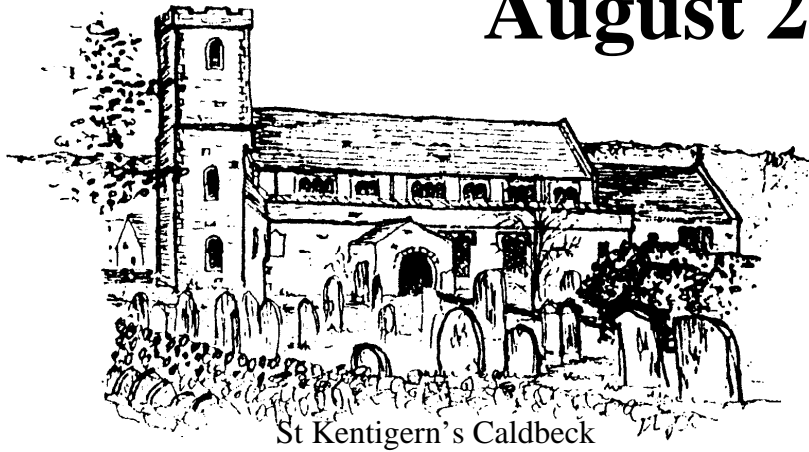


August 2010



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

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Treasurer	Mrs C Hine	
Secretary	Mrs S Beale	016974 78353

CASTLE SOWERBY - St Kentigern's

Churchwardens	Mrs M Edmondson Mr J Foster	
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Churchwardens	Mrs M Mattinson Mrs E Luck	
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(please put 'magazine' in the subject)

NOTE: Copy deadline **15th August** for inclusion in September's magazine.

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Your Priest-in-Charge Writes

Dear friends,

I am writing just after a school leavers' service. Going into three primary schools, as I do, it reminds me of some of the funny answers given in exams by pupils. Here are some:

How can you delay milk turning sour? 'Keep it in the cow.'

Name the four seasons: 'Salt, pepper, mustard and vinegar.'

What are steroids?: 'Things for keeping carpets still on the stairs.'

What does the word 'benign' mean? 'Benign is what you will be after you be eight.'

They say that laughter is the best medicine. It releases us into another way of looking at ourselves, our society or any situation or person at the butt end of the joke. It can jolt us out of taking ourselves too seriously or into asking serious questions as to why this or that is done in that way. But like the "four seasons" if used too much in food we miss out on the other flavours in what we eat. "Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer everyone." (Colossians 4: 6). This Pauline advice comes in the context of how we relate wisely to those outside of our Christian faith. Humour can be one way of doing that. Church folk have often not been too good at laughing at themselves and what they do. Rowan Atkinson (of *Mister Bean* fame) and the vicar of Dibley are excellent counters to such stereotypical images in our society today.

The biblical tradition of Wisdom such as can be found in the book of Proverbs and in Anglo-Saxon riddles (present in *The Hobbit* by J.R.R. Tolkien, a Professor of Anglo-Saxon literature) tries to coin snappy portmanteau-type words to shine the light of wisdom on common situations in life. Through their use we are challenged to act differently, whether it is to guard our morals, our speech or how we work and spend our money. In this way they can pull us up short, like jokes, to consider a person or common situation with a fresh pair of eyes. So, now you know what to do with your *steroids*. "May you live long and prosper", as Dr. Spock says in the latest release of the movie *Star Trek*!

Every blessing in Christ

Norman Robinson

Lay-led Worship Training for the Six Shawk-Caldew Churches

I am hoping to give five sessions on the basics of lay people leading worship. Lack of experience or age is no barrier. The age range of those involved at Rosley and now Westward, Welton and Sebergham is above 70 and below 40 years of age. All I ask is a desire to serve the Lord and your church and a willingness to learn. The 2-hour sessions beginning at 7.30pm are at the Vicarage, Rosley (unless numbers at Caldbeck suggest otherwise) on these dates:

28 September 12 October 26 October

9 November 23 November

I will leave a response form at the back of all the churches for you to signal your interest. Alternatively you can ring me on 016973 43723 or e-mail at normalrevs@aol.com

See you there. Rev. Norman L. Robinson

The End of All Things and the Book of Revelation

This last book of the Bible is a complex and difficult book, if not the most challenging of them all. The 16th century Reformer John Calvin published commentaries on all the New Testament books and many of the Old Testament ones as well. The Revelation was one he was silent about, perhaps because of its many misuses in church history as well as its symbolic, trans-historical language. Martin Luther blew hot and cold about it; initially dismissing it as of little value for Christian faith, as he could “in no way detect that the Holy Spirit produced it,” and because its visionary language would only confuse readers since, “Christ is neither taught nor known in it.” Today, many Christians eagerly await developments around the world in anticipation that they are fulfilling predictions from the Book of Revelation and other books of the Bible. I propose to give a series of studies on Revelation in the autumn and New Year. They will take place on a monthly basis on the last Thursday of each month beginning this September (excepting December). They will each last two hours from 7.30pm at the vicarage in Rosley. They will be demanding and will require effort on the part of all who attend. There are no simple quick-fix understandings of this book.

30 September 28 October 25 November

Chris Elliott
(Kipper)

Donations in memory of the above came to £520.
Divided between Macmillan Cancer Relief and St Kentigern's
Church, Castle Sowerby.

ST KENTIGERN'S CHURCH, CALDBECK, PCC

The PCC has met twice since the Annual Meeting on 14th April. We have given considerable attention as to how best to welcome Rosley, Welton and Westward into our enlarged family of churches. A very practical illustration of this is choosing a name to represent all six churches – the current frontrunner being the 'Shawk-Caldew Churches'. However, other suggestions are very welcome. Work is also in hand to explore whether the current Parish Magazine, which of course already covers Sebergham and Castle Sowerby, can be enlarged to include all six parishes. An exciting new venture is to be launched in September when Rev. Robinson will be running a series of meetings for those who would like to be involved in lay-led services.

Members of Caldbeck and Sebergham are also joining with Welton in rehearsals for the Sung Evensong on 25 July to celebrate Welton's Patronal Festival. The PCC plans to explore other ways of involvement across the enlarged benefice.

Of course it has also been necessary to deal with more mundane matters, such as sheep in the churchyard and cracks in the porch!

Ladies' Bright Hour
Tuesday 3 August at 2.00pm
Picnic

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!

STILL STUDYING? FUNDING AVAILABLE FOR BOOKS ETC.
Haltcliffe School Trust Fund
Grant Distribution 2010

Application forms for these grants can be obtained from the Secretary, Mrs J Stobart, Ritchie Ghyll, Hewer Hill, Heskett Newmarket, Wigton, CA7 8HZ. Tel: 016974 76575.

The forms must be returned by 30 September 2010.

Distribution of interest will be made following a Trustees' Meeting to be held on 13 October. Individuals and groups who successfully applied for grants last year may reapply this year for further consideration. Parish groups may apply each year, but individuals may only make application twice.

The Trustees shall apply the income of the Charity in promoting the education, including social and physical training, of persons resident in the parishes of Caldbeck and Castle Sowerby. In allocating benefits, the Trustees shall have regard to the promotion of education in accordance with the principles and doctrines of the Church of England and the Methodist Church.

CALDBECK METHODIST CHAPEL
BRING & BUY SALE AND COFFEE EVENING
7.00pm
Friday 27 August
Everyone welcome!

THE COFFEE SHOP 
at
Mosedale Meeting House, Mosedale, near Mungrisdale
is open from Thursdays to Saturdays, 10.00am-5.00pm
and Sundays, 2.00pm-5.00pm until 5 September.
Exhibition and sale of local art and craft work.
Bric-a-Brac in the barn.
Come and enjoy a warm welcome, coffee, tea, ice cream, home-made cakes, light lunches, including home-made soup.
In aid of Northern Fells Group funds
www.northernfellsgroup.org.uk
Boltons, Caldbeck, Castle Sowerby, Ireby & Uldale, Mungrisdale, Sebergham & Welton, Westward & Rosley civil parishes.

CALDBECK WI, 7 JULY 2010

As our President, Mrs Pat Shaw, was visiting another WI, Mrs Eleanor Benson, our Vice-president, welcomed everyone. We were specially pleased to welcome two ladies from their WI in Northern Ireland.

The May and June Minutes were read by our assistant secretary, Mrs Bridget Archer. Excerpts from the County News were read, as well as notices about future events, for example, the Shawk Valley Group autumn meeting on 15 September at 7.30pm in Rosley Village Hall. Mrs Archer also read out the report that our representative to the WI AGM at Cardiff had written about the AGM.

Mrs Benson introduced Anne Cook and Averil Dawson, two ladies from the Beacon in Whitehaven, who had come to talk about the 1950s. There were so many things to remember about this era: popper beads, the Saturday 'hop', sugar-starched underskirts, the Coronation, the first episode of the Archers, etc.

Mrs Roberta Bowen thanked our speakers for their interesting and amusing talk that had brought back so many memories.

The competition for an item from the 1960s was won by Mrs Pauline Woolfenden, and the runner-up was Mrs Jill Johnston.

There will not be a meeting in August, so the next meeting will be on 1 September when we will hear about 'The History of Dixon's Mill'.

THURSDAY CLUB

Members of the Thursday club met on 8 July in Caldbeck Parish Hall and were welcomed by Mr J Wooler.

A long discussion took place about the future of the club as the number of members has declined. However, after a vote was taken as to whether the club should continue, the result showed that members did want to continue meeting as a club. Two members were willing to take over from the retiring Chairman and Treasurer.

This was a 'Members' Afternoon' and our two speakers were Mrs E Boydell and Mr J Wooler. Mrs Boydell entertained us with her memories of schooldays and teaching in Preston, and Mr Wooler spoke about his childhood memories in Sheffield, and the mischievous things he did!

The entertaining afternoon finished with tea and biscuits.

**FRIENDS OF FELLVIEW
Mrs & Mrs & Dancing**
Cumbrian Cheeses & Wine
£12.50 per ticket
Saturday 2 October, 7.00pm for 7.30pm
Caldbeck Parish Hall
**To book your tickets or a table
Contact Lynn 016974 78141**

SPORTSREACH SOCCER AND NETBALL DAY
For boys and girls aged 7-14 years
Saturday 25 September
10.00am-4.00pm
Fellview School Playing Field, Caldbeck
followed by family BBQ
(parents invited from 2.00pm for World Cup Matches)
Cost £5 per child which includes quality coaching, a T-shirt
and trophies for the competition winners

Please complete application forms by 22 September,
available from:
Helen 016974 78669, Chris 76646, Esther 76183
Sponsored by Hesket Free Church/Castle Sowerby Chapel
and Stockdalewath Free Church

Sportsreach is a Christian sports organisation that uses
football and netball in a variety of ways to spread the
message of Jesus Christ all over the world
www.sportsreach.org.uk

SCHOOL SUMMER HOLIDAYS ARE HERE!
Do you need help looking after your children for a morning, an afternoon
or a full day, in your own home? If so I can help.
My name is Emma Armstrong. I am an enthusiastic, reliable, trustworthy
local girl.
So if I can help you out please contact me on
016974 78492



Charity Cricket, 8's Final Day & Family Fun Day
 To be held on
 Sunday 29th August at Caldbeck Cricket Club
 Starting at 10.30am
Wheelbarrow racing (with a difference)
Bouncy Castle . Raffle . Bran Tub
Competitions: To include - A homemade kite (to be brought to Cricket Club on the day for judging)
and
Much, Much, More
 Refreshments available throughout the day, including;
 Bacon Butties . Teas . Curry
 &
 Stuff for the kids
All proceeds to be divided between
Dawn Jackson's Memorial Fund
&
Caldbeck Cricket Club
 Please see local notice boards for further details

Caldbeck Multi-Purpose Tennis Court

Social Tennis: Mondays 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:
 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.



HESKET-NEW-MARKET AGRICULTURAL SHOW

at Throstle Hall, Caldbeck

(by kind permission of Mr & Mrs R Mounsey)

Saturday 4th September 2010

Show Field Opens 8.30am

*Horses, Cattle, Sheep, Dogs, Poultry, Rabbits,
Vintage Vehicles, Terrier and Jack Russell Race,
Pony Sports, Tug-Of-War and Fell Race*

*Cumberland & Westmorland Wrestling, Horticultural and Industrial Section, Crafts,
Children's Fancy Dress and much more.*

Stands and Side Shows.

Schedules and Enquiries – Helen Greenbank 016974 78125

Entries Close 20th August 2010

A good day out for all the family!

Please Don't Forget

Caldbeck & H-N-M Sheepdog Trials

Thursday 26th August 2010

At The Wath, Caldbeck

First Run, 8.30am

3.30pm approx. Best-looking Sheepdog Competition

5.00pm. Presentation of Prizes

All entries taken on the field, last entries for trials taken at 4.30pm

Any enquiries please contact Ann : 016974 78492

Join Us For A Family Fun Day Out!

CALDBECK WI

Wednesday 1 September

Caldbeck Parish Hall

7.30pm

Programme suggestions for next
year

Speaker: Trudy Whalley

'The History of Dixon's Mill'

Competition: A 1970's item

CALDBECK & H-N-M SHEEPDOG COMMITTEE

would like to extend a warm welcome to you all and invite you to spend the day with them at their annual sheepdog trials, very kindly sponsored this year by Carlisle & Penrith District Hound Trails Association. This committee has always supported our trials with very kind monetary donations over the years, but they don't only support us, they also donate money to Caldbeck W.I. for the old folks Christmas party, Fellview School, and Caldbeck Village Sports, always giving money back to our community from all the trails they hold in our area as a thank you for letting them use the land. So we are extremely grateful to them for their support and especially this year when they have once again helped us out financially. Our trials this year are to be held on Thursday 26 August at The Wath, Caldbeck by kind permission of The Bell Family. We hope you will join us, sitting in the sun (hopefully) and watching some of our top dog handlers at work. Running starts at 8.30a.m. and continues throughout the day with the presentation of prizes at approximately 5.00pm by our President, Dr. Jim Cox, who has been a loyal supporter of the sheepdog trials for many years. While watching the trials, why not treat yourself to a beautiful salad lunch or a delicious home-made afternoon tea provided by Denton House, or a mouth-watering locally made ice-cream from Jordon on his ice-cream machine. Or visit our craft tent which is fully booked by local people showing off their skills and selling their home-made locally produced items, from sewing, knitting, spinning to jam-making and baking, hand-made cards and gifts. At our trials it would be great if some of our local farmers, their wives or children would come along and take part with their dogs, as we know that there are plenty of you good enough to show your skills on the trial field. If you don't fancy trialling your dog, why not bring him or her along and enter them in our best-looking sheepdog competition, which is free to all, We have beautiful trophies for all our classes to be won, so it is well worth coming to have a go. All entries are taken on the field or for more information telephone Ann Armstrong on 016974 78492. So please don't forget THURSDAY 26 AUGUST, come along and spend it with us, whether it's competing or spectating, we would really appreciate your support. Join us for your local One Man and His Dog!

MILLHOUSE CAKE COMPETITION

Get your baking tins out (again after Hesketh Newmarket Show !) and join in the fun of **Millhouse's own cake competition**. There are classes for everyone this year and, for the first time, we are doing classes for children. Watch out for the entry forms which will be out at the beginning of September. Anyone who would like to help with this event please contact Philippa Groves on 016974 78555 or Diane Scott on 016974 78312 All offers gratefully accepted.

CALDBECK & DISTRICT LOCAL HISTORY SOCIETY - OUTING TO SHAP

On a very pleasant June evening, a group from the Caldbeck & District Local History Society was given a guided tour of Shap, led by Jean Scott-Smith, vice-chairman of Shap Local History Society and Parish Clerk. Born in Shap, she welcomed her visitors at the Market Square on Main Street, the latter being part of the A6 to Scotland, now thankfully superseded by the nearby M6.

Provided with a brief history of Shap, written by Jean, and an 1860 map of this village, the group set off up the main road northwards, soon turning off right to see St Michael's Church, where they entered the church grounds by the former 'corpse road' from Mardale, etc.

Jean explained that there had been a church there before 750, thus pre-dating the nearby abbey by several hundred years. The first stone church was constructed on the site around 1120, and until the Dissolution of the Monasteries in the 16th century, the church had been served by monks from the abbey.

The present building is greatly restored and the much renovated Norman arches are still there. The church boasts three fonts, one a fine example of Shap granite.

After pointing out a number of interesting features in the church (including the lovely Millennium window) Jean led the party into the 'railway corner' of the churchyard, which demonstrated Shap's historical links with the momentous coming of the railway in the mid 19th century, and which provided a fitting memorial to the navvies who died in its construction.

It was at this point that Jean showed some examples of Shap granite. The foundation of the Shap Granite Works dated back to 1865 and it had become the village's main employer, necessitating the building of much housing for the workforce.

After leaving the churchyard, the tour continued to Town End, the village's northern extremity, before turning back southwards on Main Street.

Along the way, Jean showed old photos and postcards, which allowed comparisons to be made between then and now. She also drew attention to significant buildings and described the continual change of their use as the decades passed by. An example of the latter was the former market hall, dating from a few years after the village was granted a market charter in 1687.

The History Society had been able to purchase this, assisted by a Lottery Grant, and it now houses a new Heritage Centre.

Continuing in the same direction, the group was taken to ‘a real success story’ in Shap – a recent example of a beautiful restoration, that of a formerly derelict dwelling of 1691.

It was clear from Jean’s commentary that Shap, ‘a settlement from time immemorial’, had been very much smaller before the 19th century. Much building activity had followed the construction of the railway in 1846 and the Granite Works in 1865, which in turn had been followed by spells of council housing in the 20th century and the new building of the present time. With the decline of the Granite Works, the closure of the railway station and the effects of the M6 motorway, Shap now has a much quieter appearance.

The tour finished on a prehistoric note, in which times there had once been a ‘stupendous monument’ to the south of the village, consisting of stone circles and an avenue of enormous stones. There is now little of the stone circles left to see, but after crossing a nearby field, the group was delighted to arrive at one of the surviving granite stones, the gigantic Barn Keld, more than two metres in height. It was a fitting end to the walkabout, and it was here that Ron Davie, president of the Caldbeck & District Local History Society, thanked Jean for leading such an enjoyable and informative tour. He also looked forward to welcoming her and her members on their reciprocal visit to Caldbeck in August. Thanks were also due to her Society for the refreshments which awaited everyone in the former market hall in Main Street.

On 21 July the History Society organised an outing to Lowther Church and Shap Abbey (report in next month’s Magazine).

There will be no meeting in August but the Society will host a group from Shap History Society on 23 August. They will be taken on a walk around Caldbeck centre, led by Ron Davie, which will follow in the footsteps of local historian Richard Greenup on the first day of the 20th Century. The group will also be

KEEP FIT CLASSES

with fully qualified instructor at Millhouse Village Hall.

These are proving to be very popular on Tuesday and Wednesday evenings 7 pm to 8 pm. Also Wednesday afternoons, a gentle keep fit and tone, open to all.

Only a few places left.

Please contact Philippa Groves on 016974 78555

welcomed into St Kentigern’s Church by Rev Kathleen Ashbridge.

NOTES FROM CALDBECK PARISH COUNCIL MEETING OF 5 JULY 2010

Graham Standring, the LDNPA Ranger, reported that when the bridleway from Calebreck to Fellside is dedicated as a public bridleway, bollards will not be installed – access will remain as it is now. Graham reported on the situation regarding the semi-feral ponies on the Common: 34 stallions have been castrated to date with the permission of the owner (stallions are not permitted to graze on the Common) and a further round-up is to be done in the Autumn. The LDNPA is aiming to get all the stallions castrated and to have no more foals by the middle of next year. Graham also reported that illegal vehicle use on the Common has reduced since Police action recently, that wild camping is only a minor problem at present and that with budget cuts there will be less money for projects in the National Park. However he thought that stile and gate renewal probably had protected budgets. Graham has reported the hole beside the road on Faulds Brow to Highways and will follow that up. The kerbing with cobblestones around the edge of Heskett Green will be done in a couple of months.

Duncan Fairbairn, District and County Councillor, reported that the Mobile Library Service will still travel locally but less frequently. SEE DETAILS elsewhere in the magazine. Duncan also said that with funding from Natural England and from Cumbria County Council the proposed cattlegrids at Greenhead and Lonning Head should now be able to be installed.

PLANNING

a) Decisions:

Public Path Diversion Order 2010 (Footpath 221008 at Woodhall Park). Public Footpath diverted to a line avoiding the ghyll at Woodhall Park.

7/2010/2060 Howbeck Lodge, Heskett Newmarket. Additional two tent units (increase from 5 to 7). Granted, with 7 conditions.

7/2010/2058 Post Office, Heskett Newmarket. Replacement of timber windows and door to front elevation. Granted, with 1 condition.

b) Applications:

T/2010/2160 Street Head, Heskett Newmarket. Construction of two-storey, four bedroom agricultural worker's dwelling. Agreed to **support** this application.

c) 1. Planning Investigation Record report from Bill Murray, Compliance Officer, re Old Smithy, Caldbeck: 'The Dove Cote that instigated the enquiry has been removed and no operational development has taken place. Enforcement Case closed'. The Council remained concerned that other large structures are present as advertisements on the site from time to time and will monitor these occurrences.

2. Planning Investigation Record report from Bill Murray, Compliance Officer, re platform-mounted transformer next to Nether Row Hall, Heskett Newmarket: 'the LDNPA was consulted and raised no objection and the work is exempt under the regulations. There is therefore no breach of planning control and the enforcement case is closed'.

d) Confirmation of extensions to Caldbeck and Hesket Newmarket Conservation areas were received. An email was received from Mr Frank Cosgrove clarifying the situation regarding felling, or carrying out works on, trees in a Conservation area which the Council would like to publicise: **All that owners of trees in Conservation Areas have to do is: notify the Local Planning Authority that they intend to fell, or carry out works to, a tree; and wait 6 weeks in case the NPA decides to make a Tree Preservation Order (does not happen very often). If the Planning Authority does not reply within that period, the owner can proceed without permission.**

Progress with Hesket Newmarket minor road traffic control. The Clerk reported that Andrew Butler had referred the matter of the Highways adoption of the track beside the Market Cross to Peter Clay for him to follow up with the owners, the LDNPA. The Clerk was directed to write to Peter Clay to ask again for confirmation that the track will be adopted by Highways when the minor road is closed to through traffic. A letter from Mr Tony Ryan was read, supporting the closure plans but mentioning that the track is sometimes used for parking at the moment.

Noticeboard at Hesket Newmarket. Two of the joiners approached by the Clerk had been unable to take on the work so the Clerk was asked to contact the third joiner again, and to enquire about the Mungrisdale Parish Council noticeboards. It was agreed that Roy Knowles and Alan Armstrong would look at the possibilities for re-siting the Hesket Newmarket noticeboard at the top of the Green or near the Shop.

Cumbria in Bloom. Anne Cartmell and Alan Armstrong reported that the judges were visiting Caldbeck on 12th July and Hesket Newmarket on 16th July. The Clerk was directed to ask if the road sweeping team from Allerdale could come to the villages prior to the judging. Arrangements were made for Councillors to tidy public areas of the village and the Chairman remarked that they are greatly helped by many local residents keeping the public areas near their properties in good order.

Other Parish Maintenance matters: 1) Graham Standring said he would report the damaged fencing beside the cattlegrid at Blue Gate on the Wigton road. The Clerk was directed also to inform the County Council that the fencing is rotten. 2) The Clerk was directed to write to Peter Marrs and request that he bring examples of reflector posts to the next meeting to show Councillors and residents as had been promised last year. 3) The Clerk reported that Kevin Lumley, Highways Engineer, had responded swiftly to a report that Brewery Bridge, Caldbeck had been damaged by a vehicle scraping along it. He is instigating repair work. 4) The Clerk was directed to report to Highways that the edge of the road at the top of Church Terrace has disintegrated, and 5) to enquire when the repair work on the pavement from the Old Smithy to Tenters car park work will be completed as it is a busy thoroughfare. 6) The Clerk was directed to write and thank Alastair Macfadzean for mending the rails on the footbridge at Riverside.

Public toilet with disabled access, Caldbeck. The Clerk reported that the RADAR lock is to be installed this month on the Methodist Chapel door and Graham Standring has given her the name of the signwriters in Kendal who do the LDNPA signs. The Clerk will organise signs from the Car Park, and from the ordinary public toilets, and at the Chapel, in consultation with Chapel members.

Next Parish Council meeting: Monday August 16th at 7.30pm in the Parish Hall.
 Everyone is welcome.
 Antoinette Ward, Clerk.
 016974 78220
 aw.caldbeck@googlemail.com

MOBILE LIBRARY ROUTE AND DATES

Route G						
Hesket New Market	11.00-12.00					
Caldbeck Pub	12.05-13.00					
Long Lea Farm	13.45-14.00	18	22	27 Oct	-	1
Fellside	14.10-14.30	Aug	Sept			Dec
Caldbeck School	14.45-15.45					
Branthwaite Cottages	16.00-16.10					

Village Agent Launch

On the 15th and 16th June we officially launched the Village Agent Project. It was well supported by all the parishes, with a total of approximately 140 people attending over the two days at four different venues.

As a result of the Launch, attending other events and direct enquiries, we have already been able to help a wide and varied range of people of all ages with different enquiries within the last few weeks, by either signposting them or providing more practical help.

These include:

Blue badges, phone bills and faults, installation of Careline, council furniture collections, wasp nest disposal, broken gutters, bereavement support, grants, energy-saving trust information, lunch clubs and drop-ins, tax credits, lend a hand service, keep fit classes, youth activities and Northern Fells minibus.

As you can see, the range of enquiries has been very varied, and we are all very encouraged by the response we have had. If you have any query, no matter how large or small, please get in touch. If it is just information and a phone number you require we will do our best to help. If it is more support you require, we can do that also.

Local Village Agent for Caldbeck/Sebergham/Welton Parishes :

Julia Trotter Tel: 0797 652 9275

E-mail: julia.trotter@northernfellsgroup.org.uk

Local Village Agent for Mungrisedale /Castle Sowerby Parishes :

Philippa Groves Tel: 016974 78555 / 07816 246 305

E-mail: philippa.groves@northernfellsgroup.org.uk

ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	Welcomers' Rota 8.30am	Sanctuary Duty (8.30am unless specified)	Sidespersons' Rota 11.00am
August 1	<i>no service</i>	(11am) Margaret Tinniswood	Ron & Kathleen Davie
8	Diana Greenwood	Liz Boydell Diana Greenwood	Marjorie Atkinson
15	Kathleen & Ron Davie	Liz Boydell Shirley Rolfe	David Smith
22	Ann Wade	Shirley Rolfe Joan Todhunter	Christine Pearson
29	TBA		

ST KENTIGERN'S, CALDBECK, READING ROTA

DATE	SERVICE	READINGS	READER
August 1 Trinity 9	HC 11.00am	Hosea 11 vv 1-11 Colossians 3 vv 1-11 Luke 12 vv 13-21	Ron Davie
8 Trinity 10	HC 8.30am MP 11.00am	Isaiah 1 vv10-20 Hebrews 11 vv1-3, 8-16 Luke 12 vv32-40	Joan Todhunter Peter Sageman (same Readings both services)
15 Blessed Virgin Mary	HC 8.30am FP 11.00am	Isaiah 6 vv1-10 Galations 4 vv 4-7 Luke 1 vv 46-55	John Price TBA (same Readings both services)
22 Trinity 12	HC 8.30am MP 11.00am	Jeremiah 1 vv 4-10 Hebrews 12 vv18 to end Luke 13 vv10-17	Liz Boydell TBA (same Readings both services)
29 Trinity 13	TBA		

A CUMBERLAND SAUSAGE BBQ EVENING
Cresthills, Hesket Newmarket on Saturday 14th August
6pm onwards

numbers are limited so please book your place
John & Isabel Braithwaite 016974 78466
Let's celebrate the Cumberland Sausage and raise money for charity!
Donations will be shared between

Northern Fells Group and The Lisa Watson Memorial Fund (helps deaf children in Cumbria)

DIARY OF EVENTS 2010

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, 2.30pm.

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.
- 15th Sebergham Parish Council, 7.30pm, Welton Village 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*.
- 21st Sebergham WI Quiz, 7.30pm, Sebergham Village Hall.
- 22nd Musicians, Howden Jones, 7.30pm, Millhouse Village Hall.
- 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.

CALDBECK SURGERY

www.caldbecksurgery.co.uk

Staff Training Afternoons

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

No closure in August

Tuesday 21 September

Wednesday 20 October

On these afternoons the surgery (including the dispensary) will close at 1.00pm. All calls will be redirected automatically to the out of hours service.

Art in the Waiting Room this month by Ireby Art Group

CHOC

Cumbria Health On Call

The new number for the out of hours service CHOC (*Cumbria Health on Call*) for patients in North Cumbria is 03000 247 247. Calls to the surgery out of hours are automatically redirected to CHOC.

Hearing impaired users who need to contact CHOC please call (Typetalk) 18001 03000 247 247.

Early bird & twilight surgeries

If you find it difficult to see a doctor during normal surgery hours 8.30am - 6.00pm (eg if you work unsocial hours) please ask for an appointment in one of our early bird or twilight surgeries.

Please note: these appointments are not available with practice nurses

CALDBECK VILLAGE SPORTS

A very successful Village Sports was held once more. The committee would just like to thank The Cricket Club for letting us use their field & also say a big thank you to all those who donated raffle prizes & other things.

Race	1 st	2 nd	3 rd
Flat races			
Boys 5 and 6 yrs	Charlie Hudson	Jonny Trotter	Zac Ostle
Girls 5 and 6 yrs	Ella Horne	Megan Steadman	Rosie Cooper
Boys and girls 4 and under	Mia Lillington	Brad Ostle	Chloe Headley
Boys 7,8,9 yrs	Joe Trotter	Robert Lewin	Robin Regan
Girls 7,8,9 yrs	Mya Cooper	Zoe Glendinning	Holly Macfadzean
Boys 10,11,12 yrs	Shane Ostle	Joseph Horne	William Mallinson
Girls 10, 11, 12 yrs	Amy Robinson	Kerry Regan	Catherine Lewin
Boys 13,14,15 yrs	Hugh Hodgson	Kieran Macfadzean	Josh Hodgkinson
Girls 13,14,15 yrs	Phoebe Harding	Ellen Regan	Samantha Bell
Men's Race	Tommy Trotter	Mike Strong	Jonny Kennedy
Ladies' Race			
Smarties Race Boys and Girls 4 years and under (holding hands in pairs)	Mia Lillington Brad Ostle Chloe Headley		
Sack races			
Boys 6, 7 yrs	Charlie Hudson	Robin Regan	Keir Atkinson
Girls 6, 7 yrs	Megan Steadman	Ella Horne	Aimee Lillington
Boys and Girls 5 and under	Zac Ostle	Brad Ostle	
Boys 8, 9,10, 11yrs	Toby Collard	Aaron Horne	Cameron Wilson
Girls 8,9,10,11 yrs	Kerry Regan	Catherine Lewin	Hannah Smaile
Boys 12, 13 14, 15 yrs	Hugh Hodgson	Jonathan Herd	Josh Hodgkinson
Girls 12, 13, 14, 15 yrs	Ellen Regan	Samantha Bell	Rebecca Pigg

Three legged races			
Boys 7, 8, 9, 10, 11 yrs	Jake Watson	Toby Collard	Shane Ostle
	Cameron Wilson	Aaron Horne	William Mallinson
Girls 7, 8, 9, 10, 11 yrs	Catherine Lewin	Martha Hudson	Emma Glendinning
	Kerry Regan	Mya Cooper	Laura Smaile
Boys 12, 13 14, 15 yrs	Stuart Coulthard	Andrew Bell	Jonathan Herd
	Angus Hodgson	Josh Hodgson	Sean Merone
Girls 12, 13, 14, 15 yrs	Samantha Bell	Joanne Ridley	Rosie Robson
	Rebecca Pigg	Beth Robson	Ellen Regan
Wheelbarrow races			
Boys 7, 8, 9, 10, 11 yrs	Jake Watson	Leigh Armstrong	Jonathan Scott
	Cameron Wilson	Robbie Ostle	William Mallinson
Girls 7, 8, 9, 10, 11 yrs	Abbie Kennedy	Catherine Lewin	Martha Hudson
	Hannah Flucker	Helena Watson	Mya Cooper
Boys 12, 13 14, 15 yrs	Hugh Hodgson	Sean Merone	Kieran Macfadzean
	Robbie Carr	Jonathan Herd	Josh Hodgkinson
Girls 12, 13, 14, 15 yrs	Ellen Regan	Beth Robson	
	Charlotte Harding	Joanne Ridley	
Egg and spoon races			
Boys 7, 8, 9, 10, 11 yrs	Robbie Ostle	Jonathan Scott	Joseph Horne
Girls 7, 8, 9, 10, 11 yrs	Martha Hudson	Abbie Kennedy	Helena Watson
Boys 5 and 6	Charlie Hudson	Brad Ostle	Zac Ostle
Girls 5 and 6	Megan Steadman	Ella Horne	Aimee Lillington
Boys 12, 13 14, 15 yrs	Sean Merone	Too much Cheating to decide	Edward Pattinson
Girls 12, 13, 14, 15 yrs	Rebecca Pigg	Ellen Regan	Joanne Ridley
Slipper chuck			
Boys 5, 6, 7 yrs	Robin Regan	Mathew Strong	Charlie Hudson
Girls 5, 6, 7 yrs	Molly Steadman	Ella Horne	Aimee Lillington
Boys and girls 4 and under	Jay Steadman	Brad Ostle	Mia Lillington
Boys 8, 9,10, 11yrs	Jake Watson	Nathan	William Mallinson
Girls 8,9,10,11 yrs	Melanie Strong	Amy Robinson	Catherine Lewin
Boys 12, 13 14, 15 yrs	Sean Merone	Hugh Hodgson	Kieran Macfadzean
Girls 12, 13, 14, 15 yrs	Charlotte Hardin	Beth Robson	Joanne Ridley

Cross country (Once round field)			
Boys 7,8,9,10,11 yrs	William	Aaron Horne	Toby Collard
Girls 7, 8, 9, 10, 11 yrs	Catherine Lewin	Amy Robinson	Laura Smaille
Guide race (Boys and girls 10 yrs and over)	Hugh Hodgson	Nick Benn	Kieran Macfadzean
	Kerry Regan	Ellen Regan	Mya Cooper

43 races in total

Prizes 2007: 1st place £2, 2nd place £1, 3rd place 50p

Men's/ladies races: 1st place £3, 2nd place £2, 3rd place £1

Cross country (once round field): 1st place £3, 2nd place £2, 3rd place £1

Guide Race: 1st place £5, 2nd place £3, 3rd place £2

MAD HATTERS TEA PARTY

Sunday 19th September 2010 at Millhouse Village Hall.

Come and join us for an afternoon of splendiferous nonsense and fun. Wear your maddest hat, bring your friends and enjoy an afternoon of total indulgence and delight !!

Sherry or wine reception at 3pm. Mad Hat judging at 4pm. Followed by a wildly extravagant, hugely indulgent, scrumptious tea!

Booking is essential, individual tickets £6, table for 6 people £35, table for eight people £45.

Please contact Philippa Groves on 016974 78555
or Diane Scott on 016974 78312.

All proceeds to Millhouse Village Hall.

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



DATE	NAME
August 1, 8	Mrs A Brough
15, 22	Mrs J de Robeck
29 5 September	Mrs C Hine

**SEBERGHAM WI
Tuesday 10 August
Dinner at Denton House**

Sebergham Weather Recordings

Rainfall

June 2010	41.70mm (1.64ins)
aggregate for year	239.67mm (9.45ins)
June 2009	44.70mm (1.76ins)
aggregate for year	331.65 (13.01ins)

The lowest June rainfall of 0.68ins (17.40mm) was 1995 but, that year, we had recorded a total of 20.01ins (50.82mm) for 6 months compared to this year's total of 9.45ins (239.67mm). However, in 1996 by end of June we had recorded 9.83ins (250.30mm). Our average rainfall to end of June is half of what we normally expect.

Temperature

The average maximum day temperature 68.84°F (20.46°C)
The average minimum night temperature 51.10°F (10.62°C)
The warmest day Sunday 27 June at 76.00°F (24.45°C)
The coldest night Friday 11 June at 44.00°F (6.67°C)

On Saturday 19 June the minimum temperature did not fall below 60°F (15.56°C) during the night.

We recorded similar temperatures in June 2006 and these are higher than the average for June.



R de Robeck

ST MARY'S CHURCH, SEBERGHAM

SONGS OF PRAISE

Sunday 29 August at 2.30pm

Led by Orton Male Voice Choir
who will present a programme of Gospel Music
with hymns from Mission Praise

The address will be given by
Rev Walter Wade

Refreshments will follow in the Old School

Offerings will be in aid of St Mary's Church

Everyone is most welcome!

SEBERGHAM SPORTS DAY

Sebergham's annual Sports Day was held in a field loaned by Mrs E Horn. The weather was perfect. There was a good turn-out of children and their families for this annual event. John and Connie Foster judged the fancy dress, awarding first prize to Jodie Davidson, second prize to Philippa Dickinson and third prize to Steven Dickinson. Other entrants were Emma Wolsencroft and Olivier Caldwell. The competition for a painted animal was judged by Alison Dickinson: 1st - Sarah Wolstencroft, 2nd - Elliot Stockdale, 3rd - Alicia Mandale. Other entrants were David Foster, Jamie Foster, Emma Wolstencroft, Steven Dickinson, Natalie Mandale and Olivia Caldwell. Our priest-in-charge, Norman Robinson, made the draw for the raffle prizes. The winners were: Liam Studholme, Emma Studholme, Elliott Stockdale, Jean Dickinson, Ken Hornby, Joseph Waterfield, Claire Guest, Mark Dickinson, Michael Stockdale and John Foster. Secretary, Carol Foster, assisted by Irene Dickinson, took charge of the prize money and ice creams, with Trevor donating items for the Bran Tub. During the afternoon everyone enjoyed their picnic tea. At this point, Norman Robinson thanked the organisers and everyone attending the sports.

Flat Race: 3 years and under: 1st Steven Dickinson.

4/5/6 years: 1st Natalie Mandale and Alicia Mandale.

8/9/10 years mixed: .1st Joseph Waterfield, 2nd Daniel Gibson, 3rd Benn Gibson.

9/10 years mixed: 1st Emma Wolstencroft, 2nd Jodie Davidson.

11 years mixed: 1st Jamie Foster, 2nd Liam Studholme, 3rd Lee Davidson.

Sack Race: 5/6/7 years mixed: 1st Daniel Gibson, 2nd Alicia Mandale, 3rd Natalie Mandale.

8/9/10 years mixed: 1st Joseph Waterfield, 2nd Jodie Davidson, 3rd Emma Wolstencroft.

11years boys: 1st Joseph Stockdale, 2nd Jamie Foster, 3rd Michael Studholme.

11 years +: 1st Liam Studholme, 2nd Alex Wasilewski, 3rd Olivia Caldwell.

Skipping Race: 5/6/7 years mixed: 1st Daniel Gibson, 2nd Alicia

Mandale, 3rd Natalie Mandale.

8/9/10 years mixed: 1st Joseph Waterfield, 2nd Benn Gibson, 3rd Emma Wolstencroft.

11+ mixed: 1st Jamie Foster, 2nd Lee Davidson, 3rd Liam Studholme.

Tattie Race: 5/6/7 years mixed: 1st Daniel Gibson, 2nd Alicia Mandale, 3rd Natalie Mandale.

8/9/10 years mixed: 1st Joseph Waterfield, 2nd Emma Wolstencroft, 3rd Benn Gibson.

11years: 1st Lee Davidson, 2nd Liam Studholme, 3rd Olivia Caldwell.

11 years +: 1st Elliot Stockdale, 2nd Jamie Foster, 3rd Joseph Stockdale.

Three Legged Race: 5/6/7 years mixed: 1st David Foster/Daniel Gibson, 2nd Natalie Mandale/Alicia Mandale.

8/9/10 years mixed: 1st Emma Wolstencroft/Jodie Davidson, 2nd Benn Gibson/Joseph Waterfield.

11years mixed: 1st Michael Studholme/Joseph Stockdale, 2nd Lee Davidson/Liam Studholme, 3rd Joseph Waterfield/Jamie Foster.

Obstacle Race: 7/8/9 years mixed: 1st Jodie Davidson, 2nd Emma Wolstencroft, 3rd Joseph Waterfield.

10 years +: 1st Jamie Foster, 2nd Elliot Stockdale, 3rd Michael Studholme.

11 years + mixed: 1st Lee Davidson, 2nd Liam Studholme, 3rd Olivia Caldwell.

11 years + mixed: 1st Benn Gibson, 2nd Alicia Mandale, 3rd Natalie Mandale.

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

Welly Throwing: 6 years and under girls: 1st Alicia Mandale, 2nd Natalie Mandale, 3rd Steven Dickinson.

7/8/9 years mixed: 1st Daniel Gibson, 2nd Jodie Davidson, 3rd Benn Gibson.

10 years + boys: 1st Elliot Stockdale, 2nd Michael Studholme/Jamie Foster, 3rd Lee Davidson/Liam Studholme.

Women : 1st Eleanor Baldwin, 2nd Claire Guest, 3rd Liz Caldwell.

Men: 1st Malcolm Foster, 2nd Michael Stockdale, 3rd Kenny Wolstencroft.

Marathon: Junior School: 1st Liam Studholme, 2nd Joseph Waterfield, 3rd Emma Wolstencroft.

Secondary School: 1st Jamie Foster, 2nd Lee Davidson, 3rd Elliot Stockdale.

Ladies' Race: 1st Alison Dickinson, 2nd Emma Studholme, 3rd Sharon Aldison.

Men's Race: 1st Kenny Wolstencroft, 2nd Malcolm Foster, 3rd Trevor Studholme.

Starters were Malcolm Foster and Michael Stockdale. A very enjoyable afternoon was had by everyone.

SEBERGHAM JUNE DANCE

Garden flowers decorated the tables for the June dance held in Sebergham Village Hall on 26 June. John Foster welcomed the dancers. During the interval refreshments were served. Maureen Hodgson and Shirley Mandale took charge of the raffle. Prize winners were: Tommy Dobson, Ray Hodgson, Annie McKie, Jean Phinn, Brian Hodgson, Doreen Lund, Nancy Gusetti, John Brown, Ellen Hetherington, Tommy Coulthard, Richard Holliday, Sheila Relph, John Grindal, Maureen Hodgson, Marjorie Titterington, Margaret Woodhouse, Gordon Tuer, Chris Mandale, Tom Clemetson, Joyce Tuer and Mary Johnston.

Music was by Roe Valley. John thanked everyone for their support and help on the night. Proceeds for Hall Funds.

The next dance at Sebergham will be on Saturday 28 August at 8.00pm with a 'Bring and Share' supper. Tickets: 016974 76452.

CASTLE SOWERBY PICNIC GATHERING

It was a lovely Sunday afternoon at St Kentigern's Church, Castle Sowerby, for the Annual Parish Picnic, when Rev Norman Robinson welcomed a good turn-out of parishioners, friends and visitors on holiday in the area. The service 'A Service for Lammastide' is a peculiarly English festival in origin. It is traditionally held on 1 August as a thanksgiving for the first fruits of the wheat harvest. A freshly-baked loaf from the wheat harvest was presented before God with the mass of that day. We need not be restricted to 1 August to give thanks for the first fruits of harvest. A Reading by Kathleen Ashbridge, was followed by 'The Lammas Loaf', which was brought before God by Elizabeth Luck, when it was blessed. Audrey Ryan then read the second lesson. Norman performed the 'Breaking of the Bread' which everyone shared. Eleanor Benson was organist. After the service a shared tea was enjoyed by all. This was a very enjoyable afternoon.

Help Get Lucy to RADA

Thought you might like to know the good news that Lucy O'Connor (Old Barn Studios, Ruthwaite) has been accepted onto the Foundation Course at The Royal Academy of Dramatic Art (RADA) in London starting this September.

As there are no student loans available for this course, she will be organising some fundraising events to help get her there.

Hope that you will be able to come along to one or more of these events and have fun while helping her to get to RADA. For more info, please phone 016973 71690 or visit her website at

Strawbery Tea

Sunday 15th August
3 – 6pm

Armstrong House

Sandale

£4.50

£16.00 (Family of 4)

Raffle

Plant Sale

Enjoy a relaxing cream tea in beautiful surroundings

Open Studio & Mini Treasure Hunt

Sunday 29th August

11am – 3pm

Old Barn Studios

Ruthwaite

Sale of artwork

Drawings and paintings of the local area

Refreshments

Taster Pottery/Screen Printing Sessions

Contact us on 016973 71690

or email ruthcharlton5@hotmail.com

for prices and dates

All proceeds for events

to the [getlucytorada](http://getlucytorada.fund) fund.

For more info ring 016973 71690

www.getlucytorada.webs.com

HARVEST CONCERT WITH HENRY OLONGA

Saturday 11 September 2010

7.30pm

Caldbeck Parish Hall

Henry Olonga was Zimbabwe's first black Test cricketer - and the youngest ever to play for his country. Henry was propelled to fame when, along with fellow Test cricketer, Andrew Swift, he wore a black armband in protest against the excesses of the Mugabe regime, an action which has effectively exiled him, and his wife, Tara, from his homeland. He is, apart from being a canny cricketer, a professional singer, and will be singing a wide selection of songs and talking about, well, possibly, cricket.

**Tickets £5 each to include light refreshments
(all ticket proceeds will be donated for relief/rural development in Zimbabwe)**

Tickets available from Hesket and Caldbeck Shops

FAMILY HARVEST SERVICE

Sunday 12 September at 11.00am,

Caldbeck Parish Hall.

Everybody is welcome to come!

Further details: Helen Stobart 016974 78669 or Roger Dix 017684
83233

These events are organised by Hesket Newmarket Chapel as part of Harvest Thanksgiving Weekend.

NORTHERN FELLS GROUP RAFFLE RESULTS

No 1720 1ST PRIZE £100 – James from Millhouse

No 1866 2nd PRIZE £52 (value of cancelled Brampton Live tickets or Tickets for Ireby Festival 26 May 2011-Elkie Brookes is coming!) – Jennifer from Anglesey (*a regular visitor to Denton House – Hesket Newmarket*)

No. 0134 3rd PRIZE £25 – Caroline from Manchester

No. 0209 4th PRIZE £20 – Alan from Peterborough (*a visitor to Ireby Festival*)

No. 0459 5th PRIZE £15 – Mr Berry – a local lad

Congratulations to all the winners. Thank you so much on behalf of the Trustees to all the participants who have increased the funds of the Northern Fells Group by £386. Thank you to all the volunteers who so generously gave their time to sell 761 tickets. Well done everyone.

Sue Clarke – Group Co-ordinator



CALDBECK METHODIST CHAPEL

Services at 6.30pm

1 August	Mr R Pattinson and family
8 August	Mr I Beattie
15 August	Rev K Hurst
22 August	Mr R Jardine
29 August	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>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>
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<p>THESE CLASSES WILL DRASTICALLY CHANGE THE SHAPE OF YOUR BODY! Starting w/c 6 September (Term time only) Sebergham Village Hall: Fridays 9.30am - Pilates Ivegill Village Hall: Tuesdays 6.15pm - Pilates Other classes are available too! Contact Claire 016974 73352 Or 07846862974</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 align="center">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</p> <p align="center">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 align="center">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 ELECSEA 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">HENRY AND BEN TREE SPECIALISTS Henry Rose Sebergham Castle Lodge, Welton, Carlisle CA5 7HG 016974 76128 mobile 07900311556 email: bhlogging@hotmail.co.uk</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">ARRON JACKSON PLASTERING CONTRACTOR All aspects of plastering work undertaken, internal and external 21 Summerfields, Dalston Tel: 07506218671 Email: Arronjackson17@hotmail.com</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 AUGUST 2010

Sunday 1 August

Caldbeck

8.30am

11.00am

Castle Sowerby

11.00am

Sebergham

11.00am

Trinity 9

no service

Holy Communion

no service

Morning Prayer

Sunday 8 August

Caldbeck

8.30am

11.00am

Castle Sowerby

11.00am

Sebergham

11.00am

Trinity 10

Holy Communion

Morning Prayer

Holy Communion

Morning Prayer

Sunday 15 August

Caldbeck

8.30am

11.00am

Castle Sowerby

11.00am

Sebergham

11.00am

Blessed Virgin Mary

Holy Communion

no service

no service

United Holy Communion

Sunday 22 August

Caldbeck

8.30am

11.00am

Castle Sowerby

11.00am

Sebergham

11.00am

Trinity 12

Holy Communion

Morning Prayer

no service

no service

Sunday 29 August

Westward

10.30am

Sebergham

2.30pm

Trinity 13

United Holy Communion

Gospel Choir