agreed that a letter would be sent to the Highways Dept explaining that the inequitable system of sending out the letters had caused disquiet and although it was appreciated that the letters are being sent to everyone in Cumbria who has any obstruction on the verge outside their property, it would be preferable if everyone in one area received the letters at the same time.
8. The Methodist Chapel has had water building up in the yard after heavy rain again, nearly flooding into the porch. The problem seems to be excess water running down Ratten Row instead of being drained off the road and County Councillor Duncan Fairbairn said he would follow up the problem with Highways. *Antoinette Ward, Clerk to Caldbeck Parish Council, The Green, Caldbeck, CA7 8ER.. Tel: 016974 78220 e-mail: aw.caldbeck@googlemail.com*

CALDBECK & HESKET NEWMARKET SHEEPDOG TRIALS

Caldbeck & H-N-M Sheepdog Committee are very pleased to extend a warm welcome to you all and invite you to spend the day with them at their annual sheepdog trials very kindly sponsored this year by Hopes Auction Company Ltd. Wigton. Hopes have always been very happy to help our committee out in many ways over the years and we are extremely grateful to them for their support and especially this year when they have helped us out financially. Our trials this year are to be held on Thursday 27th August at The Wath, Caldbeck by kind permission of The Bell Family. We hope you will join us, sitting in the sun (hopefully) and watch some of our top dog handlers at work. Running starts at 8.30a.m. and continues throughout the day with the presentation of prizes at approximately, 5.00p.m. by our President Mr. Michael Bell who has been a loyal supporter of the sheepdog trials for many years. While watching the trials why not treat yourself to a beautiful salad lunch or a delicious home-made afternoon tea. This year we are opening up the craft tent to any one who wants to show off their skills or sell their home-made locally produced items, this could be anything from sewing, knitting, spinning to jam making and baking, hand-made cards and gifts: anything which has been made by local people and you think would be of interest to others. We think this would be a great way for locals to not only show off their skills but it would also be very interesting for visitors to view and maybe purchase some items. Could we ask anyone who is interested to please contact Ann and book their table in the tent. At our trials it would be great if some of our local farmers, their wives or children would come along and take part with their dogs, as we know that there are plenty of you good enough to show your skills on the trial field. If you don't fancy trialling your dog, why not bring him or her along and enter them in our best-looking sheepdog competition, which is free to all? We have beautiful trophies for all our classes to be won, so it is well worth coming to have a go. All entries are taken on the field, or for more information telephone Ann Armstrong on 016974 78492. So please don't forget THURSDAY 27th AUGUST. Come along and spend it with us. Whether it's competing or spectating, we would really appreciate your support. Join us for your local *One Man and His Dog*.

EXTRA PARKING IN FIELDS

The Parish Council would like to spread the word that, under the Town & Country (General Development) Order 1995, Part 4, farmers can charge for car parking in a field for up to 28 days a year. This could be useful if a village event means a number of extra cars arriving, or on busy Sundays in the summer, especially in Heskett Newmarket. Public Liability Insurance should be checked with the field owner's insurance. Please contact the Clerk for more details.

**CALDBECK & HESKET NEWMARKET
SHEEPDOG TRIALS**

Thursday 27 August 2009

at

The Wath, Caldbeck

First Run: 8.30am

3.30pm approx: Best-looking Sheepdog Competition

5.00pm: Presentation of Prizes,

**All entries taken on the field. Last entries for trials taken at
4.30pm**

**To book your table in the craft tent please contact Ann : 016974
78492**

JOIN US FOR A FAMILY FUN DAY OUT!

WELTON SCHOOL NEWS JULY 2009

Sport It's been a busy half-term for sporting events and, thankfully, the weather has been kind. Class 2 sent a team of athletes to Thursby Sports and enjoyed an afternoon of varied activities. Our rounders team narrowly missed bringing back the trophy – they came second, dropping ½ a rounder to the victors. We held our own sports afternoon with all the children taking part, gaining points for their team.

Our Year 5 children have been busy training as Young Leaders – next year they will use their skills to lead playtime activities.

Visits Class 2 enjoyed a performance of Midsummer Night's Dream at Hutton in the Forest – prior to the performance they had worked on the play at school so were able to follow the complicated plot!

Year 5 children spent the day at Caldew School completing a science investigation. All agreed it was an interesting and fun day out.

Class 1 joined with children from Fellview School for an annual end of year visit to Allonby beach. The weather was glorious and everyone enjoyed making sandcastles and eating ice cream!

Visitors to School All the children have been lucky enough to participate in the Musical Stones project. The project started with a visit to Keswick Museum to see the original musical stones – a huge xylophone type instrument made from stones gathered from Skiddaw and made in the early 19th century. Chris Stones and Ali McCaw then spent two days in school story-writing, making shadow puppets and composing music on a replica of the musical stones and gamelan instruments. In October the children will join with other local schools in a performance for parents.

As part of the Festival of Nations organised by Carlisle City Council, we had a group of African drummers in school. They taught all the children how to play the drums and perform some dance moves – the school was buzzing!

THE GILLIAN POTTS MEMORIAL WALK

It was a perfect day on Saturday 27th June 2009, when 170 people put on their walking boots and put their best foot forward for “Gilly’s Walk”.

A Cumbria Way 18 mile Challenge from Keswick to Caldbeck was expertly led by Sheryl Hodgkinson, whilst many people tackled the picturesque Howk, then onwards and upwards to the summit of High Pike, under the guidance of Maureen Harrington and Sylvia Marrs. Finally, Joan Gate led a large number of people through Parsons Park, by Water Meetings and towards Hesketh Newmarket.

It was a very emotional and memorable journey for everyone.

Refreshments were served at Matthew Rudding and the day finally came to a close at Overgreen with a warm welcome from David, Mark and Michael.

A hog roast, salads and ice cream were enjoyed by all and, as it was stated on the night: **“This is community spirit at its best!”**

The support and fellowship was overwhelming, as too was the amount of money raised for the Oncology and Radiotherapy Department at the Cumberland Infirmary, Carlisle. A grand total of £8,700. Thank you to all who took part and all the donations given.

Gillian will always be remembered because of the happy day we all enjoyed.

CALDBECK VILLAGE SPORTS

Race	1st	2nd	3rd
Flat Races			
Boys 5, 6 yrs	Robin Regan	Luke Urey	Charlie Hudson
Girls 5,6 yrs	Megan Steadman	Aimee Lillington	Rosie Cooper
Boys & girls 4 & under	Ella Horne	Lucy Urey	Josh Little
Boys 7,8,9 yrs	Aaron Home	Toby Collard	Joe Trotter
Girls 7,8,9 yrs	Hannah Smaile	Maya Cooper	Holly Macfadzean
Boys 10,11,12 yrs	Angus Hodgson	Joseph Horne	Thomas Greenbank
Girls 10,11,12 yrs	Katherine Lewin	Kerry Regan	Amy Robinson
Boys 13,14,15 yrs	Nick Benn	Conner Merone	Chris Pears
Girls 13,14,15 yrs	Susan Pattinson	Maisy Leah	Ellen Regan
Men's Race	Mike Strong	Robert Little	Mike Steadman
Ladies' Race	Deborah Hodgson	Claire Regan	Sarah Lewin
Smarties Race	Ella Horne	Lucy Urey	Jacob Steadman
Boys & girls 4 yrs & under holding hands in pairs.	Joseph Horne	Josh Little	Mia Lillington
Sack Races			
Boys 6,7 yrs	Robert Lewin	Robin Regan	Luke Urey
Girls 6,7 yrs	Martha Hudson	Holly Macfadzean	Maya Cooper
Boys & girls 5 & under	Ella Horne	Charlie Hudson	Aimee Lillington
Boys 8,9,10,11 yrs	Toby Collard	Joseph Horne	Ross Macfadzean
Girls 8,9,10,11 yrs	Katherine Lewin	Bethan Spencer	Kerry Regan
Boys 12,13,14,15 yrs	Conner Merone	Shaun Merone	Sam Strong
Girls 12,13,14,15 yrs	Jessica Docherty	Susan Pattinson	Maisy Leah
Three-legged Races			
Boys 7,8,9,10,11 yrs	Ross Macfadzean	Leigh Armstrong	William Mal- linson
Girls 7,8,9,10,11 yrs	Richard Greenbank	Shane Ostle	Robbie Ostle
	Rebecca Pigg	Katherine Lewin	Emily Watson
	Joanne Ridley	Kerry Regan	
Boys 12,13,14,15 yrs	Stuart Coulthard	Chris Pears	Conner Merone
	Angus Hodgson	Chris Mallinson	Nick Benn
Girls 12,13,14,15 yrs	Jessica Docherty	Maisy Leah	
	Georgina Ferguson	Clare Regan	
Wheelbarrow Races			
Boys 7,8,9,10,11 yrs	William Mallinson	Joseph Horne	Jake Watson
	Jonathan Scott	Toby Collard	Richard Greenbank
Girls 7,8,9,10,11 yrs	Katherine Lewin	Amy Robinson	Hannah Smaile
	Kerry Regan	Melanie Strong	Abbie Kennedy
Boys 12,13,14,15 yrs	Chris Pears	Nick Benn	Liam Robinson
	Chris Mallinson	Conner Merone	Shaun Merone
Girls 12,13,14,15 yrs	Kerry Regan	Jessica Docherty	
	Maisy Leah	Georgina Ferguson	
Egg and Spoon Races			
Boys 7,8,9,10,11 yrs	Toby Collard	Robbie Ostle	Joe Trotter
Girls 7,8,9,10,11 yrs	Bethan Spencer	Amy Robinson	Rebecca Pigg

Girls 5 & 6 yrs	Megan Steadman	Ella Horne	Aimee Lillington
Boys 12,13,14,15 yrs	Conner Merone	Chris Pears	Mathew Horne
Girls 12,13,14,15 yrs	Jessica Docherty	Georgina Ferguson	Maisy Leah

Slipper Chuck

Boys 5,6,7 yrs	Luke Urey	Charlie Hudson	Robert Lewin
Girls 5,6,7 yrs	Holly Macfadzean	Maya Cooper	Martha Hudson
Boys & girls 4 & under	Ella Horne	Lucy Urey	Jacob Steadman
Boys 8,9,10,11 yrs	Richard Greenbank	Jonathan Scott	Leigh Armstrong
Girls 8,9,10,11 yrs	Bethan Spencer	Hannah Smaile	Beth Robson
Boys 12,13,14 15 yrs	Chris Mallinson	Sam Strong	Chris Pears
Girls 12,13,14,15 yrs	Ellen Regan	Jessica Docherty	Maisy Leah

Cross-country (once round field)

Boys 7,8,9,10,11 yrs	Joseph Horne	William Mallinson	Richard Greenbank
Girls 7,8,9,10,11 yrs	Katherine Lewin	Kerry Regan	Amy Robinson
Guide Race (Boys & girls 10yrs & over)	Nick Benn	Chris Pears	Kieran Macfadzean
	Ellen Regan	Susan Pattinson	Maisy Leah

43 races in total

HESKET-NEW-MARKET AGRICULTURAL SHOW

at

Throstle Hall, Caldbeck

(by kind permission of Mr & Mrs R Mounsey)

Saturday 5 September 2009

Show Field opens at 8.30am

Horses, cattle, sheep, dogs, poultry, rabbits, vintage vehicles, terrier and Jack Russell race, pony sports and tug-of-war

Cumberland & Westmorland Wrestling, Horticultural & Industrial Section, Crafts, Children's Fancy Dress and much more

Stands and Side Shows

Schedules and Enquiries - Helen Greenbank 016974 78125

Entries close 21 August 2009

A good day out for all the family!



CALDBECK PLAYERS



Our next production, to be presented on Thursday, Friday and Saturday, 26-28 November 2009, will be a pantomime version of 'Babes in the Wood' which, as you read this, is in the process of being written by Caldbeck resident, Teresa Richardson. Regular rehearsals will be held on Monday and Thursday evenings (school holidays excepted). There will be parts for all ages, so, if you would like to be involved, please come along to our preliminary meeting on Monday 7 September in the Oak Room at Caldbeck Parish Hall. We will need people to act, sing, dance, build the set, paint scenery, sort out props, help with lighting and costumes, ETC., ETC. So, if you would like to be involved onstage, backstage or 'front-of-house', please come along to find out more.

6.30pm - children and young adults (and parents), ages 8 years and upwards.

7.00 - 7.45pm - adults.

If you would like to be involved but can't make the meeting, please get in touch and let us know.

Ken & Pauline Woolfenden Tel: 016974 78212

e-mail: greenrigg@btinternet.com

PARTITA CONCERT SUNDAY 2 AUGUST

Caldbeck Parish Hall at 3.00pm

Partita are a group performing medieval, renaissance and baroque songs and music on lute, theorbo, baroque guitar, harpsichord, recorder, and bass viol. The players, adept on these authentic instruments, are Roger Child (conductor), Holly Marland, Jill Lingard, and Sasha Johnson Manning. Partita, sponsored by Solway Arts, have become quite a favourite with Caldbeck audiences.

Tickets are £8.50 (£7.50 in advance, £7 for Solway Arts members), under 18 years half price.

Available at the door, Kirkland Stores or from Eric Wright (016974 78001).

ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	Welcomers' Rota 8.30am	Sanctuary Duty (8.30am unless specified)	Sidespersons' Rota 11.00am
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 Cowx
Sept 6	<i>no service</i>	(11am) Margaret Tinniswood	Malcolm & Eleanor Thyne
13	Ron Davie	Liz Boydell Diana Greenwood	Christine Pearson
20	Ann Wade	Liz Boydell Jean Holden	Peter Sageman
27	John Price	Jean Holden Joan Todhunter	<i>no service</i>



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

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, 2.00pm..
- 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.
- 16th Gardening Club, 7.30pm, Millhouse Village Hall, Kevin Preston-Sweet Peas.
- 18th CAFS, *Slumdog Millionaire*, 7.30pm Caldbeck Parish Hall.
- 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*.
- 23rd CAFS, *The Reader*, 7.30pm Caldbeck Parish Hall.

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.

- 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.
14th CAFS, *I've Loved You So Long*, + supper, 6.30pm Caldbeck Par Hall.

CALDBECK SURGERY

www.caldbecksurgery.co.uk

Staff Training Afternoons

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

No closure in August

Wednesday 16th September

Tuesday 13th October

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

If you have flu-like symptoms and are concerned that you may have swine flu:

- Contact NHS Direct 0845 46 47 or online at www.nhsdirect.nhs.uk
- If you are then still concerned, stay at home and call the surgery
- If swine flu is confirmed, ask a healthy friend or relative to visit the surgery to pick up a document entitling you to antiviral medication
- They will then need to pick the medication up at a collection point your GP will advise on (a local pharmacy or similar)

Note: If you belong to a high-risk group it is particularly important you start taking antivirals as soon as possible. High-risk groups include people with long-term conditions, those over 65, children under five and pregnant women.

Sebergham Weather Recordings

Rainfall

June 2009	44.70 mm	(1.76 ins)
Aggregate for year	331.65 mm	(13.01 ins)
June 2008:	93.20 mm	(3.67 ins)
Aggregate for year:	515.60 mm	(20.29 ins)



The year continues to be dry, similar to 2003 when we finished the year under 30 ins (762 mm).

Temperature June 2009:

The average maximum day temperature was 66.37°F (19.10°C)
The average minimum night temperature was 50.30°F (10.17°C)

The warmest day was 29 June at 79°F (26.12°C)

The coldest night was 9 June at 39°F (3.89°C)

We recorded ground frost (no air frost) on three consecutive nights, 8-10 June.



June 2006 we recorded higher average temperatures than this June by 3°F, both day and night.

R de Robeck



ST MARY'S CHURCH, SEBERGHAM

Each Tuesday morning during 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

**ST MARY'S CHURCH, SEBERGHAM
FLOWERS & CLEANING ROTA**



DATE	NAME
August 2,9	Mrs Magnay
16,23	Mrs Mattinson Mrs Ward
30	Mrs Weston
September 6	Mrs Weston

SEBERGHAM WI REPORT

Members were welcomed by President Dorothy Staples, with apologies from four members. She then introduced our speaker Edie Harbord who was to talk about her life as “A Woman in a Man’s World”.

She described her career as that of a butterfly, flitting from job to job, including, agriculture, warden in the National Park and a carer for young people with learning difficulties, before she decided she needed to get a “proper job”. Almost by accident she ended up as a caterer on oil rigs and, for a while, on a drilling ship. She had heard about working on oil rigs and decided, at her own expense, to take the various survival and safety certificates needed to do this. These included escaping from a helicopter which was underwater, full fire safety and escape training, which was much the same as a land-based fireman would undergo. She then discovered that jobs on oil rigs weren’t easy to get, so she moved up to the Aberdeen area where she was better placed to, as she put it, “pester” the offshore support companies. Eventually, she was offered a job on an oil rig as a safety officer and was then trained as a radio operator.

After that she moved into the catering section. She spent 16 years on oil rigs in Denmark, Ireland, the Faroes, Holland and four years on a Norwegian drilling ship travelling between Norway and Egypt. She then showed us a safety video which pulled all aspects of her talk together and gave us a real insight into how an oil rig works. Ms Harbord was thanked by Shirley Mandale.

The competition for a seascape was won by Anne Ludlam, with Evelyn Johnson second.

After supper, the Minutes were read and approved and the business meeting got underway.

Our speaker in September will be Nancy Picthall and is entitled 'Nancy's Experiences'.

Dorothy Staples

NOTES FROM SEBERGHAM PARISH COUNCIL MEETING

The new all-weather Astroturf football pitch at Wigton Rugby Club is nearly ready to use. Watch the local press for details.

We have had the Speed Indication Devices in the Parish for two weeks. They really do slow the traffic down. We are looking at alternative sites for the machines and will be checking our proposed locations with the Police in the near future.

Traffic travelling East to West along the B5305 is often going too fast when it reaches the 40mph sign at Sebergham. We have contacted the Highways Engineer to see what scheme, if any, we can have installed to try and slow the traffic down.

The questionnaires for the Paris Plan have been delivered to every house in the Parish. If you haven't completed one can you please send it back asap. If you have lost the form and would like another, please let me, or any other member of the PC, know.

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 on-line, you will be given a reference number for your call.

The next Parish Council meeting will be on Wednesday 23 September.

Ms PL Gauntlett, Parish Clerk

SEBERGHAM/WELTON PARISH PLAN QUESTIONNAIRES

Please can these be completed and returned as soon as possible.

Further questionnaires are available from:

Peter Pearson Tel: 016974 76426

E-mail: pearsonswelton@btinternet.com

**NOTES FROM CASTLE SOWERBY PARISH
COUNCIL ANNUAL MEETING**

The Annual Meeting of Castle Sowerby Parish Council met in Millhouse Village Hall on 18 June 2009. The Chairman welcomed the Councillors, followed by his annual report. He stressed that the Council would like to see more members of the public attend the meetings and that this Council has adopted a new code of practice to enable both the public and the Councillors to openly debate matters of mutual interest. He said he was pleased to report that the re-cycling bank at Inglewood Edge had earned over £4,000 during the year. This has enabled the precept to be kept as low as possible.

Grants during the year have been made to Castle Sowerby Church as a contribution of £250 towards grass cutting, and £200 to the Northern Fells Group. A grant of £500 has been secured from the Vale of Eden Neighbourhood Forum towards the renovation of two guide posts.

The Chairman also thanked his fellow Councillors and the Parish Clerk for all their hard work in 2008-2009.

He then welcomed PC Andy Holliday who gave his bi-monthly report. PC Holliday stressed the 'Policing Pledge' around feed-back, concerns and reporting anything relevant, such as, suspicious vehicles and dog trespassing on land. He stressed that he would look more into the 'Right-to-Roam' Guidance as there had been reports of illegal hare-coursing and interference with badger sets.

Unfortunately, the District Councillor and County Councillor were unable to attend due to other meetings.

The first business meeting of 2009-2010 followed. Mr J Foster was re-elected Chairman, with Mrs J Wetherell re-elected as Vice-Chairman. Mr G Bainbridge declared an interest in a planning matter. The Council was

pleased to announce that a parishioner, Mr Ian Lawman, had volunteered to undertake Parish Council responsibilities at Inglewood Edge re-cycling centre.

Finance. The Clerk had prepared the Annual Financial Return for 2008-2009. The accounts are available for inspection by the public from 15 June to 10 July, by appointment. The Council approved the accounts. Thanks were expressed to Mrs T Wetherell for auditing the accounts.

Planning. Plans were submitted by Mr J Bainbridge for the erection of a new house at Raine House, Raughton Head. While this was discussed, Councillor G Bainbridge retired from the meeting. The plans were unanimously approved by the Parish Council and a decision to support this would be sent to Eden District Council.

Road Edge. Councillor Richard Little drew attention to the Council regarding a deep gouge at the edge of the tarmac at Bridge House, Millhouse.

Tree Damage. Councillor Bainbridge reported a tree that had washed down Roe Beck and had crashed into a footbridge. He also reported a large log jam, again in Roe Beck, between High Bridge and the Ashes. The Clerk would write to the appropriate authorities.

The next meeting will be in Millhouse Village Hall on 13 August at 7.30pm. Parishioners welcome.

* * * * *
* **COFFEE EVENING** *
* at *
* **Roe Foot, Sowerby Row** *
* (the home of John and Connie Foster) *
* **Wednesday 5 August from 7.00pm** *
* Raffle, white elephant stall and cake stall *
* £2.00, (children free) to include coffee and biscuits *
* **Proceeds to Castle Sowerby Church** *
* * * * *

**HESKET NEWMARKET FREE CHURCH
HARVEST WEEKEND**

Saturday 12 September

BUFFET SUPPER

6.30pm

followed by harvest hymn singing and a presentation by Wayne Hutchinson about his work with the charity 'Send A Cow'.

Sunday 13 September

THANKSGIVING SERVICE

10.30am

Speaker: Rev Walter Wade
followed by tea and coffee.

A special collection will be taken at each service.

CALDBECK & DISTRICT GARDENING CLUB

Wednesday 16 September

7.30pm

Millhouse Village Hall

Speaker: Kevin Preston - Sweet Peas

All welcome

Guests £2.50



Mosedale Coffee Shop

In Mosedale Meeting House

Northern Fells Group

**The Coffee Shop is open during August and until 6 September
Thursdays to Sundays**

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

**Come and enjoy home-made soup, snacks,
cakes and biscuits.....**

**With a variety of locally-crafted items and paintings for view-
ing and sale....**

And Bric-a-Brac in the barn.....

**The Coffee Shop will be run by Northern Fells Group volun-
teers 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 North-
ern Fells Minibus (016974 78787). There is also the Stagecoach
Caldbeck Rambler (Keswick – Caldbeck circular service 73 /
73A).**



CALDBECK METHODIST CHAPEL

Sundays at 6.30pm

2 August	S Hurst
9 August	Miss L Henderson
16 August	Mrs E Haywood
23 August	Rev K Hurst
30 August	Rev B Tomkins

CASTLE SOWERBY FREE EVANGELICAL CHAPEL

Sunday School each Sunday	10.30am
Sunday evening Service	6.30pm

HESKET NEWMARKET FREE CHURCH

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

QUAKERS: MOSEDALE MEETING HOUSE

Commencing in 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</p> <p><i>Ease away aches, pains and stress and discover the ancient art of massage.</i></p> <p>HEAL THE BODY SOOTHE THE MIND STRENGTHEN THE SPIRIT tel: 016974 78443 Email: kzmorgan37@hotmail.com</p>	<p>WATERMILL CAFÉ LTD Priests Mill, Caldbeck, Wigton, Cumbria CA7 8DR 016974 78267</p> <p>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>TREE MAINTENANCE & FELLING</p> <p>Fully qualified. Ten - years' experience. Very competitive rates. <i>Call Alan or Justin</i> Tel: 016974 78178 Mobile: 07905 409851</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>VIOLIN TUITION</p> <p>Beginners of all ages to Grade 4 Music theory to Grade 5 Mrs Rosemary White B Ed Hons(Music) Greystoke Rectory, Greystoke, nr Penrith Tel: 017684 83293 Years of experience in school, private tuition at my home Individual lessons from £10.00</p>	<p>THE WOOL CLIP Priests Mill, Caldbeck A local co-operative selling high-quality woollen goods made by hand. Open: 11am-5pm Easter to Oct 31st 11am-4pm Mid-February to Easter, Nov and Dec, Jan 2nd - 5th Closed: 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</p> <p>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 AUGUST 2009

Sunday 2 August

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

8th Sunday after Trinity

no service
 Holy Communion
no service
 Morning Prayer

Sunday 9 August

Caldbeck 8.30am
 11.00am
Castle Sowerby 11.00am

9th Sunday after Trinity

Holy Communion
No service
 Holy Communion, Joint Benefice Service

(Preacher & Celebrant the Venerable Archdeacon Kevin Roberts)

Sebergham 11.00am *No service*

Sunday 16 August

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

10th Sunday after Trinity

Holy Communion
 Family Service
no service
no service

Sunday 23 August

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

11th Sunday after Trinity

Holy Communion
 Morning Prayer
no service
 Holy Communion

Sunday 30 August

Caldbeck 8.30am
Castle Sowerby 11.00am
Sebergham 11.00am

12th Sunday after Trinity

Holy Communion
no service
 Joint Benefice Service