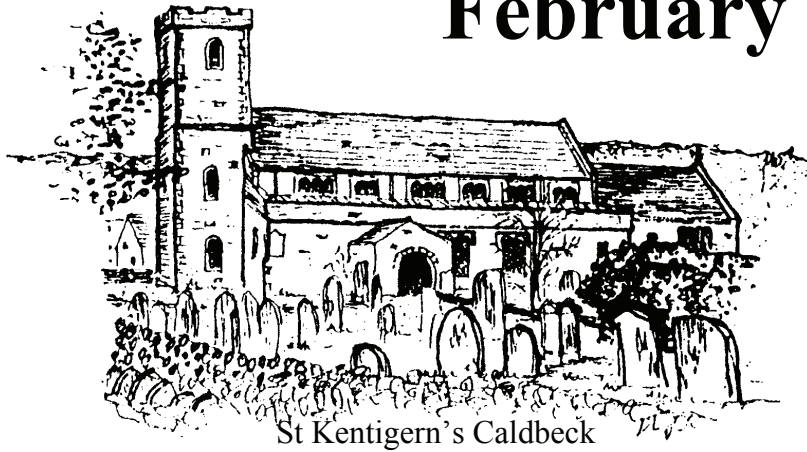


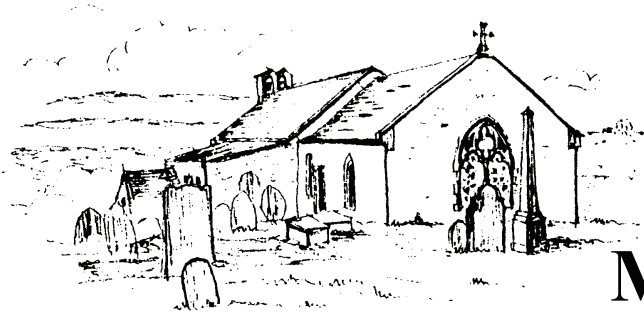
February 2010



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

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 February** for inclusion in March's magazine.

Subscriptions: Mrs Jean Holden, 1 Hodden Court, Caldbeck

Tel: 016974 78097

A Reader Writes

I hope that by the time you are reading this we will have emerged from the baby ice age that has made life so difficult for the last few weeks. I say 'difficult' but, for some, there will have been the dreadful isolation of being trapped at home and wary about setting foot on the icy surfaces. Being trapped by the elements is eased by the love and care of neighbours who call to see if help or companionship or practical help are needed. This is not just living in community, it is something we should extend to those we do not know. Jesus said; *"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."* (Matt. 25:40)

I am sorry that we have had to cancel some services or events without much, or any, notice when safety, or practicality of travel, has been an issue. Thankfully we were able to move Anna Crawford and Simon Barton's wedding from a snowed-up Castle Sowerby to Caldbeck at the last minute, but not before Canon Geoffrey Ravalde overcame a mountain of ecclesiastical bureaucracy. Clearing a path to the church was something of an epic that will feed a sermon sometime. But from these inconveniences we will recover quite quickly. Today my colleagues at Worldshare have been launching an appeal for our partner ministry in Haiti where such devastation has been wrought by an earthquake. My grumbles about travel and wrestling with burst pipes are put into perspective. The snow will have seemed deep to many people but, at his funeral on 11 January, I repeated Joe Strong's story about taking a bag of food up to Nether Row in 1947 and finding his way by following the tops of telegraph poles!

Finding our way in life is not just about journeys from A to B and whether to go by car, bus or bike. It is about how we find fulfilment and respond to all that we have been blessed with. On Sunday 7 February at 4.00pm we will be having our Christingle Service in Caldbeck – close to Candlemas which is on the 2nd. The offerings will go to the Children's Society which introduced the service into this country in 1968, but its origins lie in the Moravian Church in 1747. There is a lot which is soft and fluffy about such events, and there is a great joy in seeing children with their Christingles, but there is a serious undertone about Candlemas that we need to remember. It is about cleansing ourselves in preparation for the year to come now that God has come among us (Christmas) and been discovered (Epiphany), and we begin a pilgrimage of learning (Lent) that then leads to our forgiveness (Good Friday), our thanksgiving (Easter) and our empowerment for mission and ministry (Pentecost).

All these stages in the Christian year, which began with Advent on 29 November, are part of our annual journey. A journey is best appreciated if the whole of it is travelled. We can try and skip bits, but it will be less fulfilling if we do. So please make every effort to be part of each of the stages. As I have stressed over the last months, we are 'open for business'. Our next stage after Candlemas will

be Ash Wednesday on 17 February, followed by Lent. More details of the Lent course are in this magazine.

Every blessing

Geoff Hine

THE PARISH REGISTERS

Funeral

Joe Strong

11 January 2010

St Kentigern's Church, Caldbeck
followed by burial in the churchyard.

Wedding

Anna Ford and Simon Barton

16 January 2010

St Kentigern's Church, Caldbeck

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

Our Lent Course for 2010

Beginning Tuesday 23 February

We are using one of the York Courses that have proved popular in the past. The speakers on the CD are:

The Rev John Bell from the Iona Community and a contributor to Radio 4's 'Thought for the Day'.

General Sir Richard Dannatt - recently retired Chief of the General Staff. A committed Christian whom I have heard speak and who is very well worth listening to.

Canon Dr Christina Baxter - Principal of St John's Theological College and a member of Archbishop's Council. I knew Christina in Nottinghamshire - a brilliant lady.

Rev Dr Colin Morris - Methodist minister and missionary, President of the Methodist Conference then Head of Religious broadcasting at the BBC.

Dr David Hope - former Archbishop of York.

Venues will be announced in church and circulated generally once they have been confirmed.

Geoff Hine



**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

**WOMEN'S WORLD DAY OF PRAYER
FRIDAY 5 MARCH 2010**

'LET EVERYTHING THAT HAS BREATH PRAISE GOD'

A service prepared by the Christian Women of Cameroon.

To be held in

Caldbeck Methodist Chapel at 2.30pm.

Service led by: Elizabeth Martin

Speaker: Ann Finlay of Thursby

Tea and biscuits will be served at the close.

Everyone is very welcome.

CALDBECK PCC

New in Baptistry - 'Left or Lost Property' Box

At present containing:

basket and flower display containers left from Harvest window displays, 3 umbrellas (2 pre-harvest - 1 red and white golf, 1 Monet design, third beige from Christmas), 3 pairs gloves (2 black, 1 maroon), 1 scarf (horse pattern) and 1 white cardigan (wedding weekend).

We would be pleased to find the new box empty, if the owners would kindly collect!

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
Tuesday 16 February, 2.00pm
Methodist Church Room
'Obeying the Rules'
Mrs Ann O'Loughlin -
Visit to Pakistan

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!

FAIR WORLD SHOP
AGM

The AGM of the Fair World Shop will be held on **Thursday, 4 February at 12.30 p.m. in Caldbeck Parish Hall.** Please bring food for a shared lunch.



Northern Fells Group

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, Sebergham/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

Mardale, Upton, Caldbeck, Wigton, CA7 8EU

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

FELLVIEW SCHOOL NEWS

We celebrated Cookery Week last term by providing many cookery activities for the children, who in turn, passed on their skills to their parents at a much enjoyed curriculum evening. Other areas of the curriculum were included in the topic, such as, Art, Maths and Science.

Our annual Book Fair was well supported and we have replenished the library with books bought with the commission which we received.

Years 3 and 4 visited Hadrian's Wall as part of their Romans Topic; Years 5 and 6 took part in a Rivers Day, looking at water flow, etc. as part of their topic and R, Y1 and Y2 visited the Church.

We have had two visits from the Police, one to teach pupils about Firework Safety and the second to highlight and look at ways to avoid bullying.

Members of the Music Service provided workshops for all children at Fellview and Welton. There were two workshops; one for Infants based on a 'Jungle' theme, and the theme for KS2 was 'Our Cumbria'. The children played instruments, listened to the quartet of musicians and sang.

The whole school attended a performance of 'Aladdin' at Upfront Puppet Theatre. Again, we were joined by Welton School. The show was a real treat, with magnificent scenery. The children were fascinated by the puppets and the mechanisms to help them move. We are grateful to Friends of Fellview who paid for this treat.

Our pantomime, 'Aladdin', took place on the afternoon and evening of 15 December in the Parish Hall. The children gave an excellent performance, entertaining the audience with their jokes, songs and dance routines.

The school Christmas Dinner and party were held on 16 December, with Santa bringing a gift for all of the children. We enjoyed our traditional turkey and all the trimmings, finishing with Fellview's special Christmas Pudding!

Nursery

The nursery has finally ceased to operate in the portakabin. Ceri and Karen managed to soldier on last term in spite of the leaking roof. Ceri moved the equipment across to the school hall bit by bit, the Parent and Toddler group having moved to the Free Church in Hesket Newmarket. The building work is scheduled to start in January and be completed by the end of the summer term.



what's on for young people

DROP IN
Ages 10+
Saturday 27 February
For more details please
contact
Celia Stobart 78669

**DISCOVERY
CLUB**

Tuesday 9 February
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

DISCOVERY CLUB HOLIDAY CLUB

29 March-1 April
Caldbeck Parish Hall
(more details next time!)

**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

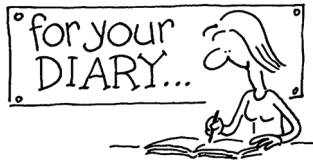
Reverb
Youth Music Group (8-18)
Tuesday evenings
6.30 - 8.30pm
Caldbeck Parish Hall
£2 a session
*Open to all,
of any level of ability*

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 2 February
Tuesday 23 February
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 3 February
Caldbeck Parish Hall
at 7.30pm
SPEAKER;
Mr Norman McCrorie
'PIONEER FOODS
Competition: A 1930s item

CALDBECK & DISTRICT LOCAL HISTORY SOCIETY
Warmly welcomes
PETER MESSENGER
(Conservation Officer for Carlisle City Council)
who will give an illustrated talk
about
THE PROJECT ON DATED BUILDINGS IN CUMBRIA
Wednesday 17 February 2010
at 7.30pm
Caldbeck Parish Hall
Tickets: Members £2
Visitors £3
Refreshments included
EVERYBODY WELCOME!

Hesket New Market Agricultural Society
Annual Dinner
Saturday 20th February
7.00pm for 7.30pm.
within the Parish Hall
Guest speaker: Doctor Jim Cox
Tickets: £17.50
To book, please call Helen Greenbank on 78125

CALDBECK & DISTRICT GARDENING CLUB
Wednesday 10 February
at 7.30pm, Millhouse Village Hall
Adam Beeston: Members' Gardens



THANK YOU!

COFFEE MORNING

Tuesday 2 February

10.30am-12 noon

Hesket Newmarket Church Rooms

'Being Married to Gus' with Wendy Eyre

Wendy's husband, Gus, is a singer/songwriter who travels internationally promoting drug awareness.

Children are welcome.

Further details from Helen Stobart 78669

CALDBECK CAROL SINGING 2009

Once again, our apologies to those we did not reach on our Carol Singing evening on 21 December. We were very few in number, the weather, perhaps, not being conducive to bringing out singers but, nevertheless, very seasonal. Because we felt that we had managed to sing to so few homes, a second (even smaller) group ventured out on 22 December.

Many thanks to those who helped or contributed in any way and to those whose generosity enabled us to reach a total of £360 from our collecting boxes and related donations. This was divided between the three children's charities NSPCC, NCH and SCF, and was very gratefully received.

Next Christmas, we hope to visit some of the areas we missed this time. Hopefully with lots of singers!

Thank you once again.

David and Antoinette Ward, Hilary Mattinson.

CLASSIC UPHOLSTERY & FOAM

FOAM

Cut to size.

Cushions with our best-selling REFLEX foam.

Memory foam mattresses and toppers

Free home measurement services and delivery.

RE-UPHOLSTERY WORK

Modern, antique, small, large, contract and domestic.

FABRICS

100+ upholstery pattern books as well as a large selection of CRIB 5 contract fabrics.

Thomas Street, Denton Holme, Carlisle CA2 5DZ Tel: 01228 547840

www.classicupholsteryfoam.co.uk

CALDBECK AREA FIRST RESPONDERS would like to extend special thanks to Geoff Richardson, Brian and Dorothy Knowles, John and Diane Brown, Dr Mike Townend, Miss Beatrice Earl, Glenn Bridge and Sheila Dowton from Lamonby and to our regular bag checkers, Roy Knowles at HNM, Pat Shaw at Caldbeck, David and Helen Kerry at Millhouse and to Bob and Monica Whitson who have carried our 'Roving Bag' since the turn of the New Year. This is written four weeks into our 'cold spell' and all the above people have *gone the extra mile* to make sure, in some way, that our defibrillators and other equipment have been kept from freezing in the severe weather. Our bags and equipment have been taken into homes and kept warm and, in some cases, cosseted with hot water bottles and blankets in the cabinets to prevent any damage in the sub - zero temperatures.

Our bags and equipment are normally checked every two to three days by team members but the extreme weather has meant we have all had to be more watchful. We are pleased to say that all our equipment has been looked after brilliantly by all of the above. An extra special thanks to my family, especially my husband Desmond, who have put up with me twittering about the bags every time the thermometer dropped below freezing !

Also, may I take this opportunity to thank all our sponsors. Your help is so much appreciated, not just by the team, but by the whole community. We have five new recruits in training, so our team goes from strength to strength. We still need your support and if anyone else is willing to sponsor a pager or help in any way, please contact any member of the team or our treasurer Mrs. Pauline Woolfenden on 016974 78212

Team Leader, Philippa Groves - 016974 78555

Deputy Team Leaders, Pat Shaw - 016974 78639 and Sarah Morley - 016974 78612

KARMA SOLUTIONS

Remedial/Sports Massage/Relaxing Massage

Reflexology/Reiki/Homeopathy

Treatment room in Hesket Newmarket or home visits can be arranged

Contact Tray Dixon on 07895 620 456

e-mail: traydixon@yahoo.com

HEARTSTART

Worried about how you would cope in an emergency ??????????????????????????????

YOU ONLY NEED TWO HOURS TO LEARN THESE SIMPLE SKILLS WHICH COULD HELP SAVE A LIFE

DATES for 2010

to be held at Millhouse Village Hall

All start at 7.30pm prompt

Thursday 25 February, Tuesday 30 March

Wednesday 28 April, Tuesday 25 May

Wednesday 30 June, Thursday 29 July

Tuesday 24 August, Wednesday 29 September

Monday 25 October, Tuesday 30 November

or to arrange a session near you or for your group

i.e. WI, Mothers group, Youth club, Young Farmers etc

Please contact

Philippa Groves 016974 78555

Helen and David Kerry 016974 78431

Sheila and Les Magee 017684 84389

A British Heart Foundation Certificate will be issued to everyone attending these sessions

NOTES FROM CALDBECK PARISH COUNCIL MEETING OF 14 DECEMBER 2009

1. Police Report. Inspector Kelly introduced himself. He started work at Wigton on 6 November. His recent work has been with the CID but he has had experience of community policing before. The Cumbria Policing Pledge is being distributed. Inspector Kelly said that, although in a recent inspection Cumbria 'could have done better', Cumbria does have a good record of solving crimes. The Police plan to have community meetings and then follow up any concerns expressed with 'partners', i.e. those organisations that can help to solve the problems highlighted. In November the Caldbeck area had one burglary and a neighbouring area (Brocklebank) had a trailer stolen. Inspector Kelly was thanked for his attendance and for the information he gave.

2. Councillor Duncan Fairbairn explained that Highways staff are all concentrated in the west of the County due to the ravages of the floods there, so not much can be achieved elsewhere at the moment. He had followed up the issue of Watery Lonning with Marie Fallon, Director of Environment for CCC and had ascertained that the white lining there had simply been missed when the team were in the village. It was agreed that the Clerk would write to Ms Fallon and emphasise the need to repaint the white lines at each end of Watery Lonning.

3. Caldbeck Pond. The Clerk reported on the options and the probable costs for cleaning the weed and silt out of Caldbeck Pond, following a meeting of Councillors with Tommy Trotter and Michael Bell on 1 December and estimates obtained from them, and from a firm specialising in the testing and licences needed for spreading silt on fields (a second firm's estimates were awaited). The cost is likely to be at least £6000. As this is not manageable within the precept it was **agreed** that 1. The Clerk would explore other sources of funding which could be backed up by funds from the Gedding bequest, 2. The Clerk would also draft a method statement for consideration, in consultation with the Environment Agency, 3. The Chairman would try to organise a working party to explore the actual depth and extent of the silt.

4. Additional Salt bins for roads. The Clerk reported that the cost of bought-in salt bins is approximately £130 each. It was **agreed** that Colin Smithson would investigate whether containers could be found at little cost that could be used as salt bins, similar to the one Henry Hellon has made

for use on the road at the back of the Green in Caldbeck. If salt bins are provided Highways will fill them on request.

5. Leaking drain, Hesket Newmarket. The Clerk reported that Graham Standing has been notified about the leak and has replied that it will be inspected and repaired but the work may be delayed by the emergency repairs the LDNPA is organising after the flood damage in the west of the county.

6. Other Parish Maintenance matters: 1. It was **agreed** that the ditch beside the road by the Joiners' Shed on the Green at Caldbeck needs reinstating. The Clerk was asked to request an estimate from Michael Bell for the work. 2. The blocked gully drain beside Oakview Cottage in Hesket Newmarket has been reported to Highways. 3. It was **agreed** that the Clerk would write to the owners of the Joiners' Shed on the Green, Caldbeck to see if it might be possible to install guttering on the roof so that rainwater does not pour off the roof onto the ground and the road. 4. It was noted that residents have reported to Highways that excess chippings are causing problems on School Hill, Caldbeck. 5. It was noted that potholes in Tenters car park have had temporary repairs done. 6. It was **agreed** that the Clerk would report the blocked gully drain in the middle of the road at the Wood Hall lane end on the Street, Hesket Newmarket, and the blocked drains at Parkend. 7. The Speed Indicator Device will be back in the parish towards the end of January and Audrey Noble agreed to organise its positioning with volunteers. 8. Thanks were expressed to Henry Hellon for installing the replacement bench on the Green at Caldbeck.

7. Public toilet with disabled access, Caldbeck. The Clerk reported that a draft agreement has been prepared by David Ward and sent to Rev Kim Hurst and the Methodist Property Office for consideration. A draft has also been sent to the Parish Council Insurers (Allianz Insurance) and David Ward will discuss it with an Adviser there.

8. Website development. 1. It was **agreed** that draft minutes should be published on the website with a clear indication that they are draft only and not yet approved. 2. A volunteer has come forward in answer to the notice in the parish magazine, offering to take over from Jim Cox in April 2010 as Moderator for the website.

9. Budget and Precept. The draft budget was amended and the budget **agreed** for 2010/11. It was **resolved** to set the precept at £9,300.00 for 2010/11.

Antoinette Ward, Clerk to Caldbeck Parish Council.



ARE YOU A NERVOUS COMPUTER USER?

**Would you like to learn how to shop online
for groceries?**

**Maybe you would like to learn how to search online for
information?**

Come along to

The Old Crown Pub at Hesket Newmarket on Tuesdays

12.30pm-2.30pm.

Learn about the internet and email in a relaxed,
friendly environment.

For more information about this **FREE** service,
call Caroline on 016973 52284,
or pop into The Old Crown on Tuesday.

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.

ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	Welcomers' Rota 8.30am	Sanctuary Duty (8.30am unless specified)	Sidespersons' Rota 11.00am
Feb 7	<i>no service</i>	(11am) Margaret Tinniswood	Malcolm & Eleanor Thyne
14	Ann Wade	Liz Boydell Diana Greenwood	Christine Pearson
21	John Price	Liz Boydell Jean Holden	David Smith
28	Kathleen & Ron Davie	Jean Holden Joan Todhunter	Peter Sageman
March 7	<i>no service</i>	(11.00am) Margaret Tinniswood	Marjorie Atkinson

ST KENTIGERN'S, CALDBECK, LESSON READING ROTA

DATE	SERVICE	READINGS	READER
Feb 7 2nd be- fore Lent	HC 11.00am	Genesis 2 vv 4b-9, 15 to end Revelation 4 Luke 8 vv 22-25	Malcolm Thyne
14 Sun- day be- fore Lent	HC 8.30am MP 11.00am	Exodus 34 vv 29 to end 2 Corinthians 3 vv 12-42 Luke 9 vv 28-36	Ann Wade Christine Pearson (same Readings both services)
21 Lent 1	HC 8.30am Family Service 11.00am	Deuteronomy 26 vv 1-11 Romans 10 vv 8b-13 Luke 4 vv 1-13 TBA	Susan Beale TBA
28 Lent 2	HC 8.30am MP 11.00am	Genesis 15 vv 1-12, 17-18 Philippians 3 v 17, Ch 4 v 1 Luke 13 vv 31 to end	John Price Peter Sageman (same Read- ings both services)

DIARY OF EVENTS 2010

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.
- 9th Sebergham WI '*The Quatemala City Dump*' Geoff Hine, 7.30pm, Sebergham Old School.
- 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
- 25th Heartstart, 7.30pm, Millhouse Village Hall.
- 27th Auction of Goods and Promises, in aid of a replacement Northern Fells Minibus, 7.00pm, Caldbeck Parish Hall.

March

- 3rd Caldbeck WI '*Work in a Tanzanian Hospice*'. Shared meeting with Mungrisdale WI at Mungrisdale Village Hall, 7.30pm.
- 6th HNM Play Area Association and CAFS '*UP*', 3.30pm, Caldbeck Parish Hall.
- 8th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
- 9th Sebergham WI, 62nd Anniversary Birthday Party, Dinner at Denton House.
- 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.
- 30th Heartstart, 7.30pm, Millhouse Village 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.

- 13th Sebergham WI *'Life as a Doctor 60 Years Ago'* Dr Michael Cox,
7.30pm, Sebergham Old School.
- 14th Gardening Club, Jack Gott *'A Rainbow of Dahlias'*, Millhouse Vill
Hall, 7.30pm.
- 16th CAFS, *The Damned United*, 7.30 Caldbeck Parish Hall.

CALDBECK SURGERY

www.caldbecksurgery.co.uk

Staff Training Afternoons

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

Thursday 11 February

Tuesday 16 March

No closure in April

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

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.



CALDBECK AREA FILM SOCIETY

What a start to the New Year! The recent cold weather unfortunately resulted in a decision to cancel January's presentation of *Goodbye to Lenin*. The roads and pavements were both treacherous and the risks to our potential audience seemed to be too much of a risk. Do try to see this film if it is repeated on the TV, as it throws a different and humorous light on the fall of communism

But you must remember this... **the CAFS presentation on 13 February is a Supper + Film evening in Caldbeck Village Hall.** Supper will begin at 6.30pm and the film at approximately 7.30pm. Catering will be by Debbie Bainbridge, who catered splendidly for one of our suppers last year. Tickets will cost £12.

The menu is five-spice lamb followed by tangy lemon cheesecake or chocolate bread & butter pudding and there will be a vegetarian option. Tickets will be available from Caldbeck and Hesket Newmarket stores or reserve them by ringing Sally Vaux on 016974 78626.

Put the event in your diary now!

The pre-Valentine's Day film is the classic romance, *Casablanca*. It was made in 1942 during WWII and inside the romantic story is a gripping and dramatic tale of patriotism and loyalty. It is not without wit and many of the script lines have passed into common use (though frequently misquoted). The music is also memorable. The film was directed by Michael Curtiz in black & white and lasts 98mins.

Humphrey Bogart plays the cynical Rick, and Ingrid Bergman the glowingly beautiful Ilsa. They have a strong supporting cast of character actors, which includes Peter Lorre, Claude Rains, Paul Henreid and Conrad Veidt.

Be prepared to laugh and shed a tear if you have a shred of romance left.

Keswick Film Club is showing the following films in February :

Sun 7 Feb 5pm, *Nowhere boy*; Sun 14 Feb 5pm, *The sea wall*,

Sun 21 Feb 4pm, *Barry Lyndon*.

Thurs 25-28 Feb Film Festival.

For details, see www.keswickfilmclub.org

NB Early warning-there will be a CAFS AGM before the March film.

Sebergham Weather Recordings

Rainfall

December 2009	96.00 mm	(3.78 ins)
Aggregate for year	1105.15 mm	(43.46 ins)
December 2008:	72.10 mm	(2.84 ins)
Aggregate for year:	1140.10 mm	(44.87 ins)



The last 2 months' rainfall 639.4 mm (15.34 ins) has brought the yearly total to just under the previous year, and up to November, we had had a drier year than normal.

The 20 year average rainfall is now 1012.95 mm (39.89 ins). In the early 1990s our average rainfall was 990.60 mm (39.00 ins) and the average dropped from 1996 to 2001 at 956.20 mm (38.00 ins). Since then it has slowly risen, bringing the 20 year average to the end of 2009 at 1012.95 mm (39.89 ins).

Temperature December 2009:

The average maximum day temperature 40.77°F (4.87°C)
 The average minimum night temperature 30.90°F (-0.61°C)
 The warmest day was 8 December at 51.00°F (10.56°C)
 The coolest night was 24 December at 21.00°F (-6.12°C)



We recorded 20 days of frost in the month and 2 days when the temperature did not go above freezing.

The year's average maximum temperature 54.66°F (12.59°C)

The year's average minimum temperature 43.68°F (6.49°C)

The average minimum temperature over 5 years 54.13°F (12.29°C)

The average minimum temperature over 5 years 43.17°F (6.20°C)

R de Robeck

ST MARY'S CHURCH, SEBERGHAM FLOWERS & CLEANING ROTA



DATE	NAME
February 7	Mrs Weston
14,21	Mrs J & T Wetherell
28	Mrs Brough
March 7	Mrs Brough

**ST MARY'S CHURCH, SEBERGHAM
LESSON READING ROTA**

DATE	SERVICE	READINGS	READER
Feb 7	MP	Genesis 2 vv 4b-9, 15 to end Luke 8 vv 22-25	Peter Weston Doreen Ward
14	MP	Exodus 34 vv 29 to end Luke 9 vv 28-36	Stephen Hollins-Gibson Poppy Hollins-Gibson
21	<i>no service</i>		
28	HC	Genesis 15 vv 1-12, 17-18 Philippians 3 v 17, Ch 4 v 1 Luke 13 vv 31 to end	Richard de Robeck Jenny de Robeck Preacher

SEBERGHAM WI

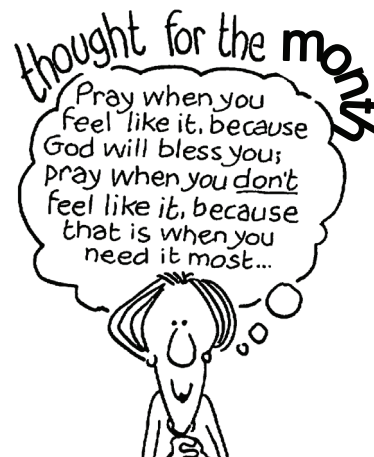
Sadly the meeting for January was cancelled as the speaker and most of our members were snowed in!

We look forward to meeting again in February, when Geoff Hine will be speaking about working with the families who survive by scavenging on the rubbish dumps of Quatemala City in Central America.

Refreshments will be provided by the Churchtown group.

Poppy Hollins-Gibson Press Secretary

SEBERGHAM WI
Tuesday 9 February
The Old School
7.30pm
Speaker: Mr Geoff Hine
'THE QUATEMALA CITY DUMP'
Competition: Photo of member
as a child





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.

SEBERGHAM JANUARY DANCE

The first dance of the new year, when the dancers all got together after the snow had thawed, was held in Sebergham Village Hall. Proceeds were for Hall Funds.

The next dance will be on Saturday 13 February with refreshments.

Tickets: 016974 76452



**SEBERGHAM
VILLAGE HALL
AGM
Monday
8 February
7.45pm**

**SEBERGHAM VILLAGE HALL-
DOMINO DRIVE
Thursday 18 February
7.45pm
In aid of Hall Funds**

CURTAINS AND SOFT FURNISHINGS MADE TO ORDER
Just in time for spring cleaning!
Please contact Mandy Peverall
016974 763878 or 07791 454 560



Pub Quiz for Heskett Newmarket Play Area

A big "THANK YOU" to everyone who supported the Christmas Quiz at the Old Crown just before Christmas, and to Keith, Edna and Jo for hosting it.

The evening proved to be very popular, with 11 teams taking part. The winners were "Stocking Fillers", closely followed by "Chilly Willies" in second place and "The Smiths" in third. Everyone had a great evening and the total raised for the Play Area was an impressive £185. Brilliant!!
Sue Braithwaite



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

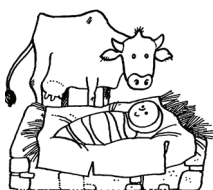
HESKET NEWMARKET CRIB SCENE

Complete with its most recent addition- a camel- and boasting new "scenery", the crib scene at Hesketh was lit by newly acquired blue lights for its 2009 outing!

It was snowy on the night of the Carols round the Crib, giving a special festive feel to this annual community event. Unfortunately, the weather prevented some people from joining us, but we had a good sing, with a plentiful supply of warm mince pies and mulled cider, donated to the cause.

The collection on the night, and the donations made whilst the crib scene was up, amounted to £55.17. A small sum will be deducted for the cost of electricity, but the remainder will be donated to Cumbria Cerebral Palsy.

Thank you to all who came along and took part in this event, to Henry and his team for putting it all up and dismantling it again and to Sue Robson for leading the singing at the last minute!



For December 2010 there is a plan afoot to encourage more singers to come along and even to have some practice beforehand! Watch this space!

Sue Braithwaite

FAIRTRADE NEWS



Caldbeck and Hesketh Newmarket Fairtraders, The Fairworld Shop and The Quakers of Mosedale are hosting a talk by Jo Alberti, a member of the Keswick Peace and Human Rights Group and a Keswick-based Trade Justice Campaigner, on Monday 22 February at 7.30pm at Mosedale Meeting House. Jo's talk is entitled 'Palestine' – stories of the lives of Palestinians Jo met in the West Bank in Spring 2000 and will be accompanied by slides. Tastings and sales of the Fairtrade Palestinian 'Zaytoun' Olive Oil plus Fairtrade refreshments will follow. Entrance is free and everyone is welcome. If anyone needs transport from the Caldbeck area please contact me.

(Jo is also staging her play 'Sumoud' at Theatre by the Lake, Keswick on

Saturday 6 February 10.00am – 12 noon, along with a talk by poet and playwright Peter Mortimer on his experiences living in a Palestinian refugee camp. Tickets £3 - 017687 74411).

The Mosedale event marks the beginning of Fairtrade Fortnight in the Caldbeck area (22 February – 7 March). See notice boards and local fair-trade outlets for details of other Fairtrade events during this time. The theme of this year's fortnight is 'THE BIG SWAP', as we are being urged to "get involved by swapping our usual stuff (tea, coffee, bananas, chocolate, sugar etc) with fair-trade stuff, starting with our cuppa"!

Caldbeck Fairtraders are also sponsoring the film 'The Age of Stupid' (a new film about climate change and sustainability) in association with CAFS on Friday 19 March at 7.30pm in Caldbeck Parish Hall. This event is FREE and will be followed by Fairtrade refreshments!

Sally Vaux (78626)





**Hesket Newmarket Play Area Association
in partnership with CAFS**

Present the animated film
'UP'

To be screened at Caldbeck Parish Hall
Saturday 6 March at 3.30pm

Entry is free
Children under 8 years need to be accompanied by an adult

**Bryce's fish/sausage and chips from 5.15pm, if pre-booked
Numbers limited, so book early!**

A portion of fish and chips will be £5, sausage and chips £3.50
Order forms available at
Kirkland Stores, Caldbeck and Fellside Store, Hesket Newmarket
**Full payment is required when booking
All orders are needed by Tuesday 2 March**

Any queries, please contact Sue Braithwaite on 016974 78582

Mungrisdale Church - Open Doors

"Faith, Family and Farming"
Friday 12 February at 7.30pm
Mungrisdale Village Hall

As part of our series of *Open Doors* events, we look forward to the visit of Howard Petch from Yorkshire. Howard is from a farming family in North Yorkshire and was principal at Bishop Burton College until 1998. He is an active member of his local church and also works closely with the Farm Crisis Network. He will be speaking on the theme 'Faith, Family & Farming'.

The evening is in **Mungrisdale Village Hall** and will start at 7.30pm with supper. Everyone from the surrounding area is welcome, and especially the farming community round here. **It will be a very social evening - please come** - let us know beforehand if possible so we have an idea of how many to make supper for.

Ring Nancy on 016974 78604 or email nancy.tweddell@virgin.net



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You name it, they do it!

Fun and entertaining for all ages.

If you enjoyed coming to see Chuck and Albert,
you'll enjoy this Canadian duo too.

MUNGRISDALE VILLAGE HALL
SUNDAY 28 FEBRUARY 7.30pm
For tickets £5 / £3.50 children

CALDBECK METHODIST CHAPEL

Sundays at 2.30pm

7 February	Rev P Dunstan
14 February	Miss D Chalk
21 February	Mr I Beattie
28 February	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">ON THE SHELF Bookshop Priest's Mill Caldbeck Tel: 016974 78770 dorothychalk@mail.com (closed for 6 weeks from 31 December)</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>
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<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>
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<p>THE FAIR WORLD SHOP Fairly traded foods, teas and coffees unusual crafts and gifts. Weekdays (except Monday mornings) April 6 to Oct 31 10.30am-4.30pm Nov 1 to Dec 24 1.00pm-4.00pm Saturdays & most Sundays April - Dec 2.00pm-4.00pm Contact: Lynette 016974 78544</p>	<p>WRAGG MARK-BELL SOLICITORS</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 FEBRUARY 2010

Sunday 7 February

<i>Caldbeck</i>	8.30am	<i>no service</i>
	11.00am	Holy Communion
	4.00pm	Christingle Service
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	11.00am	Morning Prayer

2nd Sunday before Lent

Sunday 14 February

<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Morning Prayer
<i>Castle Sowerby</i>	11.00am	Holy Communion (Millhouse Village Hall)
<i>Sebergham</i>	11.00am	Morning Prayer

Sunday before Lent

Wednesday 17 February

<i>Caldbeck</i>	7.30pm	Holy Communion
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Ash Wednesday

Sunday 21 February

<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>

Lent 1

Sunday 28 February

<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Morning Prayer
<i>Castle Sowerby</i>	11.00am	<i>no service</i>
<i>Sebergham</i>	11.00am	Holy Communion

Lent 2