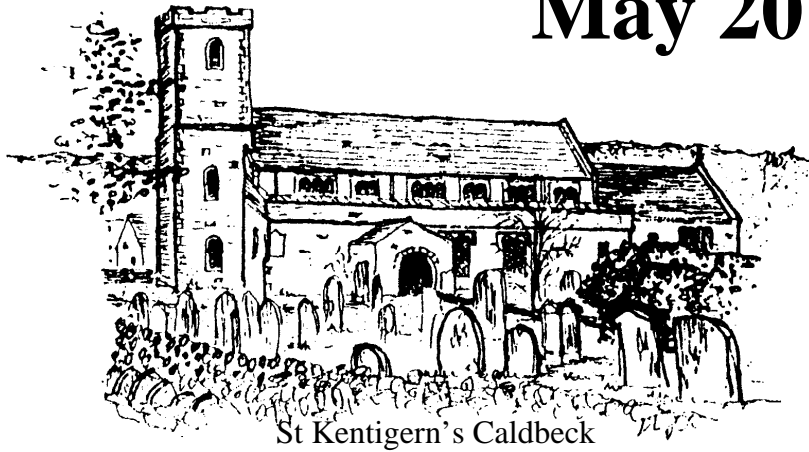


**May 2010**



St Kentigern's Caldbeck



St Mary's Sebergham



St Kentigern's Castle Sowerby

**Parish  
Magazine**

## **CHURCH STAFF AND CONTACTS**

### **FOR WEDDINGS, BAPTISMS AND FUNERALS:**

**Rector:** Rev Norman Robinson 016973 43723

#### **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)*

**NOTE:** Copy deadline **15th May** for inclusion in June's magazine.

**Treasurer and Contact for Advertisers:** Mr Stephen Hollins-Gibson

**Tel:** 016974 76276 **Email address:** js.hollinsgibson@ukonline.co.uk

## *The Rector Writes*

Dear Friends

I thought it a good idea this month to let my current Reader, Ann Finlay, introduce herself to you in her own words. She has worked with me and others soon after I took on Thursby parish 12 years ago. I can highly recommend her to you and hope Ann will take some services among you in the not-too-distant future.

Every blessing

Norman Robinson

I wonder what you want to know about me? I have been a very ordinary nurse, am an average Reader, and, I hope, a fairly satisfactory wife and mother, with a husband, Michael, three daughters and five grandchildren. My nursing days were largely spent in the area of terminal care and care for the elderly, where indeed my heart still lies. My church background has been varied, even though I have now settled in the Anglican church, as I have spent time as a Methodist, a Roman Catholic and even a year with the Quakers, following a serious nervous breakdown many years ago. Interests? High on that list is a passion for dogs, and I am a registered assessor for Pets as Therapy and a keen member of Dumfries and Cumbria Greyhound Rescue even though I own, not yet a greyhound, but a 14 year old Papillon called Brodie with whom I have done a lot of obedience work in the past. I am proud of my Scottish heritage, love the sea, poetry, storytelling, classical music and, although I can no longer walk them, the hills. And I look forward to getting to know you and serving you for as long as I can.

God be with you all. Ann Finlay.

**A Reader Writes – ‘Dear Jean.....’**

If I were to be invited to a ‘Desert Island Discs’ sort of programme that related to scripture instead of music one of my chosen passages would be Isaiah 6: 1-8. Apart from the grandeur of its prose it has a simple message – whenever something needs to be done, somebody has to put their hand up and say, ‘I will do it!’ So simple but so true. One of the reasons why we have such a successful magazine which is so widely read and which carries information and news to so many people is that somebody sorts the 500+ copies for distribution. For many years this has been done by Jean Holden. It’s a labour of patience and care that involves sorting and delivering bundles to others so that copies cascade throughout the community. I recall the Chairman of a group chiding a member for not having read his magazine because, had he done so, then he would have known the answer to the question he asked. Without Jean’s faithful diligence this magazine would not be providing the service it does. This task is now being taken up by Anna Browne, Joan Todhunter and Shirley and Charlie Rolfe but I want, on behalf of all the readers of the magazine and the PCCs of our three churches, to say a very big thank you to Jean for a job so cheerfully and diligently done for so long.

**Thank you Jean!**

**Rogation Sunday Service**

**on**

**9 May 2010 at 11.00am**

**This service will be held at Roe Foot, Sowerby Row**

**By kind permission of John and Connie Foster**

**Everyone most welcome**

**CASTLE SOWERBY PARISH PICNIC**  
Sunday 11 July at 2.00pm  
**EVERYONE MOST WELCOME!**  
(There will NOT be a service at 11.00am in church on this day)

**CALDBECK METHODIST CHAPEL**  
The members of Caldbeck Methodist Chapel would like to  
thank all who supported us over our Chapel Anniversary  
Weekend

**MOTHERS' UNION**  
Tuesday 18 May at 2.00pm  
Caldbeck Methodist Church  
Room  
Speaker: Mrs C Purvis  
Freelance Writer  
Guests: Milnthorpe MU



**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!**

**Ladies' Bright Hour**  
Caldbeck Methodist Chapel  
Tuesday 4 May at 2.00pm  
Kathleen Ashbridge





## MOTHERS' UNION

A very big thank you to all who supported our 'Soup Lunch'. As in previous years we were all spoilt for choice with such a variety of delicious soups to choose from. As a result, we were able to send £100 to the Literacy and Development Fund of the MU. This programme has been running for ten years and 'Comic Relief' were so impressed that, in the first few years, they gave their largest ever donation to a charity to help our programme. Thousands of women in Burundi, Malawi and Uganda have been enabled to gain skills in literacy and numeracy for the benefit of their homes and communities, often enabling them to run small self-help businesses to provide for their families.

Some of us were able to join the coach for the Triennial Service at Cartmel on a cold wet day. Fortunately, the sun shone in time for us to join a large crowd in the Priory for our service in the afternoon. There was a huge display of banners from all the corners of the Diocese. Bishop James commissioned all who were taking on new positions of responsibility in the Diocese. The Vicar of Cartmel gave a sometimes amusing but challenging message on our role as active, praying members, in today's society.

We also very much enjoyed the Lady Day Service at St Michael's, Stanwix. The Rev Ben King reflected on the founder of the MU, Mary Sumner, and her aim in supporting young families in bringing up their children in very

### **HESKET NEWMARKET PLAY AREA FAMILY FUN QUIZ**

Thank you to everyone who took part in the Walt Disney film quiz, which raised £52 for the Heskett Newmarket play area. Thanks too to Madge Watson for setting the challenging questions.  
The winner was Mandy Wilson of Caldbeck.

### **FELLVIEW PRE-SCHOOL NURSERY**

#### ***Table Top Sale***

Saturday 22 May in Caldbeck Parish Hall

10.00am to 1.00pm

Nursery Charity Stall and Cake Stall, Raffle, Teas and Coffee

Admission 50p, children free

**Tables on sale now for £6**

**To reserve your table contact Alison 78695 or Lynn 78141**

All proceeds will go towards The New Nursery Equipment

challenging days.

**CALDBECK PARISH COUNCIL  
ANNUAL PARISH MEETING**

**in  
Caldbeck Parish Hall  
Oak Room**

**Monday 17 May**

**7.30pm**

**Richard Leafe,  
Chief Executive of the Lake District National Park Authority,  
and  
Nick Helyn  
from the Kentmere Hydro Trust, [www.kentmerehydro.org](http://www.kentmerehydro.org)**

**will speak about:**

*Renewable Energy (especially water power) in  
the Lake District National Park*

**The Annual Parish Meeting is also an opportunity for you to have your say  
to the Parish Council about any matter in the community that you wish to  
raise.**

**The Meeting will end with Fairtrade Refreshments**

**CALDBECK & DISTRICT GARDENING CLUB**



**Wanted to borrow:**

We need your old lawn mowers and gardening tools, regardless of condition, to exhibit at our meeting on 15 May. This will be a talk and exhibition on 'Old Gardening Tools and Machinery' presented by Jack Clegram from Durham, and will be held in Caldbeck Parish Hall starting at 1.30pm. All are welcome, admission £4.50 (members £1.50), including afternoon tea. There will also be a plant sale and raffle.

**All proceeds will be donated to the 'Hospice At Home' .**

what's on for young people

**DROP IN**  
**Ages 10+**  
**Saturday 29 May**  
**7.00-9.00pm**  
**GAMES NIGHT**  
**Caldbeck School Field**  
**(Parish Hall if wet)**  
**Hockey/Rounders/Football**  
**For more details please contact**  
**Celia Stobart 78669**

**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**

**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*

**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**

**DISCOVERY CLUB**  
Tuesday 11 May  
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



## **NORTHERN FELLS GROUP**

### **RESULT TIME FOR PHOTOGRAPH COMPETITION**

Thank you to everyone for their participation in our photograph competition. It was an enjoyable but difficult first round judging.

Congratulations to Peter Bolson – the overall winner and to Steve Sewell, Eileen Paterson, Karen Kennedy, Jeff Clarke, Fraser Shaw and Colin Smith who all have photographs featured in our 2011 Calendar.

Steve Razzetti (our local professional photographer) kindly did the overall judging and commented on the very high standard.

We will be extending an invite to our photographers, members and sponsors of our calendar to a Preview evening on 2 June at Millhouse Village Hall 7.00 pm and Chris Bonington will be presenting the prizes. We look forward to seeing everyone.

There will be our calendar, cards and prints for sale as well.

Sue Clarke – Group Co-ordinator 016974 78094 – email:  
sue.clarke@northernfellsgroup.org.uk

#### **Annual Plant Sale**

in the centre of Heskett Newmarket  
Monday 31 May 2010, 10 am – 12 noon

#### **In aid of the Northern Fells Group**

Come and donate your excess seedlings and plants.

Buy new specimens for your garden.

A great variety of perennials, bedding plants, shrubs,  
and vegetable seedlings, at very reasonable prices.

Get yourself some bargains and support a good cause!

Any queries or offers of help to Sue Braithwaite on 016974 78582



#### **ADVERTISING**

*Preference in future years will be given entirely to those living or working within the Benefice which covers Caldbeck, Sebergham, Castle Sowerby, Rosley, Welton and Westward. These are annual contracts and, in future, we will not be including one-off monthly adverts.*



**CALDBECK WI**  
Wednesday 5 May  
**'Colour Analysis'**  
**Speaker: Fiona Hudson**  
**Competition:**  
**A 1950's item**

**CALDBECK & DISTRICT  
LOCAL HISTORY SOCIETY**  
the next meeting of the Society will  
be on

**'THE HISTORY  
OF  
SHAP ABBEY'**  
presented by  
**HARRY HAWKINS**

**Wednesday 19 May 2010 at 7.30pm**  
**Caldbeck Parish Hall**  
Tickets: Members £2; Visitors £3  
Refreshments included  
**EVERYBODY WELCOME!**

**CALDBECK & DISTRICT GARDENING CLUB**  
Saturday 15 May at 2.00pm  
Caldbeck Parish Hall  
**Old Garden Machinery and Tools**  
**Jack Clegram: Talk and Exhibition**

**THURSDAY CLUB  
OUTING**  
**DATE:** Thursday 13 May 2010  
**VENUE:** Church House Inn, Torver  
**LUNCHEON COST:** £14.50  
**COACH COST:** About £10  
**START:** Caldbeck car park at 10.15am (pick  
up at Hesket Newmarket.) Comfort stop in  
Grasmere.  
Brief stop at 'Hayes' on the way home.  
**DETAILS:** Ring Liz 78315

**CALDBECK BOWLING  
CLUB**  
**Village Bowls  
Tournament**  
Saturday 26 June  
at  
1.30pm  
Four people needed for a  
rink

The Bowling Club  
welcomes new members  
who would like to bowl.  
**Come along and have a  
go!**

## **CALDBECK BOWLING CLUB**

The annual coffee morning and bring and buy sale was held on Easter Monday. It was attended by a good number of members and friends of the club who were given a warm welcome by Ladies' President, Elsie Bell.

Mrs Bell thanked everyone for filling the stalls with goods comprising groceries, cakes, plants, bric-a-brac, etc and said there were also numerous competitions. She then declared the event open. Goods were sold quickly and the few remaining items were auctioned at the end by Lawrence Hayton.

Tea and coffee with home-baked biscuits were available throughout the morning.

The raffle was drawn by Mrs Bell and the winners were: George Blatchford, Clive Richardson, Muriel Blackett, Jenny Bowness, Margaret Bell, Dorothy Osborne, Margaret Armstrong, Annie Benn and Keith McIntosh.

Winners of the various competitions were: The Treasure Hunt, Catherine Richardson; Shove Board, over 11 years of age, Rebecca Pigg; under 11 years of age, Zoe Glendinning; Value of fruit basket, Mary Threlkeld; Weight of the fruit cake, Sue Blatchford; bottle of whisky, Jean Scott.

At the conclusion Mrs Bell thanked all who had assisted in any way in making it a successful event. £632 was raised for club funds.

On the Monday evening, the annual game of Prize Bingo was held with the Club Secretary, Lawrence Hayton, calling the numbers. The Bower was filled to capacity and, as this was a fun evening, all bingo proceeds were returned in prizes.

Ten games were played and were followed by a 'Quicky Game', the winning line being won by Ann Martindale, any two lines won by Mary Irving and with Thomas Richardson winning full house.

A further raffle was held with Mrs Bell drawing the winners: Rebecca Pigg, Margaret Robinson, Jeff Adams, Muriel Blackett, Susan Armstrong, Gwen Coulthard, John Martindale and Jenny Bowness.

Caldbeck President, Malcolm Grainger, thanked Will Strong and helpers for bar duty, Lawrence Hayton for calling the bingo numbers, bingo and raffle ticket sellers Margaret Armstrong and Betty Grainger and everyone for attending. A further £92 was raised for club funds from the raffle.

## THURSDAY CLUB

Mr Tony Ryan welcomed everyone to the meeting held on Thursday 8 April and a minute's silence was held in memory of Mrs Vera Mason who had recently died. Everyone was reminded about the outing to Church House Inn, Torver on 13 May. (Details of this can be found on page 10). Publicity was given about the History Society meeting on 21 April when the speaker would be June Hall talking about 'English Rural Life in the Middle Ages'.

Mr Ryan then introduced our speaker for the afternoon, Mr Tony Reid, who had come to talk about his 30 years as a police officer.

Mr Reid had decided to join the police force at the age of 19 years. Although he could not work in the Metropolitan Force, he was accepted into the City of London Police. A police constable is a citizen appointed locally with authority from the Crown. When he joined the force, everyone ate in the same canteen but older officers had separate tables.

Tony studied hard and was promoted from constable to inspector in a short time. On reflection, he thinks this time was too short. He was moved to Hull on Humberside and has lived an interesting and varied life. Whilst this served him well in the police force, he found it hard to adjust to life once he had left.

Rev Colin Reid thanked Tony for his most interesting talk.



### CAN YOU HELP?

**The Local History Society is building up an archive, stored in the Parish Hall, in order to help preserve our area's heritage. It might also be possible to have some of it copied and stored by the County Record Office in the future.**

**Have you any interesting old photographs, post cards, newspaper cuttings, etc. of local events (e.g. sports, Hesketh Show, parades, outings, parties, weddings, etc.) that we could add to our archives? (Or we could make copies.) Why not clear out your attics and bottom drawers? Maybe the children would find it interesting and fun to help you?**

## **CALDBECK WI, 7 APRIL 2010**

Everyone was welcomed by Mrs. Shaw and the minutes of the last meeting were read by Mrs. Richardson. Mrs. Shaw drew members' attention to several items in the County News and asked for a delegate for the Spring Council meeting.

An invitation was received from Ivegill W.I. to join them for a future meeting.

Mrs Shaw outlined suggestions for the celebration of Caldbeck W.I.'s 90th birthday put forward by the committee. She asked for suggestions and opinions from the members about the format of the evening. After some discussion a vote was cast on how the evening should be approached. The committee are now able to proceed with the organisation of 2 June.

Mrs. Shaw introduced our speaker for the evening, Pauline Bibby. Her theme was 'Back to our Roots' which was the title for the W.I. entry for a back-to-back garden at Tatton Park. Having completed an horticultural course at Newton Rigg College, Pauline decided to enter the competition for the design that would be used. She was invited with four other members nationally to become involved with preparing the garden at Tatton Park. The work was demanding but fun to do and she made a number of new friends during the weeks that they spent in preparation. They achieved such a high standard in their work that they were awarded a gold medal. Pauline brought along her original designs and slide pictures to show the work in progress. This was a most interesting talk brought alive by a very enthusiastic speaker. Janet Cox gave the vote of thanks.

The competition for an item from the 1940s was won by Joan Todhunter (a photo), with Teresa Richardson second (Enid Blyton book). The raffle was won by Pauline Woolfenden.

The speaker for May will be Fiona Hudson talking about Colour Analysis. The competition will be for an item from the 1950s.



**CALDBECK ART GROUP ANNUAL EXHIBITION**  
**Monday 17 May -Sunday 30 May 2010**  
Watermill Café, Priests Mill

## **CASH ON DELIVERY - CALDBECK PLAYERS**

'Cash on Delivery', a farce by Michael Cooney, was the latest production by Caldbeck Players. The last night saw a full house of both adults and children fall about laughing as the ever more complicated intrigues, created by our 'hero' Eric Swan, played by Tim Cartmell, began to unravel. His fraudulent DSS claims come back to haunt him as first a DSS Inspector, played by Robin Ward, and then various social and welfare workers arrive on the scene and force his Uncle George and his lodger, Norman Bassett, played by Alastair Macfadzean and Bob Whitson, to don various disguises and personae to evade the long arm of the law. A further complication is that Eric's activities have led his wife, played by Jennifer Collard, to mistakenly believe that he is a closet transvestite and she calls in a marriage guidance counsellor. There are plenty of wonderful one-liners ably delivered by every member of the cast and, when dead bodies, cross dressers, Lassa fever, bigamy, a Tourettes sufferer and a deaf claimant, who can hear perfectly through closed doors, are added to the mix, you have a recipe for absolute comic mayhem. Eric's desperate creation of layer upon layer of inept deception in the face of ever more inquisitive officialdom means that the audience has to pay full attention to who is impersonating whom at any given moment in time. Nevertheless, the first act flies enjoyably by and ends with the cast leaning over the unconscious figure of Uncle George lying in his underwear on the chaise longue. "He's dead!" declares the undertaker, and the action ends to roars of laughter from the audience, leaving a 'dead' Uncle George comatose on the sofa. However, the first act wasn't quite over as a 'curtain malfunction' by the play's director, Antoinette Ward, left the 'dead' Uncle George stranded in the full glare of the house lights and unable to leave the stage, much to the further amusement of the delighted audience.

The second act opens as the first act finishes and the general mayhem continues with the arrival on the scene of Brenda, Norman's fiancée, played by Sue Merone, who is mistakenly informed that not only has Norman died that very morning but that he is already married. She is not amused! The action continues in much the same vein - characters enter and leave in quick succession, more wonderful one-line gags are delivered and increasingly improbable comic situations occur until Mr. Jenkins, the DSS Inspector, is struck by lightning whilst retrieving his briefcase from the roof of the house (I know it sounds unlikely but in this play anything is possible!). The evidence of fraud is destroyed and Eric the fraudster, instead of languishing in gaol, is employed by the DSS as Assistant Fraud Inspector - poacher turned gamekeeper - and they all live happily ever after!

This was an excellent team effort from a cast containing a number of new faces - Hannah Reid, returning after a long absence, as a young welfare worker, Shea Grant, moving up from the junior ranks, as the marriage guidance councillor, Carol Hine, making her debut as Ms. Cowper, the serious-looking DSS Inspector and Ewan Macfadzean, making his debut as the undertaker, and so becoming the third generation of the Macfadzean family to tread the boards in the last year. All in all, another excellent evening's entertainment from Caldbeck Players.

Ken Woolfenden



**PAMPERED CHEF PARTY**  
Wednesday 5 May  
7.30pm  
Millhouse Village Hall  
£1.50 entrance to include  
a glass of wine  
Raffle  
Everyone welcome!  
**Funds raised will go to  
Fellview Pre-school Nursery's  
new furniture fund.**

**Would you enjoy running a coffee shop for a day  
(or two!)?**



**Or baking cakes, scones, or making soup, for a good  
cause?**

The Northern Fells Group is planning to rent the Mosedale Meeting House again, as we have done for the last four years, for Thursdays to Sundays, from July to September, to run the Coffee Shop there.

Please ring Antoinette Ward on 016974 78220 or email [aw.caldbeck@googlemail.com](mailto:aw.caldbeck@googlemail.com) if you can volunteer to help.

A few half days, or full days if you prefer, running the Coffee Shop with other volunteers, or doing some baking or soup-making would be very gratefully received. Thank you very much.

*Northern Fells Group: Boltons, Caldbeck, Castle Sowerby, Ireby/Uldale, Mungrisdale, Sebergham/Welton and Westward/Rosley parishes.*

## **SEBERGHAM DANCING CLASS**

The last of the dancing classes held at Sebergham during the winter took place on Wednesday night with a lovely bring and share supper and sweets. John Foster welcomed 44 members to the end-of-season class. He thanked everyone for their support over the winter months, particularly as, sometimes, people had come in such awful weather conditions. Supper was served during the interval. Afterwards, John and Jean Salisbury took charge of the raffle. The prize winners were: Connie Foster, Joan Scott, Norma Atkinson, Annie McKie, Cynthia Gilbert, Joyce Tuer, Margaret Thompson, Margaret Irving, Jean Salisbury, Pauline Robinson, Dick Davidson, Tom Clements, Evelyn Fawkes, David Atkinson, Richard Holliday, Laura Ward, Maureen Hodgson, Winnie Grindal and John Tallontire.

Proceeds of the classes are for Hall Funds. Classes hope to start again in October.

## **WELTON CHURCH DANCE**

The village hall at Welton was very well attended for the annual dance in aid of Welton Church. The evening was organised by Anne Ivinson and Evelyn Fawkes with help from Lorraine Gash and members of the Parochial Church Council. Music was provided by 'Roe Valley'.

During the interval refreshments were served with Rev Norman Robinson taking charge of the tea pot. John and Jean Salisbury were in charge of the raffle, assisted by Norman. The prize winners were: Stan Hewitt, Mary Johnson, Lilian Williams, Brenda Crozier, Lorraine Gash, Val Morton, Winnie Milburn, Robert Crozier, Liz Forster, Lawrence Thompson, Margaret Mattinson, Evelyn Fawkes, Tom Clements, Margaret Bruce, Connie Foster, Norman Robinson, Norma Atkinson, Eileen Donald, Sid Tinkler, Joan Scott and John Weldon.

Norman thanked those who had prepared refreshments, and everyone who had supported this event. £410 was raised for Church Funds.

### 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>May 2</b>	<i>no service</i>	(11am) Margaret Tinniswood	Malcolm & Eleanor Thyne
<b>9</b>	Diana Greenwood	Liz Boydell Diana Greenwood	Charlie Rolfe
<b>16</b>	Jean Holden	Liz Boydell Jean Holden	Gwen Coulthard
<b>23</b>	Joan Todhunter	Jean Holden Joan Todhunter	Christine Pearson
<b>30</b>	John Price	TBA	TBA

### ST KENTIGERN'S, CALDBECK, READING ROTA

<b>DATE</b>	<b>SERVICE</b>	<b>READINGS</b>	<b>READER</b>
<b>May 2</b> Easter 5	HC 11.00am	<b>Genesis 22</b> vv 1-18 <b>Acts 11</b> vv 1-18 <b>John 13</b> vv 31-35	Joan Todhunter
<b>9</b> Easter 6 Rogation Sunday	HC 8.30am	<b>Ezekiel 37</b> vv 1-14 <b>Acts 16</b> vv 9-15 <b>John 14</b> vv 23-29	Ron Davie
<b>16</b> Sunday after Ascension	HC 8.30am FS 11.00am	<b>Ezekiel 36</b> vv 24-28 <b>Acts 16</b> vv 16-34 <b>John 17</b> vv 20 to end	John Price TBA (Same Readings both services)
<b>23</b> Pentecost	HC 8.30am MP 11.00am	<b>Acts 2</b> vv 1-21 <b>Romans 8</b> vv 14-17 <b>John 14</b> vv 8-17, 25-27	Alick Grieve Judith Cowx (Same Readings both services)
<b>30</b> Trinity Sunday	HC 8.30am	TBA	TBA

#### CASTLE SOWERBY PAROCHIAL CHURCH COUNCIL

Meeting to be held in  
Millhouse Village Hall  
Monday 7 June 2010 at 7.45pm

## DIARY OF EVENTS 2010

### May

- 5th Caldbeck WI '*Colour Analysis*' Fiona Hudson, 7.30pm, Caldbeck Parish Hall
- 11th Sebergham WI, Visit to Moota Garden Centre.
- 15th Gardening Club, Jack Clegram '*Old Garden Machinery & Tools*'. Talk & Exhibition, Caldbeck Par Hall, 2.00pm.
- 17th Annual Parish Meeting, 7.30pm, Caldbeck Parish Hall. Speakers Richard Leafe (LDNPA) and Nick Helyn (Kentmere Hydro Trust).
- 19th History Society, H Hawkins '*History of Shap Abbey*', 7.30pm, Caldbeck Parish Hall.
- 24th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
- 25th Heartstart, 7.30pm, Millhouse Village Hall.

### June

- 2nd Caldbeck WI 90th Birthday Party, 6.30pm, Caldbeck Parish Hall.
- 5th Caldbeck Methodist Church '*Fanny Crosby Evening*', Mrs Thelma Hobday, 7.00pm.
- 8th Sebergham WI '*Humorous Anecdotes*', Mrs Pat Staley, 7.30pm, Sebergham Old School.
- 16th History Society, '*Guided Tour around Shap Village and Shap Abbey*'.
- 30th Heartstart, 7.30pm, Millhouse Village Hall.

### July

- 5th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
- 7th Caldbeck WI '*Fabulous Fifties*', The Beacon, 7.30pm, Caldbeck Parish Hall.
- 13th Sebergham WI, Cranstons Butchers.
- 21st History Society, *Visit TBA*.
- 29th Heartstart, 7.30pm, Millhouse Village Hall.

### August

- 10th Sebergham WI, Dinner at Denton House.
- 16th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
- 24th Heartstart, 7.30pm, Millhouse Village Hall.
- 26th Caldbeck & HNM Sheepdog Trials.

### September

- 1st Caldbeck WI '*The History of Dixon's Mill*', Trudy Whalley, 7.30pm, Caldbeck Parish Hall.
- 14th Sebergham WI, Winter Tarn Cheeses.
- 15th History Society, Tim Padley '*Edward I*', 7.30pm, Caldbeck Parish Hall.
- 27th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.

29th Heartstart, 7.30pm, Millhouse Village Hall.

**October**

2nd Friends of Fell View, 'Mr & Mrs'.

6th Caldbeck WI 'Physiotherapy' Liz Hunter, 7.30pm, Caldbeck Parish Hall.

12th Sebergham WI 'Christmas Decorations' Mrs Mary Watson, 7.30pm, Sebergham Old School.

20th History Society, AGM and Supper.

25th Heartstart, 7.30pm, Millhouse Village Hall.

**November**

3rd Caldbeck WI 'Christmas Crafts' Sandra Mortimer, 7.30pm, Caldbeck Parish Hall.

8th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.

**CALDBECK SURGERY**

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

*Staff Training Afternoons*

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

Tuesday 18 May

Wednesday 16 June

Thursday 15 July

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 Debbie Graham*

**HEARTSTART IN MAY**

**Tuesday 25 May 2010**

at

**Millhouse Village Hall**

will be run by Les and Sheila Magee

Please come along and in under two hours learn these simple skills which may one day help to save a life. These sessions are completely free and are run by fully trained British Heart Foundation volunteers.

For details of this session please ring

**Les and Sheila 017684 84389**

To organize a course near you or for your group please contact:

**North Cumbria Heartstart Coordinator**

**Philippa Groves 016974 78555**



## **CALDBECK AREA FILM SOCIETY**

The current season has ended and the CAFS committee will now plan for the next one. It has been a wretchedly long and severe winter and one film at the start of January had to be cancelled as conditions were so treacherous. So thank you to all loyal members who attended the presentations. Attendances were generally high, especially on the Saturday Supper+Film events.

There have been many positive comments about last season's films and we appreciate your feedback. If there are any films you think the Selection Committee should consider for next season, then please contact any committee member with your recommendations. Contact numbers are on your Membership programme but, if you have already disposed of it and wish to volunteer or suggest films, please email me at: [boltontricia@tiscali.co.uk](mailto:boltontricia@tiscali.co.uk) .

If you are really interested in cinema, consider becoming a committee member – we need volunteers, especially if you have audio-visual expertise.

Finally, the CAFS Committee would like to say a big thank you to our retiring Chairman, Chris Hannam, who has given long and cheerful service to CAFS. Tricia Nelson

### **The Age of Stupid**

The title is a little threatening but it turns out to be a quote from a retired American oil engineer who decided to stay in his home although warned to leave as Hurricane Katrina approached. He was staggered by the extraordinary force of nature and, having rescued various neighbours including a baby, rethought the meaning of his life. While having no regrets for what he had done he felt that the world was not facing up to the extraordinary risks from climate change. Disasters such as the hurricane are becoming more frequent and weather has become more extreme, as everyone observes.

This may be because of long-term changes in the global climate but it seems pretty certain that burning fossil fuels at an ever-increasing pace is making things a lot worse. Maybe people can adapt but not that quickly. Pete Postlethwaite, who narrates the film's argument, feels that his generation (and that includes many of us watching the film) has grabbed whatever it could regardless of the well-being of our children and grandchildren.

Whether wind farms and electric cars are enough of an answer may be in doubt but they are likely to help. The film suggests that the earth's renewable energy should be

rationed like food was during the Second World War.

It was a thought-provoking evening, to put it mildly. Many thanks to Caldbeck Fairtraders for sponsoring the event and to CAFS for screening the film. Special thanks to Kathryn Rawson who made lots of lovely cakes that helped cheer us up after a chilling film.

Tony Vaux 78626



## **FAIRTRADE NEWS**

The local Fairtraders are organising a sale of Fairtrade and local crafts and produce outside The Old Smithy on Sunday 30 May 10am to 4pm. Stalls will include clothes and jewellery from Victoria's in Penrith, children's clothes and toys from the World Shop, Carlisle, foodstuffs and crafts from the FairWorld shop and jewellery from Africa.

## **CALDBECK MULTI-PURPOSE TENNIS COURT**

Social Tennis: Mondays and Thursdays, from 5pm to 6pm. A warm welcome to anyone who would like to come along and play tennis. Just turn up at 5pm at the Court!

Fees 2010 (confirmed as remaining the same at the recent AGM)

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

**Adults: £1 each adult per hour**

**Students and Unwaged people: 50p each person per hour**

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

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

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

**Children, 16 and under: £5 per year**

**Adults, 17 and over: £15 per year**

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

## Sebergham Weather Recordings

### Rainfall

<b>March 2010</b>	71.30 mm (2.81 ins)
aggregate for year	144.97 mm (5.55 ins)
<b>March 2009</b>	67.00 mm (2.64 ins)
aggregate for year	185.45 mm (7.30 ins)



*The year continues to be dry as there were 15 days in the month when no rain was recorded and over the two days - 29 and 30 March - we recorded 35.4 mm (1.40 ins). We recorded snow on only one day - 1 March.*

### Temperature

The average maximum day temperature 47.29°F (8.49°C)  
 The average minimum night temperature 32.93°F (0.52°C)  
 The warmest day of the month - 18 March at 57°F (13.89°C)  
 The coldest night of the month - 11 March at 24.00°F (-4.45°C)  
*We recorded a frost on 14 nights from 1 March to 13 March and 21 March.*



*The average max day temp over 10 years for March 46.23°F (7.90°C)  
 The average min night temp over 10 years for March 34.34°F (1.30°C)  
 March was 8.25°F warmer than February by day.  
 March was 5.68°F warmer than February by night.*

*R de Robeck*

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



DATE	NAME
May 2	Mrs Horn
9,16	Mrs Luck
23,30	Mrs Hine
June 6	Mrs Magnay

**SEBERGHAM WI**  
**Tuesday 11 May**  
**Visit to Moota Garden Centre**  
**Competition: Flower of the month**

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

<b>DATE</b>	<b>SERVICE</b>	<b>READINGS</b>	<b>READER</b>
<b>May 2</b>	MP	<b>Acts 11</b> vv 1-18 <b>John 13</b> vv 31-35	Margaret Mattinson Joyce Wetherell
<b>9</b>	<i>no service</i>		
<b>16</b>	<i>no service</i>		
<b>23</b>	HC	<b>Acts 2</b> vv 1-21 <b>Romans 8</b> vv 14-17 <b>John 14</b> vv8-14	Ros Hebdon Trevor Hebdon Preacher
<b>30</b>	<i>no service</i>		

**SEBERGHAM & WELTON PARISH COUNCIL**

The Parish Council met on 31 March 2010.

Once again a main topic of discussion was the number (and size) of the potholes in the Parish. Everyone is urged to phone the Highways Hotline and report any highways problems directly to them. This really is the quickest way to get the problems dealt with. We realise that some people are put off by having to give their names and addresses to the hotline people but this is just for them to ensure that the calls are genuine. Please call, the more of you that report a problem the more chance we have of getting it fixed! You will be given a code when you report the problem. Keep hold of this and if you hear nothing in a few weeks let me know.

Highways Hotline 0845 6096609 or report a problem online.

We have not received an update on developments at Parkhead Quarry this month.

The SIDS devices will be in the area again at the beginning of April. We have asked the Police if they could possibly mount some speed traps in the area during this time. You have all been warned!

The next Parish Council meeting will be on 12 May, this will be the AGM and the normal 2 monthly meeting.

The Annual Parish Meeting will be held on 19 May at 7.30 in Welton Village Hall. We will have a presentation of the Parish Plan, a talk from the Northern Fells Project and an open forum for residents to discuss what they see as the

problems facing the community. Hopefully we will be joined by the Police, too. Refreshments will be provided. This is your chance to get up to date with what's happening in the Parish and air any grievances that you have. We can't promise to fix them all but we will try and help, or point you in the right direction. Admission and refreshments are FREE!!!

Ms P L Gauntlett, Parish Clerk

## **SEBERGHAM WI APRIL 2010**

Acting President, Margaret Mattinson, welcomed everyone and explained that Dorothy Staples, although now out of hospital and much better, has decided that following a period of convalescence will move to be nearer her daughter in Scotland and, sadly, will be leaving us. We will all miss her very much, as she has added so much to our meetings by always taking such an active role.

Margaret Mattinson then introduced our speaker, Dr. Michael Cox, who has known some of our members for 60 years! Dr Cox told us he was going to talk not so much about 'the good old days' but about 'the old days' as not all things were better then.

Having been interviewed in London and accepted for the GP's post, he had to buy a car and he and his wife Betty arrived in Caldbeck but had no accommodation and they had to stay in the Crown and Mitre hotel in Carlisle for a few days. Their first house in Caldbeck was tiny with no mod cons and the only water tap across the road! In his surgery the first examination couch was a canvas camp bed where one rather large lady got stuck and had to be tipped out! In order to understand the people and their problems he had to learn all about the farming year, the type of stock the farms had and the language. People were very modest in those days and a man would not say his wife was pregnant, just a, "Can you come and see our Doris", with a little nod and a wink. Often a request to come and see Grandpa with the words 'I don't like the look of him' meant he had already passed away! People were not ill then, but were in bad fettle, middling fettle or fortunate enough to be in good fettle. On one occasion explaining to a nervous young lady (and in those days a young lady was always accompanied by her mother), he patted his own thigh to demonstrate where the new antibiotic would be injected into her thigh and the lady promptly sat on his lap! Although Dr Cox had a small surgery in his cottage, most patients were visited at home and he remembers winters when he seemed to wear his wellies continuously for months, only kicking them off to enter a house. Dr Cox had us in stitches as he described the complicated procedure necessary to use a stethoscope on ladies wearing stiff, boned corsets

and combinations with only the buttoned flap at the back! How times have changed in ladies' fashions! We heard many other funny and some sad stories but we were left full of admiration for the dedication of our much-loved doctor. We were all fascinated by his talk: for the younger members, an eye opener, and for some, a trip down memory lane.

Dr Cox was very warmly thanked by Margaret Mattinson and we all then enjoyed refreshments while chatting to our speaker and friend.

After a farewell to Dr Cox, there followed the very full business meeting, noting our fundraising dinner party to be held on Tuesday 4 May at the Old School, Sebergham with tickets at £15. Three members volunteered to have a go at the WI Triathlon, with Poppy Hollins-Gibson swimming, Carol Foster cycling and Maureen Allen walking.

The competition for a picture of a boat was won by Doreen Ward. Second was Claire Guest.

Next month's meeting is a visit to Moota Garden Centre.

Poppy Hollins-Gibson, Press Secretary

**Stable Mates - Equestrian First Aid**  
**May 29th or 30th 2010 9am - 5pm**  
**Millhouse Village Hall**

Just to clarify, we are organizing a **FIRST AID** course with an equestrian theme for humans !! The cost will be £30 - £35 depending on numbers, lunch will be included. The course will cover basic First Aid and add on some of the emergencies you may encounter on, off or around your horse/pony. We need to know numbers, so please book now.

**Philippa** 016974 78555, **Helen** 016974 78431, **Denise** 07775 516 893, **Nikki** 016974 78203

**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

## **CASTLE SOWERBY PARISH COUNCIL**

The bi-monthly meeting of Castle Sowerby Parish Council met in Millhouse Village hall on 25 March 2010. The meeting was well attended, chaired by the Chairman, Mr J Foster, who welcomed the Parish Councillors, County Councillor, Bert Richardson, and Community Policeman, PC Andy Holliday.

**Web Site:** The Council have decided to set up a web site. Councillor Christine Johnson was instructed to discuss the possibility with Andrew Ward.

**Road maintenance:** Concern was expressed regarding salt deliveries. These were made too early in the year, resulting in leaching before the severe weather arrived. Positioning of the salt at Hewer Hill could be sited better. It was suggested a bin would be appropriate. The Chairman remarked that a deep hole approximately 5 feet deep had appeared in front of the re-cycling bank at Inglewood Edge. Councillor Richard Little stated a deep channel had washed in the edge of the road between Leavy Holme and Bridge House, Millhouse. This had caused damage to a car wheel. Councillor Joyce Wetherell stated at Newlands Feed Mill the road had broken up considerably. The Chairman brought to the attention of the Council the road leading from Bell Bridge to Birks Hill is not receiving attention as there is a dispute between Castle Sowerby Parish and Dalston Parish as to who maintains it. The Castle Sowerby Highways Steward does not have maintenance of the road on his schedule. The Chairman would meet with County Councillor, Bert Richardson, and the appropriate road engineers to discuss this problem, as water is flowing across the road at several points. The Chairman would discuss all points raised with the Highways Steward.

**Grass on Road:** Councillor Joyce Wetherell remarked about grass growing on the road between Dobie and Churchtown. She said it was no better than a cart road and hoped something could be done about it.

**Finance:** A payment was approved for the payment of £250.00 towards grass cutting in Castle Sowerby churchyard, also £200.00 to the Northern Fells Group.

**Community Police:** PC Andy Holliday attended the meeting. He reported that the rural priority had shifted from speeding to drink driving. Neighbourhood Policy team was available to the public. A discussion followed regarding the spate of accidents at Crown Point, Skelton. County Councillor Richardson stated that the Skelton Parish Council are concerned about the spate as well. He said he would look into additional road signs and see if funding could be available.

**The next meeting will be the Annual General Meeting on 20 May 2010 in Millhouse Village Hall at 7.30pm. Parishioners welcome.**

## **SEBERGHAM EASTER DANCE**

Daffodils decorated the tables at the Easter Saturday Night Dance held at Sebergham. Everyone sat down to a knife and fork salad with ham and turkey, followed by cakes and a sweet prepared and served by Ann Parry and her helpers. Music was provided by 'Roe Valley'. During the interval John and Jean Salisbury took charge of the raffle while Connie handed everyone an Easter Egg. Prize winners were: Maureen Hodgson, Frances Thompson, Dorothy Carruthers, Isobel Dunn, Gordon Tuer, Marjorie Titterington, Margaret Thompson, Billy McKie, Joan Scott, Molly Dickinson, William Thompson, David Strong, Margaret Woodhouse, Brian Hodgson, Agnes Nixon, Josephine Redhead, Bill Cameron, Doreen Lund, Shirley Mandale, Isobel Nicholson, Anne Hodgson, Keith Redhead, Marjorie Ewin, John Salisbury, Jim Sealby, George Scott, Mary Johnson, Margaret Irving, Ernie Hodgson, Pat Barnes and Jean Sealby.

John thanked everyone for their support and help and said the next dance at Sebergham would be on

**5 June**

**with a 'Bring and Share' supper.**

**Tickets: 016974 76452**

~~~~~  
**CALDBECK TENNIS COURT**

**Has anyone got a spare, reasonably good, tennis racquet they no longer need?**

I usually have four racquets here at Mardale in case any visitors to the village want to play tennis and need to borrow racquets.

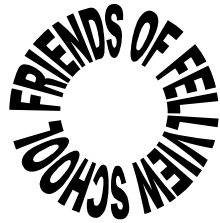
But I only have three racquets at the moment. A fourth would be a great help.

Please ring or email me if you can help.

Antoinette Ward

016974 78220

aw.caldbeck@googlemail.com  
~~~~~



# Family Football Fun Day



12 June 2010

Caldbeck Cricket Club

Lots of games, prizes and fun to  
be had. More details will follow

soon.

a smile's a smile  
in  
**any**  
language!



#### MUNGRISDALE DUCK RACE

Saturday 1 May. First race 2pm

Ducks can be bought (£1) on the day at Mungrisdale WI event in the village hall.

1st prize: Lunch for two at The Mill Inn

2nd prize: £15:

3rd prize £10

Refreshments available

Call Bob on the duck hotline to reserve your yellow friend

017687 79009

### **CALDBECK METHODIST CHAPEL**

2 May	Mr A Hall
9 May	Rev I Haywood
16 May	Rev K Hurst
23 May	Mr I Beattie
30 May	Mr D Ward

### **CASTLE SOWERBY FREE EVANGELICAL CHAPEL**

Sunday School each Sunday	10.30am
Sunday Evening Service	6.30pm

### **HESKET NEWMARKET FREE CHURCH**

Sunday Morning Service - 10.30am with Communion on the first Sunday  
Junior Church - 10.30am. All children welcome.

### **QUAKERS: MOSEDALE MEETING HOUSE**

From the beginning of April until the end of October, Meeting for Worship  
will be held every Sunday at 10.30am.  
*Everyone is heartily welcome to attend.*

### **ROMAN CATHOLIC: ST CUTHBERT'S, WIGTON**

Sunday Mass: 9.00am and 6.00pm

<p align="center"><b>COLIN ARMSTRONG</b>  <b>Garden Maintenance</b>  Grass Cutting,  Strimming, Hedge cutting, etc.  also  Painting and Decorating  Tel: 01228 538798  Mob: 07936 243234</p>	<p align="center"><b>JOHN BELL</b>  <b>(ELECTRICAL SERVICES)</b>  <b>Your Local "Qualified" Electrician</b>  NICEIC Part P Registered  Over 30 years of Electrical Experience based in  the locality (Caldbeck &amp; surrounding area)  All types of domestic and Farm Electrical  Installations and Repairs.  Tel: 016974 78620</p>
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<p><b>FOSTER FABRICATIONS</b>  <b>Sowerby Row</b>  Sheet Metal Work  and Steel Fabrications  Turning facilities,  Design Work &amp; Repairs  Contact: Tel: 016974 76124  FAX: 76452 Mobile 07979 316715</p>	<p><b>HIGH GREENRIGG HOUSE</b>  Three self-catering cottages to be found in totally detached country location. Enjoy the panoramic views, peace &amp; tranquillity.  Sleeps 2-5  Contact: Sonia Hill  016974 78430  www.highgreenrigghouse.co.uk</p>
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<p><b>P &amp; R HELLON ELECTRICAL LTD</b>  ELECSA registered  Re-wires, alterations, testing, aerial installations, security systems.  Tel: 016974 78086  Mob: 07747 114058 / 07796 397427  <i>Friendly &amp; reliable</i></p>	<p><b>KEITH OSBORNE PLUMBING SERVICES</b>  Full bathroom installations, toilet and tap repairs, leaks, blockages, radiators moved, etc  <b>No job too small - free estimates</b>  016973 42354  07944 902559</p>

	<p><b>www.thistlelodges.co.uk</b>  Double balconied, A-framed timber lodges, sleeping 2-8, at Sandyhills Bay on the Dumfries and Galloway Coast.  <b>www.staydeansgate.co.uk</b>  Apartments ideal for short city breaks in a canal-side development in the centre of Manchester  <b>016974 76254</b></p>
	<p><b>MIDTOWN HOUSE  CALDBECK</b>  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><b>LOFTERS HAIR DESIGN  CALDBECK</b>  Appointment times:  Tuesday 8 am -12 am  Wednesday 9 am - 4 pm  Thursday 2 pm - 8 pm  Friday 9 am - 4 pm  Saturday 8 am - 2 pm  <b>Barbara Mitchell 016974 78609</b></p>	<p><b>JOHN MURCHISON</b>  <b>Electrical &amp; Plumbing Services</b>  <i>For all your electrical  and plumbing installation and repairs.</i>  ECA Approved Electrician  Oftec Oil Registered Technician  Tel/fax 016974 78201  Mobile: 07775 691867</p>
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<p align="center"><b>ON THE SHELF Bookshop</b> Priest's Mill Caldbeck Tel: 016974 78770 dorothychalk@mail.com Open mainly afternoons, usually Wednesday and Friday</p>	<p align="center"><b>SEBERGHAM SERVICES LTD</b> <b>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</b> <b>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>ANN PARRY</b> For all your outside catering: Weddings, Christenings, Buffets, Parties and Funeral Teas. Home-made food using local produce <b>Tel: 016974 78417</b></p>	<p align="center"><b>A. STEADMAN &amp; SON</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 HEALTHCARE</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>          Boot and Shoe Repairs          - only the best materials used -  <i>Open:</i> 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>          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>  <i>Ease away aches, pains and stress          and discover the ancient art of massage.</i>          HEAL THE BODY          SOOTHE THE MIND          STRENGTHEN THE SPIRIT          tel: 016974 78443          Email: kzmorgan37@hotmail.com</p>	<p><b>WATERMILL CAFÉ LTD</b>          Priests Mill, Caldbeck, Wigton, Cumbria CA7 8DR          016974 78267          ANNUAL SHUT DOWN - Mon 5th January          Open Again Saturday, 14th February          9.00am — 5.00pm (until 2nd Nov)          9.00am—4.30pm (until Xmas)          Closed Christmas day, Boxing Day,          27th December and New Year's Day</p>
<p><b>CALDBECK TREE FELLING &amp; MAINTENANCE</b>          Fully qualified.          Ten years' experience.          Very competitive rates.  <i>Call Alan or Justin</i>          Tel: 016974 78178          Mobile: 07905 409851</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>          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 a wide range          of locally made woollen goods.  <i>Open:</i> 11am-5pm Easter to Oct 31st          11am-4pm Mid-February to Easter,          Nov and Dec, Jan 2nd - 5th  <i>Closed:</i> Jan 6th to Mid-February          016974 78707</p>
<p><b>THE FAIR WORLD SHOP</b>          Fairly traded foods, teas and          coffees, unusual crafts and gifts.  <i>Weekdays (except Mondays)</i>          March 30 to Oct 31 11.00am-4.00pm          Nov 1 to Dec 24 1.00pm-4.00pm  <i>Saturdays &amp; most Sundays</i>          April - Dec 2.00pm-4.00pm          Contact: Lynette 016974 78544</p>	<p><b>WRAGG MARK-BELL SOLICITORS</b>          To assist with: residential, commercial &amp;          French property; small businesses;          wills; employment &amp; immigration;          crime &amp; road traffic offences;          matrimonial &amp; children matters.          Liz Berry/Gaynor Wragg 01228 711728</p>

## CHURCH SERVICES IN MAY 2010

<b>Sunday 2 May</b>		<b>Easter 5</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 9 May</b>		<b>Easter 6 Rogation Sunday</b>
<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	<i>no service</i>
<i>Castle Sowerby</i>	11.00am	Rogation Service at Roe Foot, Sowerby Row
<i>Sebergham</i>	11.00am	<i>no service</i>
<b>Thursday 13 May</b>		<b>Ascension Day</b>
<i>Rosley</i>	6.30pm	Holy Communion
<b>Sunday 16 May</b>		<b>Sunday after Ascension</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 23 May</b>		<b>Pentecost</b>
<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 + Baptism
<b>Sunday 30 May</b>		<b>Trinity Sunday</b>
<i>Caldbeck</i>	8.30am	Holy Communion
<i>Castle Sowerby</i>		<i>no service</i>
<i>Sebergham</i>		<i>no service</i>
<i>Rosley</i>	10.30am	United Communion