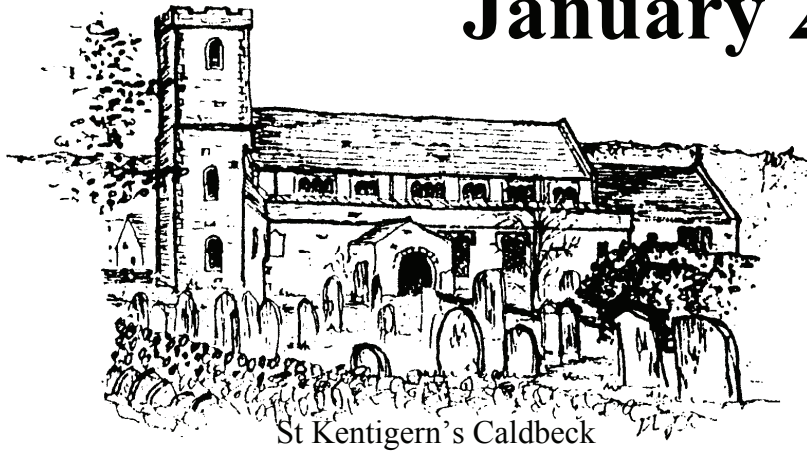


**January 2010**



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

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

#### CASTLE SOWERBY - St Kentigern's

<b>Churchwardens</b>	Mrs M Edmondson Mr J Foster	
<b>Treasurer</b>	Mr B Mallinson	
<b>Secretary</b>	Jean Mallaband	016974 78143

#### SEBERGHAM - St Mary's

<b>Churchwardens</b>	Mrs M Mattinson Mrs E Luck	
<b>Treasurer</b>	Mr J S Hollins-Gibson	
<b>Secretary</b>	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 January** for inclusion in February's magazine.

**Subscriptions:** Mrs Jean Holden, 1 Hodden Court, Caldbeck

Tel: 016974 78097

## A Reader Writes

Welcome to 2010 – a year of challenge and change for us all. Following the meeting the three PCCs had with Bishop James on 7th December Pastoral re-organisation is now in hand which will bring Rosley, Welton and Westward into our fold and interviews are planned for later this month for the new Priest in Charge. Assuming an appointment then there will be advertising for a part time priest to work as an associate who will be based in Caldbeck. He or she will be available across the extended benefice, but have Caldbeck as a prime responsibility. More on this as events unfold but the problem, as I have said before, is that I write this letter at least three weeks before you receive your magazine. In fact I am still preparing frantically for the Christmas round of services. At the moment I am studying the bible readings for Sunday 13 December which include Paul's letter to the Philippian Church and from 4:4-7 I quote; *Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God which passes all understanding, will guard your hearts and your minds in Christ Jesus.* When I read that, and some of the explanations of the Greek in which it was written, I relax a bit.

I am delighted that my letter in the December Magazine has prompted some take-up for short study sessions – suggestions so far – the Creed, the Apocrypha and the history of the books of the Bible. I am looking at February to get the first one going and so expressions of interest in participation should be given to me as soon as possible please. If you don't feel like, or cannot commit to, a group session then please contact me if there is something you would like some directed study on. Let me make it clear – we are talking basic level stuff here with no pre-existing learning required. If you haven't heard of Pontius Pilate or you are wondering who Father Wichart is, then you are welcome. On the other hand, if you do want to go a bit further .....?

This month I want to say a special word of thanks to two people. Firstly to Roberta Bowen for her work as editor for this magazine. She has taken something that was very good and made it better – so I think a thank you from all of us is called for. The second is to my darling wife Carol. I am reminded of our dear mutual friend June who was a devoted and hard working servant of the church and her husband Eric. Each time June dashed off to another meeting or on some church business he described her as a '*Gorn again Christian.*' Thank you for your patience and your sharing of this ministry.

Bishop James was impressed by the positive nature of all those who were at the meeting on 7 December, as was the Rural Dean and the Lay Chair of deanery Synod. I am sure that God will bless us all richly in 2010 and I send you all my personal best wishes.

Geoffrey Hine

### **THE PARISH REGISTERS**

#### **Funeral**

Mary James

*30 November*

St Kentigern's Church, Caldbeck

Followed by burial in the churchyard

### **WHEN I SURVEY ... Christ's cross and ours**

Our Lent Course for 2010

Beginning Tuesday 23 February

This is one of the York Courses that has been used in our parishes in the past and it will explore themes including *The place of silence in a noisy world; despair and hope* and *living as disciples when Christianity is no longer mainstream...*

More details in the February magazine but contact Geoff Hine (016974-76308) if you want further information in the meantime.

#### **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!**

#### **CHRISTINGLE SERVICE**

St Kentigern's Church,  
Caldbeck

Sunday 7 February 2010  
at 4.00pm.

Collecting Candles  
(in aid of the  
Children's Society)  
available in Church

### **MAGAZINE SUBSCRIPTIONS**

Subscriptions are now due for 2010. Please give your £5 subscription to your distributor. Distributors, please pass them on to Mrs Jean Holden, 1 Hodden Court, Caldbeck CA7 8EN. Those who receive their magazines by post are asked to send their £9 to Mrs Annie Benn, Ling Cottage, Upton, Caldbeck CA7 8EU. (Cheques should be made payable to **Caldbeck Church Magazine Account**).



### **MOTHERS' UNION**

For our November meeting we were pleased to welcome Rev Ann Roberts who, at very short notice, agreed to speak to us.

She spoke of 'Caring' - caring as our attempt to respond in human lives to the care our Father, God, cares for us; caring as Christ taught us, and as he sends us out into the world to follow His example.

She used experiences from her life and her work to tell us of the many kinds of care available to us to use - of ways in which God sometimes intervenes, sometimes 'nudges' us to do something unfamiliar or difficult, and of the way care will always result in a 'ripple' effect, widening the effect of its blessings.

As a very young child she, herself, experienced a miracle. A premature baby, not expected to survive, and, even after exhaustive treatment, she was not expected to walk. Sitting one day on the lawn, neighbours called her over the fence, "Stand up!". She did so. "Now walk to us." To the amazement of her mother, she did this too. Her life was transformed.

When Ann was adult, and married to another Anglican priest, she realised that her own field of mission lay outside the church and she undertook work in several different institutions. She needed to discover just how to show 'care' in situations of extreme delicacy or tragedy.

As a chaplain in an orthopaedic hospital which specialised in the most serious spinal injuries, she was always there at the initial reception of the helicopter, her function to support the relatives at a time of shock and fear. Later, she would 'be there' when the patient might be told he would never walk again. She said it was a privilege to be beside the patient in his long journey of acceptance from "Why me?" to "Why not me?".

She spent some time in a hospice, whose great gift to patients is the ability to share acceptance of death with others, and where 'little things', and the time to do them, are so invaluable.

She has also been chaplain in a very large school, ministering to children, caring for them and supporting them as they grew up into adulthood. Here, she sometimes had the hugely difficult task of telling a child his parent had died.

Many of these tasks were hers by virtue of her chaplaincy, but she insisted that we can all 'be there' for others when they need us. It needs perception and the willingness to respond to those 'nudges' - to make that phone call - to drop-in and visit, to give a carer a break - the list is endless.

We were grateful to Ann for sharing with us her own experiences and helping us to appreciate the infinite variety of the means of caring which are open to us.



**CAN YOU HELP WITH GOODS OR PROMISES?  
AUCTION OF GOODS AND PROMISES  
in aid of  
BUYING AND EQUIPPING THE REPLACEMENT NORTHERN  
FELLS MINIBUS**

for Boltons, Caldbeck, Castle Sowerby, Ireby/Uldale, Mungrisdale, Se-  
bergham/Welton and Westward/Rosley Parishes  
SATURDAY 27 FEBRUARY 2010 AT 7.00PM  
AT CALDBECK PARISH HALL

Auctioneer: Gordon Savage

VIEWING AND CAKE STALL FROM 4.00PM

If you can help with offers of goods or promises,  
please contact Antoinette Ward, Telephone 016974 78220

Email: [aw.caldbeck@googlemail.com](mailto:aw.caldbeck@googlemail.com)

Mardale, Upton, Caldbeck, Wigton, CA7 8EU

The passengers and voluntary drivers of the Northern Fells Minibus  
Service would be very grateful for your support.

## **WHELPO RUGMAKERS - A happy New Year to us all!**

Our next term begins on Thursday 14th January at Whelpo House, Caldbeck, at 2 p.m. A warm welcome to anyone who wants to join us to learn about making the traditional 'proddies' and 'hookies'. We understand if you then wish to go away to start your own group. However, it would also be nice if you decided to continue with us on the first and third Thursdays of every month, with a break in August, at Christmas and at Easter. Tel: Diana Greenwood 016974 78270

### **CALDBECK MAST**

I was intrigued when I found the following article while reading through some of my late aunt's staff newsletters of the Independent Broadcasting Authority (IBA) for whom she worked for many years.

I then wondered if anyone locally might remember who either the young girl or the policeman was!?

Elizabeth Peace ....**(Answer on page 28)**

#### **Danger – Low Flying Aircraft!**

At 11.00 a.m. on Friday 17 August 1977 a Phantom F IV fighter of the United States Air Force based at USAF Bentwaters in Suffolk, collided with the 1000ft lattice mast in Cumbria. It had flown at about 900 ft between the mast itself and one of the 1½ inch diameter guy ropes, which cut about 8 ft off the wing. The weather was slightly misty at the time and the aircraft was flying at approximately 500 mph. A young girl, who was collecting mushrooms in the next field, saw the collision and reported that the aircraft flew straight at the mast swerved and did one complete roll before flying off. He landed safely at RAF Benson in Oxfordshire. We believe he may have been unaware that two similar masts were so close together and, having seen and avoided Sandale (BBC mast), he collided with Caldbeck.

The staff were immediately evacuated from the transmitter building at the foot of the mast, as it was feared that the mast was in imminent danger of collapse, and while transmissions continued without a break - controlled remotely from the nearby BBC site at Sandale - a team of mast engineers and riggers was assembled to assess the damage. I was a new recruit to the Masts and Towers Section at Crawley Court, specialising in mast design matters and so was sent to lead the investigation.

Whilst travelling to the site that night, a fairly strong wind developed, but we had a little more confidence the following morning when we found the mast was still standing. Extensive telephoto photography and visual inspection revealed that about half the 192 component wires in the stay were severed, so once the wind had dropped to about 5 mph the long and painstaking job of rigging the mast and changing the stay began

During this time we were visited by the local constable who puffed up the hill on his bicycle to find out if I knew the name of the pilot. When I asked why, he replied 'I'm not sure whether to book him for low-flying or depositing litter in a National Park.'

*The author of this article was Mike Lambert, then Head of the Masts and Aerials Group in the Station Operations and Maintenance Department of the Independent Broadcasting Authority.*



At a recent house-to-house collection, the tremendous amount of £485 was collected for the RNIB. Many thanks to all those who gave so generously. Olive Hadwin



**what's on for young people**

**DROP IN**  
Ages 10+  
Christmas Party  
8 January 2010  
Welton Village Hall  
7.30-10.30pm  
Cost £2.50  
Tel: Celia Stobart 78669

**DISCOVERY CLUB**

Tuesday 12 January  
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

**DROP IN**  
Ages 10+  
Games Tournament, 30 January 2010  
Gaitsgill Hall, 7.30-9.30pm  
Tel: Celia 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

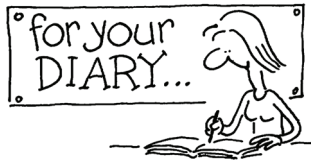
**Reverb**  
*Youth Music Group (8-18)*  
Tuesday evenings  
6.30 - 8.30pm  
Caldbeck Parish Hall  
£2 a session  
*Open to all,  
of any level of ability*

**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 19 January  
Tuesday 26 January  
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



**CALDBECK WI**  
Wednesday 6 January  
Caldbeck Parish Hall  
at 7.30pm  
**SPEAKER: Dr Michael COX**  
**'CALDBECK MEMORIES'**  
Soup and mince pies  
£1.50  
Competition: A 1920s item

**CALDBECK & DISTRICT LOCAL HISTORY SOCIETY**  
presents its ever-popular  
**MEMBERS' NIGHT**  
featuring contributions  
by members  
**Wednesday 20 January 2010**  
**Caldbeck Parish Hall**  
**7.30pm**  
Members: £2; Visitors £3  
(Refreshments included)  
**EVERYBODY WELCOME!**

**THURSDAY CLUB**  
Thursday 14 January  
Caldbeck Parish Hall at 2.00pm  
AGM followed by Dominoes



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

**CALDBECK & DISTRICT GARDENING CLUB**  
Wednesday 13 January  
at 7.30pm, Millhouse Village Hall  
**Con Maguire: Winter Colour and Interest**

## A MIDSUMMER NIGHT'S DREAM - REVIEW

**Shakespeare 4 Kidz** is the trademark title of productions by writers Julian Chenery and Matt Gimblett who have taken the pain out of Shakespeare and made it fun for the young. And at the same time they have made it fun for the many old heathens like me who glaze over when someone suggests a Shakespeare play. The language be modern, the plots are easy on the brain and whole's mixed with catchy music.

Caldbeck Players production of **A Midsummer Nights Dream** was staged by 28 of the local community aged between 6 and 14, and it was great.

Theseus the Duke of Athens (Samantha Bell) is to marry his bird Hippolyta the Queen of the Amazons (Amy Robinson) – in itself unlikely as the Amazons did not take to men kindly, but this play is a Dream.

Athenian Peter Quince (Beverley Noble) likes the Am. Dram. He wants to produce a play he hopes will be chosen to be performed at the royal wedding, so he collects up a few local characters to take the parts, just as Joyce Woodcock did in putting this excellent production on. The Robson girls Beth and Rosie play the Wall with an infectious giggle, through whom the lovers Pyramus and Thisbe spy each other, and the Moon who can sing in tune, or so she said, as they all did in their song What a Play What a Celebration. Snug is a quiet lion (Ross Macfadzean) and Flute (Joseph Horne) gets the girl's part of Thisbe even though he protests his beard is starting. Bottom (Kieran Macfadzean) reckons he could do all the parts (as he showed he could) but settles for the lead as Pyramus.

Though turned by the impish Puck into an ass, and becoming the fancy of Titania (Phoebe Harding) Pyramus later (when staging the play at the said wedding) took his own life with great aplomb, as did the well played Thisbe.

Eyedrops were the feature of the other half of the play. One drop administered when asleep made you get the hots for the first of the opposite sex eyed on awaking. Egeus (Ellen Regan) is twining to Theseus that his daughter Hermia (Sarah Atkinson) wont marry her father's choice Demetrius (Edward Pattinson) 'cos she can't stick him and she is in love with Lysander, with whom she then elopes. But when Lysander (Cameron Cullen) has a zizz Puck administers the drop (to the wrong guy) and he wakes to see Helena (Hannah Stobart), so that leaves Hermia dumped. Credit goes to the hot and cold lovers for their puppet strumpet/painted maypole quartet, and to the excellent accompaniment throughout of Lorraine Gash. Though Demetrius can't remember which bird he wants to bag it all works out well as new drops cure the problem, and each guy gets his right girl.

Puck (Toby Collard) was brilliant as narrator and imp and jester to Oberon (Matthew Horne). Oberon lord to fairy Titania (the ass fancier) worryingly wanted an Indian boy (Arran Horne) whom Titania cosseted in song, with a good promising voice. Her eight well rehearsed fairies fluttered and flapped and sang with her well.

The confidence, timing and stage presence of the whole cast was a credit to Joyce Woodcock and her co-producers. The costumes were really good (courtesy of

Fiona Cox and team). Oberon's headdress would grace any Christmas table as a centrepiece. The set was effectively simple and brilliant (thanks to David Beale, the Woodcocks, Bridget Cox and Rebecca Brockbank), and the make up team (Barbara Mitchell and friends) did their job well; no youthful acne to be seen under Michael Stockdale's good lights. Lofters Hair Design is good at tattoos too.

The next generation of Caldbeck Players is on the boards. I watched the play next to a pretty old greying Caldbeck Player grandfather who would have been pushed to even understudy his eldest grandson's performance. And I guess he was rightly chuffed, as all parents and indeed all in this community should be, at a fun play well done. What a Play. What a Celebration!

PS There are good photos of the production on the website.

[www.caldbeckplayers.co.uk](http://www.caldbeckplayers.co.uk)



#### **Parish Hall Lost Property**

1 navy blue hoodie sweatshirt with white logo on front "Saint Albany 93 Phys. Ed." H & M Brand

1 black Patagonia girls long padded zipped coat with hood. Size Girls M (10)

Please collect from Anne Cartmell at The Old Rectory (tel 78484) before 15 January 2010 otherwise they will be donated to Oxfam.

### **CALDBECK & DISTRICT LOCAL HISTORY SOCIETY**

Caldbeck and District Local History Society met for their Annual General Meeting on 21 October in the Chapel, Hesket Newmarket after a very enjoyable meal at Denton House. The numbered ticket competition won a year's subscription for Tony and Audrey Ryan.

Ron Davie, the President, welcomed those present and paid tribute to Graham Wilde, a former Treasurer of the Society and a highly valued member of the Caldbeck community. Apologies for absence were noted and Dr. Davie stated that the Committee had decided to shorten this meeting by omitting the reports on the previous year's meetings and the preview of those scheduled for next year. He then expressed his thanks to all members, especially those on the Committee, for their support over the past year.

The minutes were read and signed, there were no matters arising.

Lesley Kingham, the Treasurer, presented her report, which showed that our publication 'Memories of Lakeland' had been financially successful and we had a healthy balance in the funds. The report was accepted with thanks.

Future projects: Mrs. Connie Richardson has asked if a group might like to collate the material her late husband Tommy had collected;

- Some of our past publications could be re-issued;
- Material relating to Richard Greenup's walk is being compiled;
- A DVD of old photographs could be published with comments from those who remember the people and/or the occasion;
- Following 'Memories of Lakeland' local clubs and societies could be encouraged to conserve their own heritage.

Those Officers and Members of Committee who were willing to stand were re-elected. Eleanor Benson was elected to assist Evelyn Tickle in Catering but there was still no candidate available for the post of Vice-President, which had to be left vacant last year, and no one was proposed to take on the post of Programme Secretary for the 2011 season.

Ron Davie announced that the Committee had considered several options for the way forward. We could continue for the next season and then fold: we could become more project based, with smaller groups working on them; we could have fewer meetings. An Extraordinary General Meeting will be called in the New Year when such options will be outlined for members and the Society must decide its way ahead.

The meeting closed at 9.30 p.m.

### **Meeting 18 November 2009**

The Chairman, Ron Davie, welcomed members and guests, reminding us of the January Members' Night and that an Extraordinary General Meeting would be held in February to decide the future of the Society. Dr. Davie then welcomed our speaker, Sheena Gemmell, to talk on 'Celtic Saints'.

She began by reminding us that when the administrative area became 'Cumbria' there was considerable discontent in the region, even in our area. Actually, Cumbria was an old name. The Britons, who called themselves the Cymri, lived in Wales, Cumbria and the Scottish lowlands. Not for nothing is this time known as the Dark Ages, the boundaries were fluid and most of what we think we know has to be qualified.

Christianity came to Britain when the Romans were here, spread by soldiers and traders. British Bishops attended a Synod in Gaul in the early fourth century. Christian inscriptions have been found at Halsteads, Vindolanda, Maryport and other Roman settlements. In Carlisle, the church of St. Cuthbert in the Blackfriars area is aligned to the Roman road, while the Cathedral lies East/West.

Patrick was a Briton and his are the earliest documents we have. He lived about 415 – 495. His family was Romano/British, his grandfather a priest and his father a deacon and a minor government official. They may have lived at Birdoswald and his father may have worked in Carlisle. He was captured as a youth by slave traders, who may well have found the Solway a good route. He was sold as a slave in Ireland and served six years as a shepherd before he escaped. During this time he was converted and his escape may have led him to Gaul where he was able to study. He

came home but kept links with Gaul and was sent back to Ireland as a missionary Bishop. His relationship with the British Church was a stormy one. He told King Alelywd off for slave trading and was attacked in his turn by local Bishops, resulting in his writing his 'Confessions'. Patrick had a heart for the ordinary people and the under-dogs and managed to bring the Irish Church under Papal control, rather than British.

Ninian founded a Christian community at Whithorn. He may have been born in the Matterdale/Patterdale area and have belonged to a Christian Cumbrian family. In this local area, Brampton Old Church, Ninewells, Brougham, a well at Brisco and the church of Ninekirks, on a monastic site, are all linked to St. Ninian. He went to Rome as a youth and is said to have been consecrated Bishop by the Pope. It is probable that he spent some time in the monastery at Tours as his church at Whithorn is dedicated to St. Martin of Tours, who travelled as an evangelist. Whithorn was a focal point on the sea routes from Gaul, and Ninian travelled throughout the Lowlands and evangelised the South Picts.

Kentigern was of the nobility. He may have been Urian's grandson, his mother was a princess and probably lived near Trappain Law, North Berwick. She bore her son in Culross on the north side of the Firth of Forth where he was educated by St. Serf, a local hermit who gave him the pet name of Mungo. When he left with St. Serf's blessing, Kentigern went to Strathclyde and was given a burial ground originally consecrated by St. Ninian, where he founded a monastery. He was consecrated Bishop for Strathclyde by an Irish Bishop. Later, Morcar, a pagan ruler, expelled him and tradition has it that he went south to Wales, turning aside to Cumbria on the way. He was recalled by the new king, about the year 600. Kentigern died in 612. The kingdom lasted until 1018. The early history of Strathclyde is recorded in the Welsh valley of the Clwyd.

Ron Davie expressed our gratitude to Sheena for an enlightening talk, if studied with caveats as to how little we do know of that period.

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

## CALDBECK PLAYERS - SPRING PRODUCTION

Our next production, to be staged on Tuesday 23rd, Wednesday 24th and Thursday 25th March, will be the hilarious farce 'Boeing Boeing'. Anyone interested in being involved, either on-stage, back-stage or making scenery etc., is invited to a meeting at **8pm in Oak Room at the Parish Hall on Thursday 7 January**. Newcomers always welcome.

For further information contact our secretary, Pauline Woolfenden on 01697478212 or email: [greenrigg@btinternet.com](mailto:greenrigg@btinternet.com)

### **Caldbeck and District Voluntary Car Service New drivers needed please!**

Due to three people either moving away or retiring lately, we would be very grateful if some new drivers could join the service locally. Drivers are usually asked about once or twice a month if they can drive someone to a medically related appointment, or to a social visit of some kind, or to a public transport connection. Drivers only accept the journey if it is convenient for them – there is no pressure on them!

We work closely with the Northern Fells minibus; they do a lot of these journeys for people locally but sometimes the minibus is already booked and then the voluntary car service can help.

Cumbria County Council supports the service. Passengers pay a fare, about equivalent to a bus fare' and then the County Council pays the driver additional money to cover the full cost of the journey.

**If you would be interested to find out more about being a voluntary driver for the car service please ring the Voluntary Car Co-ordinator Antoinette Ward on 016974 78220.**

## CALDBECK ART GROUP

Our new term begins on Thursday, 7 January 2010 with our Christmas/New Year lunch at Denton House, Hesket Newmarket, 12.00 for 12.30 p.m. Our working term begins on Thursday 14 January at 9.30 a.m. to 12.30 p.m. in the Parish Hall Caldbeck. Newcomers are very welcome to join us on the 14th. We have a full and challenging programme, with a number of visiting artists taking workshops, as well as some of our own members doing mini-workshops. With a two week break at Easter, we meet weekly indoors until the end of May. From June to the end of August, we paint outdoors - in gardens and on the fells. For further information 'phone Diana Greenwood 016974 78270.

## **CALDBECK WI, 4 NOVEMBER**

Mrs. Shaw welcomed an almost complete membership to the AGM on 2 December. We began with a minute's silence as we remembered one of our members, Mrs. Mary James, who had died recently.

Mrs. P. Richardson read the minutes of the 2008 AGM. Mrs. Shaw proceeded through the notices, referring to the County News. Subscription this year will be £29.50. The County Federation have produced a new cookery book at £5 per copy. Mrs. Shaw has a number of copies for sale. The prize for the most points gained in the competitions during 2009 went to Mrs. Woolfenden.

A donation of £50.00 had been received from the Hound Trail Association to assist with providing the annual parties for the over 65s and the children. Mrs. Shaw expressed our sincere thanks for their generosity.

Mrs. Shaw then called upon the treasurer to give her report. Mrs. Woolfenden drew members' attention to the loss that we made this year. We did not organise any fund-raising during 2009 and so had to draw on funds to cover events. If we make a loss next year, funds will drop quite considerably. It will probably be necessary to hold a fund raising event during the coming year to give our financial position stability. Mrs. B. Archer moved that the financial report be accepted. This was seconded by Mrs. J. Ridley and carried unanimously.

Mrs. P. Richardson then gave the secretary's report, reminding us of the interesting speakers and enjoyable outings that we had had during the past year. Mrs. P. Shaw gave her president's report, thanking members for attending regularly and supporting the committee in the activities arranged. She ended by giving her best wishes to everyone. Mrs. P. Woolfenden moved that the Secretary's and the President's reports be accepted. This was seconded by Mrs. M. Barker and carried unanimously.

Mrs. J. Todhunter then thanked the outgoing committee for their work during the past year.

Mrs. Shaw announced the list of people willing to stand on this year's committee and asked for any other nominations. The outgoing committee were willing to stand again and Mrs. J. Cox also had agreed to be nominated. As it was not necessary to vote to eliminate any nominees, Mrs. Shaw asked that they be voted onto the new committee en bloc. This was agreed.

Then followed entertainment for the members, performed by the committee. Mrs. T. Richardson had researched a number of readings connected with the Festive Season. The entertainment was followed by a tasty American supper provided by everyone. The raffle was won by Mrs. J. Todhunter and the competition for a Christmas stocking was won by Mrs. J. Todhunter with Mrs. I. Coulthard, second.

The speaker for January 2010 will be Dr. M. Cox on 'Caldbeck Memories' and the competition is for an item from the 1920's. There will also be Soup & Mince pies.

## ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	<b>Welcomers' Rota 8.30am</b>	<b>Sanctuary Duty (8.30am unless specified)</b>	<b>Sidespersons' Rota 11.00am</b>
<b>Jan 3</b>	<i>no service</i>	(11am) Margaret Tinniswood	Dick & Penny Bird
<b>10</b>	Diana Greenwood	Liz Boydell Diana Greenwood	Marjorie Atkinson
<b>17</b>	Liz Boydell	Liz Boydell Jean Holden	Richard & Margaret Brough
<b>24</b>	Joan Todhunter	Jean Holden Joan Todhunter	Eileen Patterson
<b>31</b>	Jean Holden	TBA	(6.30pm Evening Prayer) TBA
<b>Feb 7</b>	<i>no service</i>	(11.00am) Margaret Tinniswood	Malcolm & Eleanor Thyne

## St Kentigern's Church, Caldbeck, Lesson Reading Rota

DATE	SERVICE	READINGS	READER
<b>Jan 3</b> Epiphany	HC 11.00am	<b>Isaiah 60</b> vv 1-6 <b>Ephesians 3</b> vv 1-12 <b>Matthew 2</b> vv 1-12	Dick Bird
10 Bap- tism of Christ	HC 8.30am MP 11.00am	<b>Isaiah 43</b> vv 1-7 <b>Acts 8</b> vv 14-17 <b>Luke 3</b> vv 15-17, 21-22	Alick Grieve Margaret Hellon (same Readings both services)
17 Epiph- any 2/ Plough Sunday	HC 8.30am  Plough Sun 11.00am	<b>Isaiah 62</b> vv 1-5 <b>1 Cor 12</b> vv 1-11 <b>John 2</b> vv 1-11 <b>TBA</b>	Liz Boydell   TBA
24 Epiph- any 3	HC 8.30am MP 11.00am	<b>Nehemia 8</b> vv 1-3, 5-6, 8-10 <b>1 Cor 12</b> vv 12-31a <b>Luke 4</b> vv 14-21	Mary Cowx Tony Ryan (same Readings both services)
31 Epiph- any 4	HC 8.30am  EP 6.30pm	<b>Ezekiel 43</b> vv 27-44 and <b>1 Cor 13</b> <b>Luke 2</b> vv 22-40 <b>TBA</b>	David Smith   TBA

## DIARY OF EVENTS 2009

### January 2010

- 6th Caldbeck WI '*Caldbeck Memories*' Dr Michael Cox, 7.30pm, Caldbeck Parish Hall.
- 8th CAFS, *Goodbye to Lenin*, 7.30pm, Caldbeck Parish Hall.
- 13th Gardening Club, Con Maguire '*Winter Colour & Interest*', Millhouse Vill Hall, 7.30pm.
- 14th Thursday Club, AGM followed by Dominoes, 2.00pm, Caldbeck Parish Hall.
- 20th History Society, *Members' Night*, Caldbeck Parish Hall, 7.30pm.

### February

- 3rd Caldbeck WI '*Pioneer Foods*' Norman McCrorie, 7.30pm, Caldbeck Parish Hall.
- 4th Fair World Shop, Annual Meeting, Shared Lunch, Caldbeck Parish Hall 12.30pm.
- 6th History Society, *Extraordinary Gen Meeting*, Caldbeck Parish Hall, 2.30pm.
- 10th Gardening Club AGM, 7.15pm. Adam Beeston '*Members' Gardens*', Millhouse Vill Hall.
- 11th Thursday Club, Quiz, 2.00pm, Caldbeck Parish Hall.
- 13th CAFS, *Casablanca*, 6.30pm, Caldbeck Parish Hall.
- 17th History Society, P Messenger, *Proj. On Dated Buildings in Cumbria*, Caldbeck Parish Hall, 7.30pm.
- 20th Heskett Newmarket Agricultural Society Annual Dinner
- 27th Auction of Goods and Promises, in aid of a replacement Northern Fells Minibus.

### March

- 3rd Caldbeck WI '*Work in a Tanzanian Hospice*'. Shared meeting with Mungrisdale WI at Mungrisdale Village Hall, 7.30pm.
- 10th Gardening Club, Bob & Val Smith '*Heucheras - A Feast of Foliage*', Millhouse Vill Hall, 7.30pm.
- 11th Thursday Club, A. O'Laughlin '*With Dr Jane in Pakistan*', 2.00pm, Caldbeck Parish Hall.
- 19th CAFS, *The Age of Stupid*, 7.30pm, Caldbeck Parish Hall.

### April

- 7th Caldbeck WI *Back to Our Roots—the WI Garden at Tatton Park*' Pauline Bibby, 7.30pm, Caldbeck Parish Hall.
- 8th Thursday Club, Tony Reed '*30 Years in the Police*', 2.00pm, Caldbeck Parish Hall.

## **CALDBECK SURGERY**

www.caldbecksurgery.co.uk

### ***Staff Training Afternoons***

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

Wednesday 13 January

Thursday 11 February

Tuesday 16 March

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 this month by Jean Mallaband

### **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](http://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.



## FAIRTRADE NEWS

Caldbeck and Hesket Newmarket Fairtraders, The Fair World Shop and The Quakers of Mosedale are pleased to give you advance notice of a talk by Jo Alberti, who has recently returned from her second trip to Palestine where she has been supporting communities in both Palestine and Israel through the Ecumenical Accompaniment Programme (EAPPI), a programme managed in the UK by Quaker Peace and Social Witness. Jo's talk, accompanied by slides, is on Monday 22 February at 7.30pm at the Quaker Meeting House, Mosedale. There will also be a sale and tastings of Palestinian 'Zaytoun' Olive Oil as well as Fairtrade tea/coffee refreshments.

This event marks the beginning of Fairtrade Fortnight in the Caldbeck area (22 February – 7 March 2010). See the February Parish Magazine for further details of this and other events in the area.

Sally Vaux 78626



Thanks are extended to all who helped at the Oxfam sale at Midtown House last month, especially Gordon and Julie and their staff, the residents, and the stallholders. £235 was raised on the day, and some came in later. The final total - £244. The money has already gone to Oxfam. So - thanks to all!  
Eric Wright.



**The film showing this month is:**

*'Goodbye to Lenin'*

Friday 8 January

Caldbeck Parish Hall at 7.30pm.



## Sebergham Weather Recordings

### Rainfall

<b>November 2009</b>	293.70 mm	(11.56 ins)
Aggregate for year	1009.15 mm	(39.68 ins)
<b>November 2008:</b>	72.50 mm	(2.85 ins)
Aggregate for year:	1068.00 mm	(42.03 ins)



*As you might expect, November has been the wettest month at Sebergham since records began in 1965! The most rain that fell in 24 hours was on 1 November, 35.1 mm (1.38 ins), followed by 19 November, 29.00 mm (1.14 ins) and on 17 November, 28.1 mm (1.11 ins), and this was the day that the west of the county was flooded. However, the 11.5 ins of rain that fell in November does not bring the total for the year up to the total we had for the same period last year.*

### Temperature November 2009:

The average maximum day temperature 48.20°F (9.00°C)  
 The average minimum night temperature 41.20°F (5.12°C)  
 The warmest day was Saturday 19 November at 55.00°F (12.78°C)  
 - a very wet day.  
 The coolest night was Monday 9 November at 30.00°F (-1.12°C)



*We recorded frost on three nights during the month.  
 The average day and night temperature for November has been the same for the last four years and November 2004 was 4°F cooler than those years.*

*R de Robeck*

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



DATE	NAME
January 3,10	Mrs Magnay
17,24	Mrs Mattinson & Mrs Ward
31	Mrs Weston
February 7	Mrs Weston

DATE	SERVICE	READINGS	READER
Jan 3	MP	<b>Jeremiah 31</b> vv 7-14 <b>John 1</b> vv 10-18	Margaret Mattinson Elizabeth Luck
10	MP	<b>Isaiah 43</b> vv 1-7 <b>Luke 3</b> vv 15-17, 21-22	Dorothy Staples Joyce Wetherell
17	<i>no service</i>		
24	HC	<b>Nehemiah 8</b> vv 1-3, 5-6, 8-10 <b>1 Cor 12</b> vv 12-31a <b>Luke 4</b> vv 14-21	Ros Hebdon Trevor Hebdon Preacher
31	TBA		

## SEBERGHAM DANCING CLASS PARTY

The Village Hall at Sebergham was well supported with members of the Sebergham Dancing Class for the final class before Christmas. John Foster welcomed everyone and said what a good turn-out there had been since October. During the interval, a Bring-and-Share supper with sweets was enjoyed. John and Joan Salisbury took charge of the raffle. Prize winners were: Annie McKie, Margaret Hodgson, Isobel Nicholson, Sheila Relph, Jack Graham, Dorothy Carruthers, Joyce Tuer, Margaret Thompson, Betty Miller, Joan Davidson, Ivy Patrickson, Dick Davidson, Agnes Nixon, Molly Dickinson, Maureen Hodgson, Joyce Pollock, Mary Morrison, Joan Tallentire, Margaret Mattinson, Tony Morrison, Maurice Patrickson, Norma Atkinson, Tom Clements, William Thompson, David Atkinson and Derek Hodgson.

Music was by 'Roe Valley'.

John thanked those who had donated raffle prizes and to all who had helped.

John and Connie were presented with gifts from the dancing class members.

**The dancing classes will start again on Wednesday 13 January 2010.**



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

Services for January, February and March will be held in Millhouse Village Hall, and not at Castle Sowerby.  
Services will resume in Castle Sowerby Church in April.

**Calling All Farmers  
FARMERS HEARTSTART**  
Thursday 21st January 2010  
Caldbeck Village Hall

Would you know what to do  
If someone had a heart attack in front of you ?  
If someone collapsed and was unconscious ?  
If someone was bleeding badly ?  
If someone was choking ?  
Come along to our evening specially for farmers,  
followed by a pie and pea supper.

For details please ring  
Richard Brough 78634  
Philippa Groves 78555

**Caldbeck Area Community First Responders**

Registered Charity No 1108013

In Association with North West Ambulance Service  
If you have a medical emergency, **dial 999 or 112**  
(Please note that you cannot call First Responders direct)  
If appropriate, the Ambulance Service will call the First Responders as well as (not instead of) an ambulance

## **SEBERGHAM WI**

The warmth of our December meeting was started quickly with all members being served a hot punch on arrival. Duly fortified, we were welcomed by our President, Dorothy Staples. Secretary, Margaret Mattinson, read the Minutes of the November meeting which were approved and signed. The 2010 programme is now complete and we look forward to a very entertaining year.

The County News was read and the news of the Federation's 90<sup>th</sup> anniversary year in 2010 was met with a lot of interest. We were reminded of the form in the 'WI Life' magazine to enable us to vote for our choice of resolution for the AGM in Cardiff. These voting forms must be sent back to WI House by 8 January 2010. We nominated six names for the County Executive, including our very own Nancy Hullock. The linking list for delegates to attend the AGM has been changed and we are now with Rosley, Westward and Raughton Head.

Our youngest member, Clare Guest, has agreed to join the committee and was enthusiastically welcomed.

As a fun event, it has been decided to hold another dinner party that had proved so popular in the past. The venue will be The Old School, with the date in April or May still to be chosen.

The committee suggested having a Bridge lesson with a view to having a regular afternoon Bridge group. This was met with a lot of interest and a 'taster' session will be arranged in the New Year.

Annual Meeting. The minutes of the 2008 meeting were read. The treasurer's report was healthy and the secretary's report brought back happy memories as Margaret Mattinson gave a resume of the past year. She also mentioned how much we regretted that Mary White had not been able to attend many meetings due to ill health. Dorothy Staples gave her president's address of what had been a very good year, including three former members re-joining. We had enjoyed many visits to other WIs and had invited four WIs to visit us.

After many years as President, and more recently as Secretary, Margaret Mattinson, has decided to retire from office but, fortunately, not from the committee. Dorothy Staples thanked Margaret for all her hard and efficient work and ability to produce such excellent speakers for our programme, sometimes at very short notice! Margaret was presented with a pot plant.

Joyce Harrison will take over as secretary with Maureen Allen as the bulb secretary.

The competition for a wrapped parcel was won by Christine Rule, with Anne Ludlam coming second. The overall winners of the most points in the monthly competition were, 1st Anne Ludlam, with Poppy Hollins-Gibson and Jessie Ostle, joint 2nd

The meeting closed with members exchanging cards, Christmas greetings and looking forward to meeting again in 2010, and taking home one of the beautifully wrapped presents.

## **SEBERGHAM PARISH COUNCIL**

The Parish Council met on 11 November for their final meeting of 2009.

We had some good news from Councillor Fairbairn - the road through Welton and Goose Green is due to be resurfaced in the next financial year. We all hope that it does happen.

The Parish Council have had repeated complaints about the state of the footpath through Parsons Park. This is part of the Cumbrian Way and is well used by walkers from all over the world. It is always in a terrible state and very wet. Councillor Fairbairn is going to try and get to the bottom of who is responsible for maintaining the path and hopefully, he can get something done about the poor drainage. Walkers using this route are vital to the area and we must keep the path open and useable for them.

The meeting was joined by Mr Nigel Forsyth from Steadman's to talk about the problems that the factories security lights are causing in the area, and to discuss the impact of the additional lighting which is the subject of a retrospective planning application. Mr Forsyth agreed to get all the security lights checked as residents stated that the lights were coming on before 5am some days and remaining on until daybreak. There were also reports of some of the lights staying on all night. It is hoped that there will be a site meeting at Steadman's with Mr Forsyth and some of the Parish Councillors so that we can see the type of lights that are installed and where they are. After this meeting the Parish Council will submit their comments on the planning application to Allerdale Council.

Further plans have been submitted to Allerdale for the building at Lingside Farm that is the subject of a Planning Enforcement Order. The Parish

Council have made the following observations to Allerdale. There are already sufficient buildings on the farm, and there is sufficient space on the farm for the type of farming proposed. The agricultural need for the building has not been proved and by demolishing the existing buildings the farm is being denuded to make it look as if the new building is required. The cost and work involved in making the disputed building suitable for agricultural purposes would be disproportionate. The Parish Council consider that the repeated applications for amendments to this building appear to be undermining the planning process and they have urged Allerdale Planners to bring the matter to a speedy conclusion and enforce the Enforcement Order.

The Precept for the year 1 April 2010 to 31 March 2011 was set at £3300. This is the same amount as last year. The amount should enable the Parish Council to fulfil all its obligations in the Parish.

We continue to get the speed Indication Devices in the Parish every few weeks. These alternate between Sebergham & Welton. On their last visit to Welton it was noted that a lot of the traffic was not slowing down when travelling through the village past the signs, particularly during the rush hours. As a result of this we have asked the Police to do some speed checks in the village next time the devices are in place. We hope they will continue to do them at other times too. You have all been warned!!!!

The next Parish Council meeting will be on Wednesday 20 January 2010.

On behalf of the Parish Council may I wish you all a Good Christmas and a Peaceful New Year.

Ms P L Gauntlett, Parish Clerk

## **CASTLE SOWERBY NOSH AND NATTER EVENING**

An enjoyable evening was held on Saturday 14 November with Jean and Walter at their home in Millhouse. Jean welcomed everyone to this social gathering with a glass of wine, followed by meat and tatie pie, peas and other savoury dishes. There was also a decorated muffin cake for everyone. This was followed by a raffle. The prize winners were: Geoff Hine, Carol Hine, Steven Atkinson, John Asbridge, Sonny Earl, Kathleen Fox, Phyllis Little, Connie Foster and James Atkinson.

The winner of the Church Quiz was Mrs M Mattinson.

The amount raised for Church Funds was £285.

John Foster, Churchwarden, thanked Jean and Walter for opening their home for this special occasion and thanked everyone for their support.



*The local Caldbeck girl who saw the incident was Elizabeth Hird (née Todd).*

**CALDBECK METHODIST CHAPEL**

**Sundays at 2.30pm**

3 January	Mr A Fearon
10 January	Rev K Hurst
17 January	Rev B Tomkins
24 January	Rev P Mair
31 January	Rev K Hurst

**CASTLE SOWERBY FREE EVANGELICAL CHAPEL**

Sunday School each Sunday	10.30am
Sunday evening Service	6.30pm

**HESKET NEWMARKET FREE CHURCH**

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

**QUAKERS: MOSEDALE MEETING HOUSE**

Commencing in 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

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<p align="center"><b>"IN STITCHES"</b></p> <p align="center">Roman blinds, curtains &amp; soft furnishings Handmade in Caldbeck by Carol 016974 78148 carol.e.bolton@btinternet.com</p>	<p align="center"><b>www.thistlelodges.co.uk</b></p> <p>Double balconied, A-framed timber lodges, sleeping 2-8, at Sandyhills Bay on the Dumfries and Galloway Coast.</p> <p align="center"><b>www.staydeansgate.co.uk</b></p> <p>Apartments ideal for short city breaks in a canal-side development in the centre of Manchester <b>016974 76254</b></p>										
<p align="center"><b>KIRKLAND STORE</b> 016974 78252</p> <p>Groceries, fruit, veg, 'papers, hardware Calor gas, off-licence, petrol/diesel Post Office and Banking services.</p> <p><b>OPEN:</b> 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"><b>MIDTOWN HOUSE CALDBECK</b></p> <p>Private Care Home Respite and Day Care Facilities Single En-Suite Rooms For details and brochure contact Gordon or Julie Tickle 016974 78528</p>										
<p align="center"><b>LOFTERS HAIR DESIGN CALDBECK</b></p> <p align="center">Appointment times:</p> <table border="0"> <tr><td>Tuesday</td><td>8 am -12 am</td></tr> <tr><td>Wednesday</td><td>9 am - 4 pm</td></tr> <tr><td>Thursday</td><td>2 pm - 8 pm</td></tr> <tr><td>Friday</td><td>9 am - 4 pm</td></tr> <tr><td>Saturday</td><td>8 am - 2 pm</td></tr> </table> <p align="center"><b>Barbara Mitchell 016974 78609</b></p>	Tuesday	8 am -12 am	Wednesday	9 am - 4 pm	Thursday	2 pm - 8 pm	Friday	9 am - 4 pm	Saturday	8 am - 2 pm	<p align="center"><b>JOHN MURCHISON</b> <b>Electrical &amp; Plumbing Services</b></p> <p align="center"><i>For all your electrical and plumbing installation and repairs.</i></p> <p align="center">ECA Approved Electrician Oftec Oil Registered Technician Tel/fax 016974 78201 Mobile: 07775 691867</p>
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<p align="center"><b>MERE TECHNICALITY</b></p> <p>All makes of classic cars repaired Triumph Specialists.</p> <p>Technical services inc engines, fuel injection, transmissions and overdrives. Full / partial body &amp; chassis restoration Phone Jonathan on 07726 559388 01768 863708</p>	<p align="center"><b>NETHER ROW Construction Consultants</b></p> <p>Quantity Surveying, Construction Cost Consultants, CDM Co-ordinators, Surveys, Plan Drawing JW &amp; SE Wells Nether Row Hall, Hesket Newmarket 016974 78355</p>										
<p align="center"><b>MONKHOUSE HILL COTTAGES</b></p> <p>Award-winning holiday cottages In a courtyard setting, sleeping 2-14 Please visit our website www.monkhousehill.co.uk or Contact Jennifer or Andrew Collard 016974 76254</p>	<p align="center"><b>ODDFELLOWS ARMS INN CALDBECK</b></p> <p>Good Beers, Good Food Ensuite Accommodation Weddings &amp; Private Parties Contact: Allan 016974 78227 Fax: 016974 78056</p>										

<p align="center"><b>ON THE SHELF Bookshop</b> Priest's Mill Caldbeck Tel: 016974 78770 dorothychalk@mail.com (closed for 6 weeks from 31 December)</p>	<p align="center"><b>SEBERGHAM SERVICES LTD Churchtown, Sebergham</b> Vehicle repairs and MOT testing Services and diagnostic tuning Gas and mig welding/resprays Insurance accident repairs 016974 76234</p>
<p align="center"><b>THE OLD CROWN INN HESKET NEWMARKET</b> Offering Real Ale and home-cooked traditional food. Also Brewery Tours in partnership with HESKET NEWMARKET BREWERY For Brewery Tours and meal bookings: <b>Tel: 016974 78288</b></p>	<p align="center"><b>SAM STARMER Chimney Sweep</b> Open fires, log burners, multifuel stoves, bird nets fitted, cowls replaced. Tel: 016973 45315 Mob: 07846 609035 Fully Insured</p>
<p align="center"><b>ANN PARRY</b> 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"><b>A. STEADMAN &amp; SON LTD</b> Warnell, Welton, Carlisle CA5 7HH Manufacturers of composite panels, box profile and corrugated sheeting, galvanised purlins &amp; gutters, flashings, insulation &amp; fittings Phone 016974 78277 www.steadmans.co.uk</p>
<p align="center"><b>PROFESSIONAL FOOT HEALTH- CARE</b> Carol Lee MCFHP, MAFHP Nail trimming, thickened nails, corns &amp; hard skin removed, ingrown toenails, fungal nail infection For a home visit contact 016973 43834/07801 785366</p>	<p align="center"><b>ALLAN STOBART LUBRICANTS AND FUELS</b> Derv, tractor diesel, heating oil, lubes, tanks, hoses, etc. Tel: 016974 76575 Fax: 016974 76577</p>
<p align="center"><b>RMT SLATING/TILING LTD</b> ROOFING CONTRACTOR Todghyll, Brocklebank, Wigton, Cumbria CA7 8DH Tel: 016974 78570/07711 256243 E-mail: rmtslating@btinternet.com</p>	<p align="center"><b>J STOBART &amp; SONS LTD</b> Manufacturers and Retailers of Newlands Quality Farm Foods Newlands Mill Hesket Newmarket 016974 78261</p>

<p><b>JOE STRONG &amp; SON CLOGMAKER</b></p> <p>Boot and Shoe Repairs - only the best materials used - <b>Open:</b> Mon to Friday: 9am to 5pm Closed for lunch Monday &amp; Friday 12.1-15pm Shop Tel: 016974 78225 Home Tel: 016974 78424</p>	<p><b>ANDREW WARD, BSc IT Systems Computer Technician Website Designer &amp; Technician</b></p> <p>Hardware &amp; software installation, upgrades, problem solving. Websites for small businesses &amp; organisations. Maintenance &amp; aftercare. <i>Home and Office visits</i> Tel: 016974 78220 Email: a.ward@wam-design.co.uk</p>
<p><b>THERAPEUTIC MASSAGE</b> <b>Karen Royall Dip ITEC</b></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><b>WATERMILL CAFÉ LTD</b> 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><b>TREE MAINTENANCE &amp; FELLING</b></p> <p>Fully qualified. Ten - years' experience. Very competitive rates. <i>Call Alan or Justin</i> <b>Tel: 016974 78178</b> <b>Mobile: 07905 409851</b></p>	<p><b>ANDREW WHITE</b> Professional Driving Instructor D.O.T. Approved, Long-established. GRADE 6. Excellent Pass Rate. Car - Car + Trailer - Mini bus - LGV - PSV Friendly &amp; Patient Tel: 016974 78605</p>
<p><b>VIOLIN TUITION</b></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><b>THE WOOL CLIP</b> 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><b>THE FAIR WORLD SHOP</b> Fairly traded foods, teas and coffees unusual crafts and gifts. <b>Weekdays (except Monday mornings)</b> April 6 to Oct 31 10.30am-4.30pm Nov 1 to Dec 24 1.00pm-4.00pm <b>Saturdays &amp; most Sundays</b> April - Dec 2.00pm-4.00pm <b>Contact: Lynette 016974 78544</b></p>	<p><b>WRAGG MARK-BELL SOLICITORS</b></p> <p>To assist with: residential, commercial &amp; French property; small businesses; wills; employment &amp; immigration; crime &amp; road traffic offences; matrimonial &amp; children matters. <b>Liz Berry/Gaynor Wragg 01228 711728</b></p>

## CHURCH SERVICES IN JANUARY 2010

<b>Sunday 3 January</b>		<b>Epiphany</b>
<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
<b>Sunday 10 January</b>		<b>Epiphany 1, Baptism of Christ</b>
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Morning Prayer BCP (Sung)
<i>Castle Sowerby</i>	11.00am	Holy Communion (Millhouse Village Hall)
<i>Sebergham</i>	11.00am	Morning Prayer
<b>Sunday 17 January</b>		<b>Epiphany 2, Plough Sunday</b>
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Family Praise
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	11.00am	<i>no service</i>
<b>Sunday 24 January</b>		<b>Epiphany 3</b>
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Holy Communion
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	11.00am	Holy Communion
<b>Sunday 31 January</b>		<b>Epiphany 4, Candlemas</b>
<i>Caldbeck</i>	8.30am	Holy Communion
	6.30pm	Evensong BCP (Sung)
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	11.00am	<i>no service</i>