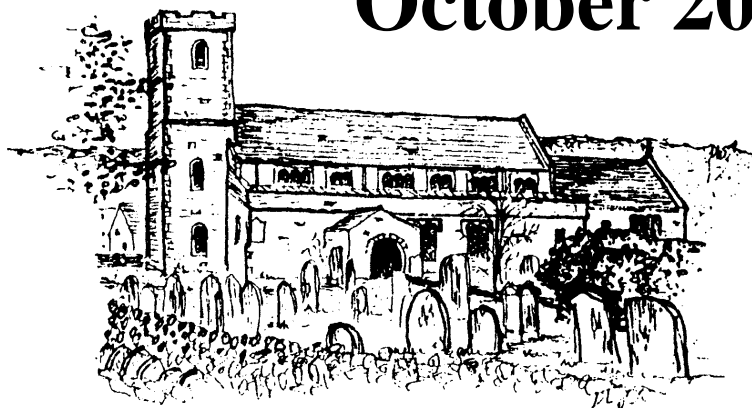




**October 2010**



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

The Vicarage, Rosley, WIGTON, CA7 8AU

Tel: 016973 43723 e-mail: normalrevs@aol.com

#### **CALDBECK - St Kentigern's**

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

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<b>Treasurer</b>	Mr B Mallinson	
<b>Secretary</b>	Jean Mallaband	016974 78143

#### **SEBERGHAM - St Mary's**

<b>Churchwardens</b>	Mrs M Mattinson Mrs E Luck	
<b>Treasurer</b>	Mr J S Hollins-Gibson	
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*(please put 'magazine' in the subject)*

**NOTE:** Copy deadline **12th October** for inclusion in November's magazine.

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

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

**Subscription & Distribution Enquiries:** Mr Stephen Hollins-Gibson

## *Your Priest-in-Charge Writes*

Dear Friends,

When fire devastates crops in Russia, or floods come in Pakistan and China then harvests are all affected along with the price of grain and feedstuffs. Once more we are reminded how fragile is our existence on planet earth as we absolutely depend on someone putting seed in the ground or caring for farm animals to give us bread, milk or meat for food. Harvest Services of Thanksgiving are to offer our collective thanksgiving to God the Creator for the world and its various harvests from the land, sea and mines. However, one wonders in our fractured and fragmented society whether many folk in cities believe that it is Tesco's, Sainsbury's and Waitrose that actually make the stuff on their shelves! So disconnected is our thinking that many fail to develop what is called "joined-up thinking" to make links between farmers or miners or power stations and the comforts we all take for granted in our homes and daily lives. It takes natural phenomena such as fires and floods to make us all realise how interdependent our world really is. Even the U.S.A. is not totally self-sufficient in all areas of its power and food needs.

Harvest is a time to step back from all our economic and political systems and ask ourselves hard questions about how we use and develop the resources of God's world. Are we concerned only for justice and fair play when we ourselves fall victim to market forces? Are we guilty of thinking only on the small scale of individuals or small farms and not willing to act collectively in a harsh economic environment? Nevertheless the standard of life we enjoy today in our country is better than it was when Harold MacMillan said so famously in 1957, "Most of our people have never had it so good".

Many factors have been fed into this growth in the economy including the hard work of a couple of generations of farmers. We live in uncertain times, which are not good for business planning for the future. However, our Lord and God can still be relied upon to guide us through difficult days. He has given us such a rich and varied world to enjoy and share. Let us learn to be generous in all our sharing and giving and so become more like him in our way of life.

Every blessing. Norman Robinson

**THE PARISH REGISTERS**

**Baptism**

Tessa Jane Bowe

*Sunday 11 July 2010*

St Kentigern's Church, Castle Sowerby

**ST KENTIGERN'S CHURCH, CALDBECK  
HARVEST SERVICE  
SUNDAY 3 OCTOBER 2010  
11.00am**



**HARVEST FESTIVAL FLOWERS**

If anyone would like to help, please come along at 10.00am  
on Saturday 2 October.

*If you are unable to help but would like to bring flowers,  
garden produce or any items for the Harvest Sale, please  
leave these in the church porch*

**ST KENTIGERN'S CHURCH, CALDBECK  
HARVEST LUNCH  
Sunday 3 October 2010, 12.30 for 1.00pm  
Caldbeck Parish Hall**

***Tickets: £10 per head. Available in church at service times or  
from the Post Offices in Caldbeck and Hesket Newmarket -  
or direct from Ron Davie (78364)  
Everyone is welcome to come.***

**IMPORTANT INFORMATION FOR ALL MAGAZINE CONTRIBUTORS!  
A CHANGE IN THE COPY DEADLINE**

**Starting from November's edition, please have all your contributions to Roberta Bowen (016974 78100/drbowen@btinternet.com) by 12th of the month (not 15th)**

This gives more time to produce the magazine and have it printed by Church House during holiday periods.

**Thank you!**



**MOTHERS' UNION**  
Tuesday 19 October  
2.00pm  
Caldbeck Methodist Church Room  
'Guest Afternoon'  
*Mrs Willis:*  
*'The Fire Engine and other Balkan Experiences!'*

**Ladies' Bright Hour**  
Tuesday 5 October  
at 2.00pm  
Pat Staley

**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!**

**Caldbeck Methodist Chapel**

The members of the Chapel would like to thank everyone, friends and helpers, who made the coffee evening such a success.

We raised over £300, including donations.

**Thank you everyone!**

**Preliminary Notice** - The final **Concerts in Caldbeck** event this year will be held in the Parish Hall on the evening of 5 November, and will feature the return of **The Kevin Wright Quartet**, playing traditional jazz, with saxophonist guest artist. Because of the Heskett Newmarket bonfire earlier that evening (which starts at 7.0 p.m.) the concert will not begin until 8.0 p.m., to allow those who wish to attend both events to do so. Further details in the next magazine. E.W.

**FRIENDS OF FELLVIEW**  
**'Mr & 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**



**Northern Fells Group at Hesket-New-Market Show**

Thank you on behalf of the Trustees to everyone who helped, donated and were involved in any way with our successful visit to the show. We raised £401.91 and gained 7 members. Special thanks to Sally Vaux, Penny & Mike Sutton (for loan of the tent) , Peter Huntington, Jeff Clarke and Emma Armstrong for their help creating and running the Tombola, Bat the Rat, Nail Balance, Guess weight of Marrow winner, Philippa Johnson (actual weight 2.015kg), Cake & jam stalls and membership drive. The extra three months on membership subscription for "Just a Fiver" is still available. Join now by contacting Sue Clarke on 016973-71202 or [sue.clarke@northernfellsgroup.org.uk](mailto:sue.clarke@northernfellsgroup.org.uk) OR join via our web site [www.northernfellsgroup.org.uk](http://www.northernfellsgroup.org.uk). It is good to belong; we all have a lot of fun!

Sue Clarke – Group Co-ordinator Sept 2010

**CALDBECK AREA FIRST RESPONDERS**  
**FUN QUIZ, AGM (brief) AND SUPPER**  
**Thursday 7 October 2010,**

**Millhouse Village Hall, starting at 7.30pm**

This is not a fund-raising event but just a chance to get together for some fun and to thank people for their support.

Please join us if you can.

There will be great prizes for the quiz (teams of four) and a raffle.

**Tickets are £2 per person to cover costs and are available from Hesket Newmarket and Caldbeck shops.**

## what's on for young people

### Club X Annual Trip to Blaithwaite

On Tuesday 31 August, we went to Blaithwaite Christian Centre for our Club X annual trip. It was a warm sunny day and our first activity was on the rope and climbing course. It was really good fun. After about an hour we were all feeling quite hungry so we had a picnic lunch on the lawn under one of the apple trees. After this, our instructor took us to do the archery. We spent quite a while practising (it is harder than it looks) and then split into two groups and had a competition. After this, Rachel had organised a treasure hunt around the grounds, which finished in a little building on an island in the middle of the pond. When we had all finished we chatted about our day, and gave Kerry Regan a goodbye card as she is leaving Club X when she goes to secondary school.

Harry Bolton aged 10.

**DROP-IN**  
**Ages 10+**  
**The next Drop-In**  
**will be on**  
**Saturday 30 October**  
**Games Night**  
**7.30-9.30pm**  
**Venue to be arranged**  
**Contact: Celia Stobart 78669**

**Caldbeck Toddler Group**  
will continue to meet in  
Hesket Newmarket Free Church  
Rooms  
until the October half-term  
**FRIDAYS**  
9.30am-11.30am  
Tel: Helen Stobart 016974 78669  
for further information

**CLUB X**  
*After-school club for juniors*  
**Tuesdays 5 and 19 October**  
**3.20pm to 5.00pm, Caldbeck**  
**Parish Hall**

**DISCOVERY**  
**CLUB**  
Tuesday 12 October, 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

## **CALDBECK & HESKET NEWMARKET SHEEPDOG TRIALS**

On Thursday 26 August, Caldbeck and H-N-M Sheepdog trials committee were pleased to hold their Annual One Man and His Dog. The weather was very kind to us, we could not have asked for better especially the way the summer has been. We had a lovely sunny day with people sitting out on the benches along the beck edge watching some of our top handlers putting their dogs through their paces. With the brilliant weather this brought out a good crowd of spectators, who spent the day with us arriving early in the morning and staying until the prize-giving. This year we were very lucky to have 55 dog runners. Our Open Novice class brought in a lot of entries: this was a class for dogs which had never won a prize before and proved popular amongst our handlers using young dogs which have never competed before or run on a trial field. Our judge this year was Mr Alex Baines from Stainmore and his time-keeper was Mr. Mark Pickering. They had a very difficult job, as we had some very good runs, and we saw some excellent dog handling. Our thanks go to him and his time-keeper as this is a long and tiring day. This year our president was Dr. Jim Cox. The Cox family have been loyal supporters of our sheepdog trials for many years so we were very pleased when Dr. Jim agreed to stand as our President. The committee are extremely grateful to him for all his help over the year and his support on the trials day. His final task as president was to judge, along with his wife Fiona, the dog show. We had a lot of dogs and strong competition, which proved a difficult task, but the champion sheepdog went to Mr Ralph Swainson from Cliburn with his dog Kate. Our grateful thanks must go to The Hound Trails Committee, Carlisle and Penrith Branch, who kindly agreed to help us out this year by providing sponsorship. Without their financial help we would struggle and probably not be able to continue with this annual event. We are indebted to them for their support. So please try and help them with their sport in our area as they are always willing to give money back into our area with very kind monetary donations. Again we decided to hold a drawing on the field to help boost our funds. Our thanks must go to all our ticket sellers. They all did a fantastic job throughout the day and raised a fantastic amount for our fund, so thank you to everyone who bought tickets. To the Bell family, we must say a very big thank you, nothing is ever too much bother to them, they again loaned us the field and supplied the sheep which may I add behaved very well (most of the time) and we were able to watch some excellent dog running. When we set up our trials, we just take over The Wath, using tractors, trailers, storing all our equipment there, with no questions asked, but we are always made to feel very welcome. Thank you to Mrs Tickle from HNM for once again providing us

with a beautiful Crystal Fruit Bowl for The Best Local Lady; this year it was won by Katie Cropper from Shap with her dog Nell. We had a craft tent full of local people showing-off their talents. There were some beautiful cushions, delicious jams and chutneys which you could try before you buy, a fantastic display of homemade pies and cakes, and this year we had some beautiful hand-made cards made by Mrs. Iris Johnston of Skelton who makes and sells all her cards for charity. All the stalls proved very popular with the customers. Miss Margaret Ashbridge gave a demonstration of Proddy Rug making and Mrs. Sue Robson spent the day spinning. They were both kept busy answering questions. They had a lovely time and our spectators found the whole experience very interesting. Our thanks must go to Denton House, Margaret, Susan and Alan, who again did us proud, providing us with delicious salad lunches and mouth-watering home-made teas which proved very popular with everyone on the field. Also to Jordan Barnes who came along to the field with his ice-cream bike and kept everyone supplied with his delicious ice-cream on such a beautiful day. The committee would like to thank everyone for all their hard work and support, to those who came to the trials, whether it was as a spectator or as a competitor, we would like to say a special thank you to you all, also to those people who couldn't attend but very kindly sent donations. We are very grateful. With your help we can now look forward and start to plan our 2011 trials and once again keep Caldbeck and H-N-M sheepdog trials an annual event.

**RESULTS:**

**Thursday 26th August 2010**  
**Judge Mr. Alex Baines, Stainmore.**

**Open Stakes – A. Brownrigg Cup**

Position	Competitor	Dog	Points	Time
1 <sup>st</sup>	A. Clarke	Spot	75	OLF
2 <sup>nd</sup>	C. Todd	Tess	75	
3 <sup>rd</sup>	W. Bell	Meg	71	
4 <sup>th</sup>	A. Temple	Bess	70	
5 <sup>th</sup>	D. Scrimgeour	Fleece	69	OLF
6 <sup>th</sup>	A. Temple	Bob	69	

**Open Novice Stakes – E. Threlkeld Cup**

Position	Competitor	Dog	Points	Time
1 <sup>st</sup>	C.Todd	Tess	75	
2 <sup>nd</sup>	N. Ireland	Fly	65	
3 <sup>rd</sup>	N. Ireland	Glen	64	
4 <sup>th</sup>	G. Fearon	Roy	59	

**Best Local Under 15 Miles Radius – W. Dixon Cup**

1<sup>st</sup> G. Fearon with Roy

**Best Local Not To Pen – S. Bell Cup**

1<sup>st</sup> G. Smithson with Jan

**Best Local Lady – Crystal Fruit Bowl, kindly donated by Mrs. E. Tickle**

1<sup>st</sup> Katy Cropper with Nell

**Best Looking Dog On The Field**

1<sup>st</sup> R. Swainson with Kate

2<sup>nd</sup> A. Waddacor with Maxwell

***DRAWING PRIZE WINNERS***

Eileen Paterson, Malcolm Threlkeld, Liz Berry, Jim Fleming, Nathan Armstrong, C. Bradley, Sophie Liddle, Cath Flynn

***Hesket New Market Show***

*May I thank all sponsors, subscribers, exhibitors, trade stand holders, and all spectators for coming along and making the Show such a successful event, and to the organising committee for making it all happen.*

*We were blessed with splendid weather, which always helps.*

*Helen Greenbank*

**THURSDAY CLUB, SEPTEMBER MEETING**

Everyone was welcomed by Mr J Wooler who explained to us how we could access extra insulation for our homes to conserve more heat. We were also given details about our trip to Shap in October. Mr Wooler welcomed three visitors to our meeting: Mr and Mrs Fee, and Mrs Crossland. He also welcomed our speaker, Mr Godfrey, who had come to talk and show some slides to illustrate his cycle ride along the Danube from the Black Forest to the Black Sea. The scenery was magnificent and the talk most interesting. Mr Wooler thanked Mr Godfrey for his very fascinating talk, and this was followed by tea and biscuits and a discussion about the future of the club.



**CALDBECK & DISTRICT  
GARDENING CLUB**  
Wednesday 13 October  
7.30pm  
Millhouse Village Hall  
*'Here's one I built earlier'*  
**Liz & Paul Newport**  
**Wildroof Landscapes**

**CALDBECK WI**  
Wednesday 6 October  
Caldbeck Parish Hall  
7.30pm  
**Speaker: Liz Hunter**  
**'Physiotherapy'**  
Competition: A 1980's item

**THURSDAY CLUB  
OUTING**  
**DATE:** Thursday 14 October  
2010  
**VENUE:** Greyhound Hotel, Shap,  
for lunch  
**COST OF LUNCH:** £12.50  
**COST OF COACH:** Depends on  
numbers  
**PICK-UP:** Caldbeck car park  
11.15am  
(and Heskett Newmarket)  
**HOME:** 4.00pm  
**Menus in POs**  
**Ring Liz 78315**

**Caldbeck & District Local History Society**  
**SUPPER**  
at Denton House, HNM  
**Wednesday 20 October, 2010**  
**6.30 for 6.45 pm**  
To be followed by  
**AGM**  
at 8.15 pm (approx.) also at Denton House  
**Admission to Supper by ticket only (£10)**  
[Vegetarian meals available by prior request]  
\*\*\*\*\*  
**\*\* Tickets from Evelyn Tickle (016974 78380).**  
**Deadline Friday, 15 Oct.**

### MILLHOUSE CAKE COMPETITION

Get your baking tins out again (after Heskett 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.

## **NORTHERN FELLS GROUP - MOSEDALE COFFEE SHOP**

Thank you to everyone who made Mosedale Coffee Shop at the Quaker Meeting House, Mosedale, such a success again this year.

We made a profit of £4045.14p – increased £200 on last year! It has been wonderful teamwork again by all the 56 volunteers: the bakers of cakes and biscuits, the soupmakers and the coffee shop helpers! The volunteers came from all corners of our seven parishes, as did the Bric-a-Brac donated to the barn, and the art and craft work from local artists and authors.

### **Takings**

Art and craft sales, NFGp percentage: £588.78 (with our appreciation to the Artists, Authors and Craft workers)

Bric a Brac sales: 817.88 (Thank you to the donors and the buyers!)

Coffee Shop: 3551.70

Donations: 125.40

Jams/Eggs/Plants/Vegetables: 35.00

NF Soup books profit (takings minus unit costs): 48.36

NF cards profit (takings minus unit costs): 100.80

NF Calendars profit (takings minus unit costs): 72.34

NF Calendar print profit (takings minus unit costs): 27.00

Extra cash received, provenance unrecorded but

no doubt coffee shop, ice creams, donations, bric a brac! 236.01

**£5,603.27**

### **Expenses**

Rent for the Meeting House: 810.00

Food, Milk and Ice cream costs: 693.13

Print/postage/miscellaneous costs: 55.00

**£1,558.13**

**Profit for Northern Fells Group:**

**£4,045.14**

We are very grateful to the Quakers of Mosedale for letting us run the Coffee Shop in the beautiful, peaceful Meeting House and we hope very much that they will be happy for us to continue next year. Thank you too to Margaret, Jim and Amanda Hodge for the regular donation of fruit pies from The Pie Mill.

And thank you to everyone who supported the Coffee Shop in any way – it has been a very happy and enjoyable venture once again!



**CALDBECK AREA FIRST RESPONDERS  
EVERYONE IS INVITED TO ATTEND  
THE ANNUAL GENERAL MEETING  
TO BE HELD IN MILLHOUSE VILLAGE HALL  
ON THURSDAY, 7<sup>TH</sup> OCTOBER 2010  
COMMENCING AT 7.30 PM  
AGENDA**

1. Apologies
2. Minutes of the AGM held on 21<sup>st</sup> July 2009
  - a) Approval
  - b) Matters arising
3. Chairman's introduction
4. Treasurer's report and acceptance of the financial statement
5. Appointment of auditor
6. Co-ordinator's report
7. Confirmation of Co-ordinator for 2009/2010
8. Election of Committee Members \*
9. Election of Officers \*

**\*Note: Anyone wishing to stand for membership of the committee or as an officer should contact the Secretary, Diane Brown on 016974 78152 before the meeting**

## **CALDBECK WI**

The first meeting after the summer break was held on Wednesday 1 September. Mrs Shaw welcomed everyone, including our visitor, Mrs Ruth Somerfield. The minutes from the July meeting were read by Mrs Bridget Archer. Mrs Shaw thanked Mrs Benson (Vice President) and Mrs Archer (Assistant Secretary) for taking the July meeting in the absence of the President and Secretary. She reminded members that in October our speaker would be Liz Hunter talking about 'Physiotherapy'.

Our speaker for this meeting was Mrs Trudy Whalley who had come to speak about 'Dixon's Chimney'. Mrs Whalley gave us a most interesting and entertaining talk about this landmark in Carlisle, explaining that it had been built in 1836 by Peter Dixon and that it was now a Grade 2 listed building. When first built, it was the tallest factory chimney in Europe. It was struck by lightning in 1931 but was not repaired until 1950 when its height was reduced by 12 feet. It became unsafe in subsequent years and a major renovation was completed in 1998, funded by Carlisle City Council, The National Lottery and English Heritage. Mrs Wolfenden thanked Mrs Whalley for her very interesting talk about such an important building.

Mrs Whalley judged the competition which was for an item from the 1970s. This was won by Mrs Todhunter, with Mrs Wolfenden second. The raffle was won by Mrs Sanderson.

During tea, members discussed their ideas for next year's programme when an interesting variety of suggestions was made.

## **CALDBECK PARISH COUNCIL**

### **Notes of meeting 16 August 2010.**

1.The acting Chairman, Alan Tyson, invited Mrs Julia Trotter to speak. Julia explained that she is the newly appointed (since May) Village Agent for the Northern Fells Group, covering Caldbeck, and Sebergham with Welton parishes. Three other Village Agents cover the other five parishes of the Northern Fells Group area. Julia explained that the aim is to 'bridge the gap' between individuals and services and to be able to respond to all types of queries. The Agents might offer help either via the Northern Fells Group's own services or by signposting people to other agencies. Julia and the others particularly want to reach people who don't usually ask for help. She and the other Agents are building a directory of services, voluntary and statutory, active in the area. Requests for help to the Village Agents have been very varied so far. Councillors asked Julia some questions about the service and the acting Chairman thanked her for coming along to talk about the project.

### 2.Planning

#### a) Decisions:

Public Path Dedication 2010: The LDNPA has dedicated a public bridleway from Fellside, via Sandbed and Potts Ghyll mines, to Calebreck. 20.7.10.

#### b) Applications:

7/2010/2175: Howbeck Lodge Farm, Hesket Newmarket, CA7 8JN. Variation of Condition 2 of planning permission 7/2010/2030 to allow for alternative siting of tented units 1 and 5, and variation of condition 3 of the above permission to allow for tented units to remain in situ (semi-collapsed) during closed winter period. Response needed by 2<sup>nd</sup> August. Devolved decision by Clerk on 30<sup>th</sup> July 2010: No objections.

7/2010/2037: Brownrigg Farm, Caldbeck, CA7 8EG. Application for Listed Building Consent: Installation of wood-burning stove with flue through the back roof. No objections.

7/2010/2178: Greenrigg Farm, Caldbeck, CA7 8HJ. Application for Listed Building Consent: Removal of concrete render from 2 walls. Restore stonework – repointing with lime mortar. Agreed to support.

7/2010/2185: The Green, Caldbeck, CA7 8ER. Construction of new

storage barn for use in conjunction with existing dwelling.  
Alternative proposal to current permission. No objections.  
7/2010/2201: Syke House, Heskett Newmarket, CA7 8LA.  
Proposed 2-storey extension, alterations and improvements and  
change of use from detached garage to home office. Agreed to  
support.

c) Appeal: 7/2010/2009: The Old Joiners Workshop, Caldbeck, CA7 8EW.  
Appeal against non-determination of planning permission for conversion of  
garage/store into a camping barn. Agreed to object, reiterating original  
reasons for objection plus notes that experience from other local camping  
barns suggests that some groups can be very noisy, and one such enterprise  
has had experience of 12 campers arriving in 10 separate cars to gather  
together at the venue.

d) Planning application notices in newspapers. The Clerk reported that  
Alison Sisson from the Cumberland News had emailed to say that the News  
Editor has been in touch with the LDNPA to request the weekly Planning  
Applications, and the Cumberland News will then publish the ones relating  
to Caldbeck parish and others in their readership area.

e) Query re Dale Beck Barn, Branthwaite – Occupancy Clause. The Clerk  
reported that she had understood from a number of people locally that Dale  
Beck Barn is a holiday house and that the original planning permission was  
for that purpose. Recently, while sorting through old planning papers for  
filing or disposal she came across the planning consent for Dale Beck Barn  
(The Barn, Branthwaite, as it was called then) – and it has an occupation  
clause as the first condition: *someone employed, about to be employed or last  
employed in the locality (Caldbeck, Mungrisdale, Ireby/Uldale), or a person  
who has for the preceding three years had his only or principal residence in  
the locality – includes widows and dependents*. The Clerk had then  
telephoned the LDNPA and spoken to the Planning Officer concerned, and  
he said he could find no record of the condition being lifted or altered. It was  
agreed that the Clerk should request a Compliance investigation regarding  
the property.

3. The LDNPA proposal to replace two trees on Heskett Newmarket Green.  
Roy Knowles reported on the meeting 23<sup>rd</sup> July between Parish Councillors  
and Alex Todd, the LDNPA Forrester. It was agreed that the Clerk would put  
the salient points from Roy's report onto a Notice to be put up on the  
Noticeboard and at the Shop in Heskett Newmarket, with Roy's telephone  
number so that people could ring him for further details about the plans and  
the reasons for the proposed works.

4. Speed Indicator Device Scheme. Audrey Noble reported that the SID will  
be in the parish again on 5<sup>th</sup> September and she will organise its siting.

5. Replacement noticeboard at Hesket Newmarket. The Clerk reported that the three local joiners are all unable to undertake the work. She reported information from Mungrisdale Parish Council Chairman regarding their new noticeboards and it was agreed that Andrew Tiffin at Wham Head should be approached for quotes for the work, in different woods.

6. Cumbria in Bloom. An invitation to the Award Ceremony at Maryport was discussed and it was **agreed** that Mrs Ann Graham of Hesket Newmarket should be invited to go to the Ceremony in gratitude for her help at Hesket Newmarket.

7. Other Parish maintenance: a. Road to Howburn – reported to Highways as seriously degraded on 8.8.10. b. ask Graham Standring about the hole at the side of the road on the Common on the way to Keeper’s Cottage. c. report to Highways the pavement repairs needed outside Midtown Farm entrance, Caldbeck, and to ask the Highway Steward to sweep the pavement there. d. report to Highways the potholes at Upton and to ask the Highway Steward if he can temporarily fill the worst of the holes. e. ask the Highway Steward to scarify the bare areas on Hesket Green and try grass seeding them. f. write to Peter Marrs, Highways, and ask him to send actual reflective posts for Councillors to view at a Council meeting.

8. Public toilet with disabled access, Caldbeck. The Clerk reported that the RADAR lock has been installed and temporary signs are up while we wait for the permanent ones from Kendal. Laminated notices have been given to Kirkland Store (who are kindly keeping a spare RADAR key for any disabled visitor who needs to borrow one), and to the Church, the Old Smithy, and the Fair World Shop to inform disabled visitors about the facility and how to get a RADAR key.

9. Dates of next meetings: Monday 27<sup>th</sup> September 2010 and Monday 8<sup>th</sup> November 2010, 7.30pm in the Parish Hall.

Antoinette Ward, Clerk. Tel 016974 78220.  
Email:aw.caldbeck@googlemail.com. Mardale, Upton.

#### CALDBECK PARISH COUNCIL

##### **Hesket Newmarket Allotments – Allotment for rent from January 2011**

The Waiting List for an allotment has now cleared and **there is a small allotment available for rent from January 2011.**

The allotments are situated below the Chapel in Hesket Newmarket and **anyone resident in the parish of Caldbeck, or living within half a mile of the parish boundary, is eligible to apply for this allotment.**

**Please contact the Clerk for details:** Antoinette Ward, Mardale, Upton, Caldbeck, CA7 8EU.  
Telephone: 016974 78220. Email: aw.caldbeck@googlemail.com

### ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	<b>Welcomers' Rota 8.30am</b>	<b>Sanctuary Duty (8.30am unless specified)</b>	<b>Sidespersons' Rota 11.00am</b>
<b>October 3</b>	<i>no service</i>	(11am) Margaret Tinniswood	Ron & Kathleen Davie
<b>10</b>	Ann Wade	Liz Boydell Diana Greenwood	
<b>17</b>	Ron & Kathleen Davie	Liz Boydell	David Smith
<b>24</b>	John Price	Shirley Rolfe Joan Todhunter	Charlie Rolfe
<b>31</b>		(11am) TBA	TBA

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

DATE	SERVICE	READINGS	READER
<b>October 3</b> Trinity 18	MP 11.00am Harvest Service	<b>TBA</b>	TBA
<b>10</b> Trinity 19	HC 8.30am	<b>2 Timothy 2</b> vv 8-15 <b>Luke 17</b> vv 11-19	Mary Cowx
<b>17</b> Trinity 20	HC 8.30am  FP 11.00am	<b>2 Timothy 3</b> vv 14 to end, <b>4</b> vv 1-5 <b>Luke 18</b> vv1-8 TBA	John Price  TBA
<b>24</b> Bible Sunday	HC 8.30am  MP 11.00am	<b>2 Timothy 4</b> vv 6-8, 16-18 <b>Luke 18</b> vv 9-14	Alick Grieve  Shirley Rolfe (same Readings both services)
<b>31</b> All Saints	HC 11.00am United Service	TBA	TBA

Village Agent  
"Top tip"

\*Regularly check expiry dates on Passports and Driving Licences\*

## DIARY OF EVENTS 2010

### 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.
- 13th History Society, Business meeting, 7.00pm, at Valerie Woodcock's.
- 13th Gardening Club, *'Here's one I built earlier'*, Liz & Paul Newport, Wildroof Landscapes, 7.30pm, Millhouse Village Hall.
- 14th Thursday Club, Luncheon Outing.
- 15th CAFS, *'Goodbye to Lenin'*, 7.30pm, Caldbeck Parish Hall
- 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*. (See notice, page 11).
- 21st Sebergham WI Quiz, 7.30pm, Sebergham Village Hall.
- 25th Heartstart, 7.30pm, Millhouse Village Hall.
- 30th Autumn Fayre, 10.30am, Caldbeck Cricket Club, in aid of Northern Fells and Om Foundation.
- 30th Charity Darts and Disco, 5.00pm onwards (darts), Caldbeck Cricket Club, in aid of Om Foundation.

### 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.
- 10th Gardening Club, *'Fruit Growing'*, Thomas Hogg of Leslie's Nurseries, 7.30pm, Millhouse Village Hall.
- 11th Thursday Club, *'Sailing on Endeavour'* Ian Roufell, 2.00pm, Caldbeck Parish Hall.
- 13th CAFS, *supper + 'Julie and Julia'*, 6.30pm, Caldbeck Parish Hall.
- 16th Mothers' Union, *'Making a Difference!'*, Rev Ann Roberts - Zambian Link, 2.00pm, Caldbeck Methodist Chapel Room.
- 17th History Society, Tim Padley, *'Parliament in Carlisle: the Last Few Months of Edward I'*, 7.30pm, Caldbeck Parish Hall.
- 30th Heartstart, 7.30pm, Millhouse Village Hall.

### December

- 1st Caldbeck WI AGM, *'A Christmas Cracker'* Christmas Entertainment,

7.30pm, Caldbeck Parish Hall.  
8th Gardening Club, Christmas Meal at Denton House.

**CALDBECK SURGERY**

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

***Staff Training Afternoons***

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

Wednesday 20 October

Thursday 18 November

No closure in December

**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 John Sibson*

**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 SURGERY FLU CLINICS 2010**

*We will be holding flu vaccination walk-in clinics on the following dates:*

<b>Monday 4<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Tuesday 5<sup>th</sup> October</b>	<b>8:10am – 6.15pm</b>
<b>Thursday 7<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Monday 11<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Tuesday 12<sup>th</sup> October</b>	<b>8:10am – 6.15pm</b>
<b>Thursday 14<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Monday 18<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Tuesday 19<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Thursday 21<sup>st</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Monday 25<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>
<b>Tuesday 26<sup>th</sup> October</b>	<b>8:10am – 6.15pm</b>
<b>Thursday 28<sup>th</sup> October</b>	<b>1:30pm – 6:15pm</b>

*Influenza and pneumococcal vaccinations are recommended if you are aged 65 years and over or suffer from any of the following:*

Heart disease	Lung disease
Diabetes	Liver disease
Absent or malfunctioning spleen	Kidney disease

**If you have any queries, please contact the surgery and ask to speak to a nurse or doctor.**

**CALDBECK PLAYERS**

**Great Expectations: adaptation by Hugh Leonard**

Performance dates:

Tues 23rd, Wed 24th, Thurs 25th November

7.30pm Caldbeck Parish Hall

Tickets: £5 and £3 children and concessions

**Tickets will be on sale from Caldbeck and Heskett Newmarket post offices from 6 November 2010, or to reserve phone Bob or Monica on 016974 78600**

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

<b>DATE</b>	<b>SERVICE</b>	<b>READINGS</b>	<b>READER</b>
<b>October 3</b>	<i>no service</i>		
<b>10</b>	<i>no service</i>		
<b>17</b>	<i>no service</i>		
<b>24</b>	Holy Communion	<b>Psalm 119</b> vv 129-136 <b>Luke 20</b> vv16-24	Stephen Hollins-Gibson Doreen Ward
<b>31</b>	<i>no service</i>		

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

<b>DATE</b>	<b>NAME</b>
<b>October 3</b>	<b>Mrs Hollins-Gibson</b>
<b>10,17</b>	<b>Mrs Horn</b>
<b>24,31</b>	<b>Mrs Luck</b>



**ELECTRIC BLANKET SAFETY CHECKS**

As winter approaches,  
 thinking of digging out your electric blanket from the back of the cupboard?  
 Would you like it safety checked for free?  
 Your local Village Agent is arranging collection, testing and return of your blanket.  
 Your blanket will be tested by a qualified member of Trading Standards staff.  
 Any minor faults will be repaired if possible, but if your blanket should fail the test you will be provided with a new under-blanket. – Free of charge.  
 Spaces are limited, so to avoid disappointment please contact your local Village Agent as soon as possible, to book in your blanket.  
**Local Village Agent for Caldbeck/Sebergham/Welton Parishes :**  
**Julia Trotter Tel: 0797 652 9275**  
**E-mail: [julia.trotter@northernfellsgroup.org.uk](mailto:julia.trotter@northernfellsgroup.org.uk)**  
**Local Village Agent for Mungrisdale /Castle Sowerby Parishes :**  
**Philippa Groves Tel: 016974 78555 / 07816 246 305**  
**E-mail: [philippa.groves@northernfellsgroup.org.uk](mailto:philippa.groves@northernfellsgroup.org.uk)**

## Sebergham Weather Recordings August 2010



### Rainfall:

August 2010 46.80mm ( 1.84 ins)

Aggregate for year 380.17 mm (14.98ins)

August 2009 117.10 mm ( 4.61ins)

Aggregate for year 590.95 mm (23.26ins)

This year continues to be second driest year on record here at Sebergham and it was drier in 1996 for the 8 months to end of August and then we only recorded 346.87mm (13.63ins) and by the end of that year the total was 628.77 mm (24.75 ins) which is still the driest year here on record.



### Temperatures:

The average maximum day temp for the month 64.65°F (18.14°C)

The average minimum temp for the month 51.78°F (10.98°C)

The warmest day was Friday 20 August 70.00°F (21.12°C)

The coolest night was Tuesday 31 August 41.00°F (5.00°C)

**RF deR.**

**15.09.10.**

### SEBERGHAM WI QUIZ NIGHT

Sebergham Village Hall on Thursday 21 October at 7.30pm

Admission: £2.50 - to include refreshments

***Teams of four, if possible (but not essential)***

Everyone welcome - not confined to WI members

**For queries, or to book a table, ring Christine: 016974 76410**

### SEBERGHAM VILLAGE HALL DOMINO DRIVE

Thursday 28 October

7.30pm start

In aid of village hall funds

*Everybody welcome!*

## **SEBERGHAM WI REPORT, SEPTEMBER 2010**

Sebergham WI had another great evening when visitors from Bassenthwaite, Crofton, Dalston, Langwathby and Edenhall, Newton Arlosh, Thursby and Westward WI's joined us for a buffet supper prepared by Sebergham members.

Following a warm welcome to everyone, president, Margaret Mattinson, then introduced Jeremy Jackson of Winter Tarn Cheeses.

Mr Jackson is a dairy farmer who sells his milk to cheese producers. Deciding that British cheeses were not being promoted enough, he and his wife set up Winter Tarn Cheeses to promote and sell only British cheese, while continuing to farm his dairy herd.

Jeremy gave us a wonderful talk explaining the pedigree of some of the locally produced cheeses which are made from milk from his farm. One such cheese is Withnail Blue which is made in the same valley that the film 'Withnail and I' was filmed.

He had brought a vast selection of cheeses and we were able to sample them while he described their qualities. We are now determined to buy and eat more local cheese.

He was enthusiastically thanked by Poppy Hollins-Gibson, but he thanked all WI members for the WI's National campaign of support for farm gate milk prices.

Jeremy judged the competition for a cheese board and knife, which for the visitors was won by Eileen Bell, Newton Arlosh, 2<sup>nd</sup>-May Thornton, Dalston and 3<sup>rd</sup>-Susan Grove, Langwathby and Edenhall. For Sebergham members, 1<sup>st</sup> was Anne Ludlam, with Maureen Allen 2<sup>nd</sup>.

Raffle winners were 1<sup>st</sup>-Eileen Bell, 2<sup>nd</sup>-Joyce Wetherell, 3<sup>rd</sup>-Elaine Watson, 4<sup>th</sup>-Maureen Allen, 5<sup>th</sup>-Jessie Ostle, and 6<sup>th</sup>-Jean Rawstron.

Following farewells and the washing up we continued with the business part of the meeting. A photograph was taken of all the members who had taken part in the WI Triathlon. We had had a really good evening and look forward to October when the speaker will be Mrs Mary Watson on making Christmas decorations.

Poppy Hollins-Gibson      Press Secretary

**SEBERGHAM WI**  
**Tuesday 12 October**  
**'Christmas Decorations', Speaker: Mrs Mary Watson**  
**Competition: *A Christmas bauble*. HTE: Southernby**

## CAFS REPORT FOR OCTOBER 2010

October's presentation is **Goodbye Lenin!** on Fri 15 Oct at 7.30pm. This is the film that was due to be shown last January but was cancelled, as we were all in the grip of severe wintry weather. However, the committee felt it was worth a recall.

This German film was made in 2003, lasts 116min and has subtitles. Directed by Wolfgang Becker, it reminds us that it is 20yrs since the fall of the Berlin Wall. Set in East Germany, it shows the collapse of Communism and the aftermath in a very amusing and personal way. Christiane is a single mother living in a flat with her children. She is a staunch Socialist and when she sees her son, Alex, in a protest march, she has a heart attack and lapses into a coma for 8 months. During this time, the Wall and Communism have fallen and Germany is reunited. On her recovery, the doctors warn Alex that any shock could be fatal for Christiane. Alex goes to great and sometimes farcical lengths to hide the regime change from his mother and recreate East Germany inside their small flat. The film treats the momentous events with wit and wry social comment.

Keswick Film Club is showing the following films in Oct 2010:

**Sun 3rd Oct** *Le Concert* **Sun 10 Oct** *City of life and death*

**Sun 17 Oct** *Revanche* **Sun 24 Oct** *Lion's den*

**Sun 31 Oct** *The Secret in their eyes*

### Thank you

Thanks to Ewan Macfadzean for organising the charity football match, which raised £140 for Dawn's Fund.

I am not sure how this was raised, but I am led to believe a bit of 'Foul' money was made on the day. Thanks again guys.

Finally, but certainly not least, thanks to Tommy Trotter for raising £430 for Dawn's Fund on his stall at Hesketh Show. His snail racing caused quite a laugh and no snail was harmed or injured in this event!

John Johnstone was the winner of the 50/50 and won £60 - well done.

Grace T.



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

**Thursday 7 October:**

Decorating the church from 1.00pm, or any other time

**Friday 8 October:**

Harvest Celebration at 7.30pm

Speaker: Canon Tim Herbert

**Sunday 10 October:**

Harvest Festival at 11.00am with Rev Norman Robinson.

**Monday 11 October:**

Harvest Sale in Millhouse Village Hall at 7.30pm, to be opened by  
Geoff Hine

**Charity Cricket Match**

Once again we had a fine day, a bit chilly but things soon got warmed up with some very lively matches.

The winners of the Dawn Jackson trophy this year was Taz's team, well done to them and to everyone who took part.

In between the cricket there was wheelbarrow racing in fancy dress, golf games, pillow fighting, bouncy castle and stocks, made by Mike Pattinson.

The homemade Kite competition was won by Joe Trotter, 2nd Amy Robinson and 3rd Jonny Trotter.

Thanks to Mandy and Julie for doing the Bacon Butties, which went down very well, also to everyone who helped with afternoon teas, both serving and supplying cakes, scones etc. It's very much appreciated.

Thanks to my side-kick - Sandra - for all her help, serving teas, suppers, raffle tickets and 50/50 squares.

The day ended by having curry supper, puddings and burgers and hotdogs for the younger end.

Thanks to Alan for doing the BBQ. Thanks to Jamie & Louise, Sue x2 and Gordon & Julie for donating curries; they were delicious. And to anyone who hasn't heard, Sandra found her £1!!

Thank you to everyone who donated raffle prizes, Hesta Scene, Kirkland Stores, The Potting Shed, Watermill Cafe and many more, also to everyone who gave cash donations.

Thanks to Jamie, Taz & Jayne for organising the matches, everyone else involved, grass cutters, bar stockers etc. It all makes everything run smoothly - what a team! Finally, thank you to everyone who came along to support the event (then got roped in with a job) , we hope you all had a good day.

A grand total of £1400 was made, which will be divided between the Cricket Club and the Dawn Jackson Memorial Fund. You should be proud of yourselves, because I am proud of you all and also feel humbled by your generosity.

See you all next year.

Grace T.

Hesket Bonfire

**Same time (7pm), same place (Hesket Newmarket), same day (5<sup>th</sup> November)!**

Yes. It's that time of year again, so wrap up warm, fill your pockets with money and come and join the warming, bright spectacular that is:

**HESKET BONFIRE**

Please ensure children are supervised and cars are parked carefully - not on the Green or other grass verges.

Thanks.

Anyone able to help serve the free soup, please contact Sue on 78120.

**The bonfire to be built from 25<sup>th</sup> October onwards only.**

**No chemicals, plastics or metal and only solid wood.**

**Please use recycling service for garden waste (prunings/hedge cuttings etc).**

**The Om Foundation** was set up in 2002 in Noida (near Delhi) to provide children from urban slums with free education, nutritious food and basic healthcare facilities.

The charity has the aim of helping both socially and economically disadvantaged children to progress with their futures.

The majority of children attending the school currently have never been educated previously, and this charity is providing them with a chance to further themselves - a chance that everyone deserves. The challenge I am embarking on (along with 29 other colleagues from British Gas) is to physically expand the school, allowing it a capacity to educate beyond primary level, keeping these children in education to a point where they will be able to gain employment, and help their families in turn. The time I am there will involve building, plastering, tiling, and improving the outside facilities to make play times safe.

Please feel free to pop down to the cricket club on 30th October, whether it be day, night or perhaps both, and join in with what will be a fun day, for some good causes. Sarah Benn

If anyone would like to find out more information about the om foundation, please visit: <http://omfoundation.in>



## **FAIRTRADE NEWS**

An exhibition of photographs by Richard Human, entitled "Portraits from Ethiopia" will be on display in Caldbeck Surgery from November 5 until January 7. Richard is a freelance photographer, writer and teacher who has accompanied 2 groups from Keswick and District Fairtrade Campaign to the Choche area of Ethiopia in the past few years. The Keswick group have been establishing a link with the coffee farmers of that area over the last 4½ years. In 2008, Mekonen Aweke and Raya Abakoyas, both farmers and Chair and Vice Chair of the Choche Coffee Farmers' Cooperative visited Caldbeck and spent a wonderful afternoon with Gordon and Alison Watson at Paddygill Farm. Since that visit Choche Cooperative has achieved Fairtrade certification, which has begun to benefit farming families through the guaranteed minimum price, and the wider community through the social premium.

Richard's photographs, from his second visit, are portraits of people whose lives depend in one way or another, often precariously, on coffee.

Sally Vaux

**Saturday 30th October 2010, Autumn Fayre**

10.30 am

Caldbeck Cricket Club

**in aid of Northern Fells & Om foundation charities**

**Saturday 30th October 2010, Charity Darts & Disco**

Darts 5pm onwards.

Caldbeck Cricket Club

**in aid of Om foundation**

*Further details - Tel: Sarah on 07752 647475*

**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



### **NORTHERN FELLS GROUP**

#### **ON SALE NOW CALENDARS 2011 AND CHRISTMAS CARDS**

Locally grown Calendars with envelopes (£5 ideal gift – postage 81p) and Christmas Cards (5 in pk £1.50) are now on sale in:- Kirklands Store, Village Shop HNM, Denton House, Lofters, Hestascene?, Midtown House and Dorothy's Book Shop, Caldbeck. If any other local outlets would kindly take on sale or return please let Sue know 016974 78094 or 016973 71202 email: [sue.clarke@northernfellsgroup.org.uk](mailto:sue.clarke@northernfellsgroup.org.uk).

Please ask a member, trustee or co-ordinator if you would like to buy and support your local community in this way. Thanks for your support.

Every penny raised here goes to the running of all our services and without our wonderful volunteers and local business support this would not be possible.

So I take this opportunity to thank everyone on behalf of the trustees for their continued support.

Sue Clarke - Group Co-ordinator Sept 2010



### **CASTLE SOWERBY CHAPEL**

Harvest Thanksgiving Family Service

Sunday 17 October

at

10.30am

*Speaker: Mr W Capstick*

**Sunday School taking part**

Lunch to follow

Everyone Welcome

## **CALDBECK METHODIST CHAPEL**

### **Services at 2.30pm**

3 October	Mr WA Hall
10 October	Mr A Fearon
17 October	Circuit Service at Silloth
24 October	Mr R Pattinson
31 October	Rev K Hurst

## **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 1 November 2010 we will meet on the second and fourth Sundays of each month at 10.30am

*Everyone is heartily welcome to attend.*

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

Sunday Mass: 9.00am and 6.00pm

<p align="center"><b>COLIN ARMSTRONG</b>  <b>Garden Maintenance</b>  Grass Cutting,  Strimming, Hedge cutting, etc.  also  Painting and Decorating  Tel: 01228 538798  Mob: 07936 243234</p>	<p align="center"><b>JOHN BELL</b>  <b>(ELECTRICAL SERVICES)</b>  <b>Your Local "Qualified" Electrician</b>  NICEIC Part P Registered  Over 30 years of Electrical Experience based in  the locality (Caldbeck &amp; surrounding area)  All types of domestic and Farm Electrical  Installations and Repairs.  Tel: 016974 78620</p>
<p align="center"><b>S &amp; C ASBRIDGE LTD</b>  Building &amp; Roofing Contractor  Lyndene, Sowerby Row  Carlisle, Cumbria CA4 0QH  Tel: 016974 76384  Mobile: 07831 485 520</p>	<p align="center"><b>DAVID BOWEN</b>  <b>Cane &amp; Rush Reseating</b>  ❖ Quality Materials  ❖ Collection &amp; delivery  Located behind the village pond  at Caldbeck  tel: 016974 78100  E-mail: drbowen@btinternet.com</p>
<p align="center"><b>BED AND BREAKFAST  ACCOMMODATION  BROWNRIGG FARM</b>  Fairtrade and local produce  Contact: Sally Vaux—016974 78626  sallyvaux@aol.com  www.caldbeckvillage.co.uk</p>	<p align="center"><b>CALDEW KITCHENS LTD</b>  Traditional handmade  KITCHENS &amp; BEDROOMS  Workshop &amp; 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><b>THE BAROMETER WORKSHOP</b>  If you have an antique barometer or clock in need of  repair/restoration then come to the specialists.</p> <ul style="list-style-type: none"> <li>• Free detailed written estimates.</li> <li>• High quality work fully guaranteed.</li> <li>• Collection/delivery service.</li> <li>• Open by appointment</li> </ul> <p>Antique barometers, scientific instruments &amp; clocks  repaired, restored, bought and sold  Tel &amp; Fax: 016974 76823  Email: info@barometerworkshop.co.uk</p>	<p><b>CARROCK DESIGN &amp; BUILD</b>  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 align="center"><b>GREENSIDE HOUSE, CALDBECK</b>  <b>Bed &amp; Breakfast Studio</b>  Delightful 18th century house situated in a  prominent position on the village green  overlooking the Northern Fells  Contact Gail Dewis 016974 78226  Mobile 07971850002  Web: www.greenside-house.co.uk  E-mail info@greenside-house.co.uk</p>	<p align="center"><b>CARROCK ARCHITECTS</b>  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"><b>CARROCK COTTAGES</b> 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"><b>FIONA COX</b></p> <p>I buy and sell vintage clothes, accessories, textiles, linen and lace</p> <p align="center"><b>016974 78302</b> fiona.cox@btconnect.com</p>
<p align="center"><b>CARROCK PHYSIOTHERAPY</b></p> <p>Backs/necks - sprains &amp; strains - pain - neurological complaints - stroke - MS - mobility problems - acupuncture. Home visits available.</p> <p><b>Patrick Keane &amp; Sarah Morley</b> Chartered Physiotherapists, BSc (Hons) Tel: 016974 78612</p>	<p align="center"><b>DENTON HOUSE GUESTHOUSE &amp; RESTAURANT</b></p> <p>Outside Catering for all occasions. Sunday Lunches En-suite rooms available</p> <p align="center"><b>Tel: 016974 78415</b> dentonhnm@aol.com www.dentonhouseguesthouse.co.uk</p>
<p align="center"><b>ENHANCE YOUR HOME</b> with curtains and soft furnishings made to order</p> <p align="center">Mandy Peverall 016974 76387 07791 454560</p>	<p align="center"><b>ELECTRICAL &amp; PLUMBING</b> Commercial—Industrial—Domestic NICEIC Approved Electrician Trevor Studholme Tel: 016974 76455 Fax: 76680 Mobile: 07710 015319</p>
<p align="center"><b>CHOICE CATERING</b></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"><b>ENCHANTED GIFTS</b> 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"><b>PEARSE COGHLAN (ADI)</b> <b>Approved Driving Instructor</b> 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"><b>THE VILLAGE SHOP AND TEA ROOM</b> Hesket Newmarket</p> <p>Local produce, Homemade food, Groceries, Off-licence, Take-away food, Home deliveries and Post Office</p> <p align="center"><b>Shop open Mon-Sat 8am-6pm</b> <b>Tea Room open Mon-Sat 9.30am-4.30pm</b> 016974 78229</p>

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

<p align="center"><b>KARMA SOLUTIONS</b>  <i>Remedial/Sports Massage/Relaxing  Massage/Reflexology/Reiki/  Homeopathy</i>  Treatment room in Hesket Newmarket  or home visits can be arranged  <b>Contact Tray Dixon on 07895 620 456</b>  <b>E-mail: traydixon@yahoo.com</b></p>	<p align="center"><b>www.thistlelodges.co.uk</b>  Double balconied, A-framed timber  lodges, sleeping 2-8, at Sandyhills Bay  on the Dumfries and Galloway Coast.  <b>www.staydeansgate.co.uk</b>  Apartments ideal for short city breaks  in a canal-side development in the  centre of Manchester  <b>016974 76254</b></p>
<p align="center"><b>COLIN SMITHSON</b>  <b>Painter, Decorator, Handyman</b>   3 Upton Cottages, Caldbeck CA7 8EU   <b>016974 78161</b>  <b>07787 710061</b></p>	<p align="center"><b>MIDTOWN HOUSE</b>  <b>CALDBECK</b>  Private Care Home  Respite and Day Care Facilities  Single En-Suite Rooms  For details and brochure contact  Gordon or Julie Tickle  016974 78528</p>
<p align="center"><b>LOFTERS HAIR DESIGN</b>  <b>CALDBECK</b>  Appointment times:  Tuesday 8 am -12 am  Wednesday 9 am - 4 pm  Thursday 2 pm - 8 pm  Friday 9 am - 4 pm  Saturday 8 am - 2 pm  <b>Barbara Mitchell 016974 78609</b></p>	<p align="center"><b>JOHN MURCHISON</b>  <b>Electrical &amp; Plumbing Services</b>  <i>For all your electrical  and plumbing installation and repairs.</i>  ECA Approved Electrician  Oftec Oil Registered Technician  Tel/fax 016974 78201  Mobile: 07775 691867</p>
<p align="center"><b>HENRY AND BEN</b>  <b>TREE SPECIALISTS</b>  Henry Rose  Sebergham Castle Lodge, Welton,  Carlisle CA5 7HG  016974 76128  mobile 07900311556  email: bhlogging@hotmail.co.uk</p>	<p align="center"><b>NETHER ROW</b>  <b>Construction Consultants</b>  Quantity Surveying,  Construction Cost Consultants, CDM  Co-ordinators, Surveys, Plan Drawing  JW &amp; SE Wells  Nether Row Hall, Hesket Newmarket  016974 78355</p>
<p align="center"><b>MONKHOUSE HILL COTTAGES</b>  Award-winning holiday cottages  In a courtyard setting, sleeping 2-14  Please visit our website  www.monkhousehill.co.uk or  Contact Jennifer or Andrew Collard  016974 76254</p>	<p align="center"><b>ODDFELLOWS ARMS INN</b>  <b>CALDBECK</b>  Good Beers, Good Food  Ensuite Accommodation  Weddings &amp; Private Parties  Contact: Allan  016974 78227  Fax: 016974 78056</p>

<p align="center"><b>ON THE SHELF Bookshop</b> Priest's Mill Caldbeck Tel: 016974 78770 dorothychalk@mail.com Open mainly afternoons, usually Wednesday and Friday</p>	<p align="center"><b>SEBERGHAM SERVICES LTD</b> <b>Churchtown, Sebergham</b> Vehicle repairs and MOT testing Services and diagnostic tuning Gas and mig welding/resprays Insurance accident repairs 016974 76234</p>
<p align="center"><b>THE OLD CROWN INN</b> <b>HESKET NEWMARKET</b> Offering Real Ale and home-cooked traditional food. Also Brewery Tours in partnership with <b>HESKET NEWMARKET BREWERY</b> For Brewery Tours and meal bookings: <b>Tel: 016974 78288</b></p>	<p align="center"><b>ARRON JACKSON</b> <b>PLASTERING CONTRACTOR</b> All aspects of plastering work undertaken, internal and external 21 Summerfields, Dalston <b>Tel: 07506218671</b> <b>Email: Arronjackson17@hotmail.com</b></p>
<p align="center"><b>ANN PARRY</b> For all your outside catering: Weddings, Christenings, Buffets, Parties and Funeral Teas. Home-made food using local produce <b>Tel: 016974 78417</b></p>	<p align="center"><b>A. STEADMAN &amp; SON</b> Warnell, Welton, Carlisle CA5 7HH Manufacturers of composite panels, box profile and corrugated sheeting, galvanised purlins &amp; gutters, flashings, insulation &amp; fittings Phone 016974 78277 www.steadmans.co.uk</p>
<p align="center"><b>PROFESSIONAL FOOT HEALTHCARE</b> Carol Lee MCFHP, MAFHP Nail trimming, thickened nails, corns &amp; hard skin removed, ingrown toenails, fungal nail infection For a home visit contact 016973 43834/07801 785366</p>	<p align="center"><b>ALLAN STOBART</b> <b>LUBRICANTS AND FUELS</b> Derv, tractor diesel, heating oil, lubes, tanks, hoses, etc. <b>Tel: 016974 76575</b> <b>Fax: 016974 76577</b></p>
<p align="center"><b>RMT SLATING/TILING LTD</b> <b>ROOFING CONTRACTOR</b> Todghyll, Brocklebank, Wigton, Cumbria CA7 8DH Tel: 016974 78570/07711 256243 E-mail: rmtslating@btinternet.com</p>	<p align="center"><b>J STOBART &amp; SONS LTD</b> Manufacturers and Retailers of Newlands Quality Farm Foods Newlands Mill Hesket Newmarket 016974 78261</p>

<p><b>JOE STRONG &amp; SON CLOGMAKER</b>          Boot and Shoe Repairs          - only the best materials used -  <i>Open:</i> Mon to Friday: 9am to 5pm          Closed for lunch Monday &amp; Friday 12.1-15pm          Shop Tel: 016974 78225          Home Tel: 016974 78424</p>	<p><b>ANDREW WARD, BSc IT Systems Computer Technician Website Designer &amp; Technician</b>          Hardware &amp; software installation, upgrades,          problem solving. Websites for small businesses &amp;          organisations. Maintenance &amp; aftercare.  <i>Home and Office visits</i>          Tel: 016974 78220          Email: a.ward@wam-design.co.uk</p>
<p><b>THERAPEUTIC MASSAGE</b>  <b>Karen Royall Dip ITEC</b>  <i>Ease away aches, pains and stress          and discover the ancient art of massage.</i>          HEAL THE BODY          SOOTHE THE MIND          STRENGTHEN THE SPIRIT          tel: 016974 78443          Email: kzmorgan37@hotmail.com</p>	<p><b>WATERMILL CAFÉ LTD</b>          Priests Mill, Caldbeck, Wigton, Cumbria CA7 8DR          016974 78267          ANNUAL SHUT DOWN - Mon 5th January          Open Again Saturday, 14th February          9.00am — 5.00pm (until 2nd Nov)          9.00am—4.30pm (until Xmas)          Closed Christmas day, Boxing Day,          27th December and New Year's Day</p>
<p><b>CALDBECK TREE FELLING &amp; MAINTENANCE</b>          Fully qualified.          Ten years' experience.          Very competitive rates.  <i>Call Alan or Justin</i>          Tel: 016974 78178          Mobile: 07905 409851</p>	<p><b>ANDREW WHITE</b>          Professional Driving Instructor          D.O.T. Approved, Long-established.          GRADE 6. Excellent Pass Rate.          Car - Car + Trailer - Mini bus - LGV - PSV          Friendly &amp; Patient          Tel: 016974 78605</p>
<p><b>VIOLIN TUITION</b>          Beginners of all ages to Grade 4          Music theory to Grade 5          Mrs Rosemary White B Ed Hons(Music)          Greystoke Rectory, Greystoke,          nr Penrith Tel: 017684 83293          Years of experience in school, private          tuition at my home          Individual lessons from £10.00</p>	<p><b>THE WOOL CLIP</b>          Priests Mill, Caldbeck          A local co-operative selling a wide range          of locally made woollen goods.  <i>Open:</i> 11am-5pm Easter to Oct 31st          11am-4pm Mid-February to Easter,          Nov and Dec, Jan 2nd - 5th  <i>Closed:</i> Jan 6th to Mid-February          016974 78707</p>
<p><b>THE FAIR WORLD SHOP</b>          Fairly traded foods, teas and          coffees, unusual crafts and gifts.  <i>Weekdays (except Mondays)</i>          March 30 to Oct 31 11.00am-4.00pm          Nov 1 to Dec 24 1.00pm-4.00pm  <i>Saturdays &amp; most Sundays</i>          April - Dec 2.00pm-4.00pm          Contact: Lynette 016974 78544</p>	<p><b>WRAGG MARK-BELL SOLICITORS</b>          To assist with: residential, commercial &amp;          French property; small businesses;          wills; employment &amp; immigration;          crime &amp; road traffic offences.  <b>Gaynor Wragg 01228 711728</b></p>

## CHURCH SERVICES IN OCTOBER 2010

### Sunday 3 October

<i>Caldbeck</i>	8.30am
	11.00am
<i>Castle Sowerby</i>	11.00am
<i>Sebergham</i>	11.00am

### Friday 8 October

<i>Castle Sowerby</i>	7.30pm
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### Trinity 18

<i>no service</i>
Harvest Morning Prayer
<i>no service</i>
<i>no service</i>

### Sunday 10 October

<i>Caldbeck</i>	8.30am
	11.00am
<i>Castle Sowerby</i>	11.00am
<i>Sebergham</i>	11.00am

### Trinity 19

Holy Communion
<i>no service</i>
Harvest Morning Prayer
<i>no service</i>

### Sunday 17 October

<i>Caldbeck</i>	8.30am
	11.00am
<i>Castle Sowerby</i>	11.00am
<i>Sebergham</i>	11.00am

### Trinity 20

Holy Communion
Family Praise
<i>no service</i>
<i>no service</i>

### Sunday 24 October

<i>Caldbeck</i>	8.30am
	11.00am
<i>Castle Sowerby</i>	11.00am
<i>Sebergham</i>	11.00am

### Bible Sunday

Holy Communion
Morning Prayer
<i>no service</i>
<i>no service</i>

### Sunday 31 October

<i>Caldbeck</i>	11.00am
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### All Saints

United Holy Communion (+ Christening)
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