

Sedbergh & District

LOOKAROUND

April 2006

Issue 232

Donation 50p

Another bumper issue with a big thank you to all contributors and readers.

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CHILDREN'S BIRTHDAYS APRIL 2006

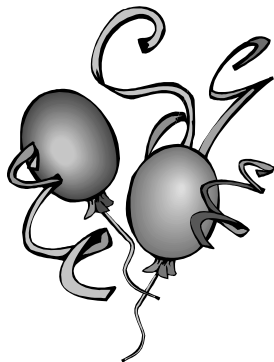


Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipient this month is:-
Jessica Orr who is

5 years old on 29th April

Please collect your vouchers from the Sedbergh Office Services at 13 Kings Yard, Main Street, Sedbergh which can be used in any shop in **Sedbergh, Garsdale & Dent.**



Day	Name	Age
2	Morgan BROWN	8
10	Brodie SWALLOW	6
13	Adam ROBERTS	11
18	Tom ALLAN	2
21	Abbie ALLAN	4
22	Siobhan COUSINS	1
23	Thomas WOOF	10
25	Sienna MIDDLETON	1
26	Emily KITCHEN	4
27	Emilia PAGE	5
27	Molly WOOF	7
29	Jessica ORR	5



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Various Cottages sleeping 2 - 12 (06/09)	e-mail: holidays@dalesdusters.co.uk	21002
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CAPSTICK

Margaret wishes to thank her family for all they have done during her stay in Preston Hospital and since returning home. Thank you to everyone who sent letters, cards, gifts and flowers. Thank you all very much.

DONOGHUE

Happy **21st Birthday** Ian on 15th April. Hope you have a super day. Love from Mum, Dad, Garry and Nicola.

DONOGHUE

Happy **21st Birthday** Ian on 15th April 2006. Love and best wishes from Gran, Grandad and Martin.

DONOGHUE

Happy **21st Birthday** Ian for 15th April 2006. Love from David, AnneMarie, Tom, Jack, Joe and George.

FEARNHEAD/SWALLOW

Jill and Nettie (Janette) want to thank everyone who came to help them celebrate their 40th. We had a fantastic night (now looking forward to our 50th!). Also thank you for all the cards, gifts and good wishes.

MASON

Janet would like to thank family and friend's for all the card's, flower's and gifts on her **50th Birthday**. Special thanks to Grizz, Di, Kate, Helen, Lorna and Jean for my special evening and surprise holiday to Magaluf.

GAME

Congratulations Nicky on the opening of your childminding business. Lots of Love Tracy, Dave, Aimee and Craig.

GAME

Dave. Well done on passing your F.A. Referees Course. Now you know what the true rules of football are!! Love Tracy, Aimee and Craig.

GORDON

Eleanor and Norman would like to thank everyone who came to Eleanor's assistance on Friday 3rd March when she collapsed at Settlebeck during the opening performance of "Spar Wars". Sorry for causing a delay to the start of the play and thank you to the cast and audience for their kindness and patience. Thank you also to all who have expressed their concern and good wishes since.

MASON

Happy **18th Birthday** Jessica on 26th April. Love from Grandma and Grandad Law.

MASON

Happy **18th Birthday** Jessica on 26th April. Love Sharon, Chris, Jasmine, Alexander and Harvey.

MASON

Happy **18th Birthday** Jessica on 26th April. Lots of Love from Dad and Mum. XX

MIDDLETON

Happy **1st Birthday** on 25th April
Sienna May. With lots of Love, hugs and
kisses. Daddy, Mummy and big sister
CJ. xxxx.

MIDDLETON

Elizabeth would like to say 'Thank you'
to everyone who helped when she was
admitted to hospital on Wednesday the
8th February. She would also like to
thank everyone for their cards and kind
concern, and all those who remembered
her birthday.

STAINTON

Peggy would like to thank everyone who
sent her cards and good wishes on her
90th Birthday.

SWALLOW

Thank you to friends and family for my
surprise 40th, especially Mum for all the
hard work and secrecy. To Steve for
managing to get me out without
realising!! It was a wonderful afternoon.
Also to Kathleen at Thorns Hall for the
lovely buffet.

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SEDBERGH PARISH COUNCIL

From the minutes of the meeting held on 25th January.

JOSS LANE CAR PARK

A letter has been written to SLDC summarising our understanding of the revised proposals detailed by Cllr. Barker but a reply is awaited.

HIGHWAYS

There have been several complaints about the mobile home parked on the lay-by at New Bridge. This matter has been reported to the Police but they seem unable to do anything. The clerk will investigate and find out who can effect removal. It would appear to be either SLDC or CCC. The situation at this lay by has also be worsened by damage caused by delivery lorries offloading here and driving all over the grass area.

Other highway matters reported included:

- Pothole at Bottom Bainbridge Road
- Corner Winfield Road/ Joss Lane
- Trench along Cautley Road by St. Marks
- Four Lane ends
- Slow sign needed on approach to Playing Fields
- Busk Lane has a strip missing where it floods.
- Paving crossings on Main Street

PLAYING FIELDS

The fence at the bottom of the field by Maple Close needs attention, also the hedge along the edge with Highfield has had an unauthorised gate put in.

QUEEN’S GARDENS

It was agreed that Mr. Hinson should be contracted for a days work to undertake the crown raising of some trees to open

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up the view to the cross as suggested during the visit by the YDNP Tree Officer.

OTHER BUSINESS

It was reported that the toilets in the cemetery were in a poor state. This will be taken up with SLDC

PLANNING

_Planning applications were considered as follows:

- FPP Erection extension at Underbank, Soolbank, Sedbergh *No objections*
- FPP Change use from Shop to Coffee House at The Gallery, 32 Main Street *No objections*
- LBC Internal alterations at Evans House, Sedbergh School *No objections*
- FPP Erection porch at The Haven/Old

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Joinery Cottage, Long Lane <i>No Objections</i>	Castlehaw Farm <i>Granted</i>
FPP Extension period of occupancy at Ingmire Caravan Park <i>In favour</i>	FPP erection of conservatory and car port at 16 Fairholme <i>Granted</i>
FPP Glazing existing open porch at 6 Sycamore Avenue <i>No objections</i>	FPP change use barn to part residential and private domestic office at Cross Haw, Cautley <i>Granted</i>
FPP erection extension and demolition outbuilding at 32 Loftus Hill <i>We understand to be resubmitted</i>	FPP widening of existing barn door at Fawcett Bank, Sedbergh <i>Refused</i>
FPP installation underground water tank at Spout, Dowbiggin <i>No Objections</i>	It was reported that a chalet was built in Underwinder wood / Nursery Wood during the summer and concern was expressed that this would set a precedent. This will be taken up with the Planning Officer.
LBC works to chimney stacks and lintel at Abbot Holme Farm, Millthrop <i>No objections</i>	Baugh Fell Commoners have advised of intent to erect a fence and to plant trees on Baugh Fell Common.
FPP erection extension at 6 Rawthey Gardens <i>No objections</i>	A letter has been received from Tim Farron MP concerning the Guldrey Lane industrial site. Cumbria County Council reply that they expect to be having further discussions with YDNP about the future of this site and potential for industrial use will be given further consideration.
FPP resurfacing existing athletics facilities at Sedbergh School <i>In favour</i>	Mr. Dalton advised that YDNP had now moved into their new offices in Bainbridge. Also there is a drive to get all approval determined within 8 weeks to meet government guidelines.
Planning decisions were received as follows:	
FPP Erection dwelling house to replace existing timber holiday home at The Old Telephone Exchange, Cockle Street <i>Granted</i>	
FPP erection extension to existing dwelling at 5 Howgill Lane, Sedbergh <i>Granted</i>	
FPP erection extension to approved bunkhouse barn at Castlehaw Barn,	

SETTLEBECK HIGH SCHOOL

Sunday was our first skiing day. A mixture of anticipation and trepidation accompanied the party as they got kitted out with skis, boots and poles but no goggles! With the bright sun and sparkling snow they were essential so off to the ski shop at Rogla.

At last to the slopes. Proficient skiers headed for the lifts while the beginners were taken in hand by our able and incredibly patient instructors. In very little time they were negotiating gentle inclines with increasing confidence and even mild panic in some cases soon gave way to a glowing aura of achievement.

After all this excitement we returned to Gorenje for a late lunch. No respite



though. Visits to historic sites were planned and off we went again. The students listened to the guides at the old forge and farmhouse with commendable respect and patience. It was not the weather for sitting still in unheated buildings. Despite such a busy day the sports hall was in constant use again that evening.

Monday started with 7.00 am gymnastics (for some). Then it was the first of our

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visits to the “primary” school (6 - 14).

The students quickly joined their Slovenian contemporaries for a series of group activities and some role play in both languages. Then, after lunch, to their huge sports hall where games of volleyball, football and netball took place simultaneously between mixed teams. After stocking up in the supermarket we headed for the spa. This complex of pools, slides and jacuzzis inside and out proved a both relaxing and stimulating. Jumping from a snowdrift into warm mineral rich waters is quite an experience.

After our evening meal our indefatigable students tackled the climbing wall. It's always interesting to discover such high

levels of determination in the most unlikely of candidates!

Tuesday 14th February, St Valentine's Day brought all sorts of surprises. Emil, the warden, gave everyone heart-shaped chocolates at breakfast. Perhaps he cared for us after all! This was another skiing day at Rogla. I followed the cross-country group through the pine forests stopping to draw breath and admire some stunning vistas. Once again perfect conditions with bright sun and blue sky. Hot fruit tea and giant heart shaped chocolate doughnuts at mid-morning added to our enjoyment. Great fun was had playing tag on skis and eventually tackling a sweeping downhill section as a grand finale. Some of the party then went

down the toboggan run which on last year's Easter visit was up on metre-high rails. This time it was buried in snow. Again a late lunch, this time including very tasty meat balls in a rich



tomato sauce. After lunch more opportunity to sledge in the fields around the centre or to join in games in the sports hall. Climbing, volleyball and table-tennis or just chilling out were the choices for the rest of the day with a pause to recharge batteries with another freshly cooked meal. The day was rounded off by a night walk through a snowy forest by lantern light. Thursday 10th February was a long day! We left Sedbergh by coach at 3.15 am but despite threatened hypothermia and punctures still managed to catch our flight at Stansted. Our welcome at Graz was as warm as ever. In no time we had reached the youth centre, perched on a hill above Zrece, and were settling in. At least a metre of crisp white snow covered the surrounding landscape with temperatures well below freezing. We

were very ready for a splendid three course meal of soup, spaghetti with ham and a creamy sauce then sponge cake all washed down by lots of fruit tea. All thoughts of a senior

early night were dashed by the irrepressible energy of our students most of whom took the opportunity to improve their skills at volleyball. We had no problems sleeping that night!

Next day we made an early start for Ljubljana where, after distribution of maps and pocket money, we all set off exploring. It was market day too with ranks of flower, fruit, mushroom and honey stalls stretching along the river bank.

A climb up to the castle battlements was rewarded by a picturesque view of Ljubljana with jagged snow-capped peaks in the distance.

Then back on the coach and off to Postojna where we visited these simply awesome caves. A train journey took us deep underground then we followed a guided sequence of lofty caverns with their variety of classic karstic features and the intriguing "human fish".

The next day saw us back in school. We were shown round the technical school (14 - 18) by their students and once more their command of English was, as always, very impressive. Classes in engineering and catering were in progress and we made the most of a chance to sample some delicious home-baked produce. Then back to the "primary


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school” for more group work. This included a quiz and a discussion about the history of our home areas. There were quite a few similarities in our farming and mining industries with the notable exception of forestry and forest products which have always been regionally important and continue today under strict sustainability guidelines from the government.

After a short tour of the surrounding area it was time for both groups of students to explore the town together then, suitably fortified, the party walked back up the hill to Gorenje. This is about 4 kilometres but the steep gradient and deep snow made it a challenging experience but no problem for our youngsters. They tumbled back into the

centre invigorated and happily content. Accompanying adults and staff were treated that final evening (on a shift basis!) to a splendid dinner by the mayor of Zrece. A fitting finale to a very satisfying week. We are very grateful indeed to the very special care that Emil and his staff gave us throughout our stay. Our Settlebeck students and their teachers, true to form, cared and looked out for each other and many firm friendships have been formed with their Slovenian counterparts.

We all appreciate the enormous amount of work and planning that goes into these visits. Many thanks go to our trip organisers and leaders and we look forward very much to welcoming the Zrece students in the summer. SG



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TAI CHI IN DENT

This month I find myself in an unusually privileged position, rather like a reviewer who has seen a programme ahead of time. There is a major Tai Chi event forthcoming in Dent and I got a preview at a weekend in Wales last month.

The Yang Bang Hou Taijiquan three day intensive at the Meditation Centre (April 4th - 6th) will be taught by Raymond Towers, who is one of the leading teachers in this country and by his son Gavin Towers, a past Tai Chi champion of Great Britain. (Don't be put off by the spelling. There are various systems for rendering Chinese into our alphabet. Taiji and Tai Chi are the same thing. Yang Ban Hou is just the name of a particular Tai Chi form and the "quan" on the end of Taijiquan means "fist", which underlines the fact that Tai Chi is a martial art.)

So why do Tai Chi (or Taiji)? I started about 5 years ago (because of foot and mouth, but that's another story) and the main reasons I keep at it are:

- It is very enjoyable (this is essential for any form of exercise, otherwise there is no motivation to continue)
- It can be done anywhere, with no special equipment
- The health benefits are considerable
- It leads to an understanding of self-defence principles.

The emphasis is on learning to move in a connected way, summed up in the phrases, "When one (part of the body) moves, everything moves. When one stops everything stops."

The weekend in Wales was interesting because of the diversity of people taking part. There was a young man who had



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recently won a competition, a good cohort of women in their 40's to 60's, men of all ages including two young men in their 20's who were complete beginners.

About a third of the time was spent on exercises to promote good health. We did many shaking, tapping and massaging exercises as well as exercises to open the joints and improve coordination and balance. It might surprise you to see health exercises forming such a large part of a martial system, but the reason is simple. To be a martial artist you have to be strong, balanced and mobile and this is precisely what is needed for good health.

Another third of the time was devoted to partner exercises, illustrating the self-

defence applications of the form. These involved practising specific techniques in a controlled way. The most important thing is to maintain your balance. It is very interesting working with a wide range of partners. You can learn something from every interaction.

The remaining third of the time was devoted to learning the first few moves of the Yang Bang Hou Taiji form. The movements were related to the exercises we had already done, which made it easy to remember them. Raymond also demonstrated many variations. For anyone interested in the martial arts, this is a golden opportunity to see a master in action.

For me, the health benefits of Tai Chi were immediately obvious at the end of

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the weekend. I left Aberystwyth on the Monday morning feeling both energised and relaxed.

If you are already doing Tai Chi locally (Ian McPherson has classes in Sedbergh, Garsdale, Hawes and Dent, telephone 015396 20648) you will find this event will be part of a natural progression. If you have never done any before, but would be interested (either for health reasons or to learn about the martial aspects), this would be an opportunity to start with a top class teacher. You could then maintain the practise with one of the local classes. In addition there are two more three day events planned in Dent this year.

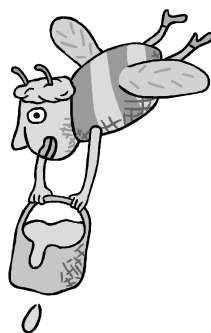
For further information or to book, contact Gavin Towers by phone (01228 829429) or e-mail (info@uktqf.co.uk). If you want to hear more about it, please phone me. My number is (015396) 20972.

June Parker

**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

March weather *has* been 'mean to our bees', the coldest and windiest of the last ten Springs at least! Not only does it prevent the bees from leaving the hive, it's also holding back the spring flowers that provide our bees with much needed pollen; without it, the queen bees have to stop laying their eggs as the young larvae need the protein that the pollen provides in order to grow properly. This means the colony cannot increase its numbers to its full size ready for the main 'honey flow' in April/May, when all the fruit trees, sycamores, and many other trees and spring flowers are ready to give their nectar for the bees to turn into honey.

Honeybees today also have to put up with a parasitic mite called *varroa* in the hive. This pest was accidentally transferred (a bit like bird 'flu could be) from the Far East some years ago, where the mite evolved with the Asian honeybee that evolved with the mite and was able to deal with it. Ours did not and cannot! It does not harm the honey or the honeycomb, but does weaken the adult bees, so we have to treat the colony with a special 'medicine' if the population of mites grows too large. The cold weather slows down the growth of the mite population, so for this cold weather, 'it's an ill wind.....!'. To measure how many mites we have in our hives, beekeepers have installed special floors under each hive that allow the mites to fall down through a fine metal mesh and on to a sticky sheet of film on a removable tray.



We can remove the tray without disturbing the bees above and count how many mites we find stuck to the sheet, and so estimate the total population of mites. From this we know if and when we must give the bees a 'dose of medicine'. But it is not just *varroa* mites that fall down through the mesh, so do all the tiny bits of wax that the bees drop when they are opening up, sealing over, or cleaning out each individual cell of the honeycomb. This makes a very revealing pattern on the sticky sheet; we can tell what is going on in the hive and where it is going on! So again 'it's an ill wind.....!', we have to check for *varroa* mites, but we can also see just where and how fast the bees are increasing the size of their 'nursery' where all the young brood are being reared, and where and how much of their store of honey they are using, all without having to disturb them at all. It all adds to the fascination of beekeeping, whatever the time of the year, whatever the weather. But roll on Spring!!

Our next meeting, after the Sedbergh Spring Show, is on Monday 24th April at 7.30pm in the People's Hall committee rooms, when Tommy Brooks will be explaining to our new and novice beekeepers how best to plan the beekeeping season. Then on Saturday 29th April at 2.30pm we shall be holding our first apiary visit of the year at our Chairman Vic Hopkins apiary in the gardens of 'Brantrigg' in Winfield Road. If you would like to learn about bees and see things for real, do come along.

Malcolm Fraser-Urquhart

COMMUNITY RADIO

Make your Voice heard in the Lune Valley – Invitation to Sedbergh Residents

In mid November last year, OFCOM (the Radio Authority) awarded one of the new breed of Community Radio Station licences to the Lune Valley area after considering a successful application. This will be a five year licence from the date of first transmission, and is the first in the North Lancashire/Cumbria area, and one of only 63 successful applications from across the UK.

By the time that this issue of Lookaround has been produced, presentations will have taken place to various community organisations, including Rotary, Lunesdale Farmers and local businesses. If you are part of a group that would like to know how you may be able to get involved and would like a presentation to your members, then do get in touch through one of the emails given below.

The feedback from presentations given to date has been that this is very professional, backed by a lot of radio industry and business experience, has scope for all to get involved and will generally benefit the communities of the Lune Valley area including Sedbergh. The aim may be to set up a studio in the Sedbergh area for reciprocal transmissions

The Voice Community Trust has now been set up to be responsible for the station (to be known as the Voice), and whilst the priority for the time being is to bid for funding and attract investment locally, there will be a need over the next few months to recruit trustees and a management group.

What does this award mean for the community members?

As part of the research for the application, I visited Bradford, which already had a community station. They had 170 volunteers producing and presenting a range of programme types. We don't have the same catchment area but there is great scope for ideas. We have a wealth of young talent in local schools and a vast pool of older business and professional experience to call upon locally – the door is open to all.

In the application, I said that training in research, production and presentation would be given, and this presents a great opportunity for progress into other parts of the industry. I have already had an expression of interest from the BBC to explore the scope for co-operation. There is then hopefully lots of scope for individuals to contribute and great potential for the area as a whole to benefit, as another aim is to network with other community stations and promote the Lune Valley area by in-house production.

What does this award mean for me?

There is a growing realisation that this is an initiative on behalf of and to include the whole community, aimed at bringing the "localness" back to radio and giving all the opportunity to devise and present programmes of personal interest.

Again, if you have undiscovered talents and skills (or you think you have) or you just want to hear more, then either get in touch by email or suggest a presentation in the Sedbergh area. – *your* Voice counts.

Paul Broadbent Tel: 015242 73737
e-mail: paul@thevoicefm.co.uk or paul@lakelandtoday.com

**SEDBERGH PEPPERPOT CLUB
INCLUDING
PEPPERPOT MUSIC MAKERS**

Sedbergh & Kirkby Lonsdale Neighbourhood Form has awarded a grant of £531 to Sedbergh Pepperpot Club towards the purchase of some music stands and a glockenspiel for the use of the Pepperpot Music Makers. An anonymous Pepperpot Sponsor has very kindly provided the balance. On behalf of Cumbria County Council, Councillor Joe Nicholson came to the rehearsal of the orchestra on March 6 and saw the youngsters enjoying the use of the multi-coloured stands and heard the glockenspiel in action. Sedbergh Pepperpot Club and the Pepperpot Music Makers are very grateful for this generous help.

The glockenspiel is currently being played by Toby Satchell (photo) in the Pepperpot Music Makers orchestra which rehearses after school on Mondays at Sedbergh Primary School. The orchestra



is funded by Sedbergh Pepperpot Club with the help of annual donations by Pepperpot Sponsors and external grants. The ultimate aim is for the Music Makers to become self-sufficient.

If you would like to help to make this come about by becoming a

- Member (£6 annually or £10 for two



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or even by leaving a legacy, we would be delighted to hear from you!

Members have the chance to join like-minded people on trips with shared transport to concerts, plays, open gardens and other events of interest.

Friends and Sponsors receive occasional news of the Music Makers' activities and notice of particular events during the year.

During St Andrew's Festival 2006, the primary-age Music Makers will perform *The Midnight Thief* by Richard Rodney Bennett and Ian Seraillier at a Coffee

St Andrew's Church, Dent

EASTER MONDAY

SALE

10 am to 2 pm April 17th

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Concert in St Andrew's Church, Sedbergh, at 10.30am on Saturday June 17. Please make a note of the date and the time.

Further information about the Pepperpot Club and the Music Makers can be found in the Pepperpot brochure, available from Sedbergh Tourist Office, or by contacting Mrs Shirley Smith, Hon. Secretary, Sedbergh Pepperpot Club, Yan Tethera, Queen's Drive, Sedbergh. LA10 5DP. telephone 015396 21196 email yantethera@aol.com or at www.sedbergh.org.uk

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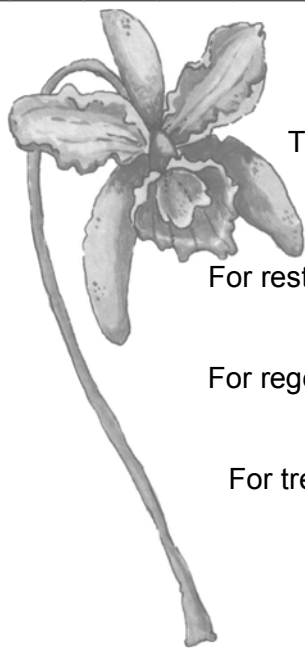
March already! Another year is whizzing by! Let's hope that by the time you read this that the weather is mild and spring-like but just at the moment it's blooming chilly. Still we were warm and comfy in the People's Hall committee room for our meeting and were cheered by a beautiful bowl of golden daffy-down-dillies on the table.

The routine business of the meeting was swiftly dealt with. Apologies, minutes and reports were read, plans were made for outside meetings to be enjoyed later, March birthday persons were wished well (note the political correctness here!), and a new visitor, Edith Robinson, given a warm welcome. Then it was back to the vexed question of the proposed

imposition of a National W.I. magazine which we discussed last month.

Incidentally the proposed increase in subscriptions is from £22 to £26, not £27 as I said previously. However our President wanted to be quite sure that we still object as strongly as ever, so that she can present our views fairly at the forthcoming meeting of the Cumbria-Westmorland Federation of W.I.'s. In fact so strongly do we feel that it has been suggested that we may decide to leave the W.I. and paddle our own canoe. The advantages of remaining within the organisation were presented clearly to the meeting but nevertheless Shirley was asked to tell the Federation of the lines along which we are thinking. That meeting took place the following day but

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what difference it will make we do not know. So intense were our deliberations that our speaker had to wait an extra quarter of an hour!

We were delighted to welcome Alan Lewis as our speaker. He had brought a selection of brass instruments along with him - visual aids – or perhaps audio aids! Alan first outlined the history and development of the instruments and then went on to show how they produced their sounds. Finally he demonstrated the differences between them and let us have

a go. Believe me, it's not as easy as the experts make it look! We have very great admiration for the members of our Town Band who have started from scratch and, of course, for those who have taught them. If you have ever wondered what is the difference between a brass trumpet and a silver one, well let me tell you. The silver trumpet makes a more mellow sound. (I don't want to keep all my newfound knowledge to myself!) Our thanks also to Stuart Shields who came along to help Alan keep us in order. He brought along a couple of euphoniums (or *euphonia*), costing about £6000 each.

So busy was our meeting that we didn't have time for our usual raffle. Our competition for a brass ornament was won by Barbara Kooper with a lovely, decorated spoon from Switzerland. The consolation for the rest of us was that it made us polish our brasses! Perhaps we should follow the example of the musicians and have them lacquered. Incidentally, as the lacquer wears off the instrument, the tone changes.

On March 17th, several of us enjoyed an audio-visual presentation 'Lakeland

Alphabet Hosted by Cliburn W.I. in the north of the county. Maurice Steele of Eskdale cleverly combines two projectors and a soundtrack to give a most relaxing show of our wonderful countryside. It made me feel like getting my walking boots on again!

Next month, - Eileen Belshaw will address us on the topic, "**It shouldn't happen to a nurse**". Come and join us at the People's hall at 2-00pm on Tuesday April 11th.

W.F.U.

SETTLEBECK HIGH SCHOOL

CP4P at Settlebeck

Year 8 are in the enviable position of being able to work with a team of professional film makers to create their own short experimental film based on Genetics. This will involve planning, scripting, filming and then editing their work. We are very grateful to Creative Partnerships Cumbria for supporting this exciting project which is due to be completed in June.

Royal Society of Chemistry Research Grant

Following the very successful completion of last year's research project – one of only 3 schools in the UK which received funding from the Royal Society of Chemistry – we have again been supported by the RSC to undertake an investigation into what contaminants can be found in local streams and rivers at different times of the year. We hope that last year's enthusiastic researchers will form the nucleus of the new research and that other keen scientists will join them too.

SEDBERGH & DISTRICT HISTORY SOCIETY

A meeting of the society was held in Dent Memorial Hall on Wednesday 1st March and it attracted a large audience. The first item of the evening was a showing of a film made in 1985 called "Adam in Paradise". David Boulton at that time was running Granada Television's current affairs and regional programmes and he commissioned the film and was the presenter on it. The Adam referred to was Adam Sedgwick and the Paradise was Dentedale. In the film David outlined the history of the dale, in particular its opposition to tithes over the centuries. He then went on to meet some of the characters in the dale in 1985. Some of the views on the history would need to be revised in the light of recent research but the film provided an interesting record of the dale and its inhabitants two decades ago. Unfortunately David was unable to be present but sent a letter giving details about the film and we are very grateful to him for lending the copy to the society for the meeting.

The film's mention of the importance of knitting to the history of Dent provided an excellent introduction to a showing of "The Terrible Knitters of Dent" starring Betty Hartley, Elizabeth Middleton and pupils from Dent School. This delightful film explained how the knitting was done and the clothes and equipment used by the knitters. The trade was an economic necessity for survival due to the decline of farming in the dale. Copies of the video are available in various places in Dent and it is well worth buying as it provides an excellent record of a past

way of life.

Richard Cann

SETTLEBECK HIGH SCHOOL

YDNP group at Settlebeck

A group of our year 10 students have been working with Paul Wilkinson our Yorkshire Dales National Park Rangers to improve our local environment.

The group supported Paul on work to tidy areas of Queen's Gardens and most recently they have made a very significant impact on the Old Vicarage Lane behind Sedbergh Primary School, where they have been creating a new fence and clearing the embankment. The intention is to use the embankment as a project to develop new habitats for wildlife.

Settlebeck High School in the League Tables again

Some of you may have seen the league tables for students' achievements in schools in 2005 in the national press. If you didn't here are the basic facts about your local school.

76% of Settlebeck students achieved at least 5 A* - C grades which was the third highest result out of the 41 Cumbrian comprehensive schools (the highest was Keswick School with 78%). The Cumbrian and National averages were both 57.1%.

100% of Settlebeck students achieved at least 1 GCSE pass. The England average is 97.4%. The Cumbrian average is 96.4%.

Our average point score was 413 which was the seventh highest in Cumbria.

95% of Settlebeck students achieved at least 5 A* - G grades. The Cumbrian average is 56.8% and National average is 56.3%.

A SUMMER IN SWAZILAND

My name is Amy, I am a second year medical student at Newcastle University and a former student at Settlebeck High School.

This summer I am looking forward to spending 8 weeks in Swaziland, teaching primary school children English and running HIV/AIDS awareness campaigns, with a charity called Tenteleni. There are a number of projects run every summer in various African countries. As an individual, I would like to believe that I could have a big impact on a small community, influencing children's lives. I have been involved with the Newcastle University Stop AIDS society, raising money for various HIV/AIDS charities and increasing awareness in the local area. I have really enjoyed being involved with the society but the project in the summer will give me the chance to use my enthusiasm and the skills I have been lucky enough to gain in England, offering the children new opportunities and an input of energy from a young university student.

Along with some of the other volunteers I am planning to cycle the coast to coast route at Easter, from Newcastle to Whitehaven. We also have a number of other fundraising events planned in Newcastle. If you would like to sponsor me or have any fundraising ideas, it would be greatly appreciated. I am hoping to raise about £1000 for my forthcoming trip. If you would like any more information concerning the charity or myself please contact me on 07841653090 or e-mail: A.J.Symonds@ncl.ac.uk.

Amy Symonds

THREE CHARITIES TRUCK PULL

Cystic Fibrosis is the UK's most common genetic condition which as yet has no cure. Average life expectancy is still only 31 years. Amy Potter from Tebay is 11 years old and has cystic fibrosis. Like any other youngster with this disease they have to undergo 40 minutes physiotherapy every day to help clear their lungs of thick, sticky mucus to try to minimize inevitable lung damage. Amy also takes large amounts of medication daily and has frequent hospital visits.

Kids with CS breathe like somebody is holding your nose and you breathe through a straw. That's how bad it is. A third of the funds we raise from May's big Truck Pull Funday/Night, will go to Cystic Fibrosis Trust which funds medical research, clinical support and family care. The Doctors have stated a cure is now within reach but vital funds are needed. So, on Sunday 28th May a team of approximately sixty lads and lasses, will attempt to pull T.K. Robinson's 9 ton, 6 wheeler truck from Kirkby Stephen town centre to Sedbergh. Please give us your support and have a guess at the time it will take us. You could win £50. All monies raised from the event plus the afternoons entertainment in the Bull Hotel Car Park/Garden and the evenings Disco will be shared between Cystic Fibrosis, Breast Cancer and Young Kidz (local childrens groups). Let's try and beat last years JCB Pull which raised £4.400.

**SEDBERGH & KIRKBY LONSDALE
NEIGHBOURHOOD FORUM**

From the Meeting held at Casterton Village Hall on 20th February.

Development of a Modern National Health Service

Pauline Wilson explained her role within the Primary Care Trust and gave a general overview. She is the Head of Primary and Community Care within the PCT and liaises with 40 GP practices in South Lakes and Furness. She explained that the PCT have a new contract to monitor services provided in the area.

In answer to a question about out of hours services Pauline replied that in 2004-5 GP's could 'opt out' of the on-call service (every GP in Morecambe Bay did opt out) and that for an Out of Hours service people now ring 'Bay Call', who have a bank of GPs and nurses attached to hospitals and are available for home visits.

Sgt Jo Fawcett explained that the police service are trialling a First Responder Scheme in the Ambleside area where PC's carry a defibrillator. Sgt Fawcett added that First responders are not sent to major trauma incidents - the Ambulance Service will look at all 999 calls made

**JUMBLE
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and respond appropriately.

It was asked what had happened to Saturday morning GP surgeries. Pauline explained that a new White Paper is out shortly with proposals to extend opening hours for GP services and pharmacies. No details yet, but GPs may be expected to open Saturday mornings and to extend their working day.

Pauline reported that lots of options are in place now to support people to remain in their own homes, both in terms of intermediate care and providing an Outreach Service eg. from the Hospice and District Nurses are very involved with palliative. The Primary Care Trust also has a contract with Marie Curie nursing to support district nurses.

Regarding Dental Services Pauline reported that local dentists have to respond by the end of February to indicate whether they want to go private or remain with the NHS. She added that in Morecambe Bay most are staying with the NHS.

Local Development Framework

Alastair McNeill, Planning Officer for SLDC, gave an overview of the new planning system - called the 'Local Development Framework'. This will

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7:30pm

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replace the South Lakeland Local Plan and will cover South Lakeland outside the National Parks. The Local Development Framework comprises of a series of planning documents outlining the planning process and statutory policy for development.

Two documents the 'Statement of Community Involvement' and the 'Core Strategy Document' have been circulated at local libraries, Parish Councils etc. The Core Strategy Document sets out the long-term strategy for the area outlining the main community priorities. In this framework will be policies and proposals to protect the districts environment; guide location and standards for new development and day to day decisions on

planning applications. It is envisaged that the new system will be faster and more responsive to meeting the community's needs.

In Spring 2006 there will be a draft 'preferred options' report. For more information please telephone Alistair McNeill on 01539 733333. The documents are also on SLDC's website at www.southlakeland.gov.uk/ldf

Management of Gypsy and Traveller Issues Around Appleby Fair Time

Mark Richardson, Environmental Protection Manager for South Lakeland District Council outlined the facilities provided last year to smooth the passage of Travellers through the District around

(Continued on page 24)

the time of Appleby Fair. A subsequent meeting with representatives of the parish councils had confirmed that there was a noticeable improvement in the state that sites were left but identified some shortcomings which will be addressed this year.

Advance publicity in a newspaper provided free to Gypsies and Travellers will make it known that Travellers will only be welcome between 15th May (i.e. 3 weeks before Appleby Horse Fair on the 8th. June) and the 16th June.

Rubbish skips, refuse sacks and water will be managed and funded by the District Council and toilets will be provided near Devil's Bridge subject to funding by the County Council.

As last year, potential stopping off sites will be signed as suitable or unsuitable for caravans and these decisions will be enforced by Police and District Council Officers.

There was a general consensus at the Neighbourhood Forum Meeting that the

improvements in the management of travel to Appleby Horse Fair last year resulted in a quieter time for all, with Sgt Fawcett reporting that the police only received 1/4 of the calls they usually get. The repeat of last year's management strategies, to carry on this year, was regarded as welcome by the local community. Sgt. Jo Fawcett also reported that annual leave has been curtailed this year over the Appleby Horse Fair period and so extra police will be on patrol.

It was asked whether it was intended to limit the numbers or vehicles parking in the lay-by at New Bridge, Sedbergh. Mark explained that there are no Traffic Regulation Orders to prevent anyone staying there and there is no limit to the number of vehicles or people allowed, as long as they keep to the allocated designated area. Mark Richardson, after a request from Parish Councillors, will inform the Parishes, as to what land and how much area has been allocated for Travellers and Gypsies.

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Grant Applications from Local Groups

The following grants were awarded:

Dentdale Cricket Club - £300

(Towards the cost of providing toilet facilities)

Sedbergh & District Community Trust -

£750 (Towards the cost of hiring a

marquee for a promotional event)

Sedbergh Chamber of trade - £700

(Towards the cost of the production of a promotional leaflet)

Open Forum

Sgt Jo Fawcett reported that Inspector All Dufty has been promoted to Chief Inspector and is now based at Police HQ in Penrith.

Community Notices

Tim Farron MP - Next Surgery Date in the area is Saturday 8th April At



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Connexions Personal Advisors

Next Steps Advisors, based in Connexions Centres, offer a free guidance, advice and information service to Adults aged 20 and above, employed or unwaged. The types of enquiries advisors have dealt with include giving information on learning (developing skills, confidence building, academic/vocational qualifications/leisure courses), improving job prospects, new jobs and training opportunities. Telephone: 0800 435 709

The Next meeting will be on Tuesday 25th April in Garsdale Village Hall at 7.00pm.

SEDBERGH CDC

Workshop Day

On Saturday 29th April will be holding a special workshop day to give you the opportunity to try out some new interest, or improve your existing skills.

Our advert elsewhere in this Lookaround will give you further information, but we hope we can tempt you with one of these workshops:

- ◆ **Practical Spanish.** Practicing real life situations.
- ◆ **Yoga for Fun & Liberation.** A light-hearted yoga session.
- ◆ **Dry Stone Walling.** How do you put up a wall gap?
- ◆ **Fun Fiddling With Flowers!** Arrangements for home or business.
- ◆ **Introduction to Machine Embroidery.** Creating textural designs
- ◆ **Bitesize Italy** to introduce you to Italy and its beautiful language.
- ◆ **Maths** From helping with homework, to doing your own GCSE.
- ◆ **Join the Circus!** Try out tight rope walking, juggling, stilts, basic tumbling.
- ◆ **Afro-Cuban Hand Drumming & Percussion.** Learn the Mambo and ChaChaCha!

Workshops are intended mainly for adults. Accompanied children are welcome for **Join the Circus** (over 14s only please) and **Drumming**.

Booking is essential for all workshops, please ring Sedbergh 21031.

Kirsty McGee Concert

Don't forget the concert in the People's Hall on 12th May. Folk singer Kirsty McGee will be performing with musician

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Mat Martin in what promises to be a memorable concert.

Described as contemporary, folk, pastoral, poetic, sometimes with a twist in the tail. Kirsty sings beautifully and plays guitar and occasional flute. Mat plays high strung guitar, banjo, mandolin and sings backing vocals.

She has appeared at most of the major UK festivals and was nominated for this year's BBC Folk Awards. Her songs are regularly played on BBC Radio 2. Kirsty's first album received rave reviews.

The duo comes to Sedbergh as part of the Highlights Rural Touring Scheme. Tickets are available from the Tourist Information Office on Sedbergh 20125.

SEDBERGH FESTIVAL 2006

June 10th - June 25th

All Concerts and Recitals will be in St. Andrew's Church except for a Concert in Dent Parish Church to be given by the Tubalaté Brass Ensemble.

For more than a decade, Tubalaté has been one of the country's leading professional brass ensembles. Their wide range of styles and flexibility of performance has gained them an international reputation, regularly presenting familiar music contrasted with exciting new commissions in a repertoire which is innovative and unique.

Tubalaté travel worldwide, playing to audiences in Russia, Latvia and the United States as well as throughout Europe.

They have performed at many of this country's leading venues, including the South Bank, the Barbican, the Water Front (Belfast), the Bridgewater Hall and Birmingham Symphony Hall and in 1998 performed at Buckingham Palace for Prince Charles's 50th birthday celebrations hosted by the Queen.

Tubalaté has been recently appointed as Contemporary Brass Ensemble in Residence at the Royal Northern College of Music and International Brass Ensemble in Residence at the Rimsky-Korsakov Conservatoire, St. Petersburg, Russia. Friday 16th June in Dent P.C.

The following evening the Concert will be given by the Pro Nobis Singers, one of the finest vocal groups in the North. The choir was formed in 1969 when a group of friends met together informally to sing madrigals. It now numbers some thirty singers and, although Kendal based, draws its membership from a wide area.

Known particularly for its performances of music from the Renaissance and Baroque periods, the choir also has a commitment to twentieth-century music. The choir's musical director is Clive Walkley, for many years a Tutor in Music at Charlotte Mason College and now a part-time lecturer in Music at Lancaster University. Their evening is called 'Sing Joyfully!'

Just two of the series of events in the June Festival. Brochures out soon giving full details. More next month.

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ZRECE VISIT

Thank you to all the people who bought lucky squares from Rose Longlands which raised the money to allow her to go to Zrece from 10th to 16th February. Rose had to draw 100 squares then sell them and get someone to pick out the winners.

First was Angela Cowin who won £30 with number 85. Second was John from Cobble Country with £20, number 62 and Third was Ann from the Dalesman who won £10 with number 8.

Thanks to everyone who supported her enterprising challenge. *RL*

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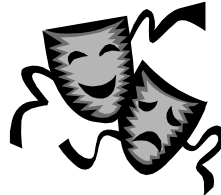
THE ROSE THEATRE GROUP

Wishes to thank all its supporters, the feed back has been great. The group are delighted that you all enjoyed it so much. We hope to produce a DVD of Spar Wars to sell to those who didn't get to the performance a chance to see it. If you would like a DVD of last years Robin Hood we have some of those for sale. They were a long time coming however they are only a fiver and we will do our best to be quicker with the Spar Wars ones.

Total funds raised for the three performances amounts to £1,500 and closer to £2,000 with sponsorship money added.

It is difficult to be accurate at this point as there will be bills to pay out, about £500-£600 for expenses. However we are very pleased to announce that over the years the £5,000 target has been reached. This is wonderful news and it means that later this year the plan to name a rose and have it sold for the charity Ali's Dream ACT (against childhood tumour) will be reality.

Personally I can't thank the extremely hard working and dedicated cast enough. Some of whom took holiday leave, paid



baby sitters, and or worked extra hours in order to make rehearsals and performances. A big thank you to the make-up ladies. Thanks to Rob our sound man, Steve the lights, Tony and Andy for the music, Viv for directing. Those who helped by making tea, and selling tickets. Our sponsors the Gala Group the book town the charity disc team and Sedbergh Theatre. Plus many thanks to JMP food services for donating the choc ices. But who could forget the wonderful singing and dancing of the youngsters who made the whole thing so much fun. I could go on but it is starting to sound like a Oscar acceptance speech..

I'll just add this ... my sincere thanks to all the towns folk for helping to make this dream a reality.

My daughter Katharine, whose first child, Indianna died of a brain tumour, now has two daughters, Megan aged two and a half, and Freya 15 months, couldn't be more delighted. We are hoping to go together to a rose grower and name the rose in the summer.

As to next year ... well I have a few ideas.

Sandra Gold-Wood

CAUTLEY METHODIST CHAPEL

A good time was enjoyed on March 10 remembering the mission of thirty years ago when Evangelist Herbert Silverwood led the congregation in worship sharing many amusing anecdotes. We heard him on tape, shared fellowship and a right-good-feed, then Thomas entertained us as he sold the remaining food by auction tempting all present to "just bid again". Collection for Cautley chapel and W.O.T. S. And Andrew Woof was there to explain the outreach of Word On The Street, he followed his mum into the pulpit, she gave her testimony about accepting Jesus as her personal Saviour 30 yrs ago on March 13th 1976, he got a

bit overcome but soon composed himself. Alee Passmore oversaw everything and Ronnie and Sylvia Wilson sang two duets which were popular around the time of the mission. A young lady from Kirkby Stephen, (I cant remember her name, sorry) played the organ, Karen's wonderful flower arrangements added colour and perfume to the proceedings and she and mum, Jennifer, must have baked all week. A fitting "remembrance" and a good spring-board for the next 30 years, as the "birthday girl" may I thank everyone who took part in any way, a night I will remember all my life. God Bless You and bring you to Himself through Jesus, the only way. *S E Woof*



Sedbergh Community Development Centre

* Workshop Day Saturday 29th April *

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Yoga for Fun & Liberation. A light-hearted session, ideal whether you are experienced at yoga or would like to have a go. 10am-1pm

Dry Stone Walling. A short session on how to put up a wall gap. 9-12

Fun Fiddling With Flowers! Discover the enjoyment of making great modern arrangements for your home or business. 10am-12

Introduction to Machine Embroidery. Explore the use of unusual fabrics and threads to create textural designs on cloth. 10am-1pm

Bitesize Italy to introduce you to Italy and its beautiful language. Learn a few simple words and phrases. 11am-1pm

Maths From helping with homework, to doing your own GCSE. Have a taste of what you could do here in the Autumn. 11am-1pm. **FREE**

Join the Circus! Try out tight rope walking, juggling, stilts, basic tumbling. Adults and accompanied children over 14. 10am-1pm

Afro-Cuban Hand Drumming & Percussion. Learn the Mambo and ChaChaCha! Adults & accompanied children. 10am-11:30am

All workshops (except Maths) priced at £2.50 per hour

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DENTDALE W.I.

Its been a busy few weeks for Dentdale WI as was evident by the reports during the business part of our March meeting. Our coffee morning at the end of February raised a good amount and we are grateful to all those who came and supported us especially from other WI's. Members had risen to the challenge and baked a wonderful selection of cakes etc. Just a shame the weather was so inhospitable. We needed a few more visitors!

Members of Dentdale WI were pleased to play their part alongside many others from the town in baking, preparing, and serving refreshments at the Dentdale run. The run is a wonderful example of community involvement everyone working together, in this case for the good of the School.

Catherine Sugden gave us information about the opening of the Dent Heritage Centre on May 13th when help will be needed to man the WI information stand and the group meeting to be held in Casterton on Monday May 15th.

There is another chance to pit our wits at a Pub Quiz to be held at the Bull Hotel Sedbergh on 24th April which is going to be in aid of raising funds for "Cycle Cuba."

Margaret Fothergill gave a brief report on the talk Silent Witness - The True Story which several of us had attended. We shall look more knowledgeable at scenes from the police drama.

Our Speaker for the evening was Martin Lewes dividing his talk in two sections with an informative first half about the coming of Digital TV to this area and

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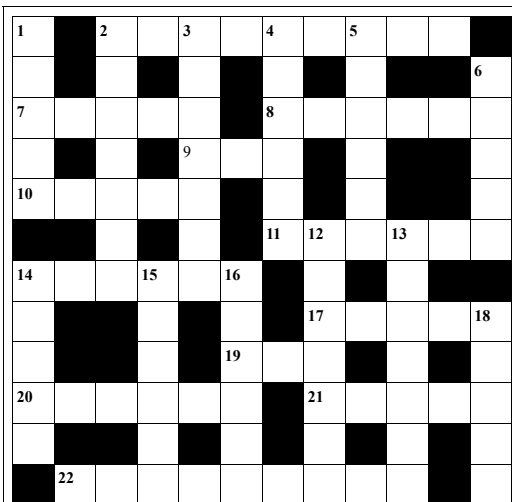
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taking lots of questions from us and our visitors then he talked about his work with Radio Cumbria. He mentioned the big stories over the last few years - Lockerbie, The Foot and Mouth Crisis and more recently, the floods in Carlisle. He was thanked by Freda Meakin who was grateful that no national crisis had kept him at his microphone!

Judith Newsham won the competition for her limerick and Gill Iannou won the raffle prize.

Please note next month, April 12th, the Methodist church and schoolroom will be the venue when Brian Adams will talk about the National Garden Scheme in Cumbria. Please feel welcome to join us!





- (6)
 6 Stole from playwright, then left (5)
 12 Local county looks like Cape on central Italy (7)
 13 Mollusc soup changed at end of month (7)
 14 Go down south to see water feature (5)
 15 Character trait about weight upset mark (6)
 16 Send ad around to be smoothed out (6)
 18 Nine confused with united world-weariness (5)

Answers to March -

Across

- 2 TV star who might be po-faced? (9)
 7 Turn up timid, but self-confident (5)
 8 Strong drink found in bed in school (6)
 9 Paintings, say, found in Earth's core (3)
 10 Dentist's tool makes doctor sick (5)
 11 Educated in a group (6)
 14 Veils wrapped around the upstanding, old-fashioned types (6)
 17 A length of tank top found in the middle of lake (5)
 19 Forbid to return catch (3)
 20 Soothed, and led around university lakes (6)
 21 Small state writer is mature (5)
 22 Change main codes for entertainers (9)

Down

- 1 Bound to hit journalist... (5)
 2 ...trying to upset alien with pain (7)
 3 Allegiance to large regal types with no king (7)
 4 Odd test about arsenic experiences (6)
 5 Mention composer holding gold back

- ACROSS: 1 Broadsword; 7 Ill; 8 Aberdeen; 9 Irons; 10 Trip; 12 Par; 13 Hopi; 14 Oats; 15 Elf; 18 Peen; 19 Paste; 20 Penchant; 21 Tor; 22 Seductress.
 DOWN: 1 Beat up; 2 Overtrousers; 3 Sweep; 4 Omnivore; 5 Disorientate; 6 Close; 11 Spite; 18 Panic

DENTDALE CRICKET CLUB

The Club would like to thank Sedbergh & Kirkby Lonsdale Neighbourhood Forum (Cumbria Council) for their grant of £300 which will largely cover to cost of a much needed Portaloo facility at the Pavilion during the cricket season.

Anyone wanting to apply for a grant or needing advice should contact Lucy McQuillan on 01229-894103.

The Club has thirteen fixtures (played on Sunday afternoons) between 21st May and 4th September inclusive. We are also hoping to organize some twenty/20 midweek games.

New players (young and old) and supporters are most welcome. Anyone interested please contact John Hyde on 015396-25503.

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SEDBERGH YFC

In February 3 clubs in the southern district performed a pantomime at the Brewery Arts Centre in Kendal. As usual the performance was a sell out with Ian Dawson from Sedbergh being one of the judges. A most entertaining night was had by all thanks to the clubs that took part. Sedbergh hosted the raffle and the 2 clubs that went through to final were Crook and Kent Estuary.

Sedbergh hosted indoor sports at the Sedbergh schools sports hall in February. 8 clubs from the southern district turned up to participate. There was junior football, squash and basketball. This went extremely well and a good team spirit was present. Special thanks goes to our judge Colin Parker.

28 members visited Thornton's Chocolate Shop in Kendal in March. Wendy gave us a talk on the history of Thornton's which included chocolate sampling of course. We watched a video of how Thornton's

make their chocolates and toffee. Wendy showed us their selection of chocolates and we had a go at icing our own chocolate teddy to take home along with a complimentary box of chocolates. Afterwards, for those who hadn't indulged enough on chocolate we went to KFC/MacDonalds!

Our first pre-field day meeting of the year took place on the 1st March. Our annual field day will take place this year on the 20th May at Plumtree Farm near Ulverston where 9 clubs from the southern district will compete against each other. The theme this year is 'James Bond'.

Over the next 2 months members will take part in various competitions on the run up to the big day, these will include stock judging, sheep shearing, horse judging, and carcass judging.

As well as that members will be preparing their entries for the field day and pre-field day such as a decorated

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toilet seat, the club scrap book, glass painting and making a bat box! Some of these items are handed in for judging prior to the field day on the 12th April. More about the field day itself next month.

Tug of war training for both male and female teams is due to start now that the clocks have changed and nights are getting lighter. This takes place on a Monday evening at a farm near Ingleton. A fellow young farmer Rob Gardner from another county gives up his time and puts the teams through their paces for which we are extremely grateful.

For more information please contact Valerie Capstick on 21032.

DIALECT DIGEST

More old sayings this month, none of them particularly complementary, even though they all seemingly originated in Yorkshire!

'Ther's nowt so queer as fowk. Ther' all

on 'em queer, bar thee an' me - an' sometimes Ah's nut so sewer abaht thee!

'Shak a bridle ovver a Yorksherman's grave - an' e'll gerr up an' steal t' oss!

'Ear all, see all, say nowt. Eat all, sup all, pay nowt. An' if tha dis owt fer nowt, allus do it fer thissen!'

Still, folks can say what they like about us, for there's always that children's rhyme: 'Sticks an' steeans'll brek mi beens, bud neeames can nivver ho't ma.'

Some sayings appear to have little going for them. I wonder if anyone has anyone ever tested out whether there's any basis in: 'See a pin an' sam it up, an' all that day tha'll hev gooid luck. See a pin an' let it stay, bad luck'll foller thee all day.'

Far more accurate is this variation: 'See a pin an' sam it up, an' all that day tha'll hev a pin!'

However, with spring on the way, I really do hope there's no truth in this old saying: 'Fer ivvery fog i' March, there'll be a frost i' May.'

Michael Park

HOWGILL W. I.

We met at Firbank Church Hall for the March meeting. President Mary Silva gave a warm welcome to everyone.

The Tactile Book Project is progressing and is now ready for the final touches. The Owl and the Pussycat is a book with touch and feel pages for sight impaired children in support of the Clear Vision Library.

Alison Plenderleith has updated the computer system database with every members name and address. Two members have attended *Lookaround's* 20th Birthday celebration in the Queens Hall.

A Pub Quiz at the Bull Hotel has been organised by Susan Winter as part of her fund raising for 'Cycle Cuba' Challenge to take place in April so ladies be thinking of names for your team.

A warm welcome was given to our guest speaker Garth Steadman who needed no introduction as we all know him as our local butcher and Chairman of the Sedbergh Town Twinning Committee.

With the help of slides we were taken on a 'journey' to our twin town. And, through the experiences, the background of how the idea of twinning came about. The success and the benefits. Various exchanges took place which formed friendships and gathered momentum. In October 2004 Sedbergh voted for a twin town. Zrece in Slovenia won with a landslide victory.

The BBC2 T.V. series was shown in January 2005. The publicity and hard work had paid off and in May 2005 the Twinning Charter was signed which led to closer links between the two communities. Zrece is similar in size to

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Mary Silva thanked Garth for an enjoyable presentation and congratulated him on the twinning success, the icing on the cake for Sedbergh.

The competition for a cutting from a holiday brochure was won by Helen Beare with Mary Silva second. Raffle winner was Peggy Postlethwaite. A quiz to name the trees was won by Mary Silva.

Next month we meet as Howgill. George Crossman will speak on "Her Majesty's Coastguards" on April 6th at 7.30 pm. Everyone welcome.

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APRIL GARDENING

Think of traditional Eastertide flowers, and amongst other things "Pussy Willow" probably comes to mind. There is something so charming about those rather scruffy looking bushes or small trees bursting into blooms which start out a silky silvery grey and then erupt into bright yellow balls of pollen filled stamens. They brighten up woodland and hedgerow when most other things are looking drab. *Salix caprea* - the Sallow or Goat Willow which bears these "Pussy willow" catkins is not commonly grown in gardens (and if it is found there it is often a mistake as it seeds itself freely) but there are a variety of other species and cultivars which have neater growth habits and /or more interesting stem and leaf shape and colour.

Perhaps the most interesting for its unusual jet black catkins is *S. gracilistyla* 'Melanostachys' which, in spite of the fact that it has an awful lot of name is quite a small, neat shrub with spreading arching shoots bearing silky grey green leaves. This cultivar is a male plant and has bright red stamens. All willow species have separate male and female plants and it is the male ones which bear the most showy catkins.

First into flower, in late winter is *Salix daphnoides* which bears silver grey catkins

on smooth purple brown stems. This plant will make a small tree but is often coppiced to encourage the growth of new ornamental shoots which show their best colour in their first and second years. *S. d. 'Aglaiia'* is similar in flower form and colour but has red stems.

Salix lanata the Woolly Willow is a particular favourite of mine. Another small, neat shrub it bears grey, felty oval leaves and, in spring prominent (2 ins long) catkins which are silver grey on female, and yellow on male plants.

Lastly, *Salix fargesii* is grown primarily for its thick, shiny red/brown winter stems and large red winter buds which open to long (5-6 ins) green catkins born with the big bold leaves. It makes a neat spreading bush growing to 3ft high and spread in 8-10 years.

Elaine Horne



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TIM FARRON MP

It is starting to become a regular event for me that I travel the length of the constituency in a sponsored triathlon, running the first bit from Grisedale Tarn up above Dunmail Raise (the most Northerly point in the constituency) to Waterhead at Ambleside, then sailing the length of Windermere down to Fell Foot Park. There I pick up my bike and cycle down to Humphrey Head (the most Southerly point in the constituency). Actually, at Humphrey Head we have to leave our bikes and again run the last few metres around to the Head itself.

This year we had lovely weather for the trip, although there was quite deep (and rather slippery) snow up at the Tarn and the wind on Windermere was rather cold

but the sun shone as we cycled down through Cartmel and Alithwaite to our final destination. Of course the main purpose of the event is to raise money for Cancer Research and Holehird (if you haven't been able to sponsor me yet it is not too late, simply send your pledge to the address at the end of the article). However, being able to travel through the constituency in one day in this fashion reminds me of how lucky we are to live around here.

Up until now the triathlon has always run from North to South, with the result that we have not managed to visit Sedbergh in our journey. We were discussing how that state of affairs may be rectified in future years whilst cycling through the lanes around Cartmel. It

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seems a unfair that we do not get to explore the Dales during our athletic endeavour. It is not so easy to see how we could manage to do this as the journey from East to West must be a good 60 miles, there are no lakes to sail along and there is not a prevailing downhill direction to the journey. These factors all point to the prospect of me having to work quite a bit more on my fitness if we do change anything next time. If anyone has any good ideas then please let me know.

Back in the world of politics, the issue of parking in Sedbergh continues to rumble along. Clearly, this is not a simple issue and everyone from the Parish Council to the District Council is trying to do their best with the resources they

have available and the constraints that they face. However, things are not working ideally and the issue needs to be addressed. The most recent correspondence I have received concerns home carers and the problems that they have with parking in Sedbergh.

I will continue to put all the pressure I can on the parties involved until some solutions can be found.

If you would like to contact me about this or any other these issues or to offer sponsorship then you can reach me either by post at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

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PARISH SUPPER AND ANNUAL CHURCH MEETING

The vicar, the Rev. Canon Alan Fell, welcomed over 70 church members and friends to the Annual Parish Supper of the United Parish of Sedbergh, Cautley and Garsdale which was held in the People's Hall on Friday 17th March. The enjoyment of the now legendary meat and potato pie and socialising over delicious desserts definitely took away any of the tedium which might accompany the ensuing AGM.

The formal business started with the appointment of the Churchwardens to the 3 churches.

No change at St Mark's, Cautley; Judith Bush and Linda Hopkins, or at St John the Baptist, Garsdale; Rosemary Lord

and Bill Mawdsley, but at St Andrew's, Sedbergh, Lavinia Mahon was elected to join John Beck.

The vicar in his comments focussed on the difficulties arising throughout the Bradford Diocese in relation to clergy staffing levels. With cuts of almost a third in stipendiary staffing levels looming the Church is no different from many other sectors of employment.

This should be seen as an opportunity for the development of differing patterns of ministry with more and more lay people coming forward to assist with such things as hospital and bereavement visiting and even for ordination. These are all very positive initiatives and he added that in this respect levels in our parish were very high. "In the body of

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Christ there is room for a large body of people offering what they can.” He added that a particularly important priority must be to establish an open dialogue between Church and community.

From the reports which followed:

- St Mark’s church; building in good order.
- St John the Baptist church; work on roof and walls pending.
- St Andrew’s; major restoration now completed with the overhaul of the heating system and clock: that is except for the organ which will soon need an overhaul.
- The Friends of St Andrew’s were thanked for their significant financial aid to this work.
- The church buildings are now

available to the community for appropriate events.

- Big thanks to those involved in youth work, particularly Chameleons and the follow-on group for older children.
- Diocesan quota now in excess of £50,000p/a and due to rise by 13.5%; an extra £6,000 to find this year; bad news indeed!
- Another big Music Festival in June after which Deryck Cox, St Andrew’s long serving organist and choirmaster is stepping down; a hard act to follow!

Reports from all the church organisations were available on display. In conclusion the vicar and his ministry team were thanked for all their hard work and commitment over the last year.

Tony Hannam, PCC secretary

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £3.90 Garlic Mushrooms on Toast £3.40 Pate with Garnish, Toast & Butter £3.30 Soup of the Day £3.25 Egg Mayonnaise £3.40 Grapefruit Cocktail £3.40 Garlic Bread £2.50</p>		<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.40 Grilled Rainbow Trout £9.40 Breaded Scampi £6.80 Breaded Haddock £6.80</p>	
<p style="text-align: center;"><u>Extra Special Main Courses all £11.45</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Steak with Red Wine Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p>		<p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £6.80 Stilton & Vegetable Crumble £6.80 Vegetable Lasagne £6.80 Mushroom & Nut Fettuccini £6.80 Broccoli & Cream Cheese Bake £6.80 Vegetable & Pasta Bake £6.80 Vegetable Tikka Masala £6.80 Macaroni Cheese £6.80</p>	
<p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day £6.80 Mixed Grill £12.40 Fillet Steak £12.40 Sirloin Steak approx. 8oz uncooked £10.30 Half Roast Chicken £7.90 Chicken Kiev £6.80 Lasagne £6.80 Steak & Kidney Pie £6.80 Cumberland Sausage £6.80 Gammon & Pineapple £6.80 Barnsley Lamb Chops £9.90 Marinated Lamb Steak (6oz) £9.90 Pork Chop in BBQ Sauce £7.20 Cheese & Ham Pasta £6.80 Tuna Pasta Bake £6.80</p>		<p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £6.80 Chicken Tikka Masala £7.70</p>	
<p style="text-align: center;">THE HEAD AT MIDDLETON</p> <p style="text-align: center;"></p> <p style="text-align: center;">Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <p style="text-align: center;">Menu</p>		<p style="text-align: center;"><u>Salads</u></p> <p>Ploughman’s Lunch £5.40 Cold Meat Salad & Roll & Butter £6.40 Prawn & Rice Salad £6.80</p>	
		<p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.20 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.70 Toasted Sandwiches from £2.90 Portion of Chips £1.70 Mixed Side Salad £1.70 Portion of Mushrooms £1.70 Roll & Butter £0.65</p>	

SETTLEBECK HIGH SCHOOL

Settlebeck's latest HMI (Ofsted) inspection of provision for students with learning difficulties and disabilities: the impact on achievement and enjoyment.

In late December we had a bit of a shock. Only one and a half years after our very successful full Ofsted inspection we had six days notice of another brief inspection of our provision for children with learning difficulties and disabilities as part of Ofsted's regular national surveys.

HMI Michael McDowell spent two days in the school rigorously evaluating the full range of our support for students and interviewing students, parents, teachers, governors, managers, external services and perusing students work and our records and documentation in detail.

At the end of his visit he gave us some very favourable verbal feedback and he had clearly been very impressed by what he had seen. It was especially notable that he found no areas for development in our provision which is very rare and a great accolade for the work of our special needs support staff.

In mid-January we received his report and here are some of his findings:-

- The overall effectiveness of provision for pupils with learning difficulties and disabilities was judged to be outstanding.
- The progress of all students is carefully tracked and measured.
- The personal development of each pupil is a principle concern of all staff and students are carefully watched over to ensure that their spiritual, moral social and cultural development is as it should be.
- The progress made by learners, overall, is exceptionally good. There are no significant differences in achievement between groups.
- Progress of students with statements of special educational need or who are on School Action+ is, also, exceptionally good. The social and personal development of students, their relationships with adults and with one another and their behaviour are all outstanding.
- Teachers and support staff understand the needs of their students very well and are successful in stimulating their interest and helping them to learn as well as they can.
- The curriculum is carefully matched

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to the individual needs of the learner with difficulties and / or disabilities. It meets their requirements very well. The school makes the presumption that every student is entitled to have access to all the learning experiences that it offers.

- The small size of the school is helpful in enabling staff members to get to know their students very well and to be realistic and accurate in what they expect of them. Students are committed to learning and show this in their behaviour and attitudes in lessons as well as in the views they expressed in discussion.
- The chief reason for the highly effective provision made by the

school is the strong personal commitment of the headteacher to inclusion. He expresses the view that the student intake should be truly comprehensive. He has, together with senior managers, developed an ethos in which all learners are equally valued and each is given, to the greatest possible extent, the support that they need in order to succeed. Parents express a very positive view of the school and its work with their children and they are fully involved in the on-going process of review. The school maintains links with them through direct face to face meetings, telephone contacts and by reports and

(Continued on page 42)

newsletters.

- The school has taken full advantage of local initiatives and national guidance to become as inclusive as it can.
- The school makes very good use of the facilities that its status as a strategically resourced school provides. The needs of students with Autistic Spectrum Disorders and those with other learning difficulties and / disabilities are met exceptionally well. By its outreach work the school has extended the benefit of its experience and resources to other schools in its area.
- The multi-agency network that supports the school has a positive impact on the achievement of students and contributes to their enjoyment of education.
- The school is held in high esteem by the agencies contacted. It is generally thought to be doing a good job and to be very good at collating and sharing relevant information.
- Students with learning difficulties and disabilities are included to the greatest possible extent in the life of the school. They are helped to gain access to as much of the curriculum as possible. The school expects that, with the right support, all its students will be successful learners. All students, whatever their level of difficulty, are given appropriate vocational education and the opportunity to experience life in a work place. The elected school council includes those with learning difficulties and / or disabilities and

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steps are taken to ensure that the voice of all students is heard. A strong feature of the school's pastoral programme is the annual round of residential journeys that gives students across the age range the chance to visit destinations in Britain and abroad. Every effort is made to ensure that those with difficulties or disabilities take part in these so that they are included in the spirit of fellowship that they are chiefly designed to engender.

- The school makes exceptionally good provision for learners with LDDs, especially those with Autistic Spectrum Disorders. Those with statements or who are on School Action Plus achieve far more than expected.

If anyone would like to see the full report it can be obtained by writing to Dave Smith at Settlebeck.

FAMILY MUSINGS

The lengths my daughters, especially my elder daughter, go to to not be with me on Mothering Sunday is quite a thing, two years ago elder daughter went for lunch with D's mum, last year both girls were in Australia this year both girls in China! Is it something I did..?! Thank the Lord they LIVE in this country. Wedding plans are fun, most of them anyway, the Bride-to-be finds something or someone and we write the cheque what could be better than that! We are looking into all sorts of new areas, caterer (local) disco (local) flowers (local) church (local) then in depth things like hire of toilets and we could have luxury cubicles with fresh flowers, fluffy towels, liquid soap and hand cream but we could nearly go around the world on the cost! I have promised the "extras" in a less fancy we cubicle, just one thing, how, without buying new ones, do I get really "fluffy" towels? Then the accommodation for quests coming to the wedding and we hope to "book-up" the village, why stay anywhere else when they can stay in the best place on earth?

There are certain topics that I am not allowed to write about here, younger

daughter being one of them, so you see how obedient I am. However, on the finer details of the wedding my lips are sealed, wait and see! July 22nd noon at New St Chapel. Cleo is now the grand age of 14, some days she has a problem getting her back-end out of her bed, other days she gallops around the garden as if she is a puppy. My brother gives her a brush every day and dutifully lets her out, and in, and out, and so on, he shares his chair with Mitts and talks to them both in such a lovely way, they both adore him, and why not, I always have, my memories of him when I was little, he was 11 when I arrived, are of a brother with time to play and listen. To me the most natural task in the world is to look after your own and we are pleased to be able to do so for him, recently we have been looking at electric scooters to help him be more independent, what a lot there are. One shop has its own "race-track" to try them on, do you think we could try one each? Just as long as I can actually get in it, as like Cleo I have a bit of a problem with my body, for me it's the circumference not the back end! What the heck, I am in good shape and the shape is round! A good all- rounder what could be better! (Yep, round the bend as well!)

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BIRD LIFE

In the Northern Pennines - 50 years of change.

Many people think that the bird life of our part of North West England is as unchanging and constant as the hills and valleys that it inhabits. However this is far from the case and I would like to demonstrate this by calling upon my experiences in over fifty years of observing and recording ornithology in the region. A few species of birds have increased their numbers and are now seen more often than before, but many more have declined, some markedly so. The reasons for this state of affairs are numerous, ranging from loss of habitats, changes in climate and farming practice and the intrusion of human activity into

unspoilt areas of the countryside. This has reached the stage where some species - those that struggle to exist alongside human beings - now have to be given special protection on reserves set aside for the purpose. The trouble with this approach is that it inevitably leads to the idea that the rest of the countryside needs less protection, and I feel that this has allowed some of the causes of population decline mentioned above to occur; the various authorities having taken their eye off the ball as it were.

As a youngster, I spent a lot of time on a farm in Kingsdale, where a friend of mine lived, and we became familiar with the birds and animals to be found there. In the nineteen fifties farming was far less mechanised than today which meant



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that ground nesting birds were much less vulnerable. Among species that have declined because of the change from hay-making to early silage - which can destroy eggs, nest and young - includes Corncrake, Curlew, Grey Partridge, Yellow Wagtail and Skylark. From being a relatively common nesting bird in Victorian times, the Corncrake had by the fifties become quite scarce and is now extinct as a breeding bird in our area. It is now confined to the west of Scotland, the Orkneys and Ireland but there have been signs in recent years that - because of conservation work - a slight revival may be underway. Although still a familiar sight on the Pennine moors, the Curlew is much reduced in number, the young, not being able to fly for about five weeks, are very vulnerable to cutter blades and wheels.

The drainage of wet ground and the "improvement" of rough pasture have also had detrimental effects on several other ground nesting species. Four of

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these are Lapwing, Redshank, Snipe and Teal, all of which have declined in the last fifty years. Many rush covered pastures that provided excellent nesting habitat for waders and duck disappeared following the drive for higher food production after the Second World War. The Lapwing also seems to have suffered from the rapid recent rise in the Peregrine population. During the nineteen sixties and seventies the Peregrine Falcon population fell to a very low level. The reason for this was eventually shown to be persistent chemicals, used mainly in sheep dip and seed dressings, which built up in the Peregrine - it being at the end of the food chain. When these deadly chemicals were banned, numbers of this fine falcon soon began to increase and this, together with other conservation measures, has meant that now the Peregrine is present in higher numbers than at any time since records have been kept. This has been bad news for the Lapwing. A ten year study in Sussex has shown that this wader forms six per cent of a Peregrine's diet, which, as the British breeding population of the falcon is about two thousand pairs, is a considerable toll. This is borne out by the number of little

(Continued on page 46)

piles of black and white feathers that you come across while walking the Pennine uplands. The Redshank does not nest in the numbers in the Dales that it did fifty years ago but is still a common breeder on coastal shingle and salt marshes. This is the complete opposite to the position of the Oystercatcher which fifty years ago was just beginning to move inland as a breeding bird, spreading gradually up river valleys and onto various types of farmland. Now the bird is found breeding over most of Northwest England, north of the Ribble estuary.

The two species of Grouse that inhabit the Northern Pennines have both declined in numbers in recent decades. The Red Grouse is found locally on the heather moors where it is sometimes managed for sport. However overgrazing by sheep, afforestation, heather beetle and changing climate have all reduced the amount of heather cover. This has resulted in Red Grouse numbers falling by at least half since 1930. The bird has also almost disappeared from several moors in the Northern Pennines. The Black Grouse has declined even more than the Red, countrywide, but in the Northern Pennines things have not been so grim and numbers have been maintained, helped by afforestation. However the bird has become very scarce south of the Sedbergh area. Fifty years ago, I can remember watching twelve cock birds displaying to females in Kingsdale but it is now many years since I saw even a single bird in the dale.

CHARITY 9 TON LEYLAND

Kirkby Stephen to Sedbergh

Bank Holiday Sunday

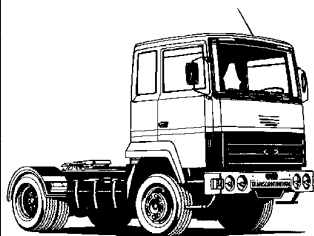
28th May

Starting at approximately 9 am

All monies raised will be shared between the late Jackie Wilson and Joanne Burrow Breast Cancer Appeal Fund, Cystic Fibrosis and Young Kidz (local children's groups)

Approximately 60 Sedbergh, Tebay, Kirkby & Local lads & Lasses will attempt this feat. Please give your support on the day and by guessing the time it will take to complete the course.

The closest guess wins £50



Another upland bird that has declined in my lifetime is the Ring Ouzel. This mountain Blackbird - a summer visitor to our hills - now nests in considerably smaller numbers than in the past. The reasons for this change are not clear and it may be that problems in its winter quarters may be to blame. Once again, in Kingsdale, just the occasional pair of birds is now seen. I can remember a heavy snowfall in late May, during the sixties, when a wood near Ingleton was alive with dozens of Ring Ouzels which had come down from the higher ground to find shelter.

The Barn Owl population of the British Isles has declined markedly in the last fifty years and the Northern Pennines is no different. This beautiful bird has

suffered from the pesticide problems mentioned earlier as well as the loss of suitable farm buildings for breeding, roosting and feeding. Very thinly distributed in our area, this bird has responded very well to conservation measures in other parts of the country and it may be that the same results could be achieved here.

It is said that the only thing that is certain is change and I hope that I have shown that this is true of one aspect of the natural history of our countryside. Some parts of that change are the result of the actions of man and others are not. It will be interesting to see what happens in the next fifty years as a result of the predicted global warming. Pity I will not be around to witness how it turns out!

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SEDBERGH TOWN BAND

A.G.M. This year's AGM was held on Wednesday 22nd February at the Black Bull Inn, Nateby at 7 pm. As The Bull was the venue for the Annual Dinner it was deemed appropriate to combine the two events, thus the AGM became the curtain-raiser to the dinner.

The Chairman, Sandra Waters, opened the proceedings by giving a resume of the band's activities and engagements in the course of the last twelve months.

She observed that last year's dinner at the Whitewalls Restaurant, Hest Bank, fell on the identical date as this years. Virtually every month saw that band participating in some significant activity. In March there was an auction of promises at The Bull, Sedbergh, to help raise funds for the Settlebeck trips to our

twin town Zrece, an occasion when Alan Lewis's specially composed piece of music raised a substantial sum. Aril saw a third concert to be performed in Dent, as last year, in St. Andrew's. Later in the month a band team competed in a quiz night which was again a fund raising venture on behalf of Settlebeck's Zrece connection. In May the band led the Gala Parade, gave a summer concert in the People's Hall and made a contribution to the musical celebrations to mark the completion of restoration work in the Parish Church. June was quieter with just a social gathering in The Bull to enjoy a pea and pie supper and view videos of the band's activities.

July was dominated by the wonderful trip to Slovenia whilst August saw the band serenading the revellers at The

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Dalesman on the evening of the annual visit of the Shire horses. In September the band were significant performers in the Sedbergh Brass Band Festival: Remembrance Sunday was kept and the income from the concert held at Settlebeck went to the school Zrece travel fund. 2005 ended on a high note in December with a splendid, sell-out Christmas Concert, successful carol playing at leading Kendal stores and an appearance on Border T.V.'s Lookaround programme.

Sandra concluded by thanking Alan Lewis for facilitating all the band's activities; Tony Croft for all his work in coaching and organising the carol playing so efficiently, the committee and all band members for their support and commitment to the cause of the Town Band.

The Treasurer, Carl Storer, reported a successful financial year, that this was the seventh presentation of band accounts, the first being in 1999. Membership subscriptions, patrons' gifts, generous donations and a healthy concert income have combined to put the band in a sound financial situation. A most welcome and much appreciated lottery grant of £5,000 enabled £7,157 to be spent on new instruments which with the existing stock means that all players are equipped with instruments of good quality.

Carl finished his report with a series of thanks: major gratitude was due to Secretary Hilary Hodge in acknowledgement of her enormous work on behalf of the band in organising the Zrece trip. He paid tribute to the prudence and wise planning of the committee and closed by expressing the

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appreciation felt by all the very real and valuable support given to the band by Sedbergh School.

Bandmaster Alan Lewis then presented his report in which he observed that the band continues to make good progress, though he checked swelling egos by pointing out that room existed for more. He expressed his thanks to all who have contributed to the success of the band, in particular Tony Croft.

He concluded this part of the evening by awarding the cup for the most significant musical progress over the year to the percussion player Samantha Bottomley. Her progress has been so spectacular that the decision to award it to her was one requiring no deliberation.

The officers and committee were returned en bloc to serve a further year. **Annual Dinner** Some forty members of the band enjoyed an excellent meal in the most convivial surroundings of the Black Bull, Nateby. The Inn's proximity to Kirkby Stephen meant that our much valued members of the band who travel so uncomplainingly and reliably to all rehearsals and events from that town for once were confronted by a minimal journey.

SEDBERGH & DISTRICT HISTORY SOCIETY

The last in this season's lectures took place on Wednesday 15th March when a large audience came to hear one of the society's most distinguished members. Professor Robert Fox is the Professor of the History of Science at the University of Oxford and his talk was on "The Scientists and Schools of Sedgwick's North Country".

Grammar schools were schools that had been endowed for the free teaching of the grammar of the classical languages, Latin, Greek and sometimes Hebrew. They often taught other subjects but the pupils would pay for this tuition. A survey done in 1818 showed a wide range in the number of pupils and the salary

paid to staff. The Master at Leeds received £500 per annum whilst many in small schools only got about £50. In addition to the Master some schools had an Usher who helped him and some had a person who taught the three Rs. The buildings were similar in that all the pupils were in one large room. The Master sat at one end on a raised dais and the pupils sat on forms. These were grouped together so that pupils sat with others who had reached the same standard. The pupils learnt the grammar by rote. During the nineteenth century these schools declined except for those in big towns or a few such as Eton that attracted wealthy people. There were several reasons for this. The importance of the classical languages for getting a

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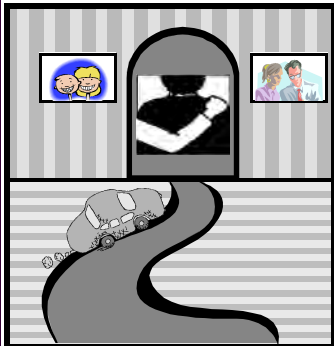
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DRIVE SALE

Monday 1st May

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10 am to 2 pm

Refreshments (under cover if wet)

career had declined although they were needed to get into Oxford and Cambridge Universities. National, British and Dames' Schools provided a cheaper way of being taught the three Rs. Also those schools endowed on a fixed income found that to be increasingly insufficient. By the end of the century the Grammar Schools had either closed or had been converted into elementary schools or in some cases survived by become fee paying schools teaching grammar as well as other subjects. Dent came into the first category and Sedbergh into the last.

In the seventeenth century the Grammar Schools in the North West had produced many pupils who had gone on to Cambridge where they had made successful careers mainly in Science and Mathematics. A contemporary had called them the "hard progeny of the North". Examples were Sedgwick and Watson. The former had been appointed Professor of Geology, without any knowledge of the subject, but had gone on to a very distinguished career. Watson had been appointed Professor of Chemistry, again without any knowledge of the subject. He had gone on to be Professor of Divinity and finally Bishop of Llandaff, a

place he hardly ever visited in over twenty years.

Other people came up through different routes. John Dawson, from Garsdale, was largely self-taught initially but became an apothecary in Sedbergh after studying in Lancaster, Edinburgh and London. He also coached Mathematics to some of those reading it at Cambridge. They stayed with him in their vacations and he was so successful that he gained a national reputation and eventually earned his living from it. John Dalton from near Cocker mouth went to Kendal and then to Manchester teaching and lecturing. He produced an Atomic Theory of immense importance in Chemistry. Finally there was Thomas Garnett from Barbon who had become an apprentice of Dawson. He had gone to Edinburgh and then set up as a doctor in the spa town of Harrogate. He next moved to London where a glittering career as a lecturer beckoned. However, his wife died, he became depressed and soon died of typhoid.

The chairman thanked Professor Fox for a most interesting lecture which the audience had enjoyed and it had provided a fitting end to the season.

SEDBERGH GALA GROUP

As Gala Day, Saturday, 20th May approaches, preparations for the event are well under way. This year's theme is "Books", in recognition of Sedbergh's efforts to become a book town. We hope this will encourage children (and their parents) to recreate their favourite characters and books.

Two years ago to celebrate the Ruby Gala we enjoyed a Dakota flypast by the RAF Battle of Britain Memorial Flight. An application was made for a flypast this year, and we are delighted to announce that the RAF have gone one better and awarded us a flypast with three historic aircraft – a Lancaster bomber, a Hurricane fighter, and a Spitfire fighter (which recently celebrated its 70th

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birthday). If we had to pay the full cost of such a flypast it would be way beyond our means, and we are grateful that the RAF has waived the charges – it is their way of saying "Thank you" to communities which accept the need for military low flying in the region.

Many of the old favourite attractions will be there, and there will be a few new events and attractions. Among them are Bezerkaz Circus who not only perform circus skills but also teach these skills and allow the public to have a go, and a Paint-Ball Range, run by the King's Own Royal Border Regiment.

We look forward to this and hope for fine weather on Gala Day. For more details of the gala attractions see the advertisement in next month's "Lookaround".

FEBRUARY WEATHER

Hardly February fill dyke black or white with only 2.64 inches of rain. Most of this rain fell in the latter half of the month. It was generally a chilly month with a maximum temperature of 49.3F. On 5 days the maximum was in the 30sF the rest in the 40sF. On 8 nights temperatures fell to of below freezing with a minimum of 25.5F. It was quite a breezy month and on only 3 nights did the wind chill stay above freezing. The lowest wind chill temperature was 5F. On only 7 days was the maximum wind speed recorded from a quarter other than the North West. The maximum wind speed record being 28.6 mph. Atmospheric pressure was also generally fairly low with 5 days in the middle of the month when it dropped into the 28 inches of mercury.

Thrush, blackbird continue to claim their territories singing away morning and evening. The oystercatchers were back in the middle of the month. It amazes me how they fly about at night, clacking their alarm call, in apparently total darkness. There are some young rabbits about which were born around the turn of the year judging by their size. A pair of bullfinches visited the bird table again as did the long tailed tits. The snowdrops and hellebores put on a brave show in spite of the bitterly cold winds as did a few specie crocuses.

COMPUTER TECHNOLOGY

If any reader has a wireless router to access the web, it would be wise to secure it with at least WEP encryption. Otherwise, someone could 'tap' into your system.

MOORCOCK SHOW

For the last 90 years the Moorcock Show has been an important sheep show based at Garsdale Head. Since foot and mouth, the show has seen a slow demise and has become purely a prestigious sheep show, this year, however, that is all set to change!

Based in Mosedale (3 Miles west of the Moorcock Inn) we have revived the Ladies committee and are looking forward to creating a larger show with fun for all of the family. The focus will be on the sheep, which have always been the most important part but there will be ladies and children's produce displays, competitions, a free bouncy castle, and a whole lot more to entertain and educate making one of the Dales oldest country shows a day to remember.

The highlight of the shows history was a visit from Prince Charles during the 80's and our dream would be to build the show back up to it's former glory and perhaps have another Royal to visit for the 95th or even the 100th show.

We have a very strong committee and offer a warm welcome to anyone who would like to come and join us at this exciting stage in the shows history. An especially warm welcome will be made to anyone who can spare a few hours to help the Ladies committee on the day or who could help make small items to sell and raise funds.

This years show is on Saturday the 2nd September. If anyone is interested in any aspect of the Show, they should contact Kelly at the new Good Life Shop in Hawes.

DENT PARISH COUNCIL

From the minutes of the meeting held on 6th February

Highways: County Councillor Nicholson has requested details of all highways complaints and maintenance issues reported to Capita.

Dent Stores: The Friends of Dent Stores Group has been formed and a questionnaire is to be produced shortly. Mr E Smith indicated that it was early days yet. There were positive signs but no increase in trade.

A general discussion took place and an overall strategy needs to be developed in relation to socio economic issues affecting the Dale. The Rural Committees representative is to be invited to attend the next parish meeting.

Car Park: A short presentation relating to the Car Park Sub-Committee minutes was given. The updated accounts and financial statement were considered. A Vote of thanks was proposed and seconded that a thanks goes to all associated with the administration of the Car Park and the volunteers Mr Bob Dobson and Mr John Hyde.

Policy decision relating to free use of the Car Park by Dent Folk Festival and Dent Run.

(a) Dent Run: The Car Park Sub-Committee (CSC) recommended that the continued use of the Car Park and this was agreed.

(b) Dent Folk Festival: The CSC proposed that the daily charge for the Car Park be £1.20 on the Friday, Saturday and Sunday with 50% of the receipts being donated to the Festival.

An amendment was put to this proposal that the previous free parking policy be

retained. The amendment was lost following a vote 5-2 against. A further amendment was put and seconded that a daily charge of £1.20 be made with no contribution to the Festival. The amendment was lost following a vote 5-2 against.

The Substitute motion was put and this carried 5-1 with 1 abstention.

Tim Farron MP

Mr Farron addressed the meeting and discussed a number of important issues which are affecting rural communities including:-

Housing affordability and low wage economy and the imbalance which this causes.

Farm income and the stewardship of the countryside.

The policy of subsidy which would not be necessary if the proper market price was paid by the large retailers.

The issues of rural post offices and the decline in services.

The fight against the merge of Cumbria Police Force with the Lancashire Police Force.

The opposition to the proposed part closure of Westmorland General Hospital (Ward 4)

There were various questions from the general public relating to the following:-

(a) EEC Regulations and the cost of regulation/licensing.

(b) The purposes of the Sustainable Communities Bill.

(c) The future of the rural post office and the all party campaign to retain this vital service.

(d) Holiday homes/second homes and the strategy to deal with this problem.

(e) Employment in rural areas and the

<p>decline in farming. Possible re-location of Civil Service jobs, economic incentives – small business sites diversification, designation of barns and brown sites.</p> <p>Mr Farron to enquire relating to the Guldrey Lane Site in Sedbergh. The Chairperson thanked Mr Farron for the wide ranging talk on the above issues.</p> <p><i>Highways and Lighting</i></p> <p>Arising out of County Councillor J Nicholson's request for information a general discussion took place concerning the condition of the roads in Dentedale. It was agreed that the roads are generally in a very poor condition and in fact are worn out. The problems involve, poor or non existent drainage, crumbling edges with large potholes, wash out debris on the road (stones and mud), poor surface dressing and no white lining.</p> <p>The back road at Dillicar to Rash has been resurfaced but this was after a long delay. Prior to the resurfacing the road had been in a very poor condition for a long time.</p> <p>It was agreed that CALC be requested to lobby in respect of a local linesman as it is considered that this approach should be tried and tested. The current lack of maintenance and the poor quality of repairs is unacceptable.</p> <p>Sun Inn Car Park spaces: The Clerk reported that CCC have now promised to repair the damaged flags during the Easter Holiday. This issue has taken 18 months to resolve.</p> <p>CCC's offer to transfer ownership of the land to Dent Parish Council was considered and it was proposed and seconded and resolved that subject to the repairs being completed the Clerk be</p>	<p>authorised to enter into negotiations to transfer the land into the ownership of the Parish Council.</p> <p>Village Green maintenance: SLDC's proposals to transfer the maintenance of the village green were given a cautious welcome. The Clerk to make further enquiries relating to financial implications.</p> <p>Lighting: (i) Fountain (ii) Laning</p> <p><i>Planning</i></p> <p>Planning permission for garage at East View Dent: <i>No comment.</i></p> <p>Mire House Barn: information was provided relating to the work currently being undertaken. This followed the grant of planning permission many years ago and which followed a successful planning appeal to the Planning Inspector. The house will be the last open marked development in the Dale.</p> <p>Millgarth: The applicants have obtained planning permission for the smaller unit. An appeal is progressing in relation to the larger unit and is the first test case of the 90 square metre policy.</p> <p><i>AOB</i></p> <p>Application for grant by Dent Parish Church – deferred to next meeting.</p> <p>Dent Folk Festival: permission be granted on the usual terms in respect of use of the field and pavilion during the period 22 to 26 June 2006.</p> <p>Trail bikes etc: It was reported that under the NERC Act that activists were applying to establish rights of use/access.</p> <p>Charge for toilet: Mr Hyde indicated that Kirkby Lonsdale made a voluntary charge for toilet use. The Clerk to make enquiries.</p>
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LEARN TO WEAVE

Laura Rosenzweig, of Laura's Loom handweaving located at Farfield Mill in Sedbergh, will be starting her second 'Beginning Weaving' class after Easter. Laura has been weaving since 1994 and in 2005 graduated with distinction from Bradford School of Art's Diploma in Handwoven Design.

'Beginning Weaving' comprises 10 classes covering all the basic aspects of

handloom weaving. Classes are small (2-3 students) and usually held on Friday mornings (9:30 to 12:00) at Farfield Mill (time and day is flexible). No experience or equipment is necessary. Table looms are available to borrow and yarn for class projects is included.

For further details please contact Laura on 015396 22043 or send an e-mail to laura@laurasloom.co.uk

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Community Office. Main Street.
Cumbria Wildlife Trust, Community Office
Dent Craft Centre
Dent Heritage Centre
Farfield Mill, A684 Garsdale Road.
Fox's Pulpit, Firbank
Friends Quaker Meeting House, Brigflatts.
History Society, Community Office.
Jubilee Wood, Castlehaw Lane.
Langstone Fell, A684 Garsdale Foot.
Methodist Church, New Street.
Queen's Gardens, Station Road.
St Andrew's Church, Dent.
St Andrew's Church, Main Street.
St. Gregory's Church, Vale of Lune
St John's Church, Cowgill.
St John's Church, Garsdale.
St Mark's Church, Cautley.
Sedbergh Embroidery, Library
United Reformed Church, Main Street.
Tourist Information Centre, Main Street.
Winder Fell, above Sedbergh

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British Rail	01539	720397
Citizen Advice Bureau.....	01539	720112
Childline	0800	1111
Councelling for Youth	015394	34121
Crimestoppers.....	0800	555111
Cumbria C. C.....	01539	721000
Cumbria Police HQ	01768	891999
Electric Services	01539	732833
<i>Emergency</i>	<i>01539</i>	<i>729112</i>
Gas Services	0845	6091122
<i>Emergency</i>	<i>0800</i>	<i>111999</i>
Kendal Hospital.....	01539	732288
Missing Persons.....	0181	392 2000
Public Transport Enq's	01228	812812
Radio Cumbria	01228	592444
<i>Phone in</i>	<i>01228</i>	<i>592592</i>
Royal Lancaster Infirmary	01524	65944
Samaritans	01539	741444
Sedbergh Primary Sch.	015396	20510
Settlebeck High Sch.	015396	20383
Sedbergh School.....	015396	20303
S.L.D.C.....	01539	733333
Social Services.....	01539	773300
<i>Out of Hours</i>	<i>01228</i>	<i>526690</i>
Water Services	01229	821690

If any of these numbers are incorrect, please let us know.

SETTLEBECK HIGH SCHOOL

Maths at Sedbergh Primary School

For the last 2 years Janet Oughton has been supporting a group of able mathematicians at Sedbergh Primary School as part of the community dimension of our responsibilities as Technology College. We recently asked the children to let us know how they felt about their extra maths lessons and here are some of their responses:

- I liked the number squares.

Adam Scarr

- I like maths and doing worksheets and going on the computer.

Tom Rose

- We get to play games.

Laura Woodfine

- I like going to Mrs Oughton Maths group because it is a challenge.

Izaak Tyson-Hirst

- It is fun and you teach us different methods of Maths. *Oliver Jamieson*
- The number puzzles are really hard and stretch my brains a lot.

Edward Pike

- We do lots of fun things like going on the computer and doing puzzles and number problems. *Tom Cooling*

- Its really fun solving number problems, there is also always lots of fun work to do. *Kiernan Bishop*

- We learn quite a lot from doing fun things but also doing things that challenge the brain.

Andrew McFadyen



Sedbergh Community Development Centre

* A selection of courses for Spring *

Digital Photography - download pictures from your camera and do simple editing. Leads to a module of the CLAIT certificate.

Thursday 20th April, 5 weeks, 7 - 9:30pm

How to Maintain & Upgrade Your PC - an 8 week course about adding hardware and software, fault finding and housekeeping. Aimed at normal people, not budding technicians! Please enquire.

European Computer Driving Licence (Part 1) - A 9 week course covering 3 modules of the popular ECDL qualification. Thursday 1st June, 7-10pm. Part 2 in the Autumn.

Beginners Spanish. A new course for complete beginners. Great if you are planning a holiday in Spain! Monday 8th May, 7-8:30pm, 10 weeks, £33 full, £20 over 60, £9 benefit

Pilates. A qualified physiotherapist will help you learn how to tone your muscles and strengthen your back. Wednesday 19th April, 6 weeks, 4-5pm, £42

Woodwork. Bring your own project, learn as you go and get professional help. Wednesday 19th April, 10 wks 7-9:30pm

Keep Fit. Please ring for information

email: admin@sedberghcdc.org.uk

Tel: 015396 21031

COMMUNITY OFFICE NEWS

GREEN MARQUEE

We now have funding to progress with this and are planning to buy wind turbines (not on Whinash scale!), solar panels and photovoltaic batteries to demonstrate renewable energy on gala day. Any one who would like to be involved with building and running these, or who has ideas for demonstrations, please call in.

POLITICAL ISSUES AND PHILOSOPHICAL IDEAS (PI) CLUB

The next meeting will be Friday 7th April – 7p.m. at the Community Office. We will be discussing the concept of choice and whether there really is one under New Labour? Cost is a £1 donation to the Community Office per meeting. For further details please ring Deyna on 21556.

AGE CONCERN / HOMEOPATHY / SLCVS

Don't forget about these clinics on Wednesday mornings – if they don't get used we will lose them so please call in with any concerns!

CAR PARKS

YDNPA are now charging £30 for a rams head residents pass. SLDC will not be penalising people for the first two weeks of April while the Joss Lane car park situation is sorted out. We will be letting people know as soon as possible what is happening.

CUMBRIA COMMUNITY FOUNDATION

Money for Community Projects

Do you need money for your community project? The Community Foundation may be able to help. The

Foundation exists to improve the quality of community life by making grants to local charities and promoting charitable giving by organisations and individuals.

It has made a variety of grants in the Sedbergh area. The Sedbergh Bowling Club was one of the first groups in the county to benefit with a grant in 2000. Since then examples have included the First Responders Group in Dent which benefited from a £250 grant towards equipment costs, the Memorial Hall in Dent received £1,000 towards access improvements, £3,000 was given towards new play equipment in Sedbergh, plus a £1,000 to the local Scout Group. In total over £9,000 has been given to various activities.

The Community Foundation provides a wonderful way for people to give to the communities and causes they care about. People can support its work by becoming members (membership costs £20 annually), by setting up a grant-making fund or by making a one off donation. All assistance is very much appreciated.

For information on grant aid and ways of giving to the Foundation visit www.cumbriafoundation.org or call 01900 825760.

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NSC

NSC is a carpet & upholstery cleaning business owned and run by Neil and Sue Oxley. Both ex-local government officers, Neil & Sue set up the business about three years ago, and operate within a 25 mile radius of their base in Kendal.

Carpet and upholstery - chairs, sofas etc is the mainstay of the business, but Neil, who handles the practical side, freely admits he will have a go at cleaning anything if someone asks. "We've done lamp shades, chandeliers, mattresses, tapestries, and hard flooring is very popular nowadays." He explained. Urgent calls regarding stains are commonplace. His advice for the next time you spill a cup of coffee on your new carpet? "Don't panic, don't use any detergents/stain removers on it. Get a clean white towel and blot it, most of the stain will come out. Wet the towel and continue blotting, then ring me!"

Seriously, Neil says he is always happy to give advice free over the phone and says a lot of problems can be resolved at no charge.

For this year the couple have invested in a powerful "Truck-mounted" machine for increased power and quicker drying times. It's basically like a small car engine attached to a vacuum cleaner" says Neil "Honestly, if this machine can't get your carpet clean, nothing can..."

Neil places a lot of importance on membership of the National Carpet Cleaners Association (NCCA). "It means you take your profession seriously" he explained, "and you get to keep in touch with the latest developments in the industry - did you know for, example,

that Linoleum is making a comeback?"

Neil freely admits to "still learning" about the business but this year is making a conscious effort to expand. "We have done a fair bit of work in and around Sedbergh, he explained, "But I would like to get out there more. After all, I am a Yorkshireman..."

Contact NSC on 01539 723151.



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SPEED - SPEED - SPEED

For the last month or so, I have again placed out the Speed Sensor which shows what speed you are travelling at. On a few occasions, I have found youngsters and some women running backwards and forwards to see how fast they are going. The mind boggles! But the mind boggles even more when car drivers still exceed the 30 miles per hour limit. I am regularly informed about the 'Bad Roads' in the area and I always point out that there are no Bad Roads, just Bad Drivers! Even 30 miles per hour can be too fast so really, you should be 'DRIVING TO THE CONDITIONS'. If that was the case, we would have less accidents, less paperwork for me and my colleagues, less distress for whoever is involved and Cheaper Insurance. Please think about it and SLOW DOWN!!!! *D J Whicker*

SETTLEBECK HIGH SCHOOL

Use of Settlebeck Grounds Policy

At Settlebeck we realise that we have a duty as a community school to support, wherever possible, our local community and to enable members of the community to make effective use of our site for activities which:

- further community links with the school
- provide educational opportunities for community members
- have a charitable function or intent
- support community sport and recreation

Provided that:

1. written permission is sought and given from the headteacher beforehand
2. a fee is paid as and when appropriate to recompense the school for services provided and wear and tear to property (see Lettings Policy)
3. any damage done to school property is made good
4. all litter generated is removed after the activity

The school has in recent years provided a public access path around the eastern edge of the site leading down to the river and this is clearly open for public use at all times.

The school tennis courts are left open and during the summer months, when the tennis nets are up, we recognise that some members of the community come along of an evening or weekend and use the courts for tennis. Currently, we accept this use as permissible without written request to the headteacher. We



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will not accept use of the tennis courts for any vehicle of any description, including cycles, motorcycles, skates and skateboards.

All vehicles are banned from our school fields.

Occasionally our bus park is used for people learning to cycle or training for the motorcycle test. We accept this as permissible but require a written request for permission.

No dogs should be exercised on the site, other than on the public access path, under any circumstances.

Cumbria Constabulary have a copy of this policy and are prepared to enforce any breach of it.

QUEEN'S GARDENS

Queen's Gardens are an under-utilised asset of the Town which many residents have never visited. If you are one of the many that has not had a walk round the gardens, please take some time to visit the gardens and see what you have been missing. During the winter, thanks to Paul Wilkinson, the Park Ranger, and his team of YDNP volunteers, much tidying up has been undertaken and at present the gardens are looking good.

The Gardens are owned and maintained by the Parish Council and not only are we looking for a new gardener (see separate advert in this issue) we would to set up a group of 'Friends' to look after the park and secure its future. If you are interested in helping in any way please contact me for more information.

*John Stanton
Clerk to Sedbergh Parish Council
tel. 20901*

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A SEDBERGH VIEWPOINT

I am led to believe that, since it is used little more than one afternoon a week, the football pitch at the People's Hall is to be concreted over for use as a skateboard and BMX arena with all the appropriate

ramps and steps. Minimotos too are likely to be able to use the skatepark at specified times. The new skatepark will be a valuable addition to local sports facilities and will be greatly appreciated by young people who are otherwise bored with nothing to do. The popular "bus shelter" in Main Street will be re-sited at the skatepark and further shelters will be provided as the need arises. The park will be floodlit and available for use 24 hours every day.

The Book Town project is progressing well and is expected to bring tens of thousands of tourists to the town every year. The local planners are encouraging the project by refusing all planning applications in Main Street unless they relate to book shops or cafés.

There is a need for considerably more free car parking for all the visitors expected and to meet this need, a multi-story car park is to be built over Lupton Field on Back Lane. The existing playing field will be retained by building the car park on stilts. Although parking will not be free, money-back vouchers will be given which can be redeemed when buying a book in an authorised Book Town shop.

Recent research into global warming has led to the conclusion that Sedbergh is likely to experience considerably increased rainfall over the next decade or so. There is particular concern that the Wednesday market will need to be accommodated under cover to avoid being washed away. Consultations on how this might be achieved are under way. Results are anticipated this time next year.

N Hastle

FROSTROW W. I.

The March meeting was well attended and the President welcomed Denise Tompson as a new member, also a visitor.

Linda Hopkins read out a letter she had sent to the National Federation protesting about the proposed increase in subscriptions to include a magazine. Two representatives will be attending a meeting to discuss this.

Two members will join the Federation outing to Chatsworth House in May and five have accepted an invitation from the Helm Group to a talk by the Radio Lancashire Gardening Expert in Preston Patrick Memorial Hall. Dorothy Gerrard, Margaret Faulkner, Jean Mitchell and Peggy Ingham will form a team for the Quiz Night at the Bull Hotel on April 24th. Jenny Dawson and Marjorie Fishwick attended the *Lookaround* 20th Birthday Party in the Queens Hall.

It was agreed that we would send a representative to the People's Hall Committee meetings on a shared basis.

Jack Manning's talk on 'Fishing in Morecambe Bay' was enjoyed by everyone. It was wonderful to hear a true fisherman's account of how fishing in the area has changed over the years. Six generations of Jack's family have fished the Bay, so knowledge of the tides and sands has been passed on. Now, sadly, offcomers, intent on large profits, take risks which can end in tragedy as well we know. Josie Templeman thanked the speaker warmly. Jean Mitchell's photo of 'Me at the Seaside' won the competition and Anne Petyt won the raffle.

Our thoughts turn to gardening at this time of year and Elaine Horne will help

us with 'Spring Gardening Tasks' at the next meeting on April 12th. Visitors are always welcome. *M. F.*

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SOUTH LAKES SOCIETY FOR THE BLIND

The February meeting started with a short period of silence in memory of Ron Daldry, a member of many years standing. He will be greatly missed.

After refreshments had been enjoyed, Mary Fisher entertained everyone with a fascinating talk about her visit to Russia. As well as an account of the wonderful buildings and cities that she had visited, Mary included some distressing details of her observations of poverty, hardship and homelessness, particularly of the elderly.

Catherine Hannaford from the Kendal office reported on the latest news on aids, assistance and recreational events available to visually impaired people.

The group meets in the People's Hall on the third Tuesday of each month. New members with visual problems, and also volunteers are always welcome.

Transport may be available. For further information telephone Sedbergh 21019 or Kendal 01539 742633.

SETTLEBECK HIGH SCHOOL

Year 7 Netball

On the 15th of March, we played in a home match against Dallam School. The match was very exciting and was complimented on Settlebeck's quick passing skills and great communication. The match was split up into quarters and each quarter was challenging. In the end Settlebeck won with an astonishing score which was 10-1. All of the players enjoyed themselves and had a great time. This was year 7's first win.

Sommer Vass & Jennifer Mudd

Year 8 Netball

On the 15 of March, we played a netball match against Dallam School. They won 16 – 7 but we still tried our hardest and the team had improved their netball from the last match.

The first goal was by Dallam School, but then soon after we scored a goal too. After Becky Lowther had scored a great goal, the other team started to score a lot of goals and after the first half we were well behind.

In the second half we did a lot better and Becky and Katie Hoggarth carried on scoring fabulous goals for the team but unfortunately we did not manage to catch up with Dallam.

Alex Lavery-Hoffe & Rose Bannister

HOWGILLS HARMONY VISIT TO SLOVENIA

Following our successful joint singing event with the Slovene carollers, Howgills Harmony has continued through the winter singing folk songs in three and four part harmony from Slovenia and Britain - with a special

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invitation to sing to the Slovene delegation from our twin town of Zrece when they visited in March.

We will start again after Easter when we will be learning new songs, which we will sing on summer outings into the Dales and Lakeland countryside - and on our August visit to Slovenia (open to everyone who would like to sing with us.)

Anyone is also welcome to join us on our Tuesday evening sessions - we sing acappella harmony (unaccompanied by musical instruments) and learn by ear, which not only allows everyone the opportunity to participate but can also allow good sight readers the chance to develop their aural training. As we are a small group choral singers used to larger choirs also appreciate being able to hear all the other parts at the same time as singing theirs.

Written music is provided for home study, as well as CDs of songs we have learnt in the past with the parts sung individually and all together, so it is easy to catch up with our repertoire.

I hope you can join us and look forward to singing with you. *David Burbidge*

DENT STORES

THE NEXT MOVE

The Action Group set up to help prevent the possible closure of Dent's only general shop has received well over a hundred responses to the questionnaire circulated to all Dent residents. Its next move is to deliver a detailed report of the survey at a public meeting in Dent Memorial Hall on **Tuesday April 25th** at 7.30pm.

The survey has produced a very full picture of what the dale's residents like about their local store, and what changes would persuade them to switch more of their spending from the supermarkets to the shop. These will be presented and discussed in detail at the meeting, to which all local residents and visitors are invited.

The Action Group's task will end with the meeting, but the Group will report on the excellent response it has received to the invitation to residents to form an on-going Friends of Dent Stores network. Meanwhile, the shop reports that although takings are up since the "Use it or Lose it" campaign began, there is some way to go before the future of the business is assured.

Only if we all make a bit of an effort to

buy more of our basics in Dent Stores, and the shop responds to its customers' requirements, can we be sure that we'll still be able to buy locally this time next year. It's in the balance. *David Boulton*
Action Group convenor

MATHS TUITION

Key Stage 2, Key Stage 3,
GCSE or A Level

Regular or occasional lessons
with an experienced Teacher to
suit individual needs

Contact: Marjory Glover
015396 25438

THOUGHT FOR THE MONTH

Easter. Eggs of every size and filled with every type of chocolate there is, fluffy little yellow chicks peep at us from shop counters their tiny feet stuck down a hole in a box, colourful wrapped chocolate bunnies in baskets of pretend moss, and so on. Cards with posies of flowers, bunnies and chickens and .. hey! perhaps, just perhaps a church in the scene!

Easter must be more than all of these, they have their place, some of my earliest memories are off "finding" the eggs left by the Easter Bunny in the garden, a tradition continued to our children, but they went to Sunday School and learnt that Jesus died and was raised to life again at Easter. Enjoy Easter, celebrate the New Life possible in really knowing Jesus symbolised by the eggs and chickens and posies of flowers, but know there is more than those. Happy Easter!

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LADIES NFU

Our February meeting was held on Tuesday the 21st and our guest speaker was Mr Lowe who showed us slides and gave us an interesting talk on Wrestlers, Crucks and Mullions, these names are to do with features on buildings. The crucks were made from split trees showing square plugs in round holes, the crucks were laid flat on the ground then pulled up into place.

He showed us how a roof can be dated by size and shape. Wrestlers are roof ridges and mullions are part of a window frame. During his talk he told us how the sayings Raising the Roof and Eves Dropping probably originated

Our March meeting is My Life in Service by Mrs Wadlow. On Tuesday 18th April Miss E Home will be talking to us on Plants for Spring and Summer. This will be held in the Peoples Hall committee rooms at 7.30pm come along and join us as new members always welcome.

MOBILE PHONES

Don't throw away your unwanted Mobile Phone!

It could make life easier for a disabled

person.

Although polio has been more or less eradicated in the UK, there are many people, who are disabled, often severely, from the effects of the disease. The BRITISH POLIO FELLOWSHIP, a registered charity, operates a scheme through which mobile phones are recycled to raise money to help them.

£5 is given by PHONEHELP, the mobile phone recycling company, to the British Polio Fellowship for every phone received.

WHAT YOU HAVE TO DO

1. Remove the SIM card from your phone.
2. Either collect a Freepost bag from 21 Back Lane or phone 20726 to ask for one to be delivered to you.
3. Place your phone in the bag, and post it.

Jodie Mitchell

Agricultural Engineer

Tel: 015396 20742

Mob: 07974 157002



ALL MAKES ALL MODELS WORKED ON

WESTWARD BOOKS

Westwood Books will be opening for business on Wednesday 12th April. We would like to thank everyone in Sedbergh who has helped, fed, befriended and encouraged us over the past nine months.

All welcome for a celebratory glass of wine or cup of coffee from 12 noon to 6.30 pm.

SETTLEBECK HIGH SCHOOL

Enterprise Learning

Enterprise Learning is part of the government initiative on change in the 14-19 Curriculum. It focuses on 3 key capabilities which students are being taught and encouraged to develop: Enterprise Capability (teamwork, making group decisions, selling ideas, being self-reliant, etc.), Financial Capability (learning about credit, debt, investment, budgeting and planning finances) and Economic and Business Understanding (learning about economic growth, marketing, business organisation). We have several local businesses helping us with this; Pauline Marshall of Picture Palace/Bath House, Mike Clark of Farfield Mill Arts & Heritage Centre and Jean Pearson of Farfield Clothing as well as Enterprise Adviser, Ann Catterson, who has been a franchise holder in Body Shop. But Enterprise Education is not teaching everyone to become little Richard Bransons, although aspiring to his achievement is not to be discouraged!

Students work in an enterprising way in many activities during their life at Settlebeck. Recent examples include Year 9 fundraising for their Zrece Trip, Year 11 groups presenting assemblies and Year 10 providing hospitality and catering at the Bull Hotel for the Year 11 Interview Day. Active learning groups working together to research and give presentations, role plays and teamwork are learning styles used regularly which promote enterprise skills. The basic formula for enterprise projects is Prepare, Plan, Do and Review.

We have several Enterprise Learning events booked including a staff training

day on 18th April, Year 9 Marketing Day in May and Year 9 Learn to Earn Day in July. More information on these will appear later.

Daphne Jackson

MSc (Ost) DO

Registered Osteopath

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DENTDALE METHODIST

In April the Sunday services are at 2pm then they change to 7pm for the summer, at Dent Foot there are no services in April. Our Chapel Anniversary service last month was a "good do" and the fellowship continued at "Rhumes" over afternoon tea. May 14th sees the areas Christian Aid service take place with us at 6.30pm, everyone welcome, refreshments to follow. It is good to meet to talk together after a service, even to pray together. We send greetings to our oldest member. Miss Elizabeth Middleton, who has not been very well but has recently celebrated a birthday of 90+. We do ask please that people do not make use of the Chapel parking area unless at services or events in the chapel or schoolroom as if they do problems arise. Plans to have an accessible toilet are getting nearer some action, please support our fund-raising where you can. Pray and Share continues fortnightly and all are welcome. *J and SE Woof*

MEMORIES

After reading the article in February's Lookaround, I was interested to note a reference to my cousin, the late Tony Capstick, in the Dialect Digest column. I thought you may be interested to know that Tony spent quite a bit of time in his youth at Garsdale Hall, where his (and my) grandparents lived and farmed during the war years, moving out in 1952, since when the house has been derelict.

Tony was a war baby, born whilst his parents were both serving in the RAF. His father (my Uncle Joe) was my mother's eldest brother. He served as wireless operator on Halifax bombers, living to survive many bombing missions with 10 Squadron, flying from airfields in Yorkshire. As a consequence, Tony was billeted with his grandparents until the end of the hostilities. Sadly, Tony died just over 2 years ago at the age of 58, but had become quite well known as a comedian and folk singer in his time. As Michael Park mentions, he reached the top 10 in the charts in the early 80's with Capstick Comes Home, and enjoyed numerous TV appearances, including advertising Tetley's bitter as well as regularly playing one of the hapless

policemen in Last of the Summer Wine. Tony also had small parts in Coronation Street (playing Harvey Nuttall, the brewery owner, at the time the Duckworth's owned the Rovers Return), and also in Heartbeat. He also had a regular daily slot on Radio Sheffield for many years. *Colin Cowperthwaite*

RECYCLING NEWS

We are very pleased that many of the Recycling Centres now have banks provided by the Salvation Army. We have located them at as many of the centres as possible, wherever there is sufficient space and we have been able to get permission to install the bank. The Salvation Army banks can be used to recycle clothing and shoes. The materials collected can be used in a variety of ways, possibly being re-used or sold to raise money, which can then be used to buy supplies, which may be needed such as medicine or food. If you would like more information on these banks please visit www.salvationarmy.org.uk

You may have seen in the press that January saw more waste recycled than in any previous month. We would like to thank everybody that helped achieve this, and hope that it isn't too long until the record is broken again. We publish statistics about the amount of waste and recycling collected each month on our website, including information about the amount of paper, glass and cans collected at each of the Recycling Centres.

If you have any questions about recycling please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at recycling@southlakeland.gov.uk

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EDITORIAL

As Lookaround was 20 years old in March 2006, to celebrate the occasion, Jacky & I invited contributors and advertisers to a little Afternoon Tea on 19th March in the Queen's Hall by kind permission the Headmaster, Mr Hirst. It was attended by over 100 People who heard me give a resume of the History of Lookaround and how it came into being. We were warmly entertained throughout the afternoon by members of the Peppercot Players. If anyone feels that they should have been invited but were not, I apologise as it was difficult to try and remember to invite everyone that warranted an invitation. Many thanks to everyone who send cards, gifts and words of congratulations to us. Here's to the next 20 years!

It is not very often nowadays that we encounter problems, but this month, I received a Disc with no print out/hard copy. Unfortunately, I was unable to read the Disc so therefore unable to identify the author or to print the item submitted. Just a reminder then, that a print out should be submitted with Discs for the rare occasion of not being able to retrieve the information. *D J Whicker*

SEDBERGH YOUTH GROUP

Eight young people from Sedbergh and Dent visited the Houses of Parliament in London by kind invitation of Mr Tim Farron MP.

They did this as part of the Youth Participation work they have been doing in Sedbergh. They visited many interesting attractions including the London Eye and even found time to do a bit of shopping in Harrods! They

enjoyed themselves and we felt very proud of them. *Paulyne Hartley
Young Cumbria*

FRIEND'S NEWS

from Brigflatts Meeting House

On Sunday 12th March, after a Jacob's Join, those who had braved the snowy weather listened to a talk by John Lynes, "Peace- making in Palestine"

John is a member of the Christian Peacemaking team, and is based in Hebron. He was a close friend of the Quaker, Tom Fox, who was held hostage and died just before John's visit to us. John's account of his personal experiences, accompanied by photographs, brought home to us the immense difficulties of every-day life in the midst of violence and fear.

Our thoughts go with John, who returns to Hebron at the end of March, and with all those working for peace and reconciliation.

*In Friendship
Valerie Finch*

SEDBERGH BOWLING CLUB

The Club held their AGM at the White Hart Sports and Social Club on Thursday 23rd February. President for 2006 is Tom Rycroft, all other officers remain as last year.

Congratulations were given to Margaret Mason, Ray Tester, Bob Brown and Noel Martin, all Club members who have passed exams, to qualify as A Class referees. Well Done!

Subscriptions are £20. For anyone who would like to try Crown Green bowling, the Club opened for this season on Saturday 25th March, so do come along.



PHOTO CALL

Last month I was away for a couple of weeks in Scotland so I didn't get any names for the netball team. That is still open for suggestion.

This month I am submitting a photo from the National School kindly loaned by Ann Allen. I know quite a few names but not everyone, so please get in touch with your ideas as always to Shirley Tebay, Walnut Bungalow, Dent, Sedbergh, Cumbria, LA10 5QT tel 015396 25001 or email shirley.tebay@btinternet.com.

From next month, I will also include a small picture from the previous month which will relate to the names provided to save any confusion. Ed

SETTLEBECK HIGH SCHOOL

Intermediate Maths Challenge

Armed with only pencil and paper and their "little grey cells", about 30 volunteer students challenged themselves

in February to do 25 teasingly difficult maths questions in the space of one hour.

This competition (open to **all** students in Years 9 and 10) is not easy and all the students are to be commended for responding to the challenge. We are pleased to report that five students were awarded certificates. Megan Ingham, Hannah Scully, Claire Hunter and Charlotte Orr were all awarded bronze certificates. Zoe Craven's performance was rewarded by a gold certificate.

Zoe was subsequently invited to take part in a future national competition which she undertook in March. We await the results!

The next opportunity to take part in a "challenge" like this will be on Thursday 27th April 2006. This will be open to students in Years 7 and 8. Thirty tickets are available.



**JOSS LANE CAR PARK AND
YDNP RESIDENTS PERMITS**

From 1st April South Lakeland District Council has decided to discontinue free parking for Sedbergh residents on Joss Lane Car Park. However it is the intention of the Parish Council to take over the running of the car parks in town although the takeover has not been

finalised with SLDC. Some charge will have to be made for residents parking permit (this used to be the case several years ago) but the level and method of charging cannot be established until the rental to be charged by SLDC has been agreed. Any charge will be substantially less than the SLDC season ticket which costs in the region of £290 p.a.

ORGANISATION	CONTACT	Tel:	015396
After School Club	Mrs Packham	Sed:	21484
Age Concern South Lakeland PH (M & F)	Mrs Alderson	Sed:	20814
Angling Association	Mr Dandy	Sed:	
Art Society (S&D)	Miss Nelson	Sed:	20034
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed:	21902
Book Group	Mr Wheten	Sed:	21488
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bridge Club	Mr Estensen	Sed:	21060
Buildings Preservation Trust (S & D)	Mrs Lamb	Sed:	20553
Butterflies Tots & Carers	Mrs Gerrard	Sed:	21217
Canoe Club (S&D) <i>Latest amendment</i>	Mr Hinson	Sed:	20118
Caving Club (Kendal)	Mr Teal	Sed:	20721
Chamber of Trade	Mrs Baines	Sed:	21287
Chameleons Drama Club	Mrs Bush	Sed:	20058
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricknet Club (Dent) <i>Latest amendment</i>	Mr Hyde	Dent:	25503
Cricknet Club (Sedbergh)	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Bush	Sed:	20058
Dent Memorial Hall	Mrs McClurg	Dent	25446
Dentdale Players	Mr Duxbury	Dent	25535
Dent School (Friends of)	Mrs Mason	Dent:	25461
Dog Training (Sedbergh)	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	Mr Clark	Sed:	21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed:	20302
First Responders (Dent)	Mrs Brown	Dent:	25542
Football Club (Dent)	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group	Mr Kooper	Sed:	20234
Guides Rainbows	Miss Stephenson	Sed:	21731
Brownies	Mrs Mackereth	Sed:	20346
Golf Club	Mr Lord	Sed:	20993
Good Companions (Dent)	Mrs Woof	Dent:	25275
Gladstone House	Mrs Mackereth	Sed:	20346
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
Howgill's Harmony	Mr Burbidge	Sed:	21166

YDNP residents permits already issued from Sedbergh School and will for the present continue to be free as this is a condition of the present lease. For more information, staff at the Community Office will be happy to help.

Loftus Hill car park is leased by SLDC

John Stanton
Clerk to Sedbergh Parish Council

ORGANISATION	CONTACT	Tel:	015396
Howgill Harriers	Mrs Moffat	Sed:	20907
Howgill Schoolroom	Mrs Stainton	Sed:	20665
Howgill Toddlers	Mrs Alderson	Sed:	22050
History Society	Mr Cann	Sed:	20771
Kent Lune Trefoil Guild	Mrs Mitchell	Sed:	21144
Ladies National Farmers Union	Mrs Escholme	Sed:	20376
LETS around Sedbergh	Miss Wheaten	Sed:	20959
Liberal Democrats	Mrs Cleasby	Dent:	25476
Playgroup (Sedbergh)	Mrs Brewer	Sed:	21504
Over 60's (Dent)	Mrs Murdoch	Dent:	25335
Parish Council (Dent)	Mr Duxbury	Dent:	25535
Parish Council (Garsdale)	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	Mr Stanton	Sed:	20901
People's Hall	Mrs Griffiths	Sed:	20677
Peoples Hall Day Centre (Mon & Fri)	Day Centre	Sed:	21126
Pepperpot Club (Sedbergh)	Mrs Smith	Sed:	21196
Pistol and Rifle Club	Mr Middlemiss	Sed:	20662
Playing Fields (Sedbergh)	Mr Hinson	Sed:	20118
Rag Ruggers	Mrs Hennedy	Sed:	20899
Residents Association (S & D)	Mrs Capstick	Sed:	20816
Royal British Legion (Men)	Mr Gray	Sed:	21884
Scouts	Cubs	Sed:	
	Scouts	Mr Mawdsley	Sed: 20723
Settlebeck High School P.T.F.A.	Mrs Wood	Sed:	21385
South Lakeland Carers Association	Mrs Woof	Dent:	25212
South Lakeland Voluntary Society for the Blind	Dr Noble	Sed:	20100
Squash Club	Mrs Cooling	Sed:	20622
St Andrew's Church (Sed) Sunday School	Mrs Denton	Sed:	20521
Slimming Club	Mrs Uttley	01539	722568
Swimming Club	Ms Pakeman	Sed:	21279
Tennis Club	Mr Robinson	Sed:	21014
Town Band	Mrs Waters	Sed:	20457
White Hart Sports and Social Club	The Committee	Sed:	20773
United Reformed Church Rooms	Mrs Mason	Sed:	20048
Westmorland Gazette Correspondent	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	Mrs Sugden	Dent:	25303
Women's Institute (Frostrow)	Mrs Hopkins	Sed:	21455
Women's Institute (Howgill)	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	Mrs Sharrocks	Sed:	20754
Young Farmers Club	Miss Capstick		
Zebra's Baby & Toddler Group	Mrs Woof	Sed:	21644

SEDBERGH & DISTRICT ART SOCIETY

At our last winter meeting of the season, we were treated to a fascinating demonstration of mixed-media painting by Winifred Hodge.

Winifred favours mixed media because of the creative opportunities afforded--especially because she prefers mystery and excitement to having everything "spelt out" in a picture. For her, working from photographs is a disaster; she works from her own sketches, trying out various simplifications in composition, believing that preparing a picture should take up three-quarters of the time spent on it. As a base, Winifred uses a gesso/ acrylic mix to give texture, and plays with colour on the surface, using acrylics, running inks across, spattering colour, and creating vivid skies, landscapes, and interesting foregrounds. Everything must relate to the light in the sky

Winifred has agreed to come and give a workshop in the summer---more details later.

Meanwhile, the informal Wednesday group in the Peoples' Hall will continue until Easter, and resume after Easter until the Summer Exhibition. *Valerie Finch*

Paul Hoggarth

Building Contractor



015396 21413
07968 977429

At the **Chair Workshop**

- Chair seating & supplies
- Tuition
- Tool sharpening

- ❖ Bead jewellery
- ❖ Restringing
- ❖ Repairs – clasps, earrings, chains

99 Main Street, Sedbergh.
Tel: 015396 21489

PHOTO UPDATE



The photo that appeared on Page 31 of the February Lookaround produced many replies and the names are as follows:

Back Row: D Burton; C Moore; Vera Woof; M Capstick; J Cragg; A Harper; L Garnett.

Third Row: L Garnett; P Hogg; A Rowlingson; D Brooks; T Harper; G Fishwick; L Walling; K Mattinson; K Cragg

Second Row: R Sisson; E Sedgewick; H Harper; M Rayner; J Winn; Miss Lademan; K Teal; D Askew; M Oversby; S Metcalfe

Front Row: J Winn; N Handley; R Udale; W Haygarth; K Turner; H Postlethwaite; T Mattinson.

Thank you to Ann Mitchell for the photo and the names.

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 08.00; 10.30 & 18.30
Wednesday 11.15

Canon A W Fell Tel: 20283

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00
Holy Days 19.30

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Secretary: Mr M Cope 20678

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Mrs T Satchell Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

Rev. G Jones Tel: 01539 - 722079

*For enquiries for the following services,
Please ring the relevant telephone number*

CHURCH OF ENGLAND

Firbank; Howgill & Killington
Cautley & Garsdale

Canon A W Fell Tel: 20283

Dent & Cowgill

Rev. P Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;
Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. T Widdess Tel: 20329

*Would you like to know that someone is
praying for you? Or do you have a
relative, friend or neighbour in special
need of prayer? In the Churches, we pray
every Sunday for
this community and
we should like to
hear of any special
needs. Please ring
any of the above
telephone numbers so
that we may pray for
you and/or others.*



OPTIONS for health and well-being

Ian McPherson	T'ai Chi, Flower Essences, Homeopathy	015396 20648
Denise Williamson	Homeopathy, Bowen Technique	015396 20846
June Parker	Acupuncture	015396 20972

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 13th December 2006

APRIL		
1	1030	Collective Works (6) FM
1	1200	Spring Show PH
3	1930	PH AGM PH
5	1000	GVH Coffee Morning URCR
5	1100	Age Concern Surgery CO
5	1315	Zebras SMCR
6	1930	WIH Her Majesty's Coastguard HVH
11	1400	WIK It Shouldn't Happen to a Nurse PH
12	1000	Dentdale Meth. Coffee Morning (1) URCR
12	1100	Age Concern Surgery CO
12	1315	Zebras SMCR
12	1915	WID National Garden Scheme DMSR
12	1930	Lord Arthur Saville's Crime (12) DMH
12	1930	WIF Spring Gardening Tasks PH
13	1930	Lord Arthur Saville's Crime (12) DMH
14		Good Friday
14	1930	Lord Arthur Saville's Crime (12) DMH
16		Easter Sunday
17		Easter Monday
17	1000	Easter Monday Sale (17) DMH
18	1415	SL Blind Group PH
18	1930	LNFU PH
19	1000	WIF Coffee Morning URCR
19	1100	Age Concern Surgery CO
19	1315	Zebras SMCR
21	1900	RBL Branch Supper SSQH
22	1400	Spellbound Jumble Sale (22) PH
22	1930	A Spring Concert (22) DMH
23		St George's Day
23	1530	Jacob's Ladder DMH
24	1930	Beekeepers' PH
25	1900	Songs of Praise StMC
25	1930	Dent Stores DMH
26	1100	Age Concern Surgery CO
26	1315	Zebras SMCR
26	1930	CWT Birds of Eden Valley SHS
26	1930	Sedbergh Band Concert StAD
27	1930	Lord Arthur Saville's Crime (12) PH
28	1400	Age Concern Surgery DMH
29	1000	CDC Workshop Day (29) SHS
29	1000	Ring the Church with Silver (1) StAS
29	1430	Beekeepers' Brantrigg
MAY		
1		May Day Public Holiday
1	1000	Drive Sale (51) RD
1	1030	Collective Works (6) FM
1	1430	CWT Duck Race Busk Lane
3	1000	StAS Mission Coffee Morning URCR
JUNE		
4	1930	WIH Fleece Embroidery FCH
6	1000	North West Book Fair PH
9	1400	WIK Resolutions + The Lieutenancy PH
10	1000	Carers Coffee Morning URCR
10	1915	WID Resolutions DMH
10	1930	WIF Resolutions PH
12	1930	McGee & Martin in Concert (48) PH
13	1200	Opening of Dent Heritage Centre Dent
14	1530	Jacob's Ladder DMH
14-20		Christian Aid Week & Shop URCR
15	1930	WI Lune Group Meeting Casterton
16	1415	SL Blind Group PH
16	1930	LNFU PH
17	1000	CA Coffee Morning URCR
20	1230	Sedbergh Gala Sedbergh
22		WI Group Meeting TBA
24	1000	Garsdale Church Coffee Morning URCR
27	1430	Beekeepers' Long House
28	0900	Charity Truck Pull (46) KS - Sedbergh
28	1200	CWT Open Garden Greenbank
29		Spring Bank Holiday
31	1000	Firbank Church Coffee Morning URCR
JUNE		
1	1800	Killington Sports BFK
1	1930	WIH Members Evening HVH
2	to 4	Flora of the Fells Sedbergh
3	to 11	CWT Week Sedbergh
3	1400	CWT Open Day Jubilee Wood
7	1000	Dent Foot Chapel Coffee Morning URCR
10		Sedbergh Festival 2006 Begins Sedbergh
10	1430	Beekeepers' Beck House
11	1400	CWT Conservation areas SS Busk Lane
11	1530	Jacob's Ladder DMH
13	1400	WIK The Families of Holker PH
14	1000	WIK Coffee Morning URCR
14	1915	WID Sugar, Spice, Salt & Vinegar DMH
14		WIF Outing TBA
18		Father's Day
21	1000	Alzheimer's Coffee Morning URCR
23		Dent Folk Festival Dent
24		Dent Folk Festival Dent
25	1315	CWT Little Asby Common LHCP
25		Sedbergh Festival 2006 Ends Sedbergh
25		Dent Folk Festival Dent
28	1000	NCH Coffee Morning URCR
JULY		
1	0930	Beekeepers' Sedbergh Convention PH
5	1000	URCR Coffee Morning URCR
6	1930	WIH Belly Dancing FCH

The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker

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Whilst every effort is made to ensure that information is correct, the editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

8	1340	CWT Howgill Woodlands Walk	LHCP	
9	1530	Jacob's Ladder	DMH	
11		WIK Outing to Holker Hall		
12	1000	WIH Coffee Morning	URCR	
12		WID Outing	TBA	
12	1930	WIF Stained Glass	PH	
15	1430	Beekkeepers' Inspection	Field Maple	
26	1000	Network Coffee Morning	URCR	
26	1840	CWT Burnsbeck Moss	LHCP	
31	1000	Holiday Club	PH	
AUGUST				
1	1000	Holiday Club	PH	
2	1000	Howgill Church Coffee Morning	URCR	
2	1000	Holiday Club	PH	
3	1000	Holiday Club	PH	
3	1930	WIH Open Meeting	HVH	
4	1000	Holiday Club	PH	
9	1000	North West Cancer Coffee Morning	URCR	
9		WID & WIF	TBA	
9	1930	WIF All Things Bright & Beautiful	PH	
12	1430	Beekkeepers' Varroa	Acre	
16	1000	StAS Mission Coffee Morning	URCR	
19	1000	North West Book Fair	PH	
19		English National Sheepdog Trials	Barbon	
20	1030	CWT Open Day	Smardale	
23	1000	Garsdale Church Coffee Morning	URCR	
24		Art Exhibition	SSC	
25		Summer Theatre	TBA	
25		Dentdale Weekend	Dent	
25		Art Exhibition	SSC	
26		Summer Theatre	TBA	
26		Dentdale Weekend	Dent	
26		Art Exhibition	SSC	
27	1345	CWT Taythes Gill	LHCP	
27		Summer Theatre	TBA	
27		Dentdale Weekend	Dent	
27		Art Exhibition	SSC	
28		August Bank Holiday		
28		Summer Theatre	TBA	
28		Art Exhibition	SSC	
29		Art Exhibition	SSC	
30	1000	Beekkeepers' Coffee Morning	URCR	
30		Art Exhibition	SSC	
SEPTEMBER				
1		Art Exhibition	SSC	
2	0930	Beekkeepers' Autumn Convention	Braithwaite	
2		Art Exhibition	SSC	
3		Art Exhibition	SSC	
7	1930	WIH Childbirth Injuries in Africa	FCH	
9	1430	Beekkeepers' Honey Cropping	Three Wood	
10	1200	CWT Open Day	Biggerside, Dent	
12	1400	WIK Wildlife in our Gardens	PH	
13	1000	Dent Foot Chapel Coffee Morning	URCR	
13	1915	WID My Life in Ghana	DMH	
13	1930	WIF Cumbria Fire & Rescue Service	PH	
19	1930	LNFU	PH	
20	1000	Firbank Chapel Coffee Morning	URCR	
30	1430	Beekkeepers' Winter Preparations	Langber End	
DIARY KEY				
BF		= Brigflatts		
BFK		= Beekside Farm, Killington		
BS		= Baliol School		
BVH		= Barbon Village Hall		
CDC		= Community Development Centre		
CO		= Community Office, Main Street		
CS		= Casterton School		
CWT		= Cumbria Wildlife Trust		
DCMH		= Dales Countryside Museum, Hawes		
DCP		= Dent Car Park		
DMH		= Dent Memorial Hall		
DMC/S		= Dent Methodist Church/Schoolroom		
EG		= Embroiderers' Guild		
FCH		= Firbank Church Hall		
FM		= Farfield Mill		
GL		= Garsdale Ladies		
GVH		= Garsdale Village Hall		
HC		= Health Centre		
HS		= History Society		
HVH		= Howgill Village Hall		
JLCP		= Joss Lane Car Park		
KC		= Killington Church		
KL		= Kirkby Lonsdale		
KVH		= Killington Village Hall		
L		= Library		
LHCP		= Loftus Hill Car Park		
MCH		= Methodist Church Hall		
MCCCKL		= Methodist Church Centre KL		
PH		= People's Hall		
RD		= Rhumes, Dent		
SBH		= Sedbergh Bright Hour		
SC		= Swimming Club		
SCC		= Sedbergh Cricket Club		
SHS		= Settlebeck High School		
SIC		= Sportsman's Inn, Cowgill		
SMCR/H		= Sed. Methodist Church Room		
StAS/D		= St Andrew's Church, Sedbergh/Dent		
StMC		= St Mark's Church, Cautley		
SR		= Spooner Room		
SS		= Sedbergh School (Premises)		
STO		= Sedbergh Tourist Office		
URCR		= United Reformed Church Rooms		
WHC		= White Hart Club		
WID		= Women's Institute, Dentdale		
WIF		= Women's Institute, Frostrow		
WIH		= Women's Institute, Howgill		
WIK		= Women's Institute, Killington		
WVH		= Westhouse Village Hall		

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218
 Repeat Prescription ☎ 015396 20239
 Out of Hours ☎ 01539 781999
 Bay Call ☎ 0845 0524 999

Dr W Lumb

Monday	0830 - 1100 *	1500 - 1800 *
	1230 - 1300 Dent	
Tuesday	0830 - 1030	1500 - 1800 *
Wednesday	0830 - 1030	1430 - 1700 *
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1500 - 1800 *

Dr A Orr

Monday	0830 - 1030	1430 - 1730 *
Wednesday	0830 - 1100 *	1500 - 1800 *

Dr C Hunt

Tuesday	0830 - 1100 *	
Thursday	0830 - 1030	1500 - 1800 *
Friday	0830 - 1030	1500 - 1800 *

Practice Nurses

Monday	0845 - 1300 b	1400 - 1700 b
Tuesday	0830 - 1300 a	1400 - 1730 a
Wednesday	0845 - 1300 b	1400 - 1630 b
Thursday	0830 - 1300 a	1400 - 1730 a
		1300 - 1800 b
Friday	0845 - 1300 b	1400 - 1730 b

a = Adele Reynolds

b = Anne Crome

District Nurse	Health Visitor
☎ 015396 21690	☎ 015396 20979

A Collinge Optometrist

Every Friday 0900 - 1300 1400 - 1730 *

DENTAL SURGERY

Finkle Street ☎ 20626
 Mr I. R. Dawson, Ms G Turner & Mr M Brickles
 Monday to Thursday 0900 - 1700
 Friday 0830 - 1500

* = By Appointment Only
 # = Telephone Consultation
 FP = Family Planning

LIBRARY Main Street ☎ 20186

Monday		1700 - 1900
Wednesday	0930 - 1230	1400 - 1700
Friday		1400 - 1700
Saturday	0930 - 1230	

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125
 Open every day

COMMUNITY OFFICE ☎ 20504

Monday to Thursday 1000 to 1600
 Friday 1000 to 1300
 e-mail office@sedbergh.org.uk
 web page www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office
 ☎ 0870 1264061
 e-mail via site www.cabkendal.ndo.co.uk

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600
 ☎ 01539 795000 or 0845 6060265

SLCVS @ Community Office

1st Wednesday every month
 10 am to 12 noon
 ☎ 01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031
 e-mail: admin@sedberghcdc.org.uk

POLICE ☎ Kendal 01539 722611

PUBLIC TOILETS

Main Street, Sedbergh & Main Street, Dent

VETERINARY SURGERY

22 Long Lane ☎ 20335
 Mr N. Preston & Mr J. Bramley
 Monday to Friday 1400 - 1430 *
 Mon, Wed & Fri 1900 - 1930 *
 Saturday 1330 - 1400 *
 Sunday *

MARKET DAY	WEDNESDAY
HALF-DAY CLOSING	THURSDAY