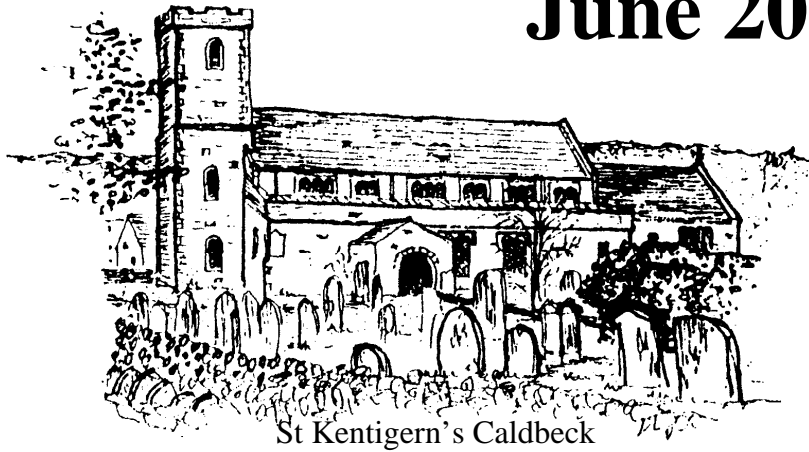


June 2010



St Kentigern's Caldbeck



St Mary's Sebergham



St Kentigern's Castle Sowerby

**Parish
Magazine**

CHURCH STAFF AND CONTACTS

FOR WEDDINGS, BAPTISMS AND FUNERALS:

Priest-in-Charge: Rev Norman Robinson 016973 43723

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: 016974 78100 **Email address:** drbowen@btinternet.com

(please put 'magazine' in the subject)

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

Treasurer and Contact for Advertisers: Mr Stephen Hollins-Gibson

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

Norman Robinson Writes

Dear friends,

Eileen Reid who writes below to introduce herself to you all has been part of the ministry team here at Rosley for some time. She has worked with me under my supervision ever since she responded to God's call to serve as an ordained priest. Currently in her first year of training, Eileen has been associated with prayer for healing and the lay-led worship initiatives I introduced recently at Rosley. I highly commend her to you and your prayers. I expect she will appear from time-to-time to lead/preach at services in Caldbeck, Sebergham & Castle Sowerby.

Every blessing

Norman Robinson

Eileen Reid - an introduction.

Hi,

I've been asked to write a short piece as way of introduction to you all. My name is Eileen Reid and I live at Brackenthwaite. Brackenthwaite is on the road that connects Rosley church to the A595. My husband is called Paul and we have 3 grown up children, the 2 boys are married and our daughter is back living at home. We also have 3 delightful grandchildren.

I worship at Rosley church and I am an ordinand which means that I am training with a view to becoming a priest. I work full time as an assistant pay and reward manager for Carlisle City Council and so am doing my training with the diocesan training institute on a part-time basis. I am only in my first year and have another two years to go.

I was brought up as a Presbyterian (which then became United Reformed Church) in Carlisle but started going to the Anglican church in Bowness on Solway when we lived in Glasson when the children were young. I have been involved with Rosley church since moving here over 20 years ago.

I'm really looking forward to getting to know as many of you as I can over the next weeks and months as we walk together on this part of our journey of faith.

Yours in Christ, Eileen

THOMAS HENRY GEORGE LITTLE

Donations in memory of Tommy came to £1,020, divided between Caldbeck Surgery, Hospice at Home and Castle Sowerby Church.

KESWICK CONVENTION

There will be a bus to Keswick on Tuesday 27 July, as usual, leaving Caldbeck car park at 6.00pm.

Please reserve a seat by phoning Audrey Ryan on 78423, or Kathleen Ashbridge on 78205, as soon as possible.

We will know the cost nearer the time.

DO TRY TO COME WITH US!

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

Saturday 5 June at 7.00pm

Fanny Crosby Evening

with

Mrs Thelma Hobday

COME AND ENJOY THIS MUSIC

**ST MARY'S CHURCH, SEBERGHAM
OPEN GARDENS**

at

Thackwood Nook, Raughton Head

Sunday 18 July from 2.30pm

By kind invitation of Mr W Hogg

More details will follow

MAGAZINE SUBSCRIPTIONS

All arrears should be paid
as soon as possible
to
Jean Holden, by hand or by post



MOTHERS' UNION
Tuesday 15 June
Outing
2.00pm
from Caldbeck Methodist
Chapel

Ladies' Bright Hour
Caldbeck Methodist Chapel
Tuesday 1 June at 2.00pm
Ann Wade

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!

PARISH HALL LOST PROPERTY

Dark green quilted waistcoat, 3 green buttons. Label inside states
"Liner Combat Smock size 2".

Please claim from Anne Cartmell 016974 78484 before 15 June
when it will be donated to Oxfam.



MOTHERS' UNION

Ann welcomed members and friends to the April meeting and arrangements were made for the visit of our Link Branch from Milnthorpe next month.

Following a short service, Mr Tony Reid took as the title of his talk 'What's wrong with rules anyway?' He told us about his background. Unlike his siblings he was not a Geordie but born after his parents moved to London. He was from a non-church-going family but, through joining with friends in the covenanters, he became a Christian. After joining the police force he made rapid progress through the ranks and became Chief Superintendent in Hull. Because he was unable to accept bars and gaming machines in his police stations, he was obliged to take a sideways move and worked on police computers until his retirement. Moving to Cumbria, Mr Reid and his wife helped with the young people's work at Houghton Church and now helps with the bible class at Hesketh chapel.

Elizabeth Luck thanked Mr Reid for his most interesting and helpful talk.



MOSEDALE COFFEE SHOP

in

Mosedale Meeting House

The Coffee Shop (with local crafts and paintings, and with bric a brac in the barn) will be open during the Summer on

Thursdays to Sundays

from

1 July to 5 September.

Proceeds to the Northern Fells Group.

www.northernfellsgroup.org.uk

Offers of help to, and information from: Antoinette Ward: 016974 78220,
email: aw.caldbeck@googlemail.com

LAKELAND LIFE IN THE 1900s

An Illustrated talk by Irvine Hunt

This very enjoyable and interesting evening was enjoyed by a full house and raised £214 for Medecins Sans Frontieres for the Haiti Earthquake Appeal. Our grateful thanks go to Irvine for giving us such a wonderful insight into the bygone days. Thank you to all those who attended and supported this evening.

Philippa Groves

FELLVIEW SCHOOL NEWS

As usual, there are plenty of activities in school to keep us all busy.

Anton Muller, from Caldew, has worked with the Year 3 and 4 children on an inter-schools music project which culminated in a workshop and performance in Carlisle. The theme was 'friendship', with children learning songs from different countries. Our children, along with Kirkbampton School, researched South African culture and recent history, as well as learning a freedom song. It was an excellent opportunity for pupils to work together with other children from local schools and enjoyed by all.

We had a visit from 'Magical Mystery Tour'. Welton School joined us whilst two musicians entertained the children with music and songs, encouraging participation by all of the pupils.

R/Y1 and Y2 visited the Fire Station as part of their topic. Nursery visited the Vets' practice.

There have been many P.E. activities this term and we have achieved good results in the competitions.

Years 3, 4, 5 and 6 have received tennis coaching. Years 3 and 4 have also received cricket coaching. R/Y1/Y2 have been coached in gymnastics and there have been two P.E. based After School Clubs.

Currently, Y3 and 4 pupils are playing nursemaid to some mayflies. As one of six schools in Cumbria participating in this Eden Rivers project, they are tending some mayfly larvae. This involves daily checking of temperature and conditions, putting ice packs in to keep the water at the correct temperature and ultimately releasing the fully fledged mayfly into their proper environment. The pupils are being very diligent in their efforts, learning a great deal about the life cycle of the mayfly and its place in the food chain.

We held an e-safety training session for parents, which was found to be informative and useful for parents to understand the dangers which can be encountered by their children when using the internet. It was given by Jeff Haslam of the Local Authority and was well attended.

The Air Ambulance appeal was well supported again, raising much-needed funds for both school and Air Ambulance. Thank you to everyone who brought in their old clothes, etc.

The nursery building continues to progress well. The builders seem to be well on target, if not ahead of schedule. The outside is being finished off and inside is beginning to take shape. We have reached the stage where Ceri is choosing colours and flooring, which is really exciting. We are running a competition to find a name for the nursery and are planning an official opening after the summer.

what's on for young people

DROP IN
Ages 10+
Saturday 26 June
MABIE FARM TRIP
Depart by bus at 10.00am and
return at 6.00pm from Caldew
School, Dalston.
Reply slip/consent forms available
from
Chris Stobart 016974 76646
Forms must be in by 11 June
Cost £6

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
Taster sessions
for 7-11 year olds
CREATIVE MUSIC MAKING
Come and have fun trying
drumming, guitars,
keyboards and a variety of
other instruments

Why not bring a friend?

Tuesdays 15, 22, 29 June
and 6 July
6.30-7.30pm
Caldbeck Parish Hall

£2 per session

For further details contact
Alison Scott 016974 78674

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 15 June (NOT 8 June)
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

CLUB X

After-school club for juniors
Tuesday 8 June (please note change of date)
Tuesdays 22 and 29 June
3.20pm to 5.00pm, Caldbeck Parish Hall



**Family Football
Fun Day**

**12 June 2010 - 2pm
Caldbeck Cricket Club**



Stalls

Crafts

Penalty

Shoot-out

Quiz

Cross Bar
Challenge

BBQ and then England v USA to be screened live.
Also 5-a-side Competition (details to follow soon).

**SPORTSREACH FOOTBALL AND NETBALL
SCHOOLS**

Saturday 25 September
10.00-4.00pm

Fellview School Field
(more details to follow)

Contact: Peter or Helen Stobart 78669



Caldbeck & District Local History Society

EVENING OUTING, WEDNESDAY 16 JUNE, 2010:

GUIDED WALK AROUND SHAP VILLAGE

Meet at Caldbeck Car Park at 5 pm

Transport will be available: £3 p.p. to driver

Walk begins at Shap Car Park at 6 pm.

NB if you are going direct to Shap and not coming to Caldbeck Car Park, please let Lesley Kingham or Rachel Cosgrove know

Refreshments will be provided after the walk by Shap History Society

All enquiries to Rachel (016974-78024) or Lesley (016974-78539)

CALDBECK WI
Wednesday 2 June
90th Birthday Party
6.30pm Caldbeck Parish
Hall
Entertainment: Cantrix

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!

THURSDAY CLUB
Thursday 10 June
at 2.00pm
in Caldbeck Parish Hall
An illustrated talk by Steve Lennon
'Working with Young People'

CALDBECK & DISTRICT LOCAL HISTORY SOCIETY, APRIL MEETING

Ron Davie, the Chairman, introduced a well-known visitor, June Hall, who spoke about English Rural Life in the Middle Ages.

June said she was considering the Middle Ages between 1100 and 1500, up to the Tudors. There was considerable change over these 400 years and much of her material was drawn from the Luttrell Psalter of the fourteenth century and the Boke of Margery Kempe. The nine Carthusian monasteries in the country were a silent order, working the land for their living, studying and copying manuscripts - the universities of their time.

Demesne land belonged to the manor, the rest was open, strip-ploughed with large headlands to turn a team of eight oxen. Crop rotation was practised with the land lying fallow every third year. Men wore a basic tunic, hem lines denoting status. Each leg was clad in one of a pair of hose tied to an inner belt and the tunic was belted, carrying an all-purpose knife. Some wore a hood and lirripipe or a hat for travel with a spoon tucked in the band. Women wore long tunics. They cut the corn sheaves and bound them with a twist of straw, using flails to thresh the grain. Hose were woven, cut on the cross and seamed up the back. Knitted stockings came in with the Tudors. Goods were carried by packhorse or mule. The mills belonged to the manor (watermills and windmills). The peasant paid his tithes to the church, his duty days to the manor and miltcher to the miller for milling the flour. The Reeve was in control of the everyday running of the property.

Ploughing was hard work and tended to follow the contours. Traces can be seen on the Kirkby Stephen to Nateby road and on the way to Swaledale. The 1200's brought huge expansion, growth of population, innovations, new land taken into cultivation, forest clearings in Inglewood (despite its status as a Royal Forest). Moats became status symbols for manor houses. The Church and the aristocracy were continental-minded and trade increased. By the 1400's clothing became more ornamental with scalloped houpelands and shoes whose points were so long they had to be tied up to a garter.

Sheep were long-legged and horned, taking four years to mature, more like the Soay breed. The bellwether, a castrated male, led his flock on the common land. Winter feed was holly, ivy, hay and winter greens. Sheep were milked and cheese was made but it was the wool that brought prosperity (The Chancellor still sits on a woolsack). In the South, wool merchants built huge churches and installed monumental brasses. Kendal Green made its name at this time.

Milkmaids used pails made with wooden staves or carved from a log, cows were usually tethered individually as were some sheep. Pigs were domesticated as well as wild in the forests. November was the time for pig-killing. Food stored for the winter was dried, salted or smoked.

Tools included scythes, sickles, hayforks, hoes and spades. Beeholes were built in stone walls facing east with their backs to the prevailing rain-bearing wind. Honey was the only sweetener and was also used for food, medicine and cleansing. Geese, chickens, pigeons all provided food and their feathers were used for fletching arrows or stuffing beds and cushions. Rats and mice were a menace, as were foxes, cats were persecuted. Royal Forests or the Lord's Chase were resources for villagers who had the right to gather timber and firewood. The hunting rights were carefully guarded, deer being protected. Rabbits were farmed in coney warrens and hunted for food, using ferrets. Goats were sometimes run with sheep, and hares were hunted for sport as well as food. Birds for the pot, of kiln-fired clay, were taken by falconers and fish were netted from well-stocked ponds.

Markets were granted by royal charter, raising revenue by fees for stalls and itinerant folk. Each market was about fifteen miles from the next, within a day's walking distance, to go and return. Music and dancing featured among the entertainments.

June brought her talk to a close by hoping she had given us a flavour of a hard-working society with many contrasts and constant danger of illness and starvation, which celebrated life. Ron Davie thanked her for sharing her knowledge with us.

THURSDAY CLUB

On 13 May members of the Thursday Club enjoyed their regular outing. Leaving Caldbeck at 10.45am their route took them via Threlkeld, Thirlmere, and Grasmere to Coniston where they enjoyed a delicious meal at nearby Torver. After the meal they headed back to Ambleside where Hayes Garden Centre beckoned.

It was a delightful day—beautiful weather, delightful scenery and very relaxing.

Will YOU support the Northern Fells Group?

I will pay the Group £5 for two hours' relief duty in 'On the Shelf', Priest's Mill. Can you sit in the bookshop for two (or more) hours, filling in your time when there is no custom, accepting money for books people choose to buy? All books should be priced, if not, charge £1. Sessions can be 11.00am-1.00pm, 1.00-3.00pm, 12 noon-2.00pm, 2.00-4.00pm. Any day of the week, every week, fortnightly, once a month, or when you feel like it. Please call me on 78770 or visit the shop.
Dorothy Chalk

CALDBECK WI, 5 MAY 2010

Members were welcomed by the President, Mrs Pat Shaw who invited us all to stand and sing 'Jerusalem'. The minutes of the April meeting were read by Mrs. P. Richardson, and Mrs Shaw highlighted some of the articles in the County News. The History Society Meeting was announced. The resolutions for the National AGM were discussed, with the meeting being in favour of the motion. Diary orders were requested. At the recent County meeting Caldbeck were presented with a certificate to mark our 90 year anniversary.

Mrs Shaw then welcomed Fiona Hodgson who came to speak about Colour Analysis. Fiona explained how the range of colours was grouped with about 50 different shades being available in each range. Each range of colours had a seasonal title - Spring, Summer, Autumn, Winter. Fiona asked for a volunteer, so Mrs Jean Scott offered to be the guinea pig. Fiona then proceeded to analyse the colours that would best suit her, explaining as she worked what she was doing. From colours to wear she moved on to make-up and explained the colours and techniques that were right for Jean. Mrs Shaw thanked Fiona for a fascinating demonstration.

The competition for an item from the 1950's was won by Debbie Doyle with Jean Scott second. The raffle was won by Teresa Richardson.

June will be our birthday celebration which will commence at 6.30pm. Supper will be at 7.00pm followed by entertainment from Cantrix. There will be no competition but raffle tickets will be available.

THE PROMISED QUIZ



A big thank you to the 19 teams who took part in the quiz, which we hope you all enjoyed. Winners by half a point: Stephen and Annette, Ken and Jean from Buckabank; second: Mike and Jayne, and Ian and Ian from Caldbeck. Both teams very kindly gave back their prize money. Thank you! Thanks go to Ken and Jean Scott, Nicola Watson and Susan Armstrong for their help doing the bar and selling raffle tickets. Raffle prizes were donated on the evening and others given by Caldbeck residents who could not make the quiz. You know who you are, thank you. The grand total of £ 435.65p was raised towards the Northern Fells Mini-bus Appeal.

Keith and Marjorie Watson, Robert and Liz Mounsey

NOTES FROM CALDBECK PARISH COUNCIL MEETING OF 19 APRIL 2010

1. Graham Standring, LDNPA Ranger sent a report to Council via the Clerk to say that the work on kerbing Heskett Newmarket Green with stones will take place in late summer as it has been delayed by necessary works on footbridge repairs in the National Park following the floods in November. He also reported that since the recent publicity there has been a reduction in illegal driving on Caldbeck Common. He asks that the Council try to deter people from having small bonfires on the Annual bonfire site in Heskett Newmarket as it has recently been seeded.

2. Planning.

Decisions: 7/2009/2291 Construction of new storage barn, The Green, Caldbeck. Granted.

7/2010/2022 Roof over storage area rear of East View, Upton, Caldbeck. Granted.

7/2010/0012 Fell one pear tree, Bobbin Mill Gate, Caldbeck. Granted.

Applications:

7/2010/2060. Howbeck Lodge, Heskett Newmarket, CA7 8JN. Additional 2 tent units, (increase from 5 to 7). Mrs Christine Stobart was invited by the Chairman to answer questions relating to this application and the Council read the letters of support attached to the application. It was **agreed to support** the application.

7/2010/2061. Howbeck Lodge, Heskett Newmarket, CA7 8JN. Variation of Condition 2 of Planning Permission 7/2008/2030 to allow for the alternative siting of tented units 1 and 5 as identified in drawing HF.030408 Rev B and variation of condition 3 of the above permission to allow for the 5 tented units to remain in situ (semi-collapsed) during the closed winter period. The Chairman invited Mrs Christine Stobart to answer questions relating to this application. It was **agreed to support** the application.

7/2010/2058. Village Store and Post Office, Heskett Newmarket, CA7 8JG. Replacement of timber windows and door to front elevation. Delegated decision by Clerk on 10th April as response required by 13th April: **No objections.**

3. Parish Maintenance

The contract for Caldbeck Green grass cutting and maintenance and for Heskett Newmarket grass cutting and ground maintenance was awarded to Mr Mark Monkhouse. Two tenders had been received for each contract. Proposed soakaway on the Green for Old Joiner's Shop: no written tenders had been received for the reinstatement of the ditch below the Old Joiner's Shop. The Chairman reported on the meeting she had attended with Mr Heath, the owner of the Old Joiner's Shop, and representatives of the County Council (owner of the Green) and Highways. The County Council

is willing for Mr Heath to put a soakaway on the Green to drain the rainwater from the roof of the Old Joiner's Shop and wants the soakaway in turn to drain into the ditch and then to the drain under the road. The plan would require the ditch to be reinstated and a 4" pipe to be installed with gravel infill. The likelihood would be that Mr Heath, the County Council, and the Parish Council would all contribute to the cost of the reinstatement and improvement of the ditch. The Parish Council awaits the decision of the County Council but agreed that if the work has not been done by the autumn it will organise for the ditch to be cleaned out anyway and the debris taken away.

Road salt and gritting. Due to concern about salt leaching from the grit remaining on Heskett Green and affecting the grass Councillors Roy Knowles and Alan Armstrong said that they would organise its removal to an empty grit bin on Caldbeck Green as all the grit bins in the vicinity of Heskett Newmarket are full. In view of the possibility that extra salt bins may be available from the County Council the Clerk was directed to write to Highways and ask if green coloured bins could be provided outside the Telephone Box Heskett Newmarket, outside Heald Heskett Newmarket, and on the bend on the hill after the bridge on Pasture Lane Heskett Newmarket, and at Bumblethwaite.

Caldbeck Pond. The Clerk reported that she has obtained a free waste exemption for spreading some of the silt from the pond on the banks. Following discussion regarding the expense of the further exemptions needed and the difficulty of estimating the cost of removal of the unknown quantity of silt present in the pond, it was resolved that the removal of weed and silt from the pond is too expensive for the Parish Council to undertake at present. It was agreed that the Council will continue to monitor the condition of the pond.

Proposed Bus Shelter, Caldbeck Village. The Clerk is to find out what the procedures are for establishing a bus shelter on the verge of the highway, where, and what type of design, might be acceptable.

Top railings at Commercial Row. Cumbria County Council has confirmed that it will contribute the cost of materials for this work. The Clerk was directed to confirm the work with Colin Smithson.

Heskett Newmarket Car Park extension. The Council considered the email from David Coxon which indicated that because of the difficulties of gaining Secretary of State permission for an extension to the car park, and because of the refusal of such schemes elsewhere, the LDNPA does not appear to be following up the Heskett Newmarket proposals except for possibly maximising the present car park. It was agreed that the Clerk should write to David Coxon to reiterate the original very strong reasons for the proposal to

extend the car park and request that the proposal is in fact followed up, with copies to Graham Standring the LDNPA Ranger, Duncan Fairbairn District and County Councillor, and the MP.

Speed Indicator Device Scheme. Councillor Audrey Noble reported that the SID would next be in the parish in May and arrangements were agreed for its hosting.

Closure of Watery Lonning, Caldbeck, and the minor road down the north side of the Green in Hesket Newmarket to through traffic. The Clerk was directed to write to the Highways Dept to ask when the notices of closure might be expected.

Other Parish Maintenance matters: It was agreed that the Clerk would write to Mrs Connie Richardson and thank her and the family for repairing the bench on Hesket Newmarket Green in memory of Mr Tommy Richardson. The Clerk was directed to follow up again with the Highways Dept the issue of the road subsidence and leaking drain beside the Market Cross in Hesket Newmarket.

4. Nether Row Transformer. Letters from Nether Row residents were read and considered together. The Clerk was directed to write to United Utilities and to the LDNPA with copies to Duncan Fairbairn, District and County Councillor, and to the MP, expressing the Council's concern about the replacement of the single pole transformer at Nether Row, Hesket Newmarket, with a very intrusive and unsightly double pole mounted transformer, as an unexpected result of the undergrounding project. The Council supports the residents in requesting that urgent consideration is given to installing a ground-mounted transformer unobtrusively behind the wall so that the original aim of the undergrounding work is indeed achieved.

A full copy of the draft Minutes of the meeting are available on the website: www.caldbeck.org.uk or from the Clerk, Antoinette Ward: 016974 78220

Graham Standring, the LDNPA Ranger for our area asks that people please refrain from having small bonfires on the Annual bonfire site in Hesket Newmarket as it has recently been seeded. (It will still be used in November for the Annual bonfire). Thank you.

The Parish Council would be grateful if people would avoid parking on the edges of the Green at Caldbeck. Parking churns up the edges and causes erosion. Thank you again.

ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	Welcomers' Rota 8.30am	Sanctuary Duty (8.30am unless specified)	Sidespersons' Rota 11.00am
June 6	<i>no service</i>	(11am) Margaret Tinniswood	Ron & Kathleen Davie
13	Diana Greenwood	Liz Boydell Diana Greenwood	Marjorie Atkinson
20	Ann Wade	Liz Boydell Jean Holden	Richard & Margaret Brough
27	Kathleen & Ron Davie	Jean Holden Joan Todhunter	David Smith

ST KENTIGERN'S, CALDBECK, READING ROTA

DATE	SERVICE	READINGS	READER
June 6 Trinity 1	HC 11.00am	1 Kings 17 vv 8-16 Galatians 1 vv 11 to end Luke 7 vv 11-17	Dickie Bird
13 Trinity 2	HC 8.30am MP 11.00am	1 Kings 21 vv 1-10 Galatians 2 vv15 to end Luke 7 v 36, 8 v 3	Liz Boydell Shirley Rolfe (same Readings both services)
20 Trinity 3	HC 8.30am FP 11.00am	1 Kings 19 vv 1-4, 8-15A Galatians 3 vv 23 to end Like 8 vv 26-39	Jean Holden TBA (same Readings both services)
27 Trinity 4	HC 8.30am MP 11.00am	2 Kings 2 vv1-2, 6-14 Galatians 5 v1, vv13-25 Luke 9 vv51 to end	Diana Greenwood Christine Pearson (same Readings both services)

CASTLE SOWERBY PAROCHIAL CHURCH COUNCIL

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

DIARY OF EVENTS 2010

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.
- 10th Thursday Club '*Working with Young People*', Steve Lennon, 2.00pm, Caldbeck Parish Hall.
- 15th Mothers' Union, Outing, 2.00pm, Caldbeck Methodist Chapel.
- 16th History Society, '*Guided Tour around Shap Village*'.
- 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.
- 8th Thursday Club, Members' Afternoon, 2.00pm, 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.
- 29th St Mary's Church, Sebergham, '*Songs of Praise*' with a Gospel choir.

September

- 1st Caldbeck WI '*The History of Dixon's Mill*', Trudy Whalley, 7.30pm, Caldbeck Parish Hall.
- 4th Heskett Newmarket Agricultural Show.
- 9th Thursday Club '*Cycling along the Danube*', Norman Godfrey, 2.00pm, Caldbeck Parish Hall.
- 14th Sebergham WI, Winter Tarn Cheeses.
- 15th History Society, Tim Padley '*Edward I*', 7.30pm, Caldbeck Parish Hall.
- 21st Mothers' Union, '*Samaritan's Purse*', Ian Taylor, 2.00pm, Caldbeck Methodist Church Room.
- 27th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
- 29th Heartstart, 7.30pm, Millhouse Village Hall.

October

- 2nd Friends of Fellview, *'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.
 14th Thursday Club, Luncheon Outing.
 19th Mothers' Union, Guest Afternoon, *'The fire engine and other Balkan experiences!'* Mrs Willis, 2.00pm, Caldbeck Methodist Chapel Room.
 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.
 9th Sebergham WI *'Acupuncture'* Jenny Craig, 7.30pm, Sebergham Old School.
 11th Thursday Club *'Sailing on Endeavour'* Ian Roufell, 2.00pm, Caldbeck Parish Hall.
 16th Mothers' Union, *'Making a Difference!'*, Rev Ann Roberts - Zambian Link, 2.00pm, Caldbeck Methodist Chapel Room.
 30th Heartstart, 7.30pm, Millhouse Village Hall.

December

- 1st Caldbeck WI AGM, *'A Christmas Cracker'* Christmas Entertainment, 7.30pm, Caldbeck Parish Hall.
 12th Thursday Club, Christmas Lunch.
 13th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
 14th Sebergham WI AGM, 7.30pm, Sebergham Old School.

CALDBECK SURGERY

www.caldbecksurgery.co.uk

Staff Training Afternoons

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

Wednesday 16 June

Thursday 15 July

No closure in August

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

'AS SEEN IN THE IMPERIAL WAR MUSEUM'

Those people whose interviews were featured in 'Memories of Lakeland' – the Caldbeck & District Local History Society's most recent publication – will no doubt be pleased to know that the book is now part of the nation's archives!

A recent phone call to the Curator of the Printed Books section of the Imperial War Museum in London, revealed that she would be very pleased to receive a copy of the book for the Museum's collection. And it has now been sent off.

As those who have the book will recall, five of the entries in the book are in a section headed 'Rural Life in the Second World War'. In addition several of the other entries dealt with the 1940s. The Museum curator was very interested to hear that topics covered included, for example, the war efforts of Caldbeck W.I., and the experiences of a young teenage refugee housed with her family and other families in Caldbeck during the war. This German lady still claims that she feels half-English as a result of her stay in Caldbeck, which included a spell in the Girl Guides and also the W.I.! (Incidentally, copies of the book are still available in local shops and bookshops. Price £8.99.)

Ron Davie



Free swimming at Wigton Swimming Baths for people aged 16 and under, and people aged over 60.

Free swimming opportunities in Allerdale have been extended to Wigton baths since 1st March 2010 for 12 months.

Please contact the Pool staff on: **016973 42412** for details of the scheme and which sessions you can attend for free swimming. The staff will issue you with a Leisure Access card on your first visit and you will need proof of age and address (to confirm you are an Allerdale resident). However you can use the Leisure Access card for free swimming at Carlisle baths as well – again you need to check the sessions that are available.

Antoinette Ward, Clerk to Caldbeck Parish Council.

Cumbria in Bloom and Tidy Village Competition

At the last Parish Council meeting it was agreed to enter the two villages in this competition again this year. They are separate competitions and both villages are entered in the Tidy Village and Hesket Newmarket has elected also to enter the Cumbria in Bloom.



Caldbeck has never done well in the Cumbria in Bloom competition, which is rather unfair as it always looks “Bloomin” marvellous. Each year the judges ask about our gardening plan for the year but we do not do collective gardening, i.e. plan displays, involve the children specifically (although they always do their bit with the school garden and other things as well) and we do not have a committee organising the whole gardening year for the village. We think that Caldbeck is unsuitable for display gardening (and anyway the sheep would eat it!), and, as in so many other areas of our village life, people DO things here without needing to be organised by yet another group. So, please keep putting up your hanging baskets, keeping your gardens colourful and tidy as all this counts towards the Tidy Village section as well as picking litter, weeding paths and edges, keeping tidy and up to date noticeboards and all the other things that make our village an attractive place, not only to our visitors but for ourselves. The judging will, as usual, be in early July so let’s try and win back the trophy this year.

Hesket Newmarket however had a great year last year, picking up three trophies. We hope this year to be as successful again and I am sure by the beginning of July our village will look great yet again. Please do your bit in helping us tidy up the village to be judged.

Anne Cartmell, Alan Armstrong

CHAGALL ENSEMBLE IN JUNE

Concerts in Caldbeck like others are finding ourselves severely restricted by our funding situation. Our sponsoring bodies, Arts out West and Solway Arts Society, have both had their core funding from Allerdale of £5000 in each case cut without warning. This in turn means that we now have to be self-funding.

We are pleased to announce that **the Chagall Ensemble** are returning on **Sunday 13 June at 3 p.m. in Caldbeck Parish Hall**. The Chagall comprises Catherine Yates violin, Tom Beer viola and Simon Turner cello, all Principals or sub-principals of the Halle. The programme will concentrate in the second half on Mozart’s Divertimento in Eb for string trio K563; the first half will include shorter pieces, Schubert’s Trio Movement in Bb, Kodaly Intermezzo, Purcell Three Fantasias, and Lutoslawski Bucolics. Tickets will be £8.50 (under 18s £2.50, no reduction for Solway Arts members), available at the door or from 016974 78001 (Eric Wright).
Peter Krebs.

Sebergham Weather Recordings

Rainfall

April 2010	30.90 mm	(1.22 ins)
aggregate for year	175.87 mm	(6.77 ins)
April 2009	25.10 mm	(0.99 ins)
aggregate for year	210.55 mm	(8.29 ins)



We only recorded rain on 10 days in the month and Easter Monday (5 April) was the wettest day 11.66 mm (0.46 ins). April is usually a dry month and the 10 year average for April is 48.54 mm (1.91 ins), but last year we were well below.

Temperature

The average maximum day temperature 53.92°F (12.18°C)
 The average minimum night temperature 38.45°F (3.58°C)
 The warmest day Wednesday 28 April at 67.00°F (19.45°C)
 The coldest night Wednesday 21 April at 29.00°F (-1.67°C)



*We recorded frost on 5 nights during the month.
 April's average maximum temperature was 4°F below last year.
 April's average minimum temperature was 4°F below last year.
 But, April 2008 has been the coolest month with the average temperature 4°F below this April.*

R de Robeck

ST MARY'S CHURCH, SEBERGHAM FLOWERS & CLEANING ROTA



DATE	NAME
June 6, 13	Mrs Magnay
20,27	Mrs Mattinson Mrs Ward
July 4, 11	Mrs Weston

SEBERGHAM WI
Tuesday 8 June
'Humorous Anecdotes' Mrs Pat Staley
Competition: A limerick to include initials; WI
HTE: Sowerby Row

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

DATE	SERVICE	READINGS	READER
June 6	MP	1 Kings 17 vv 8-16 Luke 7 vv 11.17	Peter Weston Doreen Ward
13	MP	1 Kings 21 vv 1-10 Luke 7 vv 7-36, 8 v 3	Jenny de Robeck Richard de Robeck
20	<i>no service</i>		
27	HC	2 Kings 2 vv 1-2, 6-14 Galatians 5 vv 1 & 13-25 Luke 9 vv 51 to end	Stephen Hollins-Gibson Poppy Hollins-Gibson Preacher

ST MARY'S CHURCH, SEBERGHAM

Once again, with the arrival of Spring and new growth, we are planning to employ Mr Geoff Peverill to cut the grass during the growing season in the churchyard, which is currently in use at St Mary's. He does a superb job and being able to employ him is largely due to the generous donations which we receive from so many of you who have some attachment to our church. We are very grateful for this financial support and hope that we may depend on it once again this year. The churchyard is the first thing visitors to our church see. It makes a very good impression and shows how much we care for St Mary's and for those who have been laid to rest there.

So, thanks to Geoff and to you all who have helped financially. We hope you will continue to do so in order to keep up our standards.

Payments by cheque should be made payable to **Sebergham PCC** and may be handed, as with cash, to any member of the PCC or sent directly to:

Mr Stephen Hollins-Gibson, Churchtown House, Sebergham, Carlisle, CA5 7HS

Again, our very grateful thanks.

Margaret Mattinson and Elizabeth Luck, Church Wardens

SEBERGHAM WI MAY 2010

Sebergham WI had another very happy evening with a visit to Moota Garden Centre. Fourteen members and one visitor walked round the well cared-for and very healthy plants on a crisp but sunny evening. When the sun left the garden we went inside and sat comfortably while Nina Whittam gave a very interesting and informative talk on container gardening which is suitable for people with smaller gardens. She showed us a large variety of new plant containers for a variety of growing needs and some which were very light but looked just like beautiful old stone or ceramic pots.

Nina then showed us how to choose compost for different types of plant and which compost to use for edible plants when grown in containers. She explained the importance of drilling drainage holes if none existed in containers and she explained how to add water-retaining additives to help the plants in a dry summer.

Nina demonstrated a variety of plant combinations including the under-planting of smaller plants under large plants or trees. She then filled and planted a 'plantopia' hanging basket which had special 'click-in' mesh windows that made planting very easy and which she then generously donated to us to raffle. The winner was Carol Foster.

We had learnt a lot and felt enthusiastic about starting new projects at home. Nina was thanked by one of our very keen gardeners, and lucky winner, Carol Foster.

The competition for the flower of the month was judged by Nina and won by Heather Magnay. Second was Joyce Wetherall.

Following an absolutely 'slap up' cream tea in the very warm coffee shop we continued with the business meeting.

In the absence of Margaret Mattinson, Poppy Hollins-Gibson welcomed everyone and our visitor. Margaret had sent a letter thanking all members for their help at the dinner party. This was a huge success and 30 members and friends had enjoyed a 3-course dinner with wine, laughter and lots of talk resulting in £370 for WI funds.

Plans are in hand for our two visitor evenings in July and September.

Congratulations were given to Nancy Hullock for being appointed County Treasurer and to Poppy Hollins-Gibson for being invited to join the Public Affairs sub-committee. Members were reminded that the

bulb orders, with payment, must be in by the June meeting.

The WI Triathlon has raised more interest with seven more members deciding to take part: Carol Foster, Nancy Hullock, Evelyn Johnston, Heather Magnay, Shirley Mandale, Christine Rule and Joyce Wetherall, who will walk 50 miles, with Carol Foster and Heather Magnay, in addition, cycling 20 miles

Christine Rule confirmed that she will again organize a quiz night on Thursday 21 October.

The speaker for the June meeting is Pat Staley who will talk on 'Humorous Anecdotes' and we are all encouraged to write a limerick to include the initials 'WI' for the competition. The refreshments will be provided by the Sowerby Row group.

Poppy Hollins-Gibson Press Secretary



Thank you to everyone who supplied Bric-a-Brac for the Northern Fells Group stall at the Mungrisdale WI May Event. We raised £86 for the Group and the remaining Bric a Brac will be sold at Mosedale in the Barn when the Coffee Shop opens in July.

Antoinette and David Ward, Edward Spratt, Dorothy and Fraser Shaw

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 ROGATION SERVICE

Castle Sowerby Church Rogation Service was held in a converted barn at Roe Foot, Sowerby Row, by kind permission of the Foster family. Parishioners from several parishes joined force with Castle Sowerby to swell the congregation. The new Priest-in-Charge, Norman Robinson, conducted the service and welcomed Walter Wade, the preacher for this service. In his message, Walter talked about 'creation' and the wonderful gifts that God provides -how seeds could grow with the help of the farming community. The lesson was read by Ann Wade. During the service everyone moved outside where Norman blessed the seed, crops and animals. Music for the hymns was provided by Connie Foster on her keyboard.

Norman thanked the Foster family for providing the venue and the morning was rounded-off with shepherds pie.



NORTHERN FELLS GROUP RAFFLE 2010

Single Ticket: £1 each

1ST PRIZE: £100

2nd Prize – Two tickets for the Friday evening performance
at Brampton Live Festival 16th July 2010.

3rd Prize – £25, *4th Prize* – £20, *5th Prize* – £15

The draw will take place on **Thursday 1st July, 2010**

Closing Date: 30th June, 2010

(counterfoils back to Sue please by 25th June 2010)

a list of winners will appear on the Northern Fells Group website

Books of 5 tickets available to sell:

Sue Clarke, Millhouse Village Hall

Millhouse, Hesket Newmarket, Wigton CA7 8HR tel: 016974 78094

email: sue.clarke@northernfellsgroup.org.uk

Tickets will be on sale at Ireby Music Festival 28/29th May 2010

See you there!



NORTHERN FELLS GROUP
LAUNCH THEIR VILLAGE AGENT PROJECT

on

TUESDAY 15 JUNE

at

CALDBECK PARISH HALL: 9.30am until 11.30am

MUNGRISDALE VILLAGE HALL: 1pm until 3pm

and

WEDNESDAY 16TH JUNE

ROSLEY VILLAGE HALL: 9.30am until 11.30am

IREBY W.I.HALL: 1pm until 3pm

**JOIN US FOR REFRESHMENTS, HEAR ABOUT
THE PROJECT AND MEET YOUR LOCAL
AGENT AT WHICHEVER VENUE SUITS YOU
BEST.**

Village Agents are friendly, local contacts who help people of all ages to obtain assistance and advice from a wide range of organisations and services, and support people in achieving the help they need

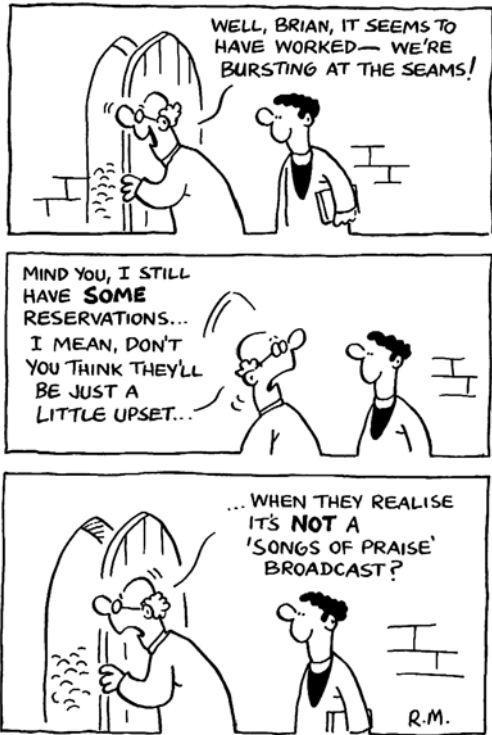
For any information about the Village Agent Project please contact the Co-ordinator, Anne Burgess on
016973 49741

Email: anneburgess52@googlemail.com

SEBERGHAM DANCE
Saturday 5 June 2010
With a 'Bring and Share' Supper
Tickets: 016974 76452

MUNGRISDALE FUN DAY

Unfortunately, there will be no Fun Day this year due to the unavailability of a number of the organisers. The provisional date for the next Fun Day in Mungrisdale is 10 July 2011.



CALDBECK METHODIST CHAPEL

Services at 6.30pm

6 June	Mrs D Tomkins
13 June	Mr A Fearon
20 June	Rev K Hurst
27 June	Miss D Chalk

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>COLIN ARMSTRONG Garden Maintenance Grass Cutting, Strimming, Hedge cutting, etc. also Painting and Decorating Tel: 01228 538798 Mob: 07936 243234</p>	<p>JOHN BELL (ELECTRICAL SERVICES) Your Local "Qualified" Electrician NICEIC Part P Registered Over 30 years of Electrical Experience based in the locality (Caldbeck & surrounding area) All types of domestic and Farm Electrical Installations and Repairs. Tel: 016974 78620</p>
<p>S & C ASBRIDGE LTD Building & Roofing Contractor Lyndene, Sowerby Row Carlisle, Cumbria CA4 0QH Tel: 016974 76384 Mobile: 07831 485 520</p>	<p>DAVID BOWEN Cane & Rush Reseating ❖ Quality Materials ❖ Collection & delivery Located behind the village pond at Caldbeck tel: 016974 78100 E-mail: drbowen@btinternet.com</p>
<p>BED AND BREAKFAST ACCOMMODATION BROWNRIGG FARM Fairtrade and local produce Contact: Sally Vaux—016974 78626 sallyvaux@aol.com www.caldbeckvillage.co.uk</p>	<p>CALDEW KITCHENS LTD Traditional handmade KITCHENS & BEDROOMS Workshop & showroom Avondale, Hesket Newmarket, CA7 8HR Tel/Fax: 016974 78385 Mobile: 078315 72301 Web: www.caldewkitchens.co.uk Email: office@caldewkitchens.co.uk</p>
<p>THE BAROMETER WORKSHOP If you have an antique barometer or clock in need of repair/restoration then come to the specialists. • Free detailed written estimates. • High quality work fully guaranteed. • Collection/delivery service. • Open by appointment Antique barometers, scientific instruments & clocks repaired, restored, bought and sold Tel & Fax: 016974 76823 Email: info@barometerworkshop.co.uk</p>	<p>CARROCK DESIGN & BUILD Full Design, Planning Permission; Building Regulations AND on-site build from one local company. Come and talk to us about your project— large or small with no obligation WWW.CARROCKDB.CO.UK E-mail: INFO@CARROCKDB.CO.UK TEL: Malcolm Iredale on 017684 88859</p>
<p>BARTON SERVICES Property Maintenance No job too large or small - Also motor body repairs undertaken - modern and classics. Tel: 016973 71672; Mob: 07733107177 Email: Kevin@kbaron3.orangehome.co.uk</p>	<p>CARROCK ARCHITECTS Chartered Architects Member of Royal Institute of British Architects Member of the Guild of Master Craftsmen For all your building design needs; plans and building regulations. WWW.CARROCK.CO.UK E-mail: INFO@CARROCK.CO.UK Tel: Malcolm Iredale on 017684 84484</p>

<p align="center">CARROCK COTTAGES FIVE STAR LUXURY</p> <p>Self catering cottages on the fringe of the Lake District National Park. 10% discount to bookings from local or family/friends</p> <p>WWW.CARROCKCOTTAGES.CO.UK INFO@CARROCKCOTTAGES.CO.UK Tel: Gill Iredale on 017684 84111</p>	<p align="center">FIONA COX</p> <p>I buy and sell vintage clothes, accessories, textiles, linen and lace</p> <p align="center">016974 78302 fiona.cox@btconnect.com</p>
<p align="center">CARROCK PHYSIOTHERAPY</p> <p>Backs/necks - sprains & strains - pain - neurological complaints - stroke - MS - mobility problems - acupuncture. Home visits available.</p> <p>Patrick Keane & Sarah Morley Chartered Physiotherapists, BSc (Hons) Tel: 016974 78612</p>	<p align="center">DENTON HOUSE GUESTHOUSE & RESTAURANT</p> <p>Outside Catering for all occasions. Sunday Lunches En-suite rooms available</p> <p align="center">Tel: 016974 78415 dentonhnm@aol.com www.dentonhouseguesthouse.co.uk</p>
<p align="center">ENHANCE YOUR HOME with curtains and soft furnishings made to order</p> <p align="center">Mandy Peverall 016974 76387 07791 454560</p>	<p align="center">ELECTRICAL & PLUMBING Commercial—Industrial—Domestic NICEIC Approved Electrician Trevor Studholme Tel: 016974 76455 Fax: 76680 Mobile: 07710 015319</p>
<p align="center">CHOICE CATERING</p> <p>Quality home-cooked food for weddings, funerals, parties, business functions, dinner parties.</p> <p>Debbie Bainbridge 016974 78535 Email: Debbie@choicecatering-cumbria.co.uk www.choicecatering-cumbria.co.uk</p>	<p align="center">ENCHANTED GIFTS Gifts for all ages</p> <p>Tithe Barn, Midtown, Caldbeck Open 10.00am to 4.30pm daily Closed on Mondays Keswick Market on Thursdays 016974 78705</p>
<p align="center">PEARSE COGHLAN (ADI) Approved Driving Instructor Pass Plus approved</p> <p>Patience and 1st class motivational skills are central to my way of teaching. Happy to work closely with parents to improve effectiveness of private practice.</p> <p>Tel: 016974 78111 Mob: 07788 170491 E-mail: pearse1@btinternet.com</p>	<p align="center">THE VILLAGE SHOP AND TEA ROOM Hesket Newmarket</p> <p>Local produce, Homemade food, Groceries, Off-licence, Take-away food, Home deliveries and Post Office</p> <p align="center">Shop open Mon-Sat 8am-6pm Tea Room open Mon-Sat 9.30am-4.30pm 016974 78229</p>

<p>E-MAC BUILDERS LTD for all your building needs For a free estimate on new building work or house/property maintenance call: Ewan MacFadzean Qualified Builder Tel: 016974 78367 Mob: 07901577498</p>	<p>HESKET NEWMARKET BREWERY Your local brewery. Having a party? Buy a barrel, pump supplied. Wholesale prices from 18 pints (2.25 gallons) upwards. Phone or Fax 016974 78066 E-mail: brewer@hesketbrewery.co.uk</p>
<p>K & A FEARON Magnesian & Ground Lime phosphates Stone, sand & gravel Lime Rigg, Heskett Newmarket Tel 016974 78403</p>	<p>HESTA SCENE? Gallery, Alternative Gifts & Interiors Adults & Childrens Craft Courses Open Daily 10.00am to 4.00pm Tithe Barn, Midtown, Caldbeck Tel: 016974 78015 www.hestascene.co.uk</p>
<p>FOSTER FABRICATIONS Sowerby Row Sheet Metal Work and Steel Fabrications Turning facilities, Design Work & Repairs Contact: Tel: 016974 76124 FAX: 76452 Mobile 07979 316715</p>	<p>HIGH GREENRIGG HOUSE Three self-catering cottages to be found in totally detached country location. Enjoy the panoramic views, peace & tranquillity. Sleeps 2-5 Contact: Sonia Hill 016974 78430 www.highgreenrigghouse.co.uk</p>
<p>THE GARAGE CALDBECK Peter Macdonald Service, repairs, MOT, for cars, vans, bikes and machinery Tel: 016974 78392 Emergency: 016974 78291</p>	<p>HIM Chris Wilson Home Improvements and Maintenance For all manner of jobs around the home give HIM a call! 016974 76413 / 07929 421163</p>
<p>P & R HELLON ELECTRICAL LTD ELECTSA registered Re-wires, alterations, testing, aerial installations, security systems. Tel: 016974 78086 Mob: 07747 114058 / 07796 397427 <i>Friendly & reliable</i></p>	<p>KEITH OSBORNE PLUMBING SERVICES Full bathroom installations, toilet and tap repairs, leaks, blockages, radiators moved, etc No job too small - free estimates 016973 42354 07944 902559</p>

<p align="center">KARMA SOLUTIONS <i>Remedial/Sports Massage/Relaxing Massage/Reflexology/Reiki/ Homeopathy</i> Treatment room in Hesket Newmarket or home visits can be arranged Contact Tray Dixon on 07895 620 456 E-mail: traydixon@yahoo.com</p>	<p align="center">www.thistlelodges.co.uk Double balconied, A-framed timber lodges, sleeping 2-8, at Sandyhills Bay on the Dumfries and Galloway Coast. www.staydeansgate.co.uk Apartments ideal for short city breaks in a canal-side development in the centre of Manchester 016974 76254</p>
<p align="center">COLIN SMITHSON Painter, Decorator, Handyman 3 Upton Cottages, Caldbeck CA7 8EU 016974 78161 07787 710061</p>	<p align="center">MIDTOWN HOUSE CALDBECK Private Care Home Respite and Day Care Facilities Single En-Suite Rooms For details and brochure contact Gordon or Julie Tickle 016974 78528</p>
<p align="center">LOFTERS HAIR DESIGN CALDBECK Appointment times: Tuesday 8 am -12 am Wednesday 9 am - 4 pm Thursday 2 pm - 8 pm Friday 9 am - 4 pm Saturday 8 am - 2 pm Barbara Mitchell 016974 78609</p>	<p align="center">JOHN MURCHISON Electrical & Plumbing Services <i>For all your electrical and plumbing installation and repairs.</i> ECA Approved Electrician Oftec Oil Registered Technician Tel/fax 016974 78201 Mobile: 07775 691867</p>
	<p align="center">NETHER ROW Construction Consultants Quantity Surveying, Construction Cost Consultants, CDM Co-ordinators, Surveys, Plan Drawing JW & SE Wells Nether Row Hall, Hesket Newmarket 016974 78355</p>
<p align="center">MONKHOUSE HILL COTTAGES Award-winning holiday cottages In a courtyard setting, sleeping 2-14 Please visit our website www.monkhousehill.co.uk or Contact Jennifer or Andrew Collard 016974 76254</p>	<p align="center">ODDFELLOWS ARMS INN CALDBECK Good Beers, Good Food Ensuite Accommodation Weddings & Private Parties Contact: Allan 016974 78227 Fax: 016974 78056</p>

<p align="center">ON THE SHELF Bookshop Priest's Mill Caldbeck Tel: 016974 78770 dorothychalk@mail.com Open mainly afternoons, usually Wednesday and Friday</p>	<p align="center">SEBERGHAM SERVICES LTD Churchtown, Sebergham Vehicle repairs and MOT testing Services and diagnostic tuning Gas and mig welding/resprays Insurance accident repairs 016974 76234</p>
<p align="center">THE OLD CROWN INN HESKET NEWMARKET Offering Real Ale and home-cooked traditional food. Also Brewery Tours in partnership with HESKET NEWMARKET BREWERY For Brewery Tours and meal bookings: Tel: 016974 78288</p>	
<p align="center">ANN PARRY For all your outside catering: Weddings, Christenings, Buffets, Parties and Funeral Teas. Home-made food using local produce Tel: 016974 78417</p>	<p align="center">A. STEADMAN & SON Warnell, Welton, Carlisle CA5 7HH Manufacturers of composite panels, box profile and corrugated sheeting, galvanised purlins & gutters, flashings, insulation & fittings Phone 016974 78277 www.steadmans.co.uk</p>
<p align="center">PROFESSIONAL FOOT HEALTHCARE Carol Lee MCFHP, MAFHP Nail trimming, thickened nails, corns & hard skin removed, ingrown toenails, fungal nail infection For a home visit contact 016973 43834/07801 785366</p>	<p align="center">ALLAN STOBART LUBRICANTS AND FUELS Derv, tractor diesel, heating oil, lubes, tanks, hoses, etc. Tel: 016974 76575 Fax: 016974 76577</p>
<p align="center">RMT SLATING/TILING LTD ROOFING CONTRACTOR Todghyll, Brocklebank, Wigton, Cumbria CA7 8DH Tel: 016974 78570/07711 256243 E-mail: rmtslating@btinternet.com</p>	<p align="center">J STOBART & SONS LTD Manufacturers and Retailers of Newlands Quality Farm Foods Newlands Mill Hesket Newmarket 016974 78261</p>

<p>JOE STRONG & SON CLOGMAKER</p> <p>Boot and Shoe Repairs - only the best materials used - Open: Mon to Friday: 9am to 5pm Closed for lunch Monday & Friday 12.1-15pm Shop Tel: 016974 78225 Home Tel: 016974 78424</p>	<p>ANDREW WARD, BSc IT Systems Computer Technician Website Designer & Technician</p> <p>Hardware & software installation, upgrades, problem solving. Websites for small businesses & organisations. Maintenance & aftercare. <i>Home and Office visits</i> Tel: 016974 78220 Email: a.ward@wam-design.co.uk</p>
<p>THERAPEUTIC MASSAGE Karen Royall Dip ITEC</p> <p><i>Ease away aches, pains and stress and discover the ancient art of massage.</i></p> <p>HEAL THE BODY SOOTHE THE MIND STRENGTHEN THE SPIRIT tel: 016974 78443 Email: kzmorgan37@hotmail.com</p>	<p>WATERMILL CAFÉ LTD Priests Mill, Caldbeck, Wigton, Cumbria CA7 8DR 016974 78267</p> <p>ANNUAL SHUT DOWN - Mon 5th January Open Again Saturday, 14th February 9.00am — 5.00pm (until 2nd Nov) 9.00am—4.30pm (until Xmas) Closed Christmas day, Boxing Day, 27th December and New Year's Day</p>
<p>CALDBECK TREE FELLING & MAINTENANCE</p> <p>Fully qualified. Ten years' experience. Very competitive rates. <i>Call Alan or Justin</i> Tel: 016974 78178 Mobile: 07905 409851</p>	<p>ANDREW WHITE Professional Driving Instructor D.O.T. Approved, Long-established. GRADE 6. Excellent Pass Rate. Car - Car + Trailer - Mini bus - LGV - PSV Friendly & Patient Tel: 016974 78605</p>
<p>VIOLIN TUITION</p> <p>Beginners of all ages to Grade 4 Music theory to Grade 5 Mrs Rosemary White B Ed Hons(Music) Greystoke Rectory, Greystoke, nr Penrith Tel: 017684 83293 Years of experience in school, private tuition at my home Individual lessons from £10.00</p>	<p>THE WOOL CLIP Priests Mill, Caldbeck A local co-operative selling 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>THE FAIR WORLD SHOP</p> <p>Fairly traded foods, teas and coffees, unusual crafts and gifts.</p> <p>Weekdays (except Mondays) March 30 to Oct 31 11.00am-4.00pm 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 JUNE 2010

Sunday 6 June

Trinity 1

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

Sunday 13 June

Trinity 2

<i>Caldbeck</i>	8.30am	Holy Communion
	11.00am	Morning Prayer
<i>Castle Sowerby</i>	11.00am	Family Service + Baptism
<i>Sebergham</i>	11.00am	Lay-led service of the Word

Sunday 20 June

Trinity 3

<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>

Sunday 27 June

Trinity 4

<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