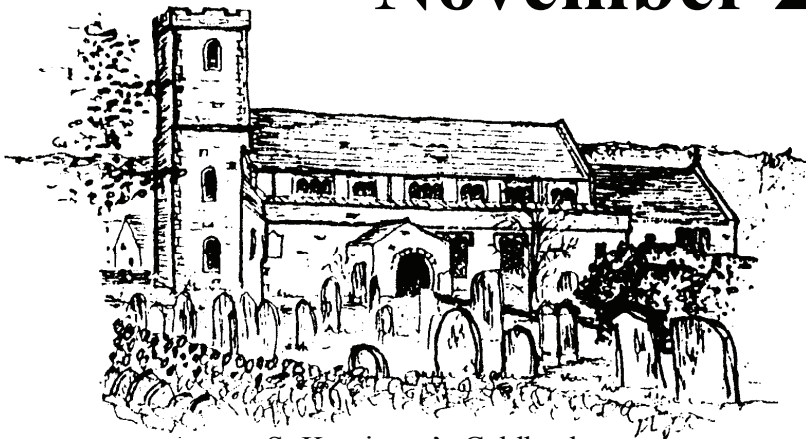


November 2009



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 H Holgate	016974 76478

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 November** for inclusion in December's magazine.

Subscriptions: Mrs Jean Holden, 1 Hodden Court, Caldbeck

A Reader Writes

It is a strange feeling writing weeks in advance of the magazine going out – it's as if the year is being speeded up. Advent – the start of the new year in church terms – will soon be upon us. It will be an exciting year for us with many challenges to rise to. The joint PCCs meet with the Archdeacon of Carlisle on 4 November to take forward the new ministry structure for our part of the Carlisle Deanery. It is likely that there will be a single Priest in Charge of Caldbeck, Castle Sowerby with Sebergham, Rosley, Welton and Westward, but with an additional 'House for Duty' priest resident in Caldbeck. Under the Deanery plan Caldbeck is recognised as the key strategic centre for ministry in our area. In practice the operation should hopefully be complete by mid- 2010 though some of the due processes may take longer (some parts of which require Royal Assent). In the meantime I am grateful to all who are working so hard at continuing with mission and ministry of our churches. I say definitely 'continuing' – we are into mission not maintenance! I am especially grateful to those clergy who have stepped into the breach to maintain our services. I am also grateful for the understanding of the Diocesan Board of Finance for the time my increased parish responsibilities take away from my actual day job. But the measure of our health is not simply in the services taken, funerals, weddings and baptisms, but in those other activities that make us a community. It is invidious sometimes to mention individuals but this month I want to say thank you once again to Margaret Brough and her team for our most delicious Harvest Lunch.

This is a time of remembrance for us all in three ways. First, as the church year draws to a close with the season of Advent (more perhaps next month) we look back on all that has happened and reflect personally if we have lived up to our own expectations. The second is that at this time of year we remember those of our families and friends who have died (All Saints Day is 1 November).

The third grows more poignant as each day passes. Carol and I were in Notre Dame recently and we came across a memorial to the one million soldiers of the British Empire who gave their lives in the Great War, "the greater part rest in France." Earlier this year I came across some war memorial plaques stored away in a church because the site owners had no further interest in them. We may not know personally the people who are being killed in current conflicts, but if we do not remember the suffering, we will do little through positive action to avoid its repeat or unnecessary prolonging. Worse, we render poor

comfort to those serving so bravely at this time and to their families.
1968 was the only year in the whole of the 20th century that no British
Serviceman was killed in military operations. How long before we
have another '1968'?

Warmest wishes

Geoffrey Hine

THE PARISH REGISTERS
Parish Register information will be in the
December Magazine

BIBLE READING NOTES

It is time once again to order our Bible notes for 2010.

The ones which some of us use are:

Every Day with Jesus - every two months

Daily Bread - every three months

New Daylight - quarterly.

Please let me know whether you would like to order these
or to cancel your present order.

Thank you. Audrey Ryan 78423

WIGTON HOSPITAL LEAGUE OF
FRIENDS
COFFEE MORNING
HOME BAKE STALL
Tuesday 24 November
9.15am - 11.30am
at
Wigton Methodist Church
LOCAL CHURCHES' CHRISTMAS APPEAL
FOR WIGTON HOSPITAL



MOTHERS' UNION

We recorded our very great sadness at the loss of Mary Carling who had died since we last met. A long-standing member of the Mothers' Union, she had enriched us with her vivacious personality, always cheerful, and, even in the face of serious illness, unquenchably optimistic. She is sorely missed.

Our September meeting was performed one of 'DIY', owing to the non-appearance of our expected speaker. Ann Wade made this an opportunity for us to consider and to discuss areas of the Mothers' Union less familiar to us in our local branch.

The short initial service included a Bible reading on the theme 'Be not anxious for the morrow', and Ann asked us to think first what *we* worried about. Perhaps it was inevitable, in view of our considerable ages, that many of us replied 'our grandchildren'. We talked about the difficulties they face as they grow up into this secular world with its fears of terrorism and nuclear arms, and where employment and affordable housing are so scarce. We talked about our own difficulties in holding fast to our faith and trust that 'all would be well', and re-affirmed that the support of the family was the greatest blessing.

From this, Ann moved us on to consider the anxieties of people in very different circumstances. She used the example of Beatrice, in Uganda, like us a grandmother worried for her grandchildren, but in great poverty. She cares for 13 of them, all orphaned by AIDS, and was unable to grow sufficient food. The Mothers' Union came to her support through the 'Send a Cow' scheme, which meant she had food and fertiliser and, with training, helped her to develop a sustainable crop: one example of the work of the Mothers' Union's agricultural advisors.

We learned, too, of the support given to families through parenting classes, often helping fathers to a greater understanding of their role and reversing

Ladies' Bright Hour
Tuesday 3 November
Marjorie Mallinson
Caldbeck Methodist chapel

MOTHERS' UNION
Tuesday 17 November
2.00pm
Caldbeck Methodist Chapel
Speaker: Mrs Kath Queen
Cumbria's 'Woman of the Year'



the traditional practice of beating children into submission or, alternatively, walking away from the family.

We learned about the teams of 'home carers' visiting where there is abuse, about the speedy supply of equipment to victims of the tsunami and about the provision of refuges for women subjected to domestic violence. Much of this enormous range of services carried out by 3.6 million members of the Mothers' Union all over the world is financed from our Headquarters, Mary Sumner House, and this faces us with a challenge: how much do we contribute to the Overseas Fund?

We may not have had a speaker, but we certainly had food for thought!

THANK YOU

I would like to say a big 'thank you' to all the very kind people who helped me when I had an accident in Caldbeck in August. I am told I stopped the traffic - so apologies to the car drivers, who were very patient - but I am recovering well now.
Margery Coombs, Heskett Newmarket.

HESKET NEWMARKET PLAY AREA AGM
Thursday 19 November at 7.30pm at Denton House
(courtesy of Alan & Sue Armstrong)
All are welcome

what's on for young people

 **DROP IN**
Ages 10+
Gaitsgill Village Hall
7.30-9.30pm
Saturday 28 November
Games Night

DISCOVERY CLUB

Tuesday 10 November
3.15—5.00pm
Caldbeck Parish Hall
For all primary school children (children are escorted across to the hall from school)
Tel: Helen Stobart 78669

**Junior Church
At
Hesket Newmarket
Free Church**

A welcome is extended to anyone who would like to send their children to Junior Church which runs every Sunday 10.30-11.45am. The children join in the main service for a short while before leaving to go to their classes. They are split into two groups, juniors and seniors, with two teachers in each group.
Tel: Helen 78669

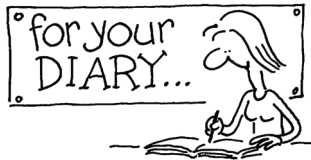
Reverb
Youth Music Group (8-18)
Tuesday evenings
6.30 - 8.30pm
Caldbeck Parish Hall
£2 a session
*Open to all,
of any level of ability*

Caldbeck Toddler Group
has temporarily moved from Fell-view School Hall to Hesket Newmarket Free Church Rooms
FRIDAY ONLY
9.30am-11.30am
Tel: Helen Stobart 016974 78669
for further information

CLUB X
After-school club for juniors
Tuesday 3 November
Tuesday 17 November
Tuesday 24 November
3.20pm to 5.00pm
Caldbeck Parish Hall

BEAVERS
(boys & girls 6-8 years)
Thursdays
(during term time)
5.00pm-6.00pm
Caldbeck Parish Hall
Contacts:
Liam Benson 07787175564
Jan Cooper 016973 44971

CUBS
(boys & girls 8-11 years)
Thursday evenings
6.00pm-7.30pm
Caldbeck Parish Hall
(During term time)
Contacts:
Liam Benson 07787175564
Jan Cooper 016973 44971



The Caldbeck Art Group Annual Exhibition
 at
 The Watermill Café, Priests Mill
 until Sunday 1 November
 Café open every day 9am-5pm

CALDBECK WI
 Wednesday 4 November
 Caldbeck Parish Hall
 at 7.30pm
Speaker: Dianne Stewart
'Cumbrian Myths
& Legends'
 Competition: a teddy bear

**CALDBECK & DISTRICT
 LOCAL HISTORY SOCIETY**

is delighted to welcome
Sheena Gemmell
 who will speak on
'Celtic Saints'

Wednesday 18 November at
 7.30pm
 Caldbeck Parish Hall

Tickets: Members £2
 Visitors £3
 Refreshments included

Everybody welcome!

THURSDAY CLUB
 Open meeting
 Thursday 12 November
 2.00pm,
 Oak Room, Caldbeck Parish Hall
Speaker: Norman Godfrey
'Walking in the Alps - Tour of Mont
Blanc'
 Everyone is invited

CALDBECK & DISTRICT GARDENING CLUB
 Wednesday 11 November at Millhouse Village Hall at 7.30pm
 'Poppies'
 Speaker: Mr Kevin Pratt

MEALS ON WHEELS - VOLUNTEERS' LUNCH

Don't forget the annual get-together - a soup and sandwich lunch at Denton House, Heskett Newmarket, Thursday 12 November 12.00-2.00pm. Please let me know if you would like to come.

Sally Vaux 78626.



THE FAIR WORLD SHOP

The Fair World Shop is having new deliveries of stock for Christmas shopping: crafts from India, Africa and Bangladesh; Christmas cards and gift wrap; delicious foods and chocolate, coffees and teas, and unusual jams from African village women. Please come and buy your presents and help these hardworking craftspeople to make an independent living for themselves.

We have had good support this year but could always do with more. If everyone bought just one item between now and Christmas it would help enormously. All the shop staff have been working hard unpacking and displaying the crafts and hoping for good business! Thank you especially for those giving their time and energy.

The Christmas card donation list is on the shop counter.

Shop opening hours in November and December are 1.00pm-4.00pm each weekday, Saturday and Sunday afternoons 2.00pm-4.00pm, whenever possible.

EMERGENCY EDITORS!

In order to ensure your Parish Magazine is ready for printing each month, would anyone be prepared to be part of an 'Emergency Editors' Bank'? You may never be asked to do anything, it is in case of an emergency! Publisher is used to type-set the magazine. Please contact Roberta Bowen on 78100.

FRIENDS OF FELLVIEW SCHOOL

Once again we are going to hold a collection for the **Air Ambulance**. Please save all your unwanted clothes, towels, sheets, curtains, printer cartridges and mobile phones and bring them into school for collection on **Monday 9 November**. If you need them collected from home please call Helen on 78125.

CALDBECK & DISTRICT LOCAL HISTORY SOCIETY, SEPTEMBER MEETING

Forty years ago, when he gave his first talk on the Romans in this area, David Shotter, Professor Emeritus of Lancaster University, told us the problem was to fill an hour. Today the difficulty was to decide what to leave out of his talk on 'New Perspectives on the Roman Conquest and Occupation of the North-West'.

After WW2, the received idea about the Roman invasion was that ranks of Britons massed along the White Cliffs to resist. This is no longer considered the case.

Recent excavations have dated Roman artefacts and coins to a century before the 'invasion'. Trading with the Mediterranean was the way to develop social and economic prosperity, in the Wirral, for example. Warriors like Caractacus, indulging in guerrilla warfare, were a minority. Hill forts, rather than being points of resistance against Rome, were gathering places for all sorts of religious, social and mercantile purposes. From about 800 BC woodland was being cleared and the land settled. In an agricultural society the Romans brought law and order.

Here in the North, Cartemandua ruled in the east and she married Menutius, lord of the west. They co-existed with the forces of Rome further south. When Roman troops came into the area from AD 50 they would be on a search and destroy mission to root out gangs of trouble-makers. No forts date from this time, only 'campaign maps', a rectangular bank where the soldiers dug a ditch and a barricade within which they pitched their tents. Examples are on Shap Fell and at Malham. In the 50s and 60s Rome had a financial crisis and Claudius allowed the provinces to copy coinage. These 'local' coins have been found with Roman ones, on the coast and along river banks (most transport was by water). Tacitus, Agrippa's son-in-law, tells of combined land-sea operations.

Vespasian won the civil war following Nero's death and formed Britain into two Roman Provinces, one based on Cirencester and the other on Chester. Brougham was in a commanding position for east-west and north-south routes. The excavations over the last 30 years in Carlisle have added a great deal of information, showing a mending of the road and one plank dating from a tree felled in AD72.

The buildings at Corbridge, Vindolanda and Carlisle were supply bases not frontier posts. After Vespasian's death, unrest in mainland Europe caused some troops to be withdrawn from Britain. The line of the Forth - Tay rivers protected the coastal ports for the trade of food; it seems that much was locally produced. Westward, the Wall was extended from Carlisle. At Burgh by Sands the fort was built on the site of a circular watch tower. The fort at Amleside

has large granaries, possibly to supply Hardknott. The Roman camp at the port of Ravenglass has been eroded by the sea, bisected by the railway line and the rest afforested. Old Carlisle had a civil settlement on its southern slope and aqueducts have been found on an 'industrial estate' of many trades bringing prosperity to the area.

Hadrian decided to consolidate the northern boundary. After the war was won the army was told to build a Wall. The western third was a turf wall with stone forts. Four years later Hadrian ordered the rest to be built of stone.

Kathleen Ashbridge expressed the thanks of the large meeting to Professor Shotter.

THURSDAY CLUB

On Thursday 8 October the Thursday Club enjoyed an outing for lunch. We left Caldbeck at 11.00am, travelling in one of Mr Tyson's buses via Higham Hall and Cockermouth to the Melbreak Hotel where we had a delicious lunch.

After lunch we left the hotel for a tour around the Lorton Valley. The weather was beautiful and we travelled on narrow roads through small hamlets and villages, such as Braithwaite, Dean, Thornthwaite and Lorton. It was a lovely journey with wonderful scenery.

Mr W Tyson can always find a picturesque route!

This club for the over 60s meets on the second Thursday of the month at 2.00pm in the Oak Room of Caldbeck Parish Hall for a small annual sub of £3.

Thursday 12 November is to be an open meeting when anyone is invited to come as a guest to sample what is going on. Norman Godfrey will talk about 'Walking in the Alps - Tour of Mont Blanc'.



CHILDREN IN NEED

Reverb are organising a concert on
Friday 13 November, 7.00pm-11.00pm
Caldbeck Parish Hall.

All music by young people including local bands and the Nelson Thomlinson School samba band.

Tickets: adults £4, concessions £2, family ticket £10.
Raffle and refreshments.



CALDBECK AREA FILM SOCIETY



The film on Saturday 14 November is 'I've loved you so long'. It is preceded by a French-themed supper, scheduled for 6.30pm in Caldbeck Parish Hall, with the film starting at approximately 7.30pm. On the menu is Beef Bourguignonne, dauphinois potatoes and petit pois, followed by French apple flan and cream. There is a vegetarian main course alternative. Coffee is included, but wine is extra. The supper ticket will cost approximately £10 - watch out for the posters for a confirmed price. Tickets can be reserved by ringing Sally Vaux on 016974 78626, or bought from Caldbeck or Heskett Newmarket Stores in the week before the film.

So what about this excellent French film starring Kristin Scott-Thomas? It was released in 2008, has a Certificate 12A, has English subtitles and lasts for 115 minutes. It is an emotional, adult drama, both written and directed by Philippe Claudel. Juliet (Kristin Scott-Thomas) is a forty-something woman who has been separated from her family for 15 years. We first see her being picked up by her younger sister, Lea, from an airport.

Juliet's withdrawn silences are eloquently acted by Scott-Thomas and her long absence is a dark secret that has cast a shadow over the family. She only speaks in a matter-of-fact way about her history to her welfare officer and to the policeman that she reports to weekly. Eventually, she goes for job interviews, when she somewhat defiantly reveals the reason for her absence.

The sisters' parents have sworn the family to secrecy to maintain their respectability and Juliet is upset by Lea's selective amnesia about their past. Juliet is gradually accepted by Lea's husband and children and the local community - she even has some interesting dates with men. There is, of course, a final shocking revelation which makes us reconsider Juliet and all that has gone before. This is a well-acted drama by an ensemble cast which will provoke much thought and discussion.

November films at Keswick Film Society on Sundays at 5.00pm: Sunday 1 November 'Katyn Sun'; Sunday 8 November 'The Grocer's Son'; 14-15 November, Ken Russell weekend - details from www.keswickfilmclub.org; Sunday 22 November '35 Shots of Rum'; Sunday 29 November 'Broken Embraces'.

CALDBECK WI, 7 OCTOBER 2009

Everyone was welcomed by the president, Mrs P. Shaw. She told us that we had been let down by our speaker for the evening who had omitted to put the booking in his diary and so we were left to entertain ourselves.

We proceeded to the business of the evening. Mrs P Richardson read the minutes of the September meeting and all approved the record. Mrs Shaw read the County News, highlighting interesting events. Mrs Todhunter's attendance at the National Conference in London was reported as was the attendance of Mrs Archer at the Autumn Council meeting. Both had agreed to be our delegates at the meetings and had enjoyed the experience.

Tea and biscuits was enhanced by the addition of a delicious lemon drizzle cake made by Mrs J Johnston. It was appreciated by all as we strived to complete the picture quiz that Mrs Shaw had devised for us.

Mrs Woolfenden had brought a harp which she had on loan. She talked about the construction of the instrument and how it was played, and gave a short demonstration. Her opportunity to have a try at learning to play the harp came from a workshop organised by W.I. House which led on to hiring a harp from an organisation called Harps Northwest. She invited members to 'have a go' for themselves. Mrs Shaw thanked Mrs Woolfenden.

The competition for a berried twig was won by Mrs. I. Coulthard with Mrs. P. Woolfenden second.

The speaker for November will be Dianne Stewart on Cumbrian Myths and Legends. The competition is for a teddy bear.



CHARITY PUB QUIZ DATES
Monday 9 November, Monday 7 December
If anyone has a favourite charity, let us know
Oddfellows Arms, Caldbeck



MORE SUCCESS FOR FAIRTRADE

On 10 October the Guardian carried a 16-page Fairtrade Supplement, including a full page on Fairtrade in Keswick. The support people in Caldbeck and Heskett Newmarket have given to Fairtrade by buying Fairtrade products, running the Fair World Shop, supporting the Old Smithy and Priest's Mill, and the various Fairtrade events, are having an effect! It has attracted recognition in being awarded Fairtrade Status and has contributed, with grassroots actions elsewhere, to Fairtrade becoming a mainstream shopping phenomenon. In this, Cumbria has been a leading county.

The range of Fairtrade products is now huge and increasing all the time, together with the volume of trade, and this is reflected in better standards of living for the producers. However, there are still many poor farmers yet to reach.

There are now 448 Fairtrade towns in the UK - 18 in Cumbria, so we in Caldbeck and Heskett Newmarket are in good company and helping to lead the way. Please keep up the good habits and continue to buy Fairtrade products.



NEW YEAR'S EVE
FAMILY DISCO
 Thursday 31 December
 Caldbeck Parish Hall
 £3.50 per adult, under 18s go free.
 Games for children, with prizes.
 Bacon and sausage butties.



NORTHERN FELLS GROUP MINIBUS SERVICE AND CHRISTMAS CELEBRATIONS

Don't forget that we can take groups of up to 8 people to evening functions

To enquire or book **please** ring 016974 78787

NOTES FROM CALDBECK PARISH COUNCIL MEETING OF 28 SEPTEMBER 2009

1. Police Report. PCSO Lyndsey Tuck gave a report based on the Crime Mapper statistics. It was noted that, unfortunately, these relate to the whole of Warnell Ward and the Council asked for a direct report re Caldbeck Parish next time. PCSO Tuck said she would try to provide this. In recent months there had been one burnt out vehicle, one incident of stolen items from a car, and four antisocial behaviour incidents which were related to mental health problems. Poachers/Lampers had been reported as suspicious incidents.

2. Red Squirrels. Rosemary Bailey had sent a report about red squirrels, a number of whom were sighted in Caldbeck village over the summer. However there had been a number of sightings of grey squirrels in Parsons Park and these were being trapped and culled by Bernard Parker who is trained for the work.

3. Sheep in Caldbeck Village. William Cowx reported on the recent Commoners meeting where a suggestion had been discussed for removing the cattlegrids at Blue Gate and Doctor's Brow and replacing them with one cattlegrid just beyond the tarmac parking area before the Waverhead lonning on the top road, and another near the bottom of the Knocker lane with fencing along the road edge. He emphasised that this had only been discussed and not voted on.

The Clerk had drafted a questionnaire for residents regarding sheep roaming in Caldbeck village, with accompanying information about common rights and the law. The Council considered the draft and, following discussion, amended it. It was **resolved** that the amended questionnaire and accompanying information would be distributed by the Clerk and Councillors to every household in the parish with one vote per household. Votes would be returned by the 30th October and counted by the Chairman and two Councillors on the 2nd November before the Parish Council meeting.

4. Hesket Newmarket Green Edges and obstructions on verges. The meeting on October 8th at 10am first in Hesket Newmarket and then Caldbeck, with Peter Marr from Capita and Graham Standring from the LDNPA, to try and solve the problems of vehicular damage to Green edges and verges, was confirmed.

5. Highways 1. The Council will also query the progress towards the closing of the Hesket minor road (by the play area) to through traffic, and the progress towards closure of Watery Lonning in Caldbeck to through traffic.

6. Highways 2. The Clerk was directed to report the following to Highways: the verge on Howbeck Bridge needs cutting back so that people can walk along the verge; the road edge appears to be collapsed at a point between Hudscapes and Street Head on The Street; the grille outside Berkely House at Hesket Newmarket is blocked so that water from Wood Hall lane is unable to drain down it and instead flows down past Beech Cottages. The Clerk was directed to write to Cumbria County Council to thank the Council for painting the five traditional signposts in the parish.

7. Annual Audit. An unqualified audit opinion had been received for the 2008/09 accounts. It was **resolved**, proposed by Audrey Noble, seconded by William Cowx, to approve and accept the Annual Return. It was **agreed** that completion notices should be advertised on the notice boards and a copy should be displayed in the Post Offices in Caldbeck and Hesket Newmarket. Other matters, not affecting the Auditors' opinion, drawn to the attention of the Council by the Auditors, are the level of the Fidelity Guarantee and the incorrect use of S137 power in relation to the website – S142 could have been used.

Antoinette Ward, Clerk to Caldbeck Parish Council

Mardale, Upton, Caldbeck, Wigton, CA7 8EU

Telephone: 016974 78220

Email: aw.caldbeck@googlemail.com

Change of address:

**Caldbeck Parish Clerk
Antoinette Ward**

New address: Mardale, Upton, Caldbeck, Wigton, CA7 8EU

Same telephone: 016974 78220

Same email: aw.caldbeck@googlemail.com



CAROL SINGING

Just an early reminder about carol singing which will take place on Monday 21 December. Further details next month. Put the date in your diary and start practising your singing in the bath!

FELLVIEW SCHOOL NEWS SEPTEMBER 2009

The school calendar is as busy as ever. The term started with a trip by all Year 3-6 pupils to Stoneraise School to attend a performance of 'Charlotte's Web'. Years 5 and 6 also saw a production of 'Macbeth' at the Sands Centre. It was made all the more interesting by the fact that Toby Collard, a Year 5 pupil, had landed a part in the cast. We felt very proud to be there, cheering him on.

Years 3 and 4 visited the Roman Wall and Museums as part of their History topic and Reception/Year 1 and Year 2 walked down to the church, with Kathleen Ashbridge telling them about some of its history.

There have been various sporting activities; a football after-school club for Years 1-3, rugby training and a hockey tournament for Years 3 and 4 and Year 1 attending a gymnastic session at Nelson Tomlinson.

Year 5 and 6 pupils have received Peer Mentoring training funded by Extended Schools Service. It is designed to help pupils use their skills to tackle problems and issues which they, or other pupils, may be experiencing.

The wall-hanging is back in school. Visitors are welcome to come into school to view it. Sadly, with Heskett Show being cancelled it was not on display there.



The Oak Room, Caldbeck Parish Hall.

You may have noticed that the Oak Room in the Parish Hall is looking very smart since its redecoration by a group of young people from Caldew School.

Thank you to Abi Strong, Alex Hendley, Catherine Stobart, Edward Pattinson, Kieran Macfadzean, Liam Robinson, Olivia Kitchen, Phoebe Harding, Ruth Hird, Sarah Atkinson and Shane Ostle who spent their Volunteering Day towards the end of the summer term painting the Oak Room. They were supervised and helped by tutors Steve Atkinson and Clive Richardson and did an excellent job.

ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	Welcomers' Rota 8.30am	Sanctuary Duty (8.30am unless specified)	Sidespersons' Rota 11.00am
Nov 1	<i>no service</i>	(11am) Margaret Tinniswood	Ron & Kathleen Davie
8	Kathleen Davie	Liz Boydell Diana Greenwood	Christine Pearson
15	Ron Davie	Liz Boydell Jean Holden	Marjorie Atkinson
22	John Price	Jean Holden Joan Todhunter	David Smith
29	Ann Wade	Liz Boydell Diana Greenwood	Eileen Patterson
Dec 6	<i>no service</i>	(11am) Margaret Tinniswood	Malcolm & Eleanor Thyne
13	Jean Holden	Liz Boydell Diana Greenwood	Richard or Margaret Brough
20	Diana Greenwood	Liz Boydell Jean Holden	Peter Sageman

Ecumenical Bible Study

Caldbeck Methodist Chapel
at 2.00pm

Tuesday 10 November
Tuesday 24 November

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

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.
- 6th History Society Business Meeting, Elm Lodge, HNM, 7.30pm.
- 10th Sebergham WI, L English, *Home Fire Safety*, Old School, 7.30pm.
- 11th Gardening Club, Kevin Pratt *'Poppies'*, Millhouse Vill Hall, 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.
- 17th Mothers' Union, Mrs Kath Queen, Caldbeck Chapel, 2.00pm.
- 18th History Society, Sheena Gemmell *'Celtic Saints'*, Caldbeck Par Hall
7.30pm.
- 26th Heartstart, Millhouse Village Hall 7.30pm.

December

- 1st Ladies' Bright Hour, Caldbeck Methodist Chapel – 2.00pm.
- 2nd Caldbeck WI, AGM, Parish Hall, 7.30pm.
- 8th Sebergham WI, Annual Meeting., Old School, 7.30pm.
- 10th Thursday Club, Christmas Lunch.
- 10th Gardening Club, Christmas Meal, Denton House.
- 12th Over 65's Party, Parish Hall, 12.30 4pm.
- 14th Caldbeck Parish Council, Caldbeck Parish Hall, 7.30pm.
- 14th Castle Sowerby Church, Decorating for Christmas, 1.00pm.
- 15th Mothers' Union Christmas Lunch.
- 18th Castle Sowerby Church Annual Carol Service, 7.30pm.

January 2010

- 8th CAFS, *Goodbye to Lenin*, 7.30pm, Caldbeck Parish Hall.
- 13th Gardening Club, Con Maguire *'Winter Colour & Interest'*, Millhouse Vill Hall, 7.30pm.

February

- 10th Gardening Club AGM, 7.15pm. Adam Beeston *'Members' Gardens'*, Millhouse Vill Hall.
- 13th CAFS, *Casablanca*, 6.30pm, Caldbeck Parish Hall.
- 27th Auction of Goods and Promises, in aid of a replacement Northern Fells Minibus.

March

- 10th Gardening Club, Bob & Val Smith *'Heucheras - a Feast of Foliage'*,

CALDBECK SURGERY

www.caldbecksurgery.co.uk

Staff Training Afternoons

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

Thursday 19th November

No closure in December

Wednesday 13 January

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 by Avril Hemsley-Rose

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

- Contact the Swine Flu information line on 08001 513513 or
- 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.

Early bird and twilight surgeries

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

CHARITY CRICKET & FAMILY FUN DAY

The day started at 10am with 1000 ducks being launched over the Brewery Bridge. There was then a mad dash down towards Priests Mill to watch the ducks coming in - thanks to the young ladies who kept them flowing and freeing any duck that got stuck.

The first duck to be 'netted' was bought by Mrs Wendy Stephenson who won a 32" colour television donated partly by Tysons, Carlisle and upgraded by Mike & Lynn Steadman. A big thank you to them for their generosity.

All ducks were caught and the next 24 ducks were prize winners. Thanks to all the 'lads' who stood in the water at the finish to do the catching (some of these ended up wetter than the ducks!!)

We then proceeded to the Cricket Club to get the matches underway and to enjoy the bacon butties provided by Mandy & Louise - a big thank you to them.

The matches were played over the rest of the day and some good cricket was played by all. The winners of the Dawn Jackson Trophy were the Bargee's team, once again - well done!

We had a bouncy castle, bungee run & gladiator duel running, and this was enjoyed by all ages. Afternoon teas were served with all homemade goodies. Thank you to all who sent cake, scones etc. and also to Sandra, Mary, Madge, Tracey and everyone who helped me with this and serving of suppers.

We would also like to say a big thank you to all local businesses who kindly donated prizes for the duck race and raffle. It was overwhelming. Also thanks to everyone who gave donations.

A big thank you goes to Jamie & Taz for organising the matches and for their continued support. Thanks to Jayne for keeping the scores, writing to people and collecting prizes.

Thanks to Gordon & Julie Tickle and Susan Pattinson for supplying the curries for the supper; they were delicious and soon sold out. And thanks to the 'Pattinson gang' on the BBQ.

Finally, a great big thank you to you all for your continued support and generosity. The final total raised after all costs paid out was £2500 which is to

be shared between the Cricket Club, to purchase new equipment etc, and the Dawn Jackson Memorial Fund.

Dawn's family have decided to give a donation of £200 to the Eden Valley Hospice, Carlisle, to help with their valuable work.

Thank you all once again, see you next year!!

Grace T.

FISH AND CHIP NIGHT

On behalf of the residents of the lower end of the village I would like to thank those of you who supported the recent 'Fish & Chip and Fun Quiz Night'.

Over 80 people enjoyed their chips. While the younger generation spent their evening playing in the cricket field and listening to the music from Dr Jim's marquee, the others took part in a fun quiz. The winning team was captained by Malcolm Grainger.

Thanks also to all the local businesses who donated prizes for the quiz winners and the raffle.

We raised a staggering £350, which will be used to purchase Christmas lights to put up in the cherry tree at the top of Priests Mill Lane.

Marjorie Watson

Sebergham Weather Recordings

Rainfall

September 2009	49.30 mm	(1.94 ins)
Aggregate for year	640.25 mm	(25.16 ins)
September 2008:	117.40 mm	(4.62 ins)
Aggregate for year:	842.50 mm	(33.16 ins)



The year continues to be dry and we have to go back to 1996 when we had a similar rainfall for September. Our ten year average for September is 876.80 mm (3.45 ins). We had 22 consecutive days between 9 and 30 September of no rainfall.

Temperature September 2009:

The average maximum day temperature 60.47°F (15.81°C)
 The average minimum night temperature 51.50°F (10.84°C)



The warmest day was Tuesday 8 September at 65°F (18.34°C)
 The coolest night was Thursday 17 September at 42°F (5.56°C)

September this year was 2°F warmer than 2007 and 2008, but 2°F cooler than 2005 and 2006, by day and night.

R de Robeck

ST MARY'S CHURCH, SEBERGHAM FLOWERS & CLEANING ROTA



DATE	NAME
November 1	Mrs Holliday
8, 15	Mrs Hollins- Gibson
22, 29	Mrs Horn
December 6, 13	Mrs Luck

SEBERGHAM SUNDAY SERVICES
LESSON READING ROTA

DATE	SERVICE	READINGS	READER
Novem-ber 1	Morning Prayer	Wisdom of Solomon 3 vv 1-9 John 11 vv 32-44	Richard de Robeck Jenny de Robeck
8	Morning Prayer	Jonah 3 vv 1-5 & 10 Mark 1 vv 14-20	Peter Weston Elizabeth Luck
15	<i>no service</i>		
22	Holy Com-munion	Daniel 7 vv 9-10 & 13-14 Revelation 1 vv 4b-8 John 18 vv 33-37	Poppy Hollins-Gibson Stephen Hollins-Gibson Preacher
29	Evensong		

SEBERGHAM CHURCH - CASH IN THE ATTIC

Cupboards, drawers and shelves must be more spacious as a result of all the items which were donated to a ‘Cash in the Attic’ event held in aid of St Mary’s Church.

Articles ranging from stone troughs to delicate items of jewellery, china and pieces of furniture had been kindly donated and, with the help of auctioneer, Howard Taylor, the evening was a great success. Church Warden, Margaret Mattinson, thanked Mary Brough and Tracey Wetherell and their families for organising the evening, all who had so kindly offered items for sale, all who supported the evening and purchased goods and, particularly, Mr Taylor, for his tremendous support and expertise.

One or two remaining items are going to the saleroom but, to date, approximately £1,350 has been raised. Well done Mary and Tracey!



SEBERGHAM OCTOBER DANCE

Sebergham Village Hall was full on Saturday night, 3 October for the October Dance. John Foster welcomed everyone, including four dancing friends from Garstang who had made the journey up north for this occasion. Music was provided by Roe Valley. During the interval, refreshments were served, and John and Jean Salisbury took charge of the raffle. Prize winners were: John Salisbury, Ellen Hetherington, Frances Thompson, Mary Watson, Hazel Studholme, Doreen Ward, Maureen Hodgson, John Gilbert, Cynthia Gilbert, Margaret Mattinson, Colin Carruthers, Dorothy Carruthers, Jean Sealby, Anne Ivinson, Ray Hodgson, Andrew Bainbridge (Garstang), Doreen Wilson (Garstang), Mary Johnston, Joyce Tuer, Gordon Tuer, Billy Armstrong, Denise Twentyman, Evelyn Fawkes, Marjorie Titterington and Shirley Mandale.

Proceeds were for the Hall Funds.

John thanked all those who helped and donated raffle prizes.

The dancing classes will start on Wednesday 14 October in the Village Hall. If you would like more information please call 016974 76452. Open to anyone!

C U ♥ B R I A
Community
First Responders

In Association with Cumbria Ambulance Service NHS Trust

Reg charity no 110 8013

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.

WELTON CHURCH DANCE

On 18 September the Village Hall at Welton was full for the Annual Church Supper Dance.

The Rector, Rev Norman Robinson, welcomed everyone and said Grace. This was followed by a lovely meal that included ham, beef and a big variety of salads and sweets. All the food was prepared by members of the Parish Church Council and friends, helpers being Anne Ivinson, Evelyn Fawkes, Harry and Mary Holliday, Pamela Mitchell, Julie Carruthers, Allison Henderson and Liz Caldwell.

Music was provided by Roe Valley with John and Jean Salisbury taking charge of the raffle; prize winners being: Mary Holliday, Irene Bell, Bill Cameron, Norman Bird, Jackie Atkinson (Rosley), Joan Scott, Jim Sealby, Mary Johnston, Margaret Hodgson, Ian Aitkin, Freda Hyslop, Ernie Hodgson, Mary Watson, Margaret Woodhouse, Joan Aitkin, George Scott (Durdar), Dorothy Carruthers, Norman Robinson, Norma Atkinson, Harry Holliday, George Scott (Carlisle), Jean Sealby, Ray Hodgson, Margaret Irving, Marjorie Titterington, Molly Dickinson, Ivy Patrickson, Maurice Patrickson, Annie McKie, Joyce Pollock, Robert Jackson (Rosley), and Sheila Relph.

Birthday wishes were sung to Margaret Irving, Jean Sealby, Norman Bird and George Scott (Carlisle).

The amount raised was approximately £551.



**CALDBECK & DISTRICT CALENDAR 2010
OUT NOW!**

**Sales from the usual outlets including:
Hesket Newmarket Shop and The Old Crown.
Also, if in doubt, contact Bob at Midtown House.
Proceeds this year (after costs) in aid of
Eden Valley Hospice.**

**ST KENTIGERN'S CHURCH,
CASTLE SOWERBY**

'Nosh and Natter Night'

Saturday 14 November at 7.30pm

The Mill, Millhouse

Tickets: £6.00 to include a Pie and Pea Supper
Available from Jean Mallaband or PCC members

CHRISTMAS CRATCHITS

100 years on, the Cratchit family are called back to
Scrooge's house on Christmas Eve.

Come and find out what Scrooge did with his vast fortune.

Songs, sketches, laughter.

Mungrisdale Village Hall 28 November at 7.30pm

Tickets: £5, but some free tickets to under 25s!

For tickets telephone: 01768 79397

Highlights Rural Touring Scheme & Arts Council England

CALDBECK METHODIST CHAPEL

Sundays at 2.30pm

1 November	Miss E Jagger
8 November	Miss D Chalk
15 November	Rev K Hurst
22 November	Mr R Pattinson
29 November	Mr D Ward

CASTLE SOWERBY FREE EVANGELICAL CHAPEL

Sunday School each Sunday	10.30am
Sunday evening Service	6.30pm

HESKET NEWMARKET FREE CHURCH

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

QUAKERS: MOSEDALE MEETING HOUSE

Commencing in November, and for the winter months until the end of March, Meeting for worship will be held on the second and fourth Sunday of each month at 10.30am.

Everyone is heartily 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>
<p align="center">S & C ASBRIDGE LTD Building & Roofing Contractor Lyndene, Sowerby Row Carlisle, Cumbria CA4 0QH Tel: 016974 76384 Mobile: 07831 485 520</p>	<p align="center">DAVID BOWEN Cane & Rush Reseating ❖ Quality Materials ❖ Collection & delivery Located behind the village pond at Caldbeck tel: 016974 78100 E-mail: drbowen@btinternet.com</p>
<p align="center">BED AND BREAKFAST ACCOMMODATION BROWNRIGG FARM Fairtrade and local produce Contact: Sally Vaux—016974 78626 sallyvaux@aol.com www.caldbeckvillage.co.uk</p>	<p align="center">CALDEW KITCHENS LTD Traditional handmade KITCHENS & FURNITURE Workshop & showroom Avondale, Hesket Newmarket, CA7 8HR Tel/Fax: 016974 78385 Mobile: 078315 72301 Web: www.caldewkitchens.co.uk Email: office@caldewkitchens.co.uk</p>
<p>THE BAROMETER WORKSHOP If you have an antique barometer or clock in need of repair/restoration then come to the specialists. • Free detailed written estimates. • High quality work fully guaranteed. • Collection/delivery service. • Open by appointment Antique barometers, scientific instruments & clocks repaired, restored, bought and sold Tel & Fax: 016974 76823 Email: info@barometerworkshop.co.uk</p>	<p align="center">CARROCK DESIGN & BUILD Full Design, Planning Permission; Building Regulations AND on-site build from one local company. Come and talk to us about your project— large or small with no obligation WWW.CARROCKDB.CO.UK E-mail: INFO@CARROCKDB.CO.UK TEL: Malcolm Iredale on 017684 88859</p>
<p align="center">BARTON SERVICES Property Maintenance No job too large or small - Also motor body repairs undertaken - modern and classics. Tel: 016973 71672; Mob: 07733107177 Email: Kevin@kbarnton3.orangehome.co.uk</p>	<p align="center">CARROCK ARCHITECTS Chartered Architects Member of Royal Institute of British Architects Member of the Guild of Master Craftsmen For all your building design needs; plans and building regulations. WWW.CARROCK.CO.UK E-mail: INFO@CARROCK.CO.UK Tel: Malcolm Iredale on 017684 84484</p>

<p align="center">CARROCK COTTAGES FIVE STAR LUXURY</p> <p>Self catering cottages on the fringe of the Lake District National Park. 10% discount to bookings from local or family/friends</p> <p>WWW.CARROCKCOTTAGES.CO.UK INFO@CARROCKCOTTAGES.CO.UK Tel: Gill Iredale on 017684 84111</p>	<p align="center">FIONA COX</p> <p>I buy and sell vintage clothes, accessories, textiles, linen and lace</p> <p align="center">016974 78302 fiona.cox@btconnect.com</p>
<p align="center">CARROCK PHYSIOTHERAPY</p> <p>Backs/necks - sprains & strains - pain - neurological complaints - stroke - MS - mobility problems - acupuncture. Home visits available.</p> <p>Patrick Keane & Sarah Morley Chartered Physiotherapists, BSc (Hons) Tel: 016974 78612</p>	<p align="center">DENTON HOUSE GUESTHOUSE & RESTAURANT</p> <p>Outside Catering for all occasions. Sunday Lunches Homemade Cakes to order</p> <p align="center">Tel: 016974 78415 dentonhnm@aol.com www.dentonhouseguesthouse.co.uk</p>
<p align="center">CHIMNEY SWEEP Tim Shepherd</p> <ul style="list-style-type: none"> ~ Open fires ~ Aga & ranges ~ Woodburners ~ Bird Nets fitted ~ Pots & Cows Replaced <p>016973 60038 / 07771 723793 Fully insured. 42 George St., Wigton</p>	<p align="center">ELECTRICAL & PLUMBING</p> <p>Commercial—Industrial—Domestic NICEIC Approved Electrician Trevor Studholme</p> <p>Tel: 016974 76455 Fax: 76680 Mobile: 07710 015319</p>
<p align="center">CHOICE CATERING</p> <p>Quality home-cooked food for weddings, funerals, parties, business functions, dinner parties.</p> <p>Debbie Bainbridge 016974 78535 Email: Homebakery@aol.com www.choicecatering-cumbria.co.uk</p>	<p align="center">ENCHANTED GIFTWARE Gifts for all ages</p> <p>Tithe Barn, Midtown, Caldbeck Open 10.00am to 4.30pm daily Closed on Mondays Keswick Market on Thursdays 016974 78705</p>
<p align="center">PEARSE COGHLAN (ADI) Approved Driving Instructor Pass Plus approved</p> <p>Patience and 1st class motivational skills are central to my way of teaching. Happy to work closely with parents to improve effectiveness of private practice.</p> <p>Tel: 016974 78111 Mob: 07788 170491 E-mail: pearse1@btinternet.com</p>	<p align="center">EVA'S ORGANICS</p> <p>Organic Fruit & Vegetables Box Scheme Weekly Home Deliveries</p> <p>Tel: 016977 41906 www.evabotanicals.co.uk</p>

<p>E-MAC BUILDERS LTD for all your building needs For a free estimate on new building work or house/property maintenance call: Ewan MacFadzean Qualified Builder Tel: 016974 78367 Mob: 07901577498</p>	<p>HESKET NEWMARKET BREWERY Your local brewery. Having a party? Buy a barrel, pump supplied. Wholesale prices from 18 pints (2.25 gallons) upwards. Phone or Fax 016974 78066 E-mail: brewer@hesketbrewery.co.uk</p>
<p>K & A FEARON Magnesian & Ground Lime phosphates Stone, sand & gravel Lime Rigg, Hesket Newmarket Tel 016974 78403</p>	<p>HESTA SCENE? Gallery, Alternative Gifts & Interiors Adults & Childrens Craft Courses Open Daily 10.00am to 4.00pm Tithe Barn, Midtown, Caldbeck Tel: 016974 78015 www.hestascene.co.uk</p>
<p>FOSTER FABRICATIONS Sowerby Row Sheet Metal Work and Steel Fabrications Turning facilities, Design Work & Repairs Contact: Tel: 016974 76124 FAX: 76452 Mobile 07979 316715</p>	<p>HIGH GREENRIGG HOUSE Three self-catering cottages to be found in totally detached country location. Enjoy the panoramic views, peace & tranquillity. Sleeps 2-5 Contact: Sonia Hill 016974 78430 www.highgreenrigghouse.co.uk</p>
<p>THE GARAGE CALDBECK Peter Macdonald Service, repairs, MOT, for cars, vans, bikes and machinery Tel: 016974 78392 Emergency: 016974 78291</p>	<p>HIM Chris Wilson Home Improvements and Maintenance For all manner of jobs around the home give HIM a call! 016974 76413 / 07929 421163</p>
<p>P & R HELLON ELECTRICAL LTD ELECSEA registered Re-wires, alterations, testing, aerial installations, security systems. Tel: 016974 78086 Mob: 07747 114058 / 07796 397427 <i>Friendly & reliable</i></p>	<p>HOLISTIC & BEAUTY THERAPIES Gail West AICHT, AIFHB Home Visits 016973 44102 07847 387901 Gail.west1@sky.com</p>

<p align="center">“IN STITCHES” 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 Double balconied, A-framed timber lodges, sleeping 2-8, at Sandyhills Bay on the Dumfries and Galloway Coast. www.staydeansgate.co.uk 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 Groceries, fruit, veg, 'papers, hardware Calor gas, off-licence, petrol/diesel Post Office and Banking services. 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 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 Appointment times: 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 Barbara Mitchell 016974 78609</p>	<p align="center">JOHN MURCHISON Electrical & Plumbing Services <i>For all your electrical and plumbing installation and repairs.</i> ECA Approved Electrician Oftec Oil Registered Technician Tel/fax 016974 78201 Mobile: 07775 691867</p>
<p align="center">MERE TECHNICALITY All makes of classic cars repaired Triumph Specialists. Technical services inc engines, fuel injection, transmissions and overdrives. Full / partial body & chassis restoration Phone Jonathan on 07726 559388 01768 86708</p>	<p align="center">NETHER ROW Construction Consultants Quantity Surveying, Construction Cost Consultants, CDM Co-ordinators, Surveys, Plan Drawing JW & SE Wells Nether Row Hall, Hesket Newmarket 016974 78355</p>
<p align="center">MONKHOUSE HILL COTTAGES 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">ODDFELLOWS ARMS INN CALDBECK Good Beers, Good Food Ensuite Accommodation Weddings & Private Parties Contact: Allan 016974 78227 Fax: 016974 78056</p>

<p align="center">ON THE SHELF Bookshop Priest's Mill Caldbeck Tel: 016974 78770 dorothychalk@mail.com</p>	<p align="center">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 align="center">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 align="center">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 align="center">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 align="center">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 align="center">PROFESSIONAL FOOT HEALTH- CARE Carol Lee MCFHP, MAFHP Nail trimming, thickened nails, corns & hard skin removed, ingrown toenails, fungal nail infection For a home visit contact 016973 43834/07801 785366</p>	<p align="center">ALLAN STOBART LUBRICANTS AND FUELS Derv, tractor diesel, heating oil, lubes, tanks, hoses, etc. Tel: 016974 76575 Fax: 016974 76577</p>
<p align="center">RMT SLATING/TILING LTD ROOFING CONTRACTOR Todghyll, Brocklebank, Wigton, Cumbria CA7 8DH Tel: 016974 78570/07711 256243 E-mail: rmtslating@btinternet.com</p>	<p align="center">J STOBART & SONS LTD Manufacturers and Retailers of Newlands Quality Farm Foods Newlands Mill Hesket Newmarket 016974 78261</p>

<p>JOE STRONG & SON CLOGMAKER</p> <p>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>ANDREW WARD, BSc IT Systems Computer Technician Website Designer & Technician</p> <p>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>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 NOVEMBER 2009

Sunday 1 November		All Saints' Day
<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>	11.00am	Morning Prayer
Sunday 8 November		Remembrance Sunday 3rd Sunday before Advent
<i>Caldbeck</i>	8.30am	Holy Communion followed by Act of Remembrance at the memorial
	11.00am	Morning Prayer
<i>Castle Sowerby</i>	11.00am	Act of Remembrance followed by Holy Communion with Baptism in Church
<i>Sebergham</i>	11.00am	Morning Prayer with Act of Remembrance
Sunday 15 November		2nd Sunday before Advent
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Family Praise with Baptism and welcome of the newly baptised
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	11.00am	<i>no service</i>
Sunday 22 November		Christ the King
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Morning Prayer 'A Celebration of Gifts'
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	11.00am	Holy Communion
Sunday 29 November		Advent 1
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	<i>no service</i>
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	2.30pm	Sung Evensong according to the BCP