

Sedbergh & District

LOOKAROUND

April 2007

Issue 243

Donation 50 pence

Lots to read again this month and lots of events to attend. A continued thank you to all valued contributors for your submissions and to you reader, for your support.

Many people will have noticed that the Lookaround Web Site has not been

updated since December. This is down to Orange as they have updated their system which will not now accommodate me.

With that, I currently have a temporary Web Site at www.sedbergh.indent.co.uk until I get something more permanent.

Dennis & Jacky,

SEDBERGH SCHOOL

**HERITAGE CENTRE
OPEN DAY**

Wednesday 11 April

12 noon – 4pm

Following the opening of the Heritage Centre, Sedbergh School welcomes everyone to an Open Day to see this new facility.

The Open Day will include:

- DISPLAYS FROM THE SCHOOL ARCHIVES
- MEMORABILIA
- 1950s CINE FILM
- LOCAL INTEREST DISPLAYS
- REFRESHMENTS

Settlebeck PTFA 

QUIZ NIGHT

Friday 20th April at 7.00pm

(re-scheduled from 23rd March)

in the School Hall.

Teams of up to six can be all adults, all students (16 yrs or under) or a mixture of both.

Licensed Bar and Soft Drinks.

A prize for each winning team.

Tickets are £2.50 for adults
£1 for students.

For more details/tickets contact
Sandra Longlands Tel 20885

CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788

e-mail: lookaround@whicker73.freemove.co.uk ~ Web Site: <http://www.sedbergh.indent.co.uk>

CHILDREN'S BIRTHDAYS APRIL 2007



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:-

Jonty Sweeting who is

11 years old on 18th 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	9
10	Brodie SWALLOW	7
18	Tom ALLAN	3
18	Jonty SWEETING	11
21	Abbie ALLAN	5
22	Siobhan COUSINS	2
23	Thomas WOOF	11
25	Sienna MIDDLETON	2
26	Emily KITCHEN	5
27	Emilia PAGE	6
27	Molly WOOF	8
29	Jessica ORR	6

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B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month (Double December)	=	£1.00
Postal Overseas (Double December)	=	£2.00

All enquiries to
13 Kings Yard, Sedbergh LA10 5BJ
Adverts by 15th of every month.

**No adverts
by e-mail or FAX please**

*Can all adverts please be
accompanied with the correct money
at the time of submission.*

Articles etc. by 19th of every month

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (07/04) <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (07/12) <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amserve.net	20251
Mr & Mrs Wilkinson	Netherclough Holiday Cottage, Garsdale (07/06)..... <i>1D(4 poster); 1T; 1S; L; TVL; NS; P; VB; EM; (use of Kitchen)</i> Web Site: www.nethercloughcottage.garsdalesedbergh.co.uk	21397/22019
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (08/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (07/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs L Smith	Father Haw, Howgill Lane, Sedbergh (07/07) <i>1D; PB; TVL; CH; NS; NP; P; DR; VB</i> e-mail: lsfatherhaw@hotmail.com	20937
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (07/10) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (07/09) <i>1F; 1D; 2ES; CH; L; TV; NS; P; VB; PetsW; CW</i> Web Site: www.ullathorns.co.uk	015242 76214
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (07.09) <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447

CAMPING, CARAVANNING & SELF-CATERING

Borrett Barn Caravan, Marthwaite, Sedbergh (07/04)	<i>4 Berth; H+C; Shower; WC; TV; NS</i>	21175
Greenholme, Killington, Sedbergh (07/07)	<i>S/C 2 - 9 people; D; PB; CH; L; TVL; P; NS(B); DW; DR; CW</i> Web Site: www.greenholme.fsnet.co.uk	21153
Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (07/09)	<i>4-5 Berth; H+C; Shower; Sep WC; Full Kitchen; TV; Dogs Welcome (Max 2); NS</i>	21567

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking;
 NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs Welcome
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening Meal
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence; DFB = Dairy Free Breakfast

PERSONAL & SMALL ADS £1

CORNTHWAITE

Ann Allan would like to thank all relations or friends for their cards, flowers and words of comfort following the sad loss of her dear brother Philip. Philip passed away on Monday 12th March at Sue Ryder Hospice, Peterborough. Reunited with Mum and Dad. God Bless. X

DAWSON

Jack and Jenny. Congratulations on your **Diamond Wedding Anniversary** on Easter Sunday, 7th April 2007. With love from all the family.

ELLIE'S

A big thank you from Melanie at Ellie's to Dean of The Bull, Sam of SOS & John from JMP for their very kind support & help on the night the Bakery window was broken. I am very touched by the care & listening they gave me. To all at Powell's for their sorting out the aftermath of the glass & helping with the collection. I am very grateful for all the help which was given without asking which says a lot for living in Sedbergh & the people who live here.

HILL

Edna would like to thank friends and neighbours for cards, flowers and help with shopping recently; and also my sister for her help and support.

JAMES

We would like to thank all our friends and neighbours for their help and support during our time in Dent. Now we are moving on we would like to wish you all the best for the future. Jane and Jenny.

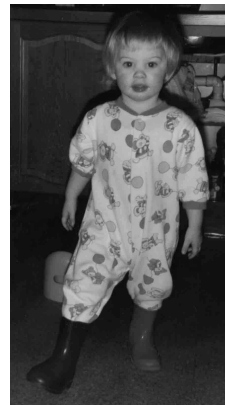
LEWIS - SARAH & ALAN

A big thank you to all who attended Sedbergh Golf Club on February 20th especially Dannys' Disco, the caterers for superb food and the guests for their good wishes and generous presents. We had a great time!

MARNEY

Terry would like to thank all the people who sent cards and presents during her stay in hospital. It was also very reassuring and comforting to receive all the good wishes, thoughts and prayers. They were all very much appreciated.

MATTINSON



Happy **18th Birthday**, Megan on Thursday 26th April. With love and very best wishes from Mum, Dad, Charlotte, Mark, Nan and Auntie Pauline.

MIDDLETON

Happy 2nd Birthday Sienna-May on 25th April. Love from Mummy, Daddy and CJ. XXXX

PERSONAL & SMALL ADS £1

STEADMAN

Happy **21st Birthday** Rob. Love & Best Wishes. Mum, Steve, Nicola, Cally & Betty. XXXXX

WHALLEY - WHICKER

The very best of luck to Charlotte & John on the occasion of your marriage on 31st March. Love & best wishes from Mum, Ian & Christian. XXX

WHALLEY - WHICKER

Congratulations Charlotte and John on your Marriage on Saturday 31st March. All the very best to you both for the future. Lots of Love from Mum and Dad. XXX

WHALLEY - WHICKER

To John and Charlotte. Wishing you both a very happy future together. Congratulations on your Big Day. Love from Dave. XX

WINN

Happy **85th Birthday** William Richard (Dick) on 16th April 2007. Love and Best Wishes from Kath. XXXX

WINN

Happy **85th Birthday** Dad. Love from Chris, Sharon and Andrew. XXX

WINN

Happy **85th Birthday** "Father-in-Law". Love from Angela, Gary and Sue. XXX

WINN

Happy **85th Birthday** Grandad. Love from Vicky, Oliver, Ben, Harvey and Rebecca. XXXXX

WOOF

Easter blessings of hope and joy to our friends and neighbours. Thanks for all your support, especially your prayers. Sarah & John and Family.

REWARD

Stick left on wall at Killington Bridge. Sentimental value. Phone 015396-20251.

FOR SALE

Lancashire Pine Corner cupboard. 2 metres tall, half cupboard, half open shelves. £40. Also pine wall display unit. 1.2 metres wide by 76cm tall. £15. Tel. 21835.

FOR SALE

Scoota. Battery operated. Shed available if required. £500 or offer. Tel: Sedbergh 20467.

FOR SALE

Piano, ideal for beginners £75. Tel: 015396 20264.

FOR SALE

New Hen Cabin. 7 ft x 5 ft. Tel: Sedbergh 21771.

FOR SALE

Richmond Ladies Hybrid Bicycle. Silver Frame, 18 speed Gripshift controls. Includes Mudguards and carrier. Used once - £80. Tel: 015396-21572 or 07969-851633.

PERSONAL & SMALL ADS £1

FOR SALE

Ascentia 950N laptop. Pentium ® processor. Operating Windows 95 with 2000 update. Microsoft Office 97 Professional edition which includes: Word, Excel, Outlook, Power Point & photo editor. Also has Microsoft Publisher 97. Floppy disk drive - no usb connection. Some minor damage: rubber missing on one leg, back flap missing. Screen will occasionally flicker slightly. BUT GOOD WORKING ORDER. Would suit beginner or ideal for child's homework. Comes complete with extra conventional mouse, mouse mat, mains adapter, disk storage box and a few disks. BARGAIN at £35. Phone 015396-21898.

FREE

Two comfortable armchairs, peach-colour, clean, well upholstered, washable arm covers, on castors, neither antique nor swish-modern but very cottagey, seeking a good home. Free to collector for nominal donation to charity. Tel: 015396-25321.

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PAINTER & DECORATOR

SEDBERGH PRIMARY SCHOOL

Sedbergh Primary School meets Beth Tweddle

On Tuesday 13th March a small group, from our Gym Club, went to meet Beth Tweddle.

Beth who is a world champion gymnast, and came 3rd in Sports Personality of the year, met and watched the children perform.

The group also had the chance to watch and be inspired by other groups/schools.

The Gym Club began last October. We have been very lucky to have had the expertise of Amy Benville (herself a VERY talented gymnast) to coach the children. So the opportunity to meet a world class gymnast was fantastic especially as the children had the chance to showcase their talents. Thanks again to Amy for putting together a fabulous routine at such short notice. Also a HUGE thank you to Lisa Woof for helping at Gym Club, showing great encouragement to the children.

Finally thanks to Mike Hinson for transporting the children to the leisure centre.



DENTDALE W.I.

Once again the meeting started in a reflective mood as members stood in silence to remember Betty Hartley. Betty who had been an enthusiastic member of Dentdale WI for over 60 years and a past President, died March 11th.

Judith Newsham our Vice President chaired the Meeting, which ranged over a wide number of topics. Judith urged us to consider entries for the Sedbergh Spring Show. Show schedules were available in the Lookaround and through outlets in Sedbergh.

The article on Patchwork in the February issue of the new WI Magazine had caught the eye of Dorte-lis Powell and she showed us a cushion cover she was making from the instructions in the Magazine. She offered sewing afternoons at her house if anyone was interested to join her in the craft.

The group meeting is on May 21st and will be held in Westhouse Village hall and hosted by Thornton- in- Lonsdale. Members were asked to note the date in their diaries. The competition is for an exotic desert on a Caribbean theme. Something to get one thinking as I write this with the snow blizzard falling around

Dent.

Dentdale WI along with everyone in the village has received an invitation to attend a Public Meeting on 28th March to talk over a *Plan for Dentdale* in the future.

Thanks were expressed for the effort of members in helping in so many ways with the Dent Run. Audrey Thompson, Connie Chambers and Freda Meakin had served pre race coffees and raised a record amount!

Our talk, which was illustrated with slides was given by Mr and Mrs Fawcett on their African experiences. They had been to Uganda on several occasions as part of a small group taking money and practical help in setting up school buildings and facilities for wide ranging needs. The group had made a considerable difference in helping the lives of the village people. It was a thought provoking evening.

Freda Meakin won the competition for a Favourite Jug and Audrey Thompson won the raffle prize. Next month, April 11th, our Speaker will be Susan Garnett with a talk entitled "On horseback in Corbieres, France" New members and visitors always welcome.

EASTER SINGING WEEKEND

Learn songs in harmony round log fires in Farfield Cottage from the world's spiritual traditions including Taize, Iona and South Africa. Sing them in various locations near Sedbergh

Saturday 7th & Sunday 8th April

10 am to 5 pm

SEDBERGH TOWN BAND

Charity Concert

It has become customary for the band to be invited to give a concert each year where all the proceeds go to charity. This year the band were approached by the Methodist Church and a concert duly took place on 25th November in The People's Hall.

The audience were entertained to a popular selection from the band's ever expanding repertoire. The cinema was represented by 'Bambi's Theme', 'The Great Escape' and 'The Best of Bond'. By way of contrast Duke Ellington's 'Mood Indigo' exhibited the band's taste for mellifluous jazz, whilst 'Tarka 123' and 'Is this the way to Amarillo?'

demonstrated a comfortable familiarity with the more rousing numbers.

Carols at Christmas

The band played a selection of carols on three occasions before Christmas. The first two sessions were at Booth's in Kendal. On the first occasion it was necessary to play outside the store and afterwards a frozen band was deeply indebted to the staff of Booth's who showed great kindness and consideration in providing much appreciated hot tea and coffee. The return visit was less arduous taking place as it did in the comfort of the interior of the store.

A third session involved visits to Sedbergh's public houses - The Red Lion, The Bull, The Dalesman and The White

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Hart Sports and Social Club. Thanks to the kindness and generosity of the landlords in allowing us to play in their premises, and to the management of Booth's together with the staff, customers and clients of all establishments visited a pleasing donation was able to be sent to Derian House, the children's hospice in Chorley.

Christmas Concert

The Annual Christmas Concert held in the People's Hall on Friday 8th December was again a thoroughly enjoyable community occasion.

The formula that has evolved and proved popular over the years was followed to the eminent satisfaction of all involved.

The People's Hall was appropriately decorated for the seasonal event, and our thanks once again go to Martin Powell for his great generosity in providing a splendid Christmas Tree.

The programme was divided in two - both halves being similar in structure: that is, a mixture of popular Christmas numbers ('Rudolf the Red Nose Reindeer', 'Let it Snow', 'Do they know its Christmas?', 'Frosty the Snowman' etc.) and familiar carols which involved full audience participation.

Immediately before the interval a surprise and non-programmed number was played by the band - 'The Dambusters (617 Squadron). This represented the band's tribute to Dennis Whicker on his retirement from the Police Force, 617 being his police identification number. It also represented a gesture of appreciation for all the work

ST ANDREW'S CHURCH DENT

Easter Monday

SALE

April 9th
in Dent Memorial Hall
10.00 - 2.00 pm
Home Baking
White Elephant ~ Nearly new
Plants ~ Books
and more

Dennis (ably assisted by Jacky, John and Charlotte) has done on the creation and development of 'Lookaround', a much valued publication that has enabled the band's activities to be publicised.

The interval saw the distribution and consumption of mince pies and mulled wine, the drawing of some 32 winning raffle tickets and the eagerly awaited arrival of Father Christmas with his sack of presents.

Our thanks go to all the ladies who so magnanimously donated their time and efforts to helping in so many ways: on the doors, dealing with programmes, raffle ticket sales and making and distributing refreshments. Our thanks go also to the shops and organisations that act as sales outlets for tickets to all our concerts. Our thanks finally to the Sedbergh audience who always support our ventures so wholeheartedly.

(Continued on page 10)

JAZZ NIGHT

@
BULL HOTEL
Sedbergh



Les Bull
and his Jazz Band

8.00 pm

Tuesday 10th April

Meals will be available
From 6pm until 9.30pm

Booking advisable

Band Members Win at Tyndale Festival

Eleven year old twins, Samuel and Henry Wray, who are Sedbergh Town Band members, came home from the Tyndale Festival with a collection of certificates and a cup.

It was their first foray into a musical festival so Samuel entered the novice class, with 'O Star of Eve' on his euphonium, and was awarded second place in a strong field of competitors. Samuel and Henry enthralled the audience with their rendition of 'All I Ask of You', receiving a second place in the eleven and under duet section.

Henry won the Eleven and Under solo section, with 'Concerto de Aranjuez', on

the flugel horn, playing an arrangement by Alan Lewis, Sedbergh Town Bandmaster.

Proposed Purchase of Trailer

The band intends purchasing a trailer that will combine the functions of a secure storage centre and an essential means of safe conveyance of equipment to various functions as they arise.

The cost of a basic trailer and its subsequent conversion to the band's needs is in excess of £5,000. Thanks to the generosity of two organisations in making substantial grants the band is well on the way to raising the necessary funds.

The Sedbergh & Kirkby Lonsdale Community fund has forwarded us £1,000, whilst an application to the Hadfield Trust (based in Liverpool but having responsibility for Cumbria) has yielded £1,500. The band expresses its sincere thanks to these two organisations for their magnificent and much appreciated generosity.

New Members of the Band

Two new members have joined the band: Paul Gray, (Cornet) who has recently taken up employment with Sedbergh School, and Carol Gotham (Cornet) the newly appointed United Reform Church Minister. We wish them well in Sedbergh and are delighted to welcome them to the band.

Birthday Party

On Tuesday 20th February Sarah Lewis (Horn) celebrated her sixtieth birthday at the Sedbergh Golf Club. The band in its entirety was most generously invited to share in the celebrations. Excellent food, music, dancing and convivial company



Sedbergh
LOCAL PRODUCE &
FARMERS' MARKET

Wednesday 11th April Joss Lane, Sedbergh

*Invite your friends to come along and shop at Sedbergh's New Farmers' Market.
 Lots of new and exciting stalls as well as your favourite weekly Wednesday traders*

Future Dates:-
 9th & 19th May; 13th June; 11th July; 8th & 25th August; 12th September; 10th October

ensured a memorable occasion.

Band Members Play in New Hutton

Sedbergh Town Band members, Stuart Shields and Paul Gray, gave a concert at St. Stephen's Church, New Hutton on Thursday 8th March. They were assisted by two younger band members, Henry and Samuel Wray, who live in New Hutton. The concert was in aid of St Stephen's and the Church Urban Fund.

Stuart Shields and Paul Gray entertained the audience with a varied programme of music played on the euphonium and cornet, demonstrating their outstanding skills and the flexibility of the instruments. Henry and Samuel played a selection of pieces - both classical and popular.

Over £200 was raised in a highly successful evening, which delighted the audience who are already looking forward to the possibility of another such concert.

Grayrigg Train Crash

Town Band cornet player and Sedbergh book seller Chris Chambers was unfortunately a passenger on the ill-fated train. He sustained a broken collar bone and fractured ribs together with extensive

bruising but is happily making good progress, though sadly participation in the band has been put on hold. We wish him all speed in a recovery to full health.

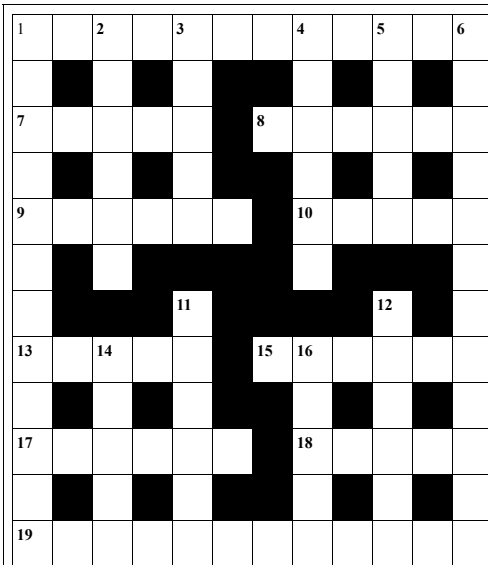
Beginners Class

The beginners' class continues to operate on Monday evenings - starting at 6 pm and lasting an hour. We have been delighted to welcome a number of new players over the last few weeks.

A recent feature of the classes has been the division into two groups - Tony Crofts continues to coach those who have made progress beyond the basic elementary or wish to brush up their skills with group practise, whilst Laura Rosenzweig teaches those who are genuine starters with little or no musical knowledge or experience.

This arrangement ensures that all comers are expertly catered for at their appropriate level. Needless to say anyone interested in taking up a brass instrument is most welcome to attend these weekly sessions in the Sedbergh School Band Room.

It may be of interest to know that the route taken by a significant proportion of players to the full band was through these classes.



- 5 Flamboyant queen finds an aquatic mammal (5)
 - 6 Show support for a chap like you (6,6)
 - 11 Lob map around with poise (6)
 - 12 Fruit made of two atoms has no top or bottom 6)
 - 14 Very wet part of Earth found back in banana ecosystem (5)
 - 16 Cut bottom off legwear to give snug fit (5)
- Answers to March - ACROSS: 1 Chamber; 4 Chic; 6 How do you do; 7 Nervous wreck; 11 Orchestra pit; 14 Archimedes; 16 Eros; 17 Amateur.*
DOWN: Casino Royale; 2 Moo; 3 Rooms; 4 Choir; 5 Clockwatcher; 6 Harm; 8 Ogre; 9 Weir; 10 Spas; 12 Ha Has; 13 Samba; 15 ECT.

Across

- 1 Old music program for the best dads? (3,2,3,4)
- 7 University going ahead with alliance (7)
- 8 Type of fox found up north? (6)
- 9 Marked with a kind of line (6)
- 10 Bird eaten by kosher onlooker (5)
- 13 Fly down for south-west operation after swallowing ring (5)
- 15 Swimming style seen in river in Midlands town (6)
- 17 No robe is made for Shakespearean character (6)
- 18 Mirror for good girl (5)
- 19 Worldly chap, like Makendalle (3,5,4)

Down

- 1 Red thorn must be blown around in weather phenomenon (12)
- 2 Twisted lip, not without middle, seen on hard part of statue (6)
- 3 Enclose marshy area next to church (5)
- 4 Like soil, the ray changes shape (6)



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DENTDALE METHODIST CHAPEL

Our Chapel Anniversary service led by Mr David Crome was a lovely service and then fellowship continued afterwards in the schoolroom over tea, the Women's World Day of Prayer service was a very moving and meaningful service and everyone managed to pack into the adjoining schoolroom for tea and chat afterwards.

The schoolroom was built in the 1960's as the Sunday School had outgrown being able to meet in the chapel and better kitchen facilities were needed for the suppers which followed many of the special events. In the 1980's "Hunters" met one evening a week in the room and some years later it was "Jungle Club" to which the children came after school. Every so often someone remarks that the schoolroom should have a new name, it is also called the Methodist Hall, the "room next to the chapel" and is of course well used by community groups and local Doctors. Any suggestions regarding its name would be welcome, meanwhile it remains the "schoolroom" with delightful memories for those of us who were part of the Sunday School or Hunters or

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Jungle.

Rev Tim Widdess will be with us for the afternoon service on Easter Day and as always everyone is welcome, if you would just like to come sometimes and/or would like a lift do let us know.

Prayer requests are welcome and can be left in the Prayer Room in the chapel. In May our service time changes to 7pm every Sunday. On May 12 we host "An evening with Mr Eric Brennan" come and hear him talk about his life, his faith and his amusing anecdotes and stories, there will be a buffet supper and as it would help to have some idea how many people we are to cater for tickets are on sale at £4 from us and can be paid for and collected on the night. Members of the Walk Cumbria Team in our area will also be there, more about this venture next month.

Our recent Church Council meeting with our Dent Foot Friends brought us all up to date with the work still needed on the buildings, our level of funds and ideas on how to both increase them and share our faith. Every blessing to you all.

SE and J Woof. (25212)

SEDBERGH BOWLING CLUB

On October 3rd we held our Annual Supper. Our thanks to the White Hart Club for the venue and Sue Brooks for the delicious buffet. A raffle was held, then we played dominoes. A most enjoyable evening.

The winners for 2006 season were:-

Spring Round Robin

Winner Carole Townson
Runner up Tom Rycroft

The Ned Winn Pairs

Winner Bob Brown
Donald Westgate

Runner up Paul Airey
June Westgate

The Norman Hoggarth Memorial Trophy

Winner John Oughton
Runner up Geoff Thompson

Iveson Doubles

Winner Christine Williams
Margaret Mason
Runner up Tom Wilson
Jim Greenbank

Wilf Conchie Memorial Trophy

Winner Sheila Booth
Runner up Carole Townson

Presidents Prize

Winner Bob Brown
Runner up Geoff Thompson

The Ron Sheppey Mens Cup

Winner Arthur Bramham
Runner up Bryan Lewis

The Leighton Rose Bowl

Winner Carole Townson
Runner up Sheila Bainbridge

The Poyntz Wright Cup

Winner Arthur Bramham
Runner up Bob Brown

Fun Day

Winner Peter Craven
Runner up Stephen Mason

Sedbergh Pairs Cup

Winner John Oughton
Tom Wilson

Runner up Carole Townson
Margaret Mason

Autumn Round Robin

Winner Carole Townson
Runner up Sheila Bainbridge

The 2007 AGM was held on February 22nd. Carole Townson was elected President.

Full details of officers, committee members and diary dates and team fixtures are at the Club.

Subscriptions remain £20 and £5 for under 16's. Anyone wanting to find out more about us and the game, give me a ring on Sedbergh 20279. Tuition can be arranged. Bowls are available. You just need to wear flat shoes. *Linda Killops*

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**SOUTH LAKES SOCIETY FOR THE
BLIND SEDBERGH GROUP**

Attendance at the February meeting of the group was affected by the illness of several members. In his welcoming address Gordon Axford remembered those who were not well enough to be present.

The fire service had agreed to give a talk and Kirsty from Barrow and Glen from Sedbergh did not disappoint us. The information and advice was fascinating and extremely useful. Kirsty said that she could talk for England and was such a good speaker that the group probably would have been quite happy if she had! Smoke alarms featured very large (in a positive way) as did chip pans and

cigarettes (on the more negative side!). It was suggested that we all should have a plan of action ready in case of emergency. Anyone who wished to have smoke alarms fitted or required further help or advice was promised a home visit by members of the fire service in the near future.

A speaker from Asda stores will be present at the next meeting on April 17th to give a talk on, and possibly provide some samples of 'Healthy Eating'. It may mean that the chocolate biscuits have to be eaten before the speaker arrives! New members and volunteers are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633.

JGL

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NEIGHBOURHOOD FORUM

Trading Standards

Jane Tideswell, Trading Standards Officer based in Kendal, explained that Trading Standards offers two distinct services - Advice and Education & Enforcement.

Jane warned of the dangers of dealing with doorstep traders and gave advice on home working schemes; flyers through doors and junk telephone calls (the department can give details on how to block unwanted junk mail and telephone calls). Trading Standards will contact traders on behalf of the public and has the power to prosecute. Trading Standards also have a 'rapid response' service whereby anyone getting hassled by a doorstep trader etc can ring for assistance in getting rid of them, and in some cases arrests have been made and people prosecuted. Jane explained that all officers are qualified in food regulation now - dealing with labelling of origin of goods and pricing etc. Environmental Health would be deal with foreign bodies in food etc.

The enforcement side specialises in certain functions, eg. testing petrol pumps, weights and measures functions.

Jane added that weights & measures dates back 400 years (coalmen can still be stopped on the roadside), short measure beer and substituting cheap spirits in trademarked optics, visits food factories, visits home produce factories and works closely with the Environmental Health Department of the District Council and with businesses to advise and educate. Trading Standards do take people to court and heavy fines have been imposed.

Trading Standards can be contacted on trading_standards@cumbriacc.gov.uk.

Switchover to Digital TV

John Askew, Regional Manager for Digital UK, gave an overview of what will be happening when digital TV is introduced in the area.

John reported that changes to the Caldbeck transmitter (which serves Sedbergh & Garsdale) will change around Easter 2009. He added that there is no need to buy a new TV set - even if the set is an old one with no 'scart' socket - it can still be converted with a special set top box. Other options for digital TV are satellite systems such as Sky, Freesat or Freeview (a top box would still be needed for each TV).

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John reported that Sky customers will not be affected unless other ordinary non Sky TVs in the house are watched through the aerial - these would need a set top box or link to the Sky system.

A support service will be available for practical help, and a letter will be sent out 6-8 months before the switchover with a tick box slip to request a visit from an engineer (this will cost £40). Some concessions will be available.

Neighbourhood Forum Grants

The following grants were awarded:
Sedbergh Town Band - £1,000 - towards purpose built trailer.
Sedbergh & District toy Library - £400 - towards new toys.

The next Meetings are placed in the Diary at the rear of this issue.

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RECYCLING NEWS

This month and next month we are answering some of the questions raised in recent months.

Why are plastic and cardboard not included in the recycling boxes?

These materials are both light and bulky and would require householders to use two more collection boxes. The Council would also need to introduce additional

collection vehicles and staff or larger vehicles, which may not be able to access many parts of the district.

As the materials are light and bulky the amount of recyclable materials collected would make collections environmentally unsustainable and financially expensive.

Why are there restrictions on the materials collected for recycling?

The materials are used to manufacture new products and compost. The manufacturers have specified the materials that can be collected for processing.

Why are bottle and jar tops not recyclable?

These are made from a variety of materials and many are plastic coated. The combination of materials makes it difficult to recycle bottle and jar tops.

Unfortunately at the moment they can only be sent to landfill.

Why are used envelopes not collected with the paper?

The paper collected in South Lakeland is mainly used to manufacture newsprint. The glue used is oil-based and this interferes with the recycling process, particularly for newsprint. The glue can cause the paper reels to split and this can be a major problem during the print run. Also the window part of envelopes cannot be recycled.

However if you have a compost bin envelopes can be composted if you remove the window section.

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

Thank you for recycling.

**OPEN DAY
AT THE HERITAGE CENTRE**

Sedbergh School welcomes anyone who is interested to call in at the new Heritage and Archives Centre building between 12 noon and 4pm on Wednesday 11 April.

There will be a chance to look around the whole building which includes the School Shop and a new classroom. The building, beside the School Library on Back Lane, was converted from the Lupton House squash and fives courts and the earliest School rugby pavilion.

For those who are interested in the history of the School and the careers and successes of some of its former local pupils there will be some original documents and plenty of photocopied material, as well as some artefacts on display.

In addition there will be some items of local interest on the Akay Estate, the Preparatory School (thanks to the generosity of Miss Mary Gladstone) and the Wilson Run.

We hope as many as possible will be able to come so that the School can share with you some of its heritage. Light refreshments will be on offer, also.

We look forward to welcoming you on 11 April.

HISTORY SOCIETY

Members' Evening

A large audience assembled in Dent Memorial Hall on Wednesday 21st February to hear Denis Sanderson start off by talking on 'The Geological History of Dentdale and Area'.

Standing in the very schoolroom where he had sat at lessons as a child, in a

region famed for its geological associations, he was able to put his local knowledge to good use. In an informative and lively presentation he explained where various features of interest could be seen in the locality. He started by walking us up Barbondale where the beck follows the line of the Dent Fault with Silurian age rock to the left and limestone to the right. The Dent Fault is not quite dead and he reminded us of the earthquake of 9/8/1970, the biggest recorded in England, measuring 4.9 on the Richter Scale, Haycock Ghyll is another good vantage point and at Gawthrop the older Ordovician rock shows through. Flinters Ghyll is a god place to observe the flat like paving called Hawes Limestone and Binks Quarry up Deepdale is a good spot to see fossils. He likened Rise Hill to a giant layer cake with 11 or 12 different aged limestones sandwiched between sandstone and shale.

This was a really good laypersons guide to local geology and will have no doubt encouraged members to take a fresh look at our local rock formations.

The second talk by Julie Leigh entitled 'The Policing of 19c Cumberland and Westmorland' was based on her research into local policing, particularly relating to the Kirkby Stephen area.

An amusing role play exercise illustrated the difficulties encountered by the then elected village constable with conflicting evidence, unreliable witnesses and local petitioning. The local lock-ups were very basic, very confined and offered no privacy.

As the population grew so did the crime.

SEDBERGH PEOPLE'S HALL

Registered Charity 523829

The Annual General Meeting of the People's Hall took place on Monday, 5th March.

Steve Longlands, the Chairman, welcomed everyone and reported that it had been a good year for the Hall with bookings well up on last year. He was grateful to all the new people who had come onto the committee and who had worked hard this year.

Sarah Goad, Julie Lowther and Jack McClean had joined the committee during the year. Ian Bell has resigned but has become a Friend of the Hall.

A new caretaker and cleaner had been appointed during the year, Mrs Olive Hunter, and the new arrangement is working well. The fiftieth birthday party had been a great success and he thanked all those who had helped to make it so. The committee and others are still looking at the way forward in the development of the Hall.

Ron Gerrard proposed a vote of thanks to the Chairman and this was heartily endorsed.

The following were re-elected to the People's Hall Management Committee: Andrew Allan, Andy Denton, Ron Gerrard, Sarah Goad, Elspeth Griffiths, Hilary Hodge, Tim Ingle, Sandra Longlands, Steve Longlands, Julie Lowther, Jack McClean, Anne Petyt, Cicely Robertshaw, Sam Rusling, Kath Swift and Josie Templeman.

At the committee meeting which followed the officers were elected as follows:

Chairman: Steve Longlands

Vice Chairman: Sam Rusling

TIM FARRON



Come and meet our MP
in a very informal manner over
sandwiches, tray bakes and drinks

Thursday 19th April 7:30 pm

Hear his

Christian testimony

and hear about the

"Hovercraft Prayer Support"

EVERYONE WELCOME

Secretary: Elspeth Griffiths

The post of treasurer will become vacant at the end of June as Andy Denton, who has served the committee so faithfully and so well over 12 and a half years in the post, will be retiring. There is more about this elsewhere in this edition of *the Lookaround*. He was accorded a warm and unanimous vote of thanks.

Norris Chamley thanked the committee for looking after the Hall for the last year and said how pleased he was to see so many now serving on the committee. He has been associated with the Hall for 36 years. He was thanked for all his support over those years.

The committee also thanks the Parish Council and all those who help or support the People's Hall, including the hirers and the editor of *the Lookaround*. Particular thanks are due to Janice and Sam Rusling of Sedbergh Office Services for their management of all the bookings.

Elspeth Griffiths, Secretary

FEBRUARY WEATHER

Depending on which version you heard it was either the warmest and wettest winter on record or certainly since 1916!! Well February fell dyke be it black or white was quite kind to us. With only 3.07 inches, only, it was the driest month since August. That was still enough to be paddling round in mud as everywhere is so saturated. We haven't heard from the water boards lately and the final hosepipe bans have been lifted. We did get a dusting of snow on the 8th but nothing like other areas of the country. The mild weather meant we had temperatures reach the 50sF on five occasions with a maximum of 53.1F. On only 7 days did the maximum stay below 40F during the early part of the month. It was during this period when the minimum dropped below 30F on seven nights with a low of 20.3F. High pressure was recorded in the early part of the month then it dropped below 29 inches of mercury and again for a spell towards the end of the month. These spells corresponded with windy periods with a maximum of 28.6mph being recorded. Only on 9 days did the wind not blow from a north westerly quarter. With these strong winds the wind chill factor was quite noticeable with only 5 nights when the chill factor did not drop below freezing. On the first night no wind was registered so no wind chill either. The lowest temperature due to chill was 7F.

Due to the mild conditions we had some unusual happenings around the garden. On the mild damp nights slugs were around. These are usually the smaller

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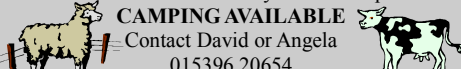
species the big black or leopard slugs don't seem to appear. Midges are flying at dusk too in these temperatures. The periwinkle and winter jasmine have continued to flower all winter. The snowdrops have given us a marvellous display and crocuses bloomed towards the end of the month. Mini daffodils flowered in the second half of the month and towards the end the bigger varieties were colouring up. Anemone blanda made a welcome appearance having survived the ravages of the small rodents which attacked our newly planted bowl. In mid month I picked up a collared dove's egg which had hatched but the magpies soon dealt with that! The crows were beginning nesting later in the month and the rooks were building high which is supposed to be a good sign of decent weather to come. There are plenty of lambs about as you travel around. A twig of forsythia I broke off whilst cutting the

grass last back end and stuck into a border has been in full bloom which shows how damp it has been. The parent bush was just colouring up towards the end of the month. In the middle of the month a self sown sycamore sapling I cut back has been exuding sap ever since. There is now quite a deposit of white and yellow solids on the stem. Whilst hedging in the middle of the month sap was also rising in hawthorn and one variety burst into leaf and hazel catkins lengthened as I worked.

and the town is surrounded by chestnut, fir and cedar groves. For centuries people have been coming to Fiuggi to take the waters - even the great Michelangelo in 1549 visited the ancient spring to seek a cure for his kidney stones.

The first group from our area will be flying to Rome on May 23rd for one week. Our own coach will take us to the hotel in Fiuggi, and the week will be pleasantly filled with excursions, optional Italian lessons and fantastic food. Have you ever attended a medieval banquet, complete with entertainment, in an ancient Italian medieval castle? Have you ever walked the recently-excavated streets of the ancient commercial port of Rome, Ostia Antica, once buried deep under river silt after malaria and barbarian invasions forced the residents to flee? Do you fancy visiting the majestic palace of the last Bourbon Kings of Italy, built at Caserta in the 18th century, surrounded by parkland adorned with magnificent fountains? Do you feel

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DESTINATION ITALY

Sedbergh people will be quite a feature in the life of the handsome Italian spa town of Fiuggi this summer. Two groups of Italian students from local classes will be trying out their language skills in its shops and piazzas, and Sedbergh Town Band will be performing in the area in July. In all, around 70 people from here will be staying at the Hotel Elma, enjoying the fine scenery and excellent hospitality of middle Italy. Fiuggi, an ancient town with a hill-top fortified centre, is very popular with the people of Rome, some thirty miles away. At a height of over 600 metres, the air is good

like tasting Italian wine in the very vineyard where the grapes once grew? Have you seen the renowned sites of Rome and Naples?

The love of Italy is strong in Sedbergh and the group of Italophiles is flourishing. Over 30 of us will be having an Italian Spring Supper at The Bull Hotel on March 25th and another group visit to Fiuggi will take place during the last week of October. There are just one or two places left on each trip. If you are interested, please contact me after Easter by sending an email to gd@the-hylands.co.uk or phoning 21411.

George D. Handley

SETTLEBECK PTFA

Amateur Photography Competition

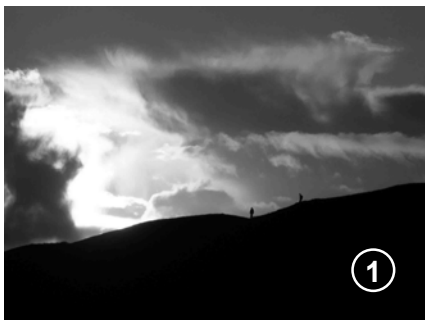
Thanks to all those who entered our competition, we really enjoyed looking at all the pictures, and the judges had a difficult job choosing the winners. Nevertheless, choose they did, and our congratulations go to

In the under 17 category – Danillelle Keyland, a year 10 Settlebeck student, who entered a stunning shot of an icy waterfall. Danielle wins £25.

In the 17 and over category – Rebecca Hunnard, who won with a picture of ‘Evening sun on Winder, taken from Settlebeck Gill’ (1). Rebecca wins £25 to spend at the Taj Mahal Indian Restaurant.

A number of competitors were awarded highly commended certificates by the judges –

In



the under 17 category - Tamara Satchell for pictures of ‘The Quaker Burial Ground’; ‘The Meeting House’; ‘Peace Garden’ – all in Brigflatts

In the 17 and over category – Jake Dinsdale for ‘Woodlight’ (2) and ‘Winter Tree’ (3).

Joan Woof for ‘These boots have done walking’.

Andrew Allen for ‘Midnight above Millthrop bridge’.

Paul Doyle for a shot of one our nearby

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Many thanks to our esteemed judges who took the time to help us, and responsibility for the decisions!

Now we are going to look at the possibility of putting together a local scenes calendar for 2008, so watch this space for the perfect Xmas gift.



KILLINGTON W.I.

What a splendid turnout for our first "jolly" of 2007. On a nasty, cold March day a large number of us hiked our way to the Heritage Centre at Dent. The brave little primroses were beginning to peep through so Spring cannot be far away. (Incidentally we passed masses of road works where BT were digging up the road to bring internet broadband to Dentdale. No such luck yet for Garsdale but we send them our support for their campaign.)

The Dent Heritage Centre has amassed a most interesting collection of "bygones", illustrating what home life, farming, and trades were like in the early and middle years of the last century, and all displayed in life like settings. There was far too much to absorb at a single visit and many of us have determined to take ourselves back again. Life was certainly harder in the old days but I venture to say not one jot less happy. It was however rather sobering to see familiar items from one's own life in a museum even down to the *nessie* with seats for different size bottoms!

We then adjourned over the road to the Meadowside Tearooms that had opened specially to provide us with excellent hospitality. It was grand to sit and chat and guzzle in such friendly surroundings, and we shall certainly return there too. It was interesting to note that about twice as many members joined in this outing as have come on our recent summer outings to more distant and supposedly grander destinations. Is there a lesson here?

Planning continues for activities for the rest of the year. Valerie Cann and Pamela

Moran have attended a planning gathering for the Lune Valley Group meeting to be hosted by Thornton in Lonsdale W I in May. Shirley and some other members will be representing us at the half yearly W I council meeting in April. We continue to grumble about the new magazine W I LIFE, which has been imposed on us, but recognise that for those members with limited vision it is a real advantage to receive it on tape. We have decided to have a bric-a-brac stall at the Sedbergh Gala in May.

At our next month's meeting, at 2-pm in the People's Hall committee room on April 10th, the competition will be for a sun hat. Amy Symonds will tell us about her experiences last year as a volunteer in Swaziland. You would be most welcome to join us. We can always find room for a little one!

W F U

THOUGHT FOR THE MONTH

Did you ever watch the BBC TV "Byker Grove" ? The Newcastle estate made famous by this series is home to a lot of young people who feel they are of no importance and have no value. However, the Church Army is trying to change all that and has evangelists working among the young people showing them that in spite of what they see around them and how they feel. God loves them. These evangelists don't just "preach" they get out and about, getting their hands dirty, clearing rubbish, singing to toddlers, organising school assemblies, listening and caring. Is there not a lesson there for all of us who this Easter are celebrating our "Risen Lord".

LD

	Played	Sept	Oct	Nov	Jan	Feb	Mar	Best 4
C Wilson	5	88	86	89		92	93	362
C Clarkson	5		91	90	82	90	90	361
J Raw	5	95	94	85	85	80		359
G Rowlinson	5	90	89	87	86		91	357
A Waller	4	92		85	89		87	353
J Waller	4	91		81	88		91	351

KILLINGTON WINTER DOMINOES

The Winter Domino League came to an exciting finale at the March event, with Colin Wilson coming back after an unavoidable layoff in January to post two magnificent scores including the winning score of that night. He just pipped Colin Clarkson to the post by three points on the night, giving himself a one point lead on the best four scores over the winter series of monthly Domino Drives. Other good scores were by John Raw who led for the first four months, and by the instigator of the competition and generous donor of this years prize, George Rowlinson.

Thanks to all who took part in the League and to those others who also supported our events. We hope to continue the League next year.

After six monthly domino drives, the leading positions in the League were as above.

Keep an eye on the *Lookaround* for details of next winter's Domino Drives at Killington.

PORTSMOUTH MASCOT

Portsmouth and England goalkeeper David James (pictured with Aaron) was

among the stars whom five year old Aaron Troughton met when he was a Mascot at the Premiership match between Wigan and Portsmouth in March.



Aaron's parents, Stephen and Karen, are keen Portsmouth fans and watched Aaron, a member of the Blues Supporters Club, run out onto the pitch of the JJB Stadium with Sol Campbell before the kick-off.

Aaron was also able to meet Portsmouth Manager Harry Redknapp and the rest of the team including ex-England player Andy Cole.

Only the result was wrong for Portsmouth who lost 1-0 but it was a successful day for Aaron and a memory he will treasure for many years to come.

SETTLEBECK HIGH SCHOOL

On Thursday 25th January 2007 twenty-six Settlebeck pupils from Year 8–Year 11 ventured down to the Manchester Evening News Arena to watch an exciting International Test Series Netball match between England and South Africa. The event was run as a joint trip with Appleby Grammar School and Kirkby Stephen Grammar School.

The trip was a huge success, enjoyed by all; pupils were amazed at the speed of play and level of skill.

England played very well and broke down the South African defence and convincingly won the second test series 60-35.

The Settlebeck girls were a credit to the school. They were enthusiastic, well-behaved and friendly.

Other Netball News

Since the trip the girls have worked continually on their netball skills and used some of the warm-up drills demonstrated by the international players. All year groups have improved since September and there have been some pleasing results and victories. These matches have taken place both at home and away against other schools; Appleby, Kirkby Stephen, QES, Cartmel, Kirkbie Kendal and Dallam.

The Inter-house netball competition took place during lunchtimes, which were played competitively but fairly by all teams. Ghyll won the senior competition, captained by Emma Teal, and Dale won the junior competition, captained by Becky Lowther.

Well done to all the netballers for their continued hard work and commitment throughout the year.

Some keen and enthusiastic netballers are going to Kirkby Stephen for two days over the Easter holidays on a Northern Thunder Play Days Camp. Northern Thunder is the superleague netball team for the North West. The girls will be trained by their head coach, Marion Lofthouse, and their players.

Miss Bennett - PE

SLOVENIA AND JURA SINGING TOURS

We are off to Slovenia and the Scottish island of Jura again this year - and as always you are very welcome to join us. In both places we have stunning places to stay - high in the Slovene mountains near our twin town, and in the wonderful Jura House, famous for its walled gardens, walks through the woods to the sea and the abundance of wild life like sea otters and eagles.

We can arrange all your transport for you - both here and away - and one of the advantages of travelling with us is that we meet up with lots of other singers, so you can see a side of the communities we visit which you might not see if travelling on your own. Hospitality in Slovenia - as I am sure everyone who has been there before would agree - is superlative, and in our mountain accommodation you will find the food is as breathtaking as the views!

We'll be learning a body of songs before we go and both written music and learning CDs will be available to help with that, as well as some basic help with the language. There will also be some meetings over one or two weekends before we go.

David Burbidge

**LES MADDOCK
INSURANCE SERVICES**

I have decided that I will be retiring at the end of June this year.

I have enjoyed my 30 plus years working as an insurance broker in Sedbergh and would like to express my thanks and appreciation to all the people, and businesses, that have supported me over these years.

The main reason, age apart, for my decision is that the insurance industry is undergoing some extreme changes and I am finding these increasing more difficult to cope with both from an administrative and cost point of view. There is also the ever increasing, and more complex, regulatory burden which seems to effect every type of business now and which seems intent on burying every small business in red tape.

My main concern was the need to provide a continuing local service and to this end I have turned away from the offers provided by some national brokers in favour of a broker who will continue to provide our customers in Sedbergh with the quality of service you all deserve.

David Capstick from J N & E Capstick of Kirkby Stephen will be taking over my business from the 1st July. David already has offices at Kirkby Stephen and Appleby and will continue to operate the business from our office in Sedbergh. Also, another bonus, is that Kathy and Margaret will continue to work in the office, continuing to provide the excellent service that they have given to you all in the past, so most things will continue as they are.

David works on very similar lines to ourselves and believes in putting the

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customer first and providing a personal service with face to face contact. I know he and his staff will continue to offer a first class service to you all. You will also benefit from his knowledge of both personal and business insurances and the greater range of insurers that he is able to offer. I hope you will provide David with the wonderful support that you have all given me over so many years.

Over the last two years we have used the services of Gary Capstick, who works with David at the Kirkby Stephen office, to provide advice and guidance to our customers on Life and Investment business and so, many of you, will already have experienced the good quality of service that will be offered.

Finally, I will still be around for several months, although not on a daily basis, and look forward to continuing the many friendships that have developed over the years. Once again thank you all so much for making my working day such a pleasure, I have met so many nice people and also have had the benefit of working in such a beautiful place as Sedbergh.

With my very grateful thanks,

Les Maddock

THE DENTDALE CHOIR CONCERT

Friday 27th April
St Andrew's Church, Dent
7:30 pm

Sunday 29th April
St Bartholomew's Church, Barbon
7:30 pm

Programme includes:-
'Vespers' by Rachmaninoff
'Gloria' by Vivaldi

Retiring Collection

SETTLEBECK HIGH SCHOOL

Tomorrow's Climate, Today's Challenge

We have recently put in a successful bid for funding to finance a creative collaboration between Settlebeck High School, Hawes Primary School, Lancaster University Environment Centre and Cumbria Film Collective. We are now about to embark on a project which will focus on native plant species and how they will be affected by climate change and global warming. With scientific support from Dr Russell Sharp, we will set up experiments to model climate change. Cumbria Film Collective will support the creation of a filmed response to the issues surrounding the damage being done to our planet.

The young people will enhance their scientific knowledge and have the opportunity to work with scientists and film makers and to use semi-professional equipment to produce their own films.

The first part of the project was a short field trip up onto the lower reaches of

Winder Fell on Monday 5th March.

S D Burrowes, Head of Science

Today has been fun. Mr Burrowes introduced us to the film crew and Russ, the plant expert. He chose me to take his camera. I decided that my camera would then be wasted so I gave it to Izaak to use. And off we went, lead by Mr Smith and being stopped at regular intervals to be told facts by Russ. I managed to get some good shots of people and the landscape. About half way there we had to cross the river. Mr Smith went first and started moving stones to build a bridge across. I looked puzzled as there was a place that we could just jump over a few metres further. Anyway, we all got over unharmed and dry. As we came to the top, Mr Smith told us the story of the geology of a smooth rock surface which I thought really cool. As he finished, we made our way back down.

Tom Knevitt 7R

On the way back down, we took a ph at the stream to see how much chemicals and things were in the water. Then we walked back to school. I saw lots of plants and it was fun and good.

Rose Mason 7O

I enjoyed walking up Winder today. I learnt about nettles and lots of other things, especially that wherever a nettle is, it means that someone has lived there in the past. Whilst walking up, we stopped and looked at some plants and other things like fungi. As we walked further up, it was colder and windier, but there were still lots of different plants, like bracken, which are poisonous to sheep.

It was fun working with Year 5 and 6 from Hawes because they were very enthusiastic.

Lewis Harrison

SEDBERGH LIFE LINE

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Sedbergh Life Line can also supply everything you could need to prepare you for any First Aid emergency. From simple First Aid kits and consumables to Resuscitation Equipment we have the lot.

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FAMILY MUSINGS

Recent events in my life have brought home to me that we pay an emotional cost as we care for others, whether they are human or animal and whether it is home or work or "other" whatever that might be. I love my brother dearly, I always have and I always will, I love my husband and my family, my dog and my cat, (hubby will surely be relieved he comes before the animals in my affections) but I have come to realize that loving does not come without a cost. Take a typical weekday, if I have such a thing, we are up at 6am, let Cleo out and feed her and Mitts, have breakfast with B, start on the eve meal (in theory, rarely in practice) clear and lay the fire, go off to work which might be a day in the office or a day anywhere in South Lakes supporting Carers. Home somewhere around 6pm, chat with B or his carer, prepare eve meal, eat, clear away, then catch up with the post, the days events for hubby, hopefully relax on the sofa, perhaps do a little paperwork if only to keep my "day-book" caught up and off to bed. I love my job but perhaps a little bit more "me" time would be good, a few more visits to the "sheep pen", but then

time together is precious for B and me, there will sometime be an "afterwards" and the "me" time can be then.. .as long as I have enough stamina to reach it!

Cleo is becoming more blind, she even looses her way home from the garden and one suggestion is that we get another dog, not quite as old, she was 15 last month, but not a puppy and this dog will show Cleo her way home and keep her company.. .hubby once said he could cope if the next dog was a Whippet but this doesn't mean we are looking for a semi-elderly clear sighted Whippet .. not just yet anyway.

Without my glasses in the shower I used Body Wash instead of shampoo in my hair and it gave it a lot of bounce which left me wondering why it does not have that effect on my body..?

All the youngsters came for Mothering Sunday which was lovely, it is always great to be together and hear what is happening in their busy lives, I met one of their teachers recently, from Settlebeck days, and she reminded me of a wonderful answerphone message I used once, something about a fridge magnet, wish I could remember it, nowadays we have to be very frugal and boring with the said message on the landline but perhaps not quite so on my mobile. A daft one often results in gales of laughter on the message and the knowledge that someone has been cheered-up! To cheer you up I leave you with these words from my mouse mat "The older you get the harder it is to loose weight because by then, your body and the fat are really good friends". Good friends are the tops, they take some beating in the great scheme of things, enjoy them, two and four legged!

SWIMMING CLUB

Sedbergh Swimming Club now has six newly qualified swimming teachers! Kim Ball, Heather Leaver, Nicola Winn, Pauline Bainbridge, Lynn May and Kate Thexton all spent a gruelling 4 days being put through their paces before sitting a written examination and delivering assessed lessons to volunteer students. A big thank you to all of those volunteers, you were very patient! All six passed and now hold the Amateur Swimming Association Level 1 Qualification. All this costs money, of course, and a substantial amount of the cost was met by funds raised through the "Young Kidz" fundraising group, so we would like to thank Jacky Baines and her capable and dedicated committee for all their hard work. It means that affordable swimming lessons continue to be available to the children in Sedbergh, delivered by teachers who are experienced and now qualified as well!

Adult swimming is continuing on Tuesdays 8-9pm and Thursdays 7.30-8.30 for all interested.

PULSE COMMUNITY GYM

The bring a friend month was successful and brought in extra members. The Saturday morning taster sessions are going well, and thanks to Paul Butcher they will continue. Paul will be there each Saturday from 8 am to 12 noon to talk people through the use of the various gym equipment and to supervise generally. There is a £10 deposit for a swipe card which is returnable on the following Saturday or deducted from your membership payment. If you are thinking about joining the gym why not

go along and see Paul on Saturday. Spring is upon us and soon it will be bikini weather so get those bodies toned. The committee are looking at the cost of a cross trainer and there should be one in the gym shortly.

The Pulse Gym Management Committee would like to acknowledge and thank Sedbergh Wanderers FC for the substantial sum of money they raised and gave toward the setting up of the gym. Way back in the low 2000's grants came from Neighbourhood Forum, Parish Council and SLDC. But the largest donation came from the Football Club our thanks go to them for all the hard work they put in to fund raising and to all those who went along and contributed.

The Gym now has 98 members which is just great, what a fit lot we are. Membership can be obtained in a variety of ways.

£20 per month individual membership paid by standing order.

Yearly membership paid up front which is £175.

Partners membership £175 then added £100 for your partner or another family/household member.

Family membership of £350 per year covering four family members.

Once you have had your induction which remains free for the present, you will be issued with a switch card which allows you entry into the gym between the hours of 6 am and 10 pm. Students who are returning from university for the holidays should contact a committee member as it may be possible to arrange temporary membership. All enquiries 015396 20232/21808.

Sandra G.W

FARFIELD MILL

After almost 6 years as Centre Manager, a time I have thoroughly enjoyed, I will be leaving Farfield Mill at the end of March. It has not always been an easy journey, there have been many challenges along the way but I can assure you it has been worth the struggles and has certainly never been boring!

The help of our fantastic volunteers has played a very large part in the survival of the Mill over the years and I would like to thank them for all the help they have given me. I have also been fortunate to have had the best team of staff anyone could ever wish for and they have made the job very worthwhile – thank you all.

I wanted to take this opportunity of thanking all those who have supported both the Mill and myself over these years and I very much hope that you will continue to do so as Farfield moves into the next phase of its journey.

I wish everyone at the Mill all the very best and look forward to hearing of Farfield's progress in the future.

*Mike Clark
Centre Manager*

ROOF APPEAL

St. John's Church, Garsdale, is about to embark on a major renovation project, involving roofing work and work to the interior fabric of the church. Among fund raising activities proposed, is an exhibition of bridal gowns and wedding memorabilia. Also a flower festival will be included with the bridal exhibition, to be held in St. John's on the weekend of 25th -26th -27th August 2007, the August Bank Holiday weekend. A service of



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renewal of the Marriage Vows to be conducted by Canon-Alan W Fell, will be held on Sunday 26th of that weekend, to which all are welcome to attend. Rachel Little will be singing at the service. Is there anyone with Garsdale connections who would kindly lend a wedding dress, or wedding memorabilia for the exhibition to be held in August? If so, we would be very grateful of your support. Are there any, dress mannequin forms or dressmaker forms that can be used for exhibiting the wedding gowns, we could borrow for the occasion?

If you would like to participate in any of the above please contact Mrs. Ramsbottom on 21013 or Mrs. Grant on 20573.

DENT PARISH COUNCIL

The current local government year is coming to an end, and members of Dent Parish Council will be reporting on the council's activities in 2006-07 at the Annual Parish Meeting on April 2nd in the Sedgwick Room. This meeting has been publicised around the Dale, and members of the public are cordially invited to come and hear about the work their councillors have been doing during the past year. There will be opportunities to comment on the reports that are presented.

Affordable Housing

With the Bradford Diocese about to build two houses in Dent for local occupancy, and a proposal in the pipeline to build affordable houses on the field above Ghyllside, affordable housing is currently a live topic. Consequently, the Parish Council has invited John Hay from Two Castles Housing Association to address the Annual Parish Meeting on April 2nd about the Ghyllside proposal, following which there will be an opportunity for discussion by members of the public.

Flintergill Close

The Parish Council has been trying for several months to persuade Cumbria Highways to modify the cobbled gully that runs along the entrance to Flintergill Close, as it is almost impossible for some elderly and disabled residents to cross safely. We have enlisted the help of Age Concern and are hoping for a more sympathetic response than we've had so far – but it is extremely frustrating that we have to spend such a lot of time and effort persuading the next layer of local government to make such an obvious and

simple modification.

Stonehouse Bridge

At the March meeting at the Sportsman's Inn, the Parish Council decided to complain formally to Cumbria County Council over the way it had dealt with the repairs to Stonehouse Bridge. Although the bridge has now been repaired, members did not feel confident in the way the County Council had managed its contractors and were also concerned about the apparent reluctance of Cumbria to accept that a formal complaint had been made earlier.

Car Park Charges

In order to keep up with inflation, there will be a change to the car park charges from April 1st. While the two-hour car park charge remains the same at £1.20,

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the all day charge will go up from £4.00 to £4.50.

Dent Stores

I have been asked to clarify one phrase in February's report. In using the example of shop closure as an example of the kind of issue that a parish plan might address, it was not intended to suggest that Dent Stores was about to close, but that this was the sort of issue that parish plans in other places had dealt with. Apologies if this caused confusion.

Next meetings

As indicated above, most of the next meeting will consist of the Annual Parish Meeting and will be held in the Sedgwick Room at 7.30pm on Monday April 2nd. The next full meeting of the Parish Council, to which members of the public will be welcome as always, will be on Monday April 30th, also in the Sedgwick Room.

Jock Cairns
Chair, Dent Parish Council

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DENT BREWERY **DENTDALE RUN 2007**

Saturday the 10th of March was the 23rd Dentdale Run and what a memorable day it turned out to be. The weather

forecasters leading up to race day could not agree on a settled forecast but Saturday morning dawned grey, overcast and showery almost the perfect weather for the runners but a bit cold for all the marshals on the course.

Despite this 450 runners finished from an entry list of over 500 which guarantees that a large donation will be made to Dent C of E Primary School funds. The men's race was won by Rick Hayman in 1:16:02 and the ladies race by Lisa Dent in 1:33:03 and the local prize for the first local to finish was once again captured by David Tomlinson.

The whole purpose of the day of course is to raise funds for Dent C of E Primary and this would not be possible without Dent Brewery as the main sponsor, the many local businesses who sponsored trophies and helped in other ways. In addition a small army of locals was mobilised to help out with marshalling and drink stations so thank you to you all, there are too many to mention. A lot of the competitors tell us that one reason they return year after year is the fantastic catering they receive at the end of the race and thanks for this goes to the school kitchen staff, voluntary helpers and most of all to Dentdale W. I.

On a personal note, as Chairman of the organising committee, I would like to pay tribute to my fellow Committee members who work so hard to make this event run like clockwork. It's very gratifying after a successful event to see all of your hard work come to fruition.

Finally special thanks to all the runners and see you again next year.

Peter Knapton

HOWGILL W. I.

We met at Firbank Church Hall on March 1st. President Mary Silva gave a warm welcome to fifteen members. Several members could not be with us due to various reasons. Lorna Scambler is not very well at the moment, and Hilary Wilson has a foot problem. Our thoughts are with them.

We were encouraged to enter exhibits in the Spring Show on March 31st.

Judith Capstick reminded us of the March Walk in the Kirkby Lonsdale/Barbon area. Anita Carey announced our Summer Outing will be to Brantwood on June 28th.

Guest speaker for the evening was Janet Hawkins from the North Air Ambulance who gave us an insight into how they operate. With dedication and team spirit and the latest sophisticated Air Ambulance they can respond and rescue at speed which is vital. They can reach casualties on the fells and in nooks and crannies. They focus on quality care and saving lives. They provide a valuable service which is not government funded. They depend on fund raising and donations. Mary Silva thanked Janet for an interesting talk on the Air Ambulance "The Pride of Cumbria".

The competition "Something that can Fly" was won by Mary Stainton with Joan Luffman second. Raffle winner was Mary Stainton. The highlight of the evening was our 55th Anniversary which is a milestone in Howgill W. I. History.

A celebration cake was cut by our three founder members, Elsie Middleton, Peggy Postlethwaite and Mary Stainton. We raised our glasses for a toast to the next 55, combined with our usual tasty

jacobs join. A memorable evening enjoyed by all.

We meet again on April 5th at Howgill when Val Osbourne is in search of "Embroidery and Everest". *A. H.*

DIALECT DIGEST

The baking of special delicacies has long been associated with Easter. Simnel cakes (rich fruitcake with layers of marzipan) were traditionally eaten on Mothering Sunday, which was also known as Simnel Sunday.

According to Arnold Kellett in his Yorkshire Dictionary: 'On this day, farmworkers and apprentices visited their mothers, bringing flowers and simnel cake. Also various kinds of homemade cakes and biscuits are traditionally made in Yorkshire at Easter, including hot cross buns (once sold hot in the streets) for Good Friday. In other parts of Yorkshire, it is still customary to bake Easter biscuits, which are thick and rich, with dried fruit and candied peel.'

Simnel cakes and hot cross buns at least are still readily available, though today most of us probably take the easy option and get them from supermarkets and bakeries!

April is well known for changeable weather, and here's a comment about this from 1891. 'Let April smile ivver soa cooaxinly, noa sensible man wod leave his umbrella at hooam. Shoo doesn't deceive, tho' sometime shoo disappoints.'

The author also throws in this 'smatterin' o' sense.' 'Yo may meet lots o' fowk 'at hes moor gooid things nor they need, but yo'll never meet one 'at hes mooar nor he wants.'

Michael Park

THE WENSLEYDALE RAILWAY

Wensleydale Railway timetables for the whole of 2007 are now available, with many special events and activities listed. Train services run every day from April 1 – 15, as well as Saturday and Sunday April 21/22 and 28/29.

There are two Guided Walks from the railway in April. On Sunday April 1 there is a 5-6 mile Springtime Guided Walk, starting from Redmire station at 11.30. The walk on April 12 is a Leyburn Circular, starting from Leyburn station at 11.20.

On Friday April 6, in addition to the regular timetable, an Early Bird train connects with shuttle buses from Leyburn to Middleham Stables for the morning's Open Event. Wensleydale Railway has also arranged a special 'Sport of Kings' excursion to Middleham for a private visit to one of the stables on Friday April 20 (booking essential for this event, Tel 08454 50 54 74).

The Driver Experience courses are now well-established, having been launched on regional television some weeks ago by tutor Peter Guy (Muker) and participants Caroline Gardner (Swinithwaite), Anne Guy (Bishopdale) and Liz Lawson (Hawes). Wensleydale Railway's Driver Experience is now receiving national publicity, with benefits for local accommodation providers as people book from further afield.

Looking ahead, and thanks to the website, the first bookings have already been received for the day Out With Thomas event (June 9/10), including one from Australia! Details are given on the website www.wensleydalerrailway.com or tel 08454 50 54 74 for a copy of the

timetable by post. Book and pay by May 14 to claim an Early Booking discount.

Ruth Annison



The advertisement is enclosed in a decorative border. It features two line drawings of feet, one on the left and one on the right, with small circles above the toes. The text is centered between the feet. The title 'Reflexology For Relaxation' is written in a cursive font. Below the title, it says 'To feel the benefits, why not give it a try! Contact Sarah Hayhurst on: 07968 202 739 Please do not hesitate to ask any questions'.

QUEEN'S GARDENS

Queens Gardens have been quiet over the winter, whilst the Celts viewed Autumn as the start of the year as the dying leaves feed the new growth, it's only now that the real signs of life have begun in the gardens. I am STILL clearing leaves and watching the new ones begin to bud, their intricate beauty really is a wonder, even knowing I'll be sweeping them up in the Autumn. To increase my load I planted five Damson trees in some of the 'community compost' that has amassed over the years, there are some early signs of growth, but it'll be a few years before we get much blossom or fruit. The snowdrops that have blossomed forth have been divided so next year they're carpet will be more widely spread.

There's been a magical air in the gardens recently, with all this new life. I believe the Easter Bunny has taken up residence and will be leaving little eggs for children to find, from now until Easter! If you find more than one eat one and hide the rest for someone else to find. *Ray King*

**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

Two days to the spring equinox and the sun is blazing down for a few minutes before the next hail, sleet, or snow storm is blown in on an icy northerly gale! I swear that our bees, which were beginning to think that they'd '*never had it so good*', came out in one of the sunny intervals towing a banner reading '*you CANNOT be serious*'!! It has been a very good spring overall, our queen bees have been laying plenty of eggs and produced new worker bees to replace the 'old ladies' that have looked after the queen throughout the winter and are now dying off.

The honeybee colony can in principle live for ever, even though each worker bee lives only six weeks in the summer, or six months in the winter, and the queen herself perhaps for only three years. As long as she can go on laying fertilised eggs, there will always be worker bees born to replace those that literally 'work themselves to death' for the sake of the colony; and when she begins to fail, the workers, all her daughters remember, will take one of those eggs and raise a new queen who carries the colony on for her lifetime, and so on. (The old queen 'gets

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the chop' as soon as the 'princess' has successfully mated and begun to lay her own fertilised eggs). However, the species wouldn't survive accidental losses or be able to spread their genes to take advantage of the effects of climate change, for example. So in order to reproduce the colony as a whole, they evolved the instinct to swarm when 'conditions were right'. In this case, usually between April and July, when the colony is at its strongest and most active, the 'reigning', fully fertile, queen leaves with about half of the workers (of all ages) to set up a completely new colony in a new location, usually at least half-a-mile away, while there is still time, and nectar and pollen in the flowers, before the following winter overtakes them. The remaining half of the workers have already reared a new queen that is quickly mated and starts to lay her eggs to replace those workers that left with the swarm. It takes only sixteen days to rear a queen from a freshly laid egg. But the colony has to do quite a lot of preparation once they have taken the decision either to replace the queen (remain one colony), to swarm (make two colonies, or more), or to do nothing for the time being. Beekeepers have lots of theories about

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how and when they decide, but we don't *really* know! We *think* that they may begin to decide as early as March - even though they don't appear to start to act for weeks or months. That's one of the reasons that beekeepers dislike this sort of weather so much. It confuses us as much as it does them!

Knowing that bees may swarm is one thing - doing something about it is quite another! And there's lots we *can* do, with both favourable (we hope) or unfavourable (we fear) consequences. If you would like to learn more about the principal aspects of swarm management, our next meeting is at 7.30pm in the Committee Room of the People's Hall on Easter Monday evening, the 9th of April. You will be made most welcome.

Malcolm Fraser-Urquhart

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FARFIELD MILL

Farfield Mill on the River Clough
A walk from Sedbergh is just enough
Derelict, ruined, when I first arrived
Now its reborn, and once more alive.
After lots of hard work, laughter and
tears,
With money raised, by volunteers
A change of its use has now come about
We opened the Mill amid cheers and a

shout.

Two looms are now banging away
Making colourful rugs at the end of each
day

Peter designs with much courage and
flair

Sometimes good tweeds for people to
wear.

T'was once used on catwalks in London
and Paris

Good competition for tweed made on
Harris

Resident artists with a studio each
Potters and weavers, some able to teach.
Painters producing beautiful things
Colours and textures that make the heart
sing.

Photographs of some local views

Silk cushions to buy, things you can use

The Heritage Floor with an ancient loom
Three hundred years old it sits in the
gloom.

Beautiful costumes donated to us

From 1810, displayed with no fuss

Crinolines to flappers with fans, gloves
and shoes

We do a display, what do we choose.

A fell workers kitchen with Dad in a
smock

To visitors it can come as a shock

Tennis at Wimbledon, old dresses in
white

And a bridal display brought much
delight.

Christmas with ladies in silk dresses and
furs

We used a stuffed cat! And sometimes he
purrs

And now we hope that for many more
years

There will be work at t'mill and no more
tears.

Mary Fell

LA VIE EN FRANCE

Well spring is certainly on its way, as I drove into Lalinde, our nearest town, the avenue of trees on each side of the road appeared to have formed two long rows of pink cherry blossom and primroses have popped up everywhere. There are enormous tadpoles in the trough behind the barn, butterflies are fluttering here and there and even the salamanders are venturing out to bask in the spring sunshine. It did rain a lot in February and we are wishing that our water collection tanks had been working this year as apparently it is going to be a very dry summer according to the local farmers. Mind you they can usually say that with some degree of certainty for this part of France!

Our local garden/agricultural centre opened officially this weekend and the girls enjoyed riding in the horse drawn carriage (not quite as impressive as the Tetley shires!) and watching the rare breed cows (or where they oxen?) demonstrating the age old methods of ploughing. Thankfully the day old chicks had all sold or who knows what we would have ended coming home with?

However, we did come home with some



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tomato plants and various other plants and seeds to plant or grow on in the potager. The potager has been rather neglected and despite being ploughed over by our neighbour in November it had rapidly transformed itself back to more of a green than brown colour! Our neighbour had obviously noticed the lack of action there (we are concentrating so much on having the gite and pool perfect for our guests) that one afternoon he turned up with his tractor again complete with attachments. Within 20 minutes the whole area was a beautiful earthy brown again. There is nothing like a helping hand to prompt you into action and this weekend Alice , Eliza and I have been busy planting, potatoes, carrots, lettuce, peas, leeks, spring onion, radishes and anything else we could find that said 'March' on the ' when to sow' bit on the back of the packet(we're very much beginners.) We've decided Eliza is likely to be more of the gardener as she just got on with the job in hand whereas Alice, 2 years her senior, thought it was much more fun to go galloping around the garden on her pretend horse bamboo

cane! Well we've got lots more to plant and are looking forward to a bumper harvest and sharing it with our friends and guests! We are thrilled that our gite is fully booked now for the summer season (we still have a spaces in Sept !) and are looking forward to seeing family and friends who are coming to visit too.

We so enjoy reading our 'Lookaround' and would like to take this opportunity to wish you all a very Happy Easter.

With love Jacky, Chris, Alice and Eliza.
www.rigal-gites-dordogne.com

	Josephine Lade LCSP (Assoc) 015396 23696
	If you suffer from any of the following: Repetitive strain injuries Chronic soft tissue injuries Stress/tension headaches Sciatica Osteoarthritis Remedial Massage may help you. Appointments now at The Highfield Practice, Kendal. Call 015396 23696 for further information & appointments. Home visits may be available.

Dear Editor,

I was thinking back to school days and the games we played especially skipping with one big rope or individually. I wondered if the songs we sung are remembered by anyone else. These things are being lost, as the children nowadays seem to be more interested in computers or game boys etc. One game I remember very well goes:-

Our school masters a very good man,
He tries to teach us all he can,
A Reading, A Writing, Arithmetic,
But he never forgets to use his stick,
When he does he makes us dance

Out of England into France,
Out of France and into Spain,
Over the hills and back again.

When we got to his stick the people who held the rope started going around in a circle till everyone was out.

Single rope:
Pitch, patch Pepper or
Salt, Mustard, Cayenne Pepper.

When you said 'pepper' you skipped as fast as you could.

Then the songs about Marriage:
Start skipping and when you stopped the rope, that was where or what you had got married to was.

Tinker, Tailor, Soldier, Sailor
Rich Man, Beggar Man, Poor Man,
Thief.

Dressed in
Silk, Satin, Muslin, Rags

Married in
Church, Chapel, (The rest I have forgotten) *(any readers fill this bit?)*

Travel In
Coach, carriage, wheelbarrow, muck cart
(cannot remember any others).

Also Rhymes for who was to be the catcher at Hide and Seek etc.,

Hop, skip, sky blue, it is not you.

Everyone put two fists up and the one fist left was on.

or

One potato, two potato, three potato, four,
five potato, six potato, seven potato,
more.

If would be interesting to hear from anybody else with skipping rhymes.

Does any of today's youngsters have any similar rhymes or similar games. Please let Lookaround know.

DJW

TIM FARRON MP

Tim Farron will come to Dentdale on Thursday April 19th and we hope a lot of people will come along to the Memorial Hall from 7.30pm to meet him, have a chat, hear his Christian testimony and hear about the Hovercraft Prayer Support which backs up his work in prayer. Sandwiches and Tray Bakes will be served along with teas and coffee. All very informal and welcoming.

Do put the date in your diary and whatever political party, or none, you support, come along and share fellowship with us. If you would like to help with the refreshments, preparing or serving, please get in touch with Sarah Woof on 25212 as soon as possible. See you there!



MK CONVERSIONS

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VOLLEYBALL AND SLOVENIA

Some friends from Zrece who play volleyball are wanting to visit Sedbergh to play. We have been in touch with a few local teams, but if there are any people who prefer to play informally, have ever played on holiday, or would like an introduction to the game you might want to get in touch so that you can meet our Slovene friends when they visit. Please ring 015396.21166 for more details.

SETTLEBECK HIGH SCHOOL

Girls Football I

Settlebeck High School
v Queen Catherine School

The Girls Football Team played against Queen Catherine School and the result was 4-1.

The game was at Queen Katherine's Astroturf and we lost only by 3 which is not bad as we try and train as much as we can but not as much as Queen Katherine! They are very good and we could see that they train very often. The possession was shared at about 50/50% even though they started off having 1 more player than us!

The Team:	Player Position :
Llana Fearn	Midfield
Amy Thompson	Defence
Eilidh Sproul	Striker
Emma Rennison	Striker
Beth Poole	Midfield
Eleanor Wilkinson	Defence
Vicky Barnes	Defence
Ellen Bell	Goalkeeper

Girls' Football II

Settlebeck High School
v Kirkby Stephen Sports College

In this match everybody tried their very best but we had a bad start to the match and ended up losing the match. We also had a bad end to the game but everyone had a good time and enjoyed themselves. In the second and third quarter we made a good come back. Even though we scored 1 goal we kept the ball from their defence as much as we could. In this game we had Mr Orme shouting advice from the side-line to encourage our team on!

Overall we all tried our best and scored 2 goals and we went home knowing we tried our best.

Ellen Bell

FROSTROW W.I.

Sixteen of our members attended the March meeting which was held in the Methodist church rooms this month. The Sedbergh Spring Show is just around the corner and the President urged members to enter in order to earn points towards the W.I. Cup.

Our scheduled speaker was Paul Wilkinson who, unfortunately, had to cancel his visit at the last minute. Anne thanked Pat Ramsden on behalf of us all, for spending most of the day trying to book an alternative speaker. As no-one was available at such short notice, Anne persuaded Malcolm Petyt to stand in (Did I see his arm up his back?) His illustrated talk on "The Yorkshire Dales" was excellent. His love and knowledge of the Dales was obvious as he took us on a pictorial tour of each dale.

Jean Mitchell thanked Malcolm for his interesting and informative talk and expressed our gratitude for his stepping in at the last minute.

Jean Mitchell won the raffle and Jean Jones won the competition "My Favourite Local Walk". Our walk this month is on Thursday 22nd March, meeting in Joss Lane car park at 2.15pm.



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We are holding our annual Coffee Morning on 4th April in the URC rooms. Our next meeting is also on 4th April, in our usual venue at Peoples Hall, when Liz Matthews will talk to us about the textiles and embroidery of Gujarat. Visitors will be very welcome.

Denise Thomson

SETTLEBECK HIGH SCHOOL

Football Report

Settlebeck High School had a football fixture against Cartmel School this month and we got to the match with a squad of 15 players. In the first couple of minutes the game was evenly balanced, with Oliver Wales controlling most of our play with some nice outside of the boot passes. The game settled down before Martyn Knapton hit a goal past Cartmel from a corner. Cartmel tried really hard to get back in it and their hard work paid off from a defensive error made on the right hand side, which ended up being crossed in and a striker hit the ball into the net unmarked. Settlebeck got back in front with Sam Bolsher dribbling past 3 defenders and placing it perfectly past their keeper. Just when we thought the game was won, the referee gave a questionable penalty which resulted in an amazing save from our trusty keeper, James Woof. We then conceded a very late goal which was really unlucky. In general, I thought the game was played with great sportsmanship, the referee being part of this because he tried hard to keep the game flowing. There were barely any fouls and we shook hands after the game.

Scott Lowther

TIM FARRON MP

There are some parts of the constituency that I really love visiting and Sedbergh is most definitely one of them. That is the only explanation for the fact that one day last month I actually visited Sedbergh twice. It is a bit ironic that one of the trips was to chat to the children at Sedbergh Primary School about climate change. I don't think that my diary organisation did a great deal for my carbon footprint that day! The other trip was to see the Reminiscence Quilt which was just lovely. If you get the chance to see it yourself do take it. I love it when small communities decide to get together to create things like this that make a statement about themselves and the

people around them that can be enjoyed for generations to come. Away from Sedbergh and the constituency, agriculture has been taking up a lot of my time in Westminster. In my capacity as Chair of the All Party Parliamentary Group for Hill Farming I had a meeting with Lord Rooker at DEFRA. Amongst the many things that I had to discuss with him was the plan of the Rural Payments Agency to penalise farmers 1% for each day late a farmer is in getting in their application for the Hill Farm Allowance. This despite the fact that RPA has been very late in getting out the applications forms to over 500 hill farmers around the country and in fact timeliness does not appear to be part of

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the RPA's reason to be at all. Much to my annoyance he refused to budge on this and so the RPA can be late but farmers cannot.

On a more positive note he did agree that the level of funding through the Hill Farm Allowance would not fall below the current level. So hill farmers can feel a bit more confident about their futures.

Lord Rooker does at least know a bit about this part of the world, he has been to the County Show a few times, including braving the rain last year. The same, unfortunately, does not go for many other members of the Government. If they did then they would know that the recent proposal by the Lyons Review to introduce a "Bed Tax" to raise money

from tourists is a very worrying idea. It is hard enough to make a living as a small bed and breakfast or hotel without the introduction a levy on top of the prices that tourists are charged. Our rural economy is fragile enough without having extra burdens that can only reduce visitor numbers put upon it. As soon as I heard of the proposals I tabled an Early Day Motion in Parliament, it will be interesting to see what support it gets.

As ever you can contact me by writing to Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by emailing me at tim@timfarron.co.uk, we love to hear from you. I am particularly keen to hear views on climate change at the moment.

Thanks for your support *Tim Farron*

<p><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><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><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>THE HEAD</p> <p>AT</p> <p>MIDDLETON</p> <p><i>is now a</i></p> <p>NO SMOKING</p> <p>ESTABLISHMENT</p> <p></p> <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <p>Menu</p>	<p><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><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><u>Rice Dishes</u></p> <p>Chilli £6.80 Chicken Tikka Masala £7.70</p> <p><u>Salads</u></p> <p>Ploughman's Lunch £5.40 Cold Meat Salad & Roll & Butter £6.40 Prawn & Rice Salad £6.80</p> <p><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>
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HELP IN THE GARDEN

How to survive a day in the garden

Gardening is a peculiarly British joy. It's really hard work and there are so many possibilities for disaster. We can take the blame when everything goes pear-shaped, but when, occasionally, the whole garden is a vision of loveliness, we may modestly pass the credit on up to the Almighty.

No wonder, then, that gardening in Britain is massive business. For the privilege of all this thankless toiling, we spend over two and a half billion pounds in garden centres every year. On behalf of slugs and osteopaths everywhere, I should like to express my gratitude for this excess.

For the slugs I know no cure. For the

backache, I can offer some help if you follow these very simple golden rules:

1. Do not jump out of bed and go digging.

During the night, when you have taken the weight off your spine, the discs are able to swell. When you first get up in the morning, they are a little 'bulgy'. This is a bad thing if you plan immediate, heavy exercise because discs, like the rest of us, dislike being woken with a start. They will settle down for the day in a couple of hours, but in the meantime it is foolish to annoy them. Have breakfast, take a stroll round the garden, measure up for the water-feature, but **do not dig** until two hours after getting out of bed.

2. Don't expose your back to searching winds.



Sedbergh Community Development Centre Part of Cumbria Adult Education Service

We need new tutors!

Our Adult Education courses have been really successful over the past few months and we are looking for new tutors, mainly for our autumn programme. Generally courses are 1½ to 3 hours per week and run to school terms.

You will need to be an expert in your subject and have, or be prepared to study for, an adult teaching qualification.

So give us a ring if you think you could teach your specialist subject to adults. We are particularly interested in the following but other subjects will be considered.

IT

Languages

Arts & Crafts

History

Literature

email: admin@sedberghcdc.org.uk

Tel: 015396 21031

Gardening is rather warm work. Sooner or later, you will start removing layers. Please wear a long-sleeved garment that you can take off and **tie around your waist** when you get hot. If you tend to neck problems, you are better to strip down to a sleeveless top with a collar than a strappy vest. You won't notice a cool wind on your back while you are working, but your muscles will!

3. Take a timer into the garden.

Once you are engrossed in a job, you may not realise how long you have been at it, but you should not keep at the same thing for too long. Set a timer for twenty-five minutes, and every time it goes off, **change jobs and reset the timer.** It means that you rotate round the garden, leaving half-done jobs all over

the place, but that can't be helped. Eventually you will be able to tidy up.

4. Don't go on too long.

Be satisfied. When you think it will soon be time to stop, you are already tired and most injuries occur at the beginning or the end of the day.

5. Resist the call of the sagging deckchair.

When a racehorse has been out on the gallops, his jockey walks him home so that his muscles and ligaments can cool gently down in motion. Keep moving for a while when you've finished, because your tissues too, are happier if they're allowed to come to a quiet halt. Then shower and change into dry clothes.

Then, and only then, pour the Pimms
Daphne Jackson. MSc(Ost). DO



**Sedbergh & District
Cleaning Services**

015396 20927



Sedbergh and District cleaning services is a newly formed organisation which is hoping to be able to lend a helping hand to people in our community:

We aim to provide domestic support services in the home to:

- Working families, (too busy to spare the time)
- The elderly or anyone who is not quite as able to manage as in the past
- That extra special spring clean
- Anyone who wants a helping hand to keep their home looking clean and smart

If you want help with any aspect of support in your home please ring us on Sedbergh 20927 to discuss your individual requirements.

Weekly cleaning services, Spring clean, After party help, Before party help etc.



>>>>>>>>>> Staff Needed Call for details <<<<<<<<<<<<

SEDBERGH PARISH COUNCIL

Summary of the Minutes of the Meeting of 28 February, 2007

Miss C. Nelson and Mr. G. Steadman of the Chamber of Trade attended the meeting by invitation to discuss the following issues:

Christmas Lights – the current set of lights are seven years old, requiring a lot of maintenance and will need replacing soon. It was agreed that the Chamber of Trade would get an estimate from the contractor, ‘Community and Seasonal Engineering’ of Lupton, which supplies, installs and maintains the Christmas lights in Kirkby Lonsdale; and that the Parish Council will commit itself to making an annual contribution to the costs.

Farmers and Producers Market – these markets to take place on the second Wednesday of every month between April and October inclusive. Mrs Nelson thanked the Parish Council for the very generous block rental it is charging for the first year. 90 % of the pitches have been taken up, most have been booked for the whole season. It was agreed that the acceptable size of a pitch should equal two parking spaces, but that this issue will need to be managed and monitored.

‘Book Town’ and ‘Town Twinning’ signs – the Parish Council will consider adopting the ‘England’s Book Town’ brand or designation once the community has become familiar and accepted it. It was suggested that these signs be

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attached to the existing polls which support the 'welcome to Sedbergh and the Howgills' signs. It was agreed that the Parish Council would investigate the authority, the process and the cost of having such signs made and erected.

Matters Arising From the Minutes

P.C. Orr has informed the Council that the local Constabulary were beginning to get the violence between some local young people and pupils of Sedbergh School under control. Sgt. Fawcett of Cumbria Constabulary has advised that each and every incident of violence or anti-social behaviour should be reported in full to the Constabulary.

Planning

The following applications were considered:

..... Randall Hill, Sedbergh – *Amended plans to demolish existing garage and construct new dwelling. Cllrs acknowledged that the applicants had amended their original plans in response to expressed concerns, and had no objections ;*
..... Haycross Berens, Ingmire – *amended plans to erect a double garage and new access, creation of 2 new window openings – The Council has no objections.*
..... Dovecote Ghyll Farm, Dowbiggin – *replacement of single story kitchen with extension to form kitchen, utility and garden room. Cllrs objected to this on the grounds that the design is out of character with the immediate environment.*

(Continued on page 48)

2 Lane End Cottages, Frost Row –
Amended plans to convert and extend a rear shippon and erection of second story extension. The Council objects to this application on the grounds that it is still too large and overpowering for a small cottage.

Ash Hining, Howgill Lane – *Amended plans to replace a conservatory with new garden room. No objections.*

Birks Farm, Cautley – *Amended plans to convert barn to two dwellings to let. No objections.*

Decisions had been received as follows:

31 Fairholme, Sedbergh – erection of single story extension – *Granted*

The Greens, Howgill – installation of an oil tank – *Granted*

Fives Court, Sedbergh School –

refurbishment with minor extensions – *Granted*

National Grid Wireless Site, Joss Lane, Sedbergh – installation of two transmission dishes - *Granted.*

Hebblethwaite Hall Cottage, Cautley – installation of LPG tank – *Granted.*

Correspondence

A request from Mr. K. Kirkby (Caspa) to create a football pitch for 8-12 year-olds on the site of the old concrete cricket strip on the Howgill Lane playing field. The Council considered that required further detailed consideration, not least on its effects on other users of the playing field.

A request from Mr. K. Kirkby (Caspa) to use the Howgill Playing field football pitch for a charity fun game on the

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afternoon of Sunday May 27. The Council asked for clarification as to whether this would involve a bar at the time of the event.

A request from 'Young Kidz' to use the football pitch on Howgill Lane playing field for a junior football tournament on 6 July – agreed.

Car Parks

A new sign detailing the terms and conditions of parking at Loftus Hill will be required; and amendments will be needed to the sign in Joss Lane car park.

The ticket machine for Loftus Hill car park has been ordered, and invitations to tender for the power supply have been sent out. There will no exemptions to the charges for Loftus Hill.

The Parish Council have received only one reply from local coach operators (Bibby's of Ingleton) to its request for their parking requirements in Joss Lane car park. The Council will monitor whether local free parking prevents visiting tour/trip coaches from using the car park and change the regulations if necessary.

Highways

Following persistent representations from the Parish Council and District Councillors Stephenson and Lancaster, Cumbria County Council have reported that the drainage problem on Howgill Lane has been resolved.

Dr. E. Hailwood has expressed concern about the restricted access caused by the trees and hedges along Millthrop Lane, and the dangerous exit from Frostrow Lane onto the Garsdale Road. These concerns have been passed on to Cumbria Highways.

A copy of a letter from Ms C. Capstick

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to Cumbria C.C. received expressing concern about the state of disrepair of Thorns Lane.

The Council has received expression of concern about the water fountain on Finkle Street being a hazard to pedestrians. However, this fountain is a Grade 2 listed building and as such cannot be moved or altered.

Litter

The Parish Council have received expressions of concern about the litter in the town and on the A684 to the west of the town. The Council resolved to ask SLDC to arrange for this litter to be picked up. The Council also agreed to suggest 'a litter picking' evening in the town later in the year.

Footpaths

Some of the flagstones and paving stones along Main Street have still not been replaced properly since the new gas mains were installed. The Council resolved to write to Cumbria County Council.

Any Other Business

Cllr Scarr reported that Farfield Mill is negotiating with the 'Sedbergh Stitchers' for the embroidery panel to be displayed in Farfield Mill.

COUNCILLOR'S CORNER

The 'unitary debate' is still very much a live and kicking and I am attending a special meeting of the District Council this coming week (week commencing March 19th) to consider alternative proposals drawn up by five of the six District Councils which oppose Cumbria County Council's plans to abolish local councils and have one council serving the whole county. The idea is to create four 'Most Purpose Authorities (MPAs),' to identify with the county's geographical and regional differences, with one member wards and directly elected cabinets, and for them to form a Federation to provide some shared services and to co-ordinate relationships with Cumbria-wide and external bodies. The idea will be to devolve authority to local communities, including achieving 100 per cent 'parishing' across the county to ensure much more substantive authority is given to the parish councils and/or local service forums. It is still

very much at a draft stage and is now subject to local consultation, via a series of independently-run focus groups and telephone interviews, to help shape the proposal and determine whether there is support for the idea. As always, I'll make sure I keep you abreast of developments and share my thinking once I am involved in the debates and discussions.

Whilst I'm on the topic of Councils... you will be pleased to hear that South Lakeland District Council has improved its performance by 62 per cent - more than the average for any other similar authority. The Audit Commission has looked at how SLDC is delivering services by comparing performance in 2004/2005 with 2005/2006. It found the rate of improvement at SLDC to be 62 per cent, which is higher than the national average for district councils, which is 58 per cent. The Audit Commission found that SLDC is both "improving substantially" or "improving," in a total of 21 different service areas, including

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such areas as, providing electronically-delivered services to make it easier for people to pay and receive services, processing planning applications quickly, lowering the cost of waste collection, achieving good environmental health practice and responding to complaints and financial management. Hence, my personal thanks to all Council Staff, for achieving such good results.

And on the topic of good results... I am really pleased that Sedbergh Parish Council are now to run both car parks within Sedbergh. I know a number of you have raised concerns about having to pay for car parking charges at the Loftus Hill car park, but had the Parish Council not taken this step, to lease the facility, its future may well have been uncertain and charges could have been forthcoming, that may have been much higher than those levied by the Parish Council... as would have been the case with Joss Lane. More importantly, this is all about achieving local sustainability and what money the Parish Council can generate from this venture, will be ploughed back into the community and in enhancing local services for us all.. so please, as I know many of you have, do support this venture and purchase your annual permit if you haven't already done so.

Before I sign off... there is one more important piece of information I need to draw your attention to. A resident recently raised a concern with me about the fact that the Council would not remove a sink that had been taken out of their property. Please be aware that any debris or building waste that is generated from a household renovation, be it a sink, plaster work, or whatever the item is, has

to be removed and taken to a certified waste disposal site, by the contractor that you have used or by yourself.

That is why it is absolutely crucial that when you hire a contractor to do a job in your home, that you ensure that in the contract, there is reference to the contractor removing any debris that they create or take out of your home, otherwise that puts you in a difficult position and then you have the responsibility of disposing of the debris/building waste yourself. Please do not assume the Contractor will automatically remove waste, for they need a license to transport/dispose of waste materials, and they have to pay for it, so they may not do it and I am afraid the Council similarly does not get involved in this type of waste removal.

On this and other issues, please keep your letters, e-mails and phone-calls coming in.

With gratitude and best wishes,

Cllr Craig Stephenson

An Evening with

ERIC BRENNAND

Dent Methodist Chapel

Saturday 12th May

7:30 pm

Buffet Supper

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amusing stories & anecdotes!

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Everyone Welcome

Special Guest:

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GARSDALE BROADBAND III

Garsdale Parish Broadband User Group. By now many of you now will be aware, that for the last three months, Delya and I have been campaigning about Broadband issues in Upper Garsdale. There are two main issues, the first being the lack of affordable Broadband service for the whole of Parish of Garsdale which includes Grisedale, the second, the mis-selling of Broadband connections by BT Openreach, a subsidiary of BT Wholesale.

The campaign for Broadband really took off on 12th March, when nearly 60 disgruntled residents turned out in force at a meeting in Garsdale village hall, to express their concern about not being

able to get access to Broadband. To date not a single property has been successfully connected to Broadband in an eight-mile stretch from Lucid Training to the top of Grisedale.

Most people attended the meeting because they want and/or need a Broadband connection for their business, or for their children's educational needs. In 2004 BT announced that by the end of 2005, every business, and every home in the whole of Cumbria, would have access to Broadband. This has not happened for a number of different reasons. Many Garsdale people signed up for Broadband on the promise that they would be connected via their existing telephone cables. After many weeks of telephone calls and much frustration, you

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eventually realise that BT (Open reach the BT line company), are unable to honour the contract and supply a connection.

Surprisingly, despite all the bad press, Garsdale residents are still being contacted and persuaded to sign up for a Broadband connections of up to 1.5Meg by BT Total Broadband and others. As a result of this test, all the other Service Providers have been offering to sign you up on similar rate and cost. They will all offer you a connection, usually within 5 working days. The actual cause is the faulty data that has been entered into the availability checkers supplied by the BTs line company Openreach.

We were especially pleased to have as guest speakers, Mr. Tim Farron MP who promised residents that he would do all he could to find a way around the problem, so Garsdale could be environmentally sustainable. Other speakers were Mr. Philip Southward, from the NWDA (Northwest Development Agency) the SRO (Senior Responsible Owner) of the Project Access Initiative, and Mr. Graham Miller of THUS communications. Service Provider to Project Access. Mr. Paul

Haigh of Kencomp Internet also spoke about the various alternative schemes available.

All of this was reported in some detail to Philip Southward, who has agreed to stop Project Access staff contacting anyone else in the valley, offering a service when they could not be connected. Mr. Southward also agreed to finance a comprehensive feasibility study, and that he would work along side the committee to find a value-for-money solution for the people of Garsdale.

We now have to convince the National ISP's to stop selling a service that can never work in Garsdale. BBC Radio 4 and WatchDog picked up this story, and it was featured on "You and Yours" program on the 14th March. We are hopeful that this disgraceful method of selling fixed term contracts will soon be stopped, and that full refunds will soon be made to the people who have been charged for a non existent Broadband connection.

Armed with this information, we simply cannot believe the current claims that 99.3 businesses now have access to Broadband, and that 96.6 of Cumbria

(Continued on page 54)

homes have Broadband access. These figures must still include all of the Garsdale residents who have tried and failed to get connected, because of the wild unrealistic claims made by BT. Judging by the number of people at the meeting, and the list of 17 others who have recorded their interest with us, we believe that the claim that the 99 Broadband coverage of Cumbria to be seriously over estimated. We now have a list of over 30 people who want Broadband in Garsdale Parish.

The NWDA and BT claiming that Cumbria has a 37 Broadband take up (signed up contracts), currently the highest in the country. This may be correct, but only if it includes all the (failed to connect, or Not-Spot) customers, which we believe are never deducted from the compounded take up figures. As we are not able to obtain from BT the failure rate after contract take-up, we must assume that the claimed 37 figure, must include all of the people that

have tried and failed get a connection. If this is the case, the real take-up figure for Cumbria could be as low as 25. This seriously effects the claimed availability of Broadband figure, which may be as low as 80 and not the 99 claimed.

This is despite the massive advertising campaigns selling Broadband, despite all the personal letters sent by BT confirming they could supply the service, despite the many thousands of pounds spent on sending BT engineers on fruitless missions up the Dale, only to confirm what you have already found out, "You won't get Broadband here, you are too far from the exchange."

More importantly, it is despite the massive £20,000,000 handout that was provided by the Government to ensure that all of Cumbria, not just the townspeople, could get access to Broadband. This money was distributed via the Project Access Initiative, managed by Richard Walters of Commendium Ltd. Penrith.

More recently, BT have stated that there will always be some Not-Spots in "Deeply Rural Areas". Garsdale certainly can not be described as deeply rural. After all, we are located on the A684 trunk road connecting the Yorkshire Dales to South Cumbria. Similar areas with similar population figures across the County have been successfully connected during the last 2-3 years.

Second Reason Until this campaign took off, Garsdale had been simply been "forgotten about" from a Broadband point of view. No meetings were ever called to explain the benefits or problems supplying Broadband, as happened in many other rural areas, and no businesses



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were ever contacted with respect to a BB connection. Dent is now up and running and parts of Mallerstang also have Broadband. The Moorcock Inn now has Broadband, but they are in another county. Many other more deeply rural areas in the Yorkshire Dales also now have Broadband. We believe it would be difficult to find another area anywhere covering an 8-mile stretch that has no Broadband.


There are other not-spots in Cumbria and the rest of the country (i.e. pockets of failed BB connections all over the UK). The total figure without Broadband in Britain could easily top one million businesses and households not showing on any given statistics.

There are other options to a BT system,


for example wireless Broadband or by satellite. The committee elected at the meeting will examine all the alternative options available. They will then have to pursue funding to cover the initial cost of the chosen alternative to the scheme to the existing (or non-existent) BT wired ADSL service.

Having handed over the reins, the next newsletter will be supplied by our democratically elected committee. I will still be available to offer technical advice to anyone if asked to do so. All enquires regarding Broadband connections, should be now directed to the Committee Chairman, Mr Andrew Lathwell, Ingheads, Garsdale. Cumbria Tel: 20150. Email andrew@lathwell.com

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Zrece Trip February 2007

In the early hours of Tuesday 6th February, 27 year 9 students and 4 staff plus 2 adult helpers flew from Liverpool John Lennon airport to Trevino in Italy for the start of this, our third, town twinning trip to Zrece in Slovenia. So much of this trip was new, not only the route, which prove tiring but generally both quicker and less expensive, but also many of our activities with our Slovenian friends.

Here are some of our students' reactions after the trip and a colourful account by Susan Garnett who accompanied and supported us throughout.

On the way to Zrece we flew, this was something I had never done before. I thought the Postonja caves were impressive and I really enjoyed the skiing and beat everyone by getting the biggest bruise out of the whole class (and the teachers). I enjoyed the trip to Ljubljana and enjoyed spending time with the Zrece

students because they were like us but just spoke a different language. They also liked similar things to us.

Hannah Mason

In Zrece we did lots of exciting things such as cross country and down-hill skiing. We visited caves and went to the local primary school. All the people there were very friendly. The best bits though were going to the spa and tobogganing, but the tobogganing was quite scary!

Rose Bannister

I thought the journey was fun, especially flying with my friends, it was really good. The day we went to the spa was great, I really liked the freezing pool and it was fun when we all crammed on the slide. The skiing was great. I learnt down-hill and cross country and I really liked them both. I loved the tobogganing, it was really exciting! I liked meeting the students, they seemed really nice and were good at teaching Slovenian. The trip to Ljubljana was good – I had a really good time. *Freddie Evans-Jeanrenaud*

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<p>It was quite hard to learn to speak their language as they tried to teach us.</p>	<p style="text-align: right;"><i>Gala Queen 2007</i></p>
<p style="text-align: right;"><i>Jake Hodgson</i></p>	<p>My name is Robyn Lewes, I was born in</p>
<p>I enjoyed doing activities with the Zrece students and learning new words in Slovene</p>	<p>Barrow, moved to Sedbergh when I was 6 months old and I now go to Settlebeck High School. I am really happy to be this year's Gala Queen because I think I will</p>
<p style="text-align: right;"><i>Clare Thompson</i></p>	<p>do a good job. I am lively, outgoing and always glad to meet new people! Being</p>
<p>I enjoyed the spa and to jump from the hot pool to the ice cold one.</p>	<p>Gala Queen will be a lot of fun and come</p>
<p style="text-align: right;"><i>Bartosz Pawlak</i></p>	<p>Gala time next year I am sure I will be</p>
<p>I enjoyed skiing for the first time in my life. I really enjoyed doing all of the sports at the centre that we stayed at. The sports were football, baseball, volleyball and rock climbing. The Zrece students are really good at football.</p>	<p>sad to hand over the crown!</p>
<p style="text-align: right;"><i>Jamie Holmes</i></p>	<p>At the moment I am in year 10, just getting into my GCSEs and working harder than I used to! The hardest option I took is probably French. I find the</p>
<p>I really liked the skiing trips, down-hill was the best because I found it really easy but cross country was difficult. I still really enjoyed it. The Slovenian students were very helpful.</p>	<p>grammar very confusing sometimes but I think I am just about getting my head around it! Despite the extra work I am having a lot of fun being in the netball and football teams. In the summer time I like to play tennis for Sedbergh and</p>
<p style="text-align: right;"><i>Cai Roberts</i></p>	<p>Settlebeck and I play in the Rounders team. As you can probably tell, I am very energetic and like to get out in the fresh air. When I am indoors I enjoy singing and have lessons every Thursday. My teacher is great and I have made real</p>
<p>My favourite parts were Ljubljana and the Postonja caves. I would definitely come again if I could and definitely think I've made some new friends.</p>	<p>progress with Tracie! I also have dancing lessons with Suzan on Thursday, I now</p>
<p style="text-align: right;"><i>Robin Littlewood</i></p>	<p>only do contemporary but I did quite a few years of ballet and even a bit of tap</p>
<p>The food at the hostel was good.</p>	<p>dancing.</p>
<p style="text-align: right;"><i>Chris Duncan</i></p>	<p>I am having a lot of fund joining in with the Rose Theatre Group. We performed</p>
<p>The hostel is very good and the school looks interesting.</p>	<p>the pantomime 'How the West was Sung' last month. I hope that if you managed to</p>
<p style="text-align: right;"><i>Liam Cross</i></p>	<p>get to see it, you had as much fun watching it as we did performing it!</p>
<p>Zrece students are chatty and fun-to-talk-to people.</p>	<p>So I do hope I do a good job when the crown is passed over this year and I hope</p>
<p style="text-align: right;"><i>Tom Coates</i></p>	<p>it manages not to rain on the day!</p>
<p>When we went to the local school we made friends with two boys called</p>	
<p>Domen and David. They were really fun!</p>	
<p style="text-align: right;"><i>Katie Hoggarth</i></p>	
<p>On the first day we went skiing and it was ace but I fell off a few times but then</p>	
<p>I got the hang of it. Then we went to a war museum and then into a castle which</p>	
<p>was good.</p>	
<p style="text-align: right;"><i>Harry Ellison</i></p>	

TWO RICHARD WINN'S

One to Celebrate, one to commemorate

The first, William Richard Winn is our Dad, and most folk who would remember him would have called him "Dick". He was born on 16 April 1922, at No. 3 The Folly in Sedbergh. His mum was Mary Eleanor (nee Fisher), known as "Molly" and his dad was Thompson Winn. Dad attended the British School and is here pictured proudly wearing his "Clean Hands" badge! He was the eldest son of six children – Auntie Winnie (Walker) being the eldest, with Uncle Sydney, being the youngest. Dad enlisted into the Royal Navy in the Second World War and was badly wounded at sea off the coast of Normandy. When he returned to Sedbergh after the war, he came back to work at Metcalfe's shop in Market Square and married mum (Kath) whom he had met whilst in the forces at Leicester (diamond wedding anniversary coming up soon!). Dad's interests have

always been sport and, in his latter years, the bias has been more towards "Horse Racing" and "Snooker". During televised snooker, Dad retains "absolute control" of the lounge TV, forcing mum to watch TV in the kitchen! About ten years after the war, Dad suffered leg pains from his "war wounds" and after being rushed to Kendal hospital had an operation to straighten his leg. Whilst in hospital, he came into contact with 'Sister Middleton' who for those of you who follow the TV historian David Starkey, was a key figure at the hospital. David Starkey, was brought up in Kendal and had a number of operations where he also came 'under the command' of Sister Middleton. Dad had a pretty severe stroke in 1986 and though he lost some mobility and the power of speech, with Mum's devotion, care and support he remains the positive and very cheerful individual that some readers might remember. We celebrate Dad's 85th

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birthday in April.

The second or rather the first Richard Winn was my Dad's uncle. My Dad was named Richard after his Uncle Richard, who sadly, he never met. Richard Winn died during World War I. He served in the Duke of Wellington's (West Riding Regiment), 2nd Battalion. He was the husband of Isabella Winn and lived on Long Lane. He was killed at the Battle of Arras, which some will remember began with the Canadian victory at Vimy Ridge. The Battle of Arras had a higher average daily casualty rate than either Ypres or the Somme. Richard Winn's battalion were involved in a failed attempt to break through part of the formidable Hindenburg line at Bullecourt near Arras. The carnage was truly dreadful and Richard's body was never found. His name is recorded and 'Remembered with Honour' on a panel at the Faubourg D'Amiens Cemetery at Arras, together

with 36,000 other names of the 'missing' – the more well known Menen Gate in Ypres records 55,000 names of the 'missing', and Tyne Cot (Cemetery) near Ypres, on the Passchendale ridge records a further 35,000. We visited Arras with Dad in 2005 and found his Uncle Richard's name engraved in stone on Bay 6 of the memorial. If you visit the cemeteries or visit websites, what is striking is that most of the casualties were in the 18-21 age bracket – reflecting Kitchener's new army of volunteers recruited from August to October 1914. Richard Winn was 36 – relatively old! Uncle Sydney told me that Richard was part of a close family and when Thompson, Sydney's dad and my granddad, enlisted so did Uncle Richard (or the other way round). As a postscript to this story one of the last 20 survivors of World War I was a Mr Barraclough who served in the same Duke of Wellington's Regiment as Richard Winn. He lived in Morecambe and passed away nearly 90 years later in 2004.

We commemorate the 90th anniversary of the death of Richard Winn, aged 36, on 3 May 1917.

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HEALTHY HEART

The heart has two principal functions in traditional Chinese medicine. One is the obvious one: the heart pumps the blood. The other may be thought of as unscientific, but is known to us through words and phrases such as: heart broken, open hearted, heartache, heart connection. The Chinese word Shen signifies some sort of combination of what we might call mind and spirit. The functions of the Shen include consciousness, memory, mental activity, insight, intelligence and wisdom. The Shen resides in the heart. Or to put it another way, the heart houses the Shen. This is the second function of the heart.

Heart disorders, correspondingly fall into two categories:

- Physical diseases of the heart and the blood vessels
- Mental and emotional problems.

These are not separate, but inextricably interlinked. For example, an irregular heart beat and anxiety can feed each other. Anxiety is stressful for the heart and uses up energy which could otherwise be used for maintaining a regular heart rhythm. On the other hand an irregular heart beat can be a source of anxiety and even if we are not explicitly aware of it, can lead to a feeling of uneasiness in the chest.

To understand heart disease in this context, it is essential to have some understanding of the twin concepts deficiency and excess. Deficiency means lack of some fundamental life-giving substance. To function well, the heart needs adequate Qi (energy, pronounced "chee"), which motivates all movement

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in the body, including the heartbeat. It also needs a good supply of blood, which is adequately rich in nutrients. Excess means an accumulation of substances, which impede the functioning of the heart, such as fluids or phlegm in the chest, blockages or clots in the blood vessels.

Deficiency and excess also help us interpret mental and emotional disturbances. Deficiency of blood can mean that the Shen is not well anchored in the heart and may lead to problems such as insomnia, poor memory, anxiety and depression. Excess heat in the heart can lead to disturbing dreams and manic states. Bipolar disorder is said to be due to a combination of phlegm (depression) and heat (mania) in the heart.

Even if a person has symptoms mostly attributable to excess, it is likely that there will be an underlying deficiency. For example, congestion in the chest can

only happen if the Qi is too weak to properly move fluids throughout the body. In my acupuncture practice, I usually feel each person's pulse. I notice in people who have had a conventional diagnosis of heart disease, that the pulse on some occasions will indicate weakness and at other times will have the rolling slippery quality typical of congestion in the chest. This indicates that deficiency and excess are both present and each predominates at different times.

This model suggests that, for a healthy heart it is necessary to do two things:

- build up the Qi and the blood with proper rest, good diet and gentle exercise
- move congestion with short periods

of more vigorous exercise.

Because of the connection of the heart with the Shen we can add to this

- periods of calm, relaxation and meditation.

If you are interested in a programme of exercise designed to benefit the heart, I suggest you come to Healthy Heart Taiji Qigong with Raymond and Gavin Towers in Dent. This three day course runs from Friday 20th to Sunday 22nd April at the Dent Meditation Centre. For bookings phone the Meditation Centre (015396 25141). For more information you can look at the website uktqf.co.uk or you can phone me on the usual number (015396 20972).

June Parker

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A COMMUNITY WEBSERVER

Another first for Sedbergh? Could be. Sedbergh Chamber of Trade is in the process of setting up a community webserver. This will provide a local service to businesses and community groups that they currently get from a wide range of places, sometimes paying more than they need to and sometimes getting a service that doesn't cope too well when they want to update or develop their websites.

Of course the moment someone tries explaining about computers, things begin to get complicated. That's because they are complicated. I'm reminded of the schoolteacher in Glasgow who spoke to a pupil's mother about his low standard of personal hygiene that was causing him to

be the butt of jokes in class. "He's here to be tellt, not smellt", replied the lady, "He's no' a @@**@@ strawberry!" Or so the story goes. And of course she was wrong. These days things are too complex for them to be tellt, rather you sniff out the means of finding out, and then it's up to the learner. Not least, because the telling would take up far too much time and space.

For this reason, I'm going to suggest you look at www.sedberghcoft.org.uk/webserver where you should be able to find out much more about what a community webserver is and why we should want one.

Very briefly, it's one thing having someone design a website for you, you then need to find somewhere to put it, or

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store it, so that's it's available day and night on the internet, and there are hundreds, maybe thousands, of companies that will offer this service. Most people leave it up to whoever designs their website for them to arrange and this may be OK, however as a number of businesses in Sedbergh have found to their cost, it isn't always.

By setting up a webserver, Sedbergh Chamber of Trade will be providing a service to its members and local community groups that is owned by the community, is forward-looking and includes the capacity to allow a website to grow.

I attended a day's training on websites put on by the government's UK Trade and Investment agency last November, and this topic, of capacity for growth and of enabling constant change and updating, was touched on not at all. But I can tell you, it is probably the most important thing to think about, when considering website design.

We're fortunate in Sedbergh in having a (small) number of people who know what they are doing in maintaining a webserver service that is as good as you'll find anywhere, and this is perhaps one reason why Sedbergh can provide this service to its community where no other appears to have done (yet).

Please note this is NOT about the Chamber of Trade making your website for you. It is about putting in place an infrastructure for the hosting of websites that is secure, accessible (in terms of advice), business-class and expandable. (Apologies for the jargon, but it's true).

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sedbergh.org.uk/webserver (and assuming you typed it correctly of course) press the Windows key on the bottom row of keys on your keyboard, then select 'Run' and type the web address in the box that appears and click OK. That should do it. I need to mention this because these days many systems are being set up so you don't access a website direct, you go via a search engine that, purely coincidentally of course (ahem), provides you with sponsored items ahead of the thing you're looking for. Our webserver pages won't currently be found that way. (Apple Macs don't have a Windows key, if you get this problem on a Mac, send me an email).

And if this seems too complex, or too simplistic, or too boring, then I apologise. All you need to remember is: Sedbergh out in front AGAIN! Or ask more via email, admin@sedbergh.org.uk

David Collier

CAR PARKS IN SEDBERGH

If you drive a car and use the car parks (Loftus Hill and Joss Lane) in Sedbergh then please make sure you read the following article.

JOSS LANE

Sedbergh Parish Council have now taken over the day to day running of this Car Park along with the Wednesday market. The reason for this was that South Lakeland District Council would no longer allow the free parking permits agreed with the Yorkshire Dales National Park to be used in this car park, and in fact any Y.D.N.P. passes you may have are no longer permissible on Joss Lane Car Park and have not been since 2006. (You can only use them on car parks

which are owned by the Y.D.N.P provided of course they are for the correct year).

This would have meant that anyone using Joss Lane car park would either have to pay hourly each time they parked or alternatively purchase a S.L.D.C. car park permit of a cost of almost £300 per year !!!! The Parish Council agreed that the only way to keep the cost of parking DOWN for local people was to negotiate with S.L.D.C. to take over the running of the car park.

This however has not come cheap. Sedbergh P.C. will have to find an initial rent of almost £14,000 *for the first year*. Hence the need to charge for all parking. At present parking permits (*for those*

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living local & eligible) are £35 per year (the year started 1st Sept. 2006) (Anyone wishing to purchase one for the remaining year up to 31st August 2007 will be charged £20) This £20 is a 'one off' and will not be repeated, and in future the rate set for the year will be payable whether you purchase your pass on 1st September 2007 or (say) 1st March 2008.

LOFTUS HILL

As most of you are aware this has been a 'Free' car park for many years. South Lakeland District Council leased it from Sedbergh School. However S.L.D.C. are no longer prepared to continue with this agreement and Sedbergh Parish Council have now stepped in and negotiated with the School to rent the car park. However this rent has to be raised from somewhere so Sedbergh P.C. are making Loftus Hill a 'Pay and Display' car park.

I am sure that you are asking "why do we have to pay when it has always been free." This is the reason S.L.D.C. gave it up. It was not 'free' to S.L.D.C. In fact they had to pay almost £2,000 for Council tax plus the up keep etc. and are now not prepared to do so (these monies would be coming out of our Council

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Tax). As a privately owned piece of land the School were not obliged to retain it as a car park BUT they very kindly agreed to negotiate with Sedbergh Parish Council to keep it as such. Sedbergh P.C. now have to pay rent, rates, upkeep etc., (as S.L.D.C. previously did) hence the Pay and Display. Terms & Conditions will be displayed ie Parking only for private cars and small commercial vehicles.

We are also endeavouring to re-open the Toilets.

Both Joss Lane and Loftus Hill Car Parks will be run on the same basis. Please keep your eyes open at Loftus Hill for when charging takes place, which may be very soon. You will be able to use your Permit on either Joss Lane or Loftus Hill. The alternative to Sedbergh Parish Council charging for using these car parks would have been to raise the Precept when everyones Council tax bill would have risen and the S.P.C. felt it would be very unfair.

If you feel that £35 a year for a permit is expensive it only works out at 10 pence per day if you park every day of the week which is cheaper than parking for 1 hour 1 day per week.

If you have any queries please leave any messages for me at the Community Office (above the Tourist Information Centre) and I will respond to them as soon as possible.

Dorothy Blair.

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SEDBERGH TOWN BAND

Town Pantomime

All involved in the recent most successful and thoroughly enjoyed pantomime are to be warmly congratulated. The superlative organisation, dedicated rehearsing, excellent and imaginative writing together with splendid costumes, scenery and music ensured a production of the highest calibre.

Particular mention should be made of the contributions made by several members of the Town Band whilst at the same time full acknowledgement is made of the fantastic contributions made by everyone involved at every level.

Husband and wife team, Keith and Sandra Gold-Wood receive the highest accolades. Sandra must take credit for the whole event: Without her energy, enthusiasm, vision, script writing and indefatigable organisational skills this magnificent fund raising production would never have got off the ground. She took overall responsibility for costumes, also starred as Bobo the bear, being joined on stage by cornet player husband Keith as slightly miffed Bill Hicock.

Another husband and wife team, Ernie and Viv Hailwood, also featured prominently both on stage and behind the scenes - trombone player Ernie played Henry Miller, the Landlord of the Magna Garter whilst his efforts behind stage with Steve Moore in the capacities of Stage and Scenery Managers ensured an impressive smoothness of production. Viv combined the roles of Skint Eastwood and Director of the pantomime.

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Town Bandmasters wife, Sarah Lewis (horn) assisted with the make-up and performed the duties of prompter. Chris Chambers (cornet) aided by his wife Jen was responsible for the magnificent horse costumes. Hilary Hodge (cornet) was an effervescent Sid Presley whilst Tony Crofts (euphonium) was magnificent director of music and superb banjo players, further confirming his extraordinarily impressive range of diverse musical skills.

Combined Town & School Band Charity Concert

On 21st January 2001 a concert was given in Sedbergh School's Powell Hall which featured amongst other performers the Town and School Bands. The

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combined bands, directed by Alan Lewis, played six items: ‘Eye of the Tiger’, the adagio from ‘Spartacus’, ‘C’est si bon’, ‘The Ash Grove’, ‘Thank you for the Music’ and ‘Hootenanny’.

Sunday 18th March 2007 saw the bands joining again in Powell Hall, though on this occasion the programme was devoted solely to the two bands. Whilst the director of the school band and town bandmaster remained the same in the person of Alan Lewis, the personnel of the two bands has changed considerably. The school band was entirely different and eight only of the original Town Band took their seats alongside the school players.

The programme chosen initially

presented a real challenge to the Town Band on two counts: first, a mere month prior to the concert the band was presented with nine completely new numbers to be learned: secondly, the level of difficulty of the programme items at first appeared a little more appropriate for the high levels attained by the Sedbergh School C.C.F. Band. However, a combination of the regular Wednesday rehearsals, a full Sunday workshop, two or three joint practices with the school band and conscientious private practice enabled the Town Band to gain a mastery of the pieces and to perform with confidence alongside the talented school players.

Apart from the opening number, ‘Tarka 123’, every item in the programme was a first public performance for the Town Band. The two bands (together numbering in excess of fifty players) combined seamlessly in playing the wide variety of music that constituted the programme: an old favourite ‘A Nightingale Sang’: Louis Armstrong’s great hit ‘What a Wonderful World’, film and t.v. themes ‘Gonna Fly’ (Rocky), ‘Born Free’, ‘Where Eagles Dare’ and ‘Hawaii Five O’: ‘Malaguena’, ‘Bohemian Rhapsody’ and the selection ‘Breezin’ Down Broadway’, together with Alan Lewis’s compositions ‘Toad in the Hole’, ‘The Highlands of Winder’ and ‘Drumsticks’. The latter two, featured respectively wonderful performances by bag-pipe players and the Sedbergh School C.C.F. Corps of Drums. As an encore the pipers played the lovely ‘Highland Cathedral’ whilst the two

(Continued on page 68)

bands gave a stunning rendition of 'Instant Concert'.

On behalf of the British Legion Colin Weir thanked all concerned in arranging and performing the concert and expressed his appreciation of the injection to the Legion's funds that will have been given by this well attended event.

Band Members Make the Nationals

Samuel and Henry Wray, Sedbergh Town Band members, have qualified to join the National Children's Brass Band of Great Britain for the second year running.

This was a particular achievement for Henry, who changed from the tenor horn to the flugel horn in late August and had to re-audition in order to secure this place.

The eleven year old twins, who attend Sedbergh Junior School, are delighted to be continuing with the Town Band as it provides such an excellent opportunity to develop their musical skills - and have

great fun with other like-minded youngsters!

Future Events

The band will be performing at the Sedbergh Spring Show on Saturday 31st March and at the Gala on Saturday 19th May. The Annual Summer Concert in the People's Hall will be on Wednesday 6th June.

Plans and arrangements for a Band Workshop in Italy during July are well advanced. A party of about thirty will be staying in Fiuggi (a town already familiar to recent Sedbergh Italian language class students, located some twenty miles from Rome). Rehearsals, concerts and sight-seeing will feature highly in the week's stay.

A most generous gift by a member of the band to the tour fund of £500 will help enormously in defraying expenses incurred on the trip. Our sincere thanks go to this donor who wishes to remain anonymous.

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SEDBERGH SCHOOL

Seven victories in seven days for Sedbergh Sevens.

Sedbergh have continued their winning streak on the rugby field with some fantastic victories in sevens. The 1st team is still unbeaten and have won at Birkenhead, Mount St Mary's (Sheffield) and the North of England competition last week. Sedbergh's starting team brag five Internationals and in a team of seven that's pretty impressive.

The U14, U15 and U16 VII are also unbeaten and have won some great tournaments including, Ampleforth,



King's Macclesfield and Merchant Taylor's (Liverpool).

Sedbergh coach Stuart Oliver says "Throughout the season we try and play wide and expansive, high tempo rugby so when the seven's season comes around the fast, explosive nature of the game is second nature to our boys!"

Sedbergh are hoping for Nation success at this years Rosslin Park competition at U13, U16 and U18 level.

HOW THE NORTH WEST WAS SUNG

News from the Rose Theatre group

The third pantomime presented by the RTG, 'How the North West was Sung' was a great success for the Group. The People's Hall was packed Friday and Saturday night and close to packed on the other performances. Comments such as "I was transported", "I felt just like a kid", "I loved the songs", "It was wonderful", "The children were so lovely", "Who made the horses they were great and the Stage coach, amazing". The praise has been overwhelming, it is lovely to know that you have laughed with us and enjoyed the show so much.

The RTG would like to thank it's sponsors, Garth Steadman, The Pulse Gym, Woof's of Sedbergh, John Jordan, Dennis Whicker and JMP Food Services. Thanks also to Martin Powell and all the shops and individuals who gave raffle prizes. Also to Dent Players and Spellbound Theatre for helping out with sound equipment, Sam Clegg, Steve Longlands and Andrew Allen without whom the performance would have been quiet and dark. Thanks also to the People's Hall committee for going out of their way to help us and a big thank you

to all the folks who usually hire the Hall in the week for being good enough to have one less session than usual.

Extra thanks to Chris and Den Chambers who made the wonderful horses which the children enjoyed so much. Not forgetting the stagecoach, a masterpiece by Ernie Hailwood and thanks to Steve Moore who did so much toward the smooth running of the whole show plus being a super Garsdale Grizzly. Extra special thanks to Steve Longlands who gave so generously of his time throughout rehearsals and performances, thanks Steve it wouldn't be the same without you!

The Panto raised around £1,500 which will be split between Derian House and MS. The final total is not yet known as there is still some sponsorship and programme ad payments to collect plus the inevitable expenses to pay. The door ticket prize, a bottle of champagne is waiting at 'Number Ten' for ticket no 104 as is the Ali's Dream Prize the lucky winning ticket is no 186. I also have a child's white trainer which has lost its partner and a child's navy top plus a few other bits left at the hall. Please feel free to call and collect them.

Sandra G.W 21808



ART SOCIETY

At the AGM on 9th February, the committee was returned en bloc, except for the retiring programme secretary, Ruth Gamsby, who was thanked for her hard work in organising so many enjoyable and instructive Friday evening speakers.

The Summer Exhibition will be held as usual in August----more details of that anon.

The evening finished with a viewing of some recent work by members.

For our last Friday meeting until the Autumn, we were treated to a demonstration of

water colour painting by Jeremy Ford. President of the S.S.A. (for all artists) One of his main tips was about the importance of the quality of paper used--- he uses 300 lb Arches rough, at £7 per sheet---some of us felt we weren't quite up to that! For this demo., he painted a sea scene on dry paper, a bit at a time--- and you couldn't see the joins! He said the secret is not to stop!

Meanwhile our informal Wednesday group continues to meet in the Peoples Hall at 9.30 am --- the conversation alone is worth coming for --- and we welcome the opportunity to have this "window of time " to give to our painting.

V.Finch

PEOPLE'S HALL COMMITTEE

The People's Hall Management Committee are looking for someone with the time, ability and willingness to be Treasurer for the Group.

If you are interested, please make contact with any Committee Member or Sedbergh Office Services on 20788.



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TOY LIBRARY

The Sedbergh & District Toy Library always welcomes both new & old members. The Toys are suitable for families with children from 0 to 11 years. The sessions on Thursday afternoons provide a setting where children can try out the suitability of toys and have a great time in play.

We have been fortunate enough to receive a grant from The Neighbourhood Forum to update our stocks and I am sure you will find a huge choice for the age of your child.

Over the last year we have been pleased to lend toys to Grandparents & others who are looking after children on holidays. The visiting children are astonished to find surprise toys waiting for them!

We also lend toys to Child Minders & Pre school & School Groups.

Spring Opening Times

Thursday April 5th

Thursday April 19th

Thursday May 3rd

Thursday May 17th

All sessions are in the People's Hall from 2.30 to 4.30 pm. We look forward to your visit.

Bronwen Osbourne

SETTLEBECK HIGH SCHOOL

Settlebeck's Maths Challenge

The school continues to take part in a national competition organised by "The United Kingdom Mathematics Trust".

The "Intermediate Mathematical Challenge" was open to all students in Year 9 and Year 10. Thirty students responded to this opportunity and armed only with paper, pencil and their brains tackled some very tricky mathematical questions.

Congratulations to all who took part. Certificates were awarded to Katie Hoggarth, Megan Ingham, Magnus Dent, Hannah Scully, Robyn Lewes, Thomas Calvert and Natalie Iveson.

All students in Year 7 and Year 8 will have the opportunity to take part in the "Junior" challenge. This will be held on Thursday 26th April 2007.

GLADSTONE HOUSE

In answer to the letter from WVM, we at Gladstone House feel we are fully integrated into the community of Sedbergh. On a regular basis, our coffee morning, also by request, entertains 10 people all of which then go up into the Main Street and or into the market afterwards.

We do provide trips and entertainment for ourselves, but also have regular bingo sessions, which are open to all comers. We occasionally have other functions open to the community which are rarely patronised. I feel rather than Gladstone House isolating ourselves maybe some Sedbergh people are isolating us.

*S. Rawnsley
on behalf of Gladstone House.*

SINGING SLOVENIA

Join a group of singers visiting Zrece & other parts of Slovenia from 30th July to 6th August. This will include Concerts, Workshops, Walkings and Meeting Local Singers. There will be transport, good food and accommodation.

Read about last years Howgills Harmony Tour on our Web Site at www.sedbergh.org.uk and www.lakelandvoice.co.uk or contact David Burbidge on 015396 21166 for more information.

KIRKBY LONSDALE EMBROIDERS

What a wonderful meeting we had on 8th March. Our guest speaker was Gillian Clarke, a passionate patchworker and quilter, who brought samples of her work and showed slides of finished work, as well as the methods of construction and the initial ideas for the project. She has made quilts for many years, fitting it in between raising a family and her busy life as the wife and supporter of her politician husband, Kenneth Clarke. It was a truly inspiring afternoon which was enjoyed by all members and many visitors. As an aside many thanks go to the ladies who made the tea - it was certainly a labour of love.

Our April meeting will see us following the Rise and Fall of the Crinoline Lady, a talk by Valerie Wigmore, a very accomplished needleworker. It sounds intriguing and visitors and guests will be most welcome. It takes place at Cowan Bridge village hall at 2pm until 4pm, on Thursday 12th April 2007.

FREE COURSES COMING UP!

Sedbergh CDC is organising some free courses for the summer term. These are aimed at people in the 19-59 age group who either do not have many formal qualifications, or who got their qualifications a long time ago.

The courses are called First Steps. They will be a short (one or two sessions) and gentle way of trying something new and seeing if you would like to do longer courses in the future.

Here are some examples of the courses we hope to offer:

- Shop safely online
- Email made easy
- A fun intro to Spain
- Have a go at Arts & Crafts

Look out for adverts, or ring us on 015396 21031 for more details.

NEWS FROM BRIGFLATTS

On 28th January, we had our annual "Jolly", with fun and games --- the children still seem to like the balloon games the best.

We have started a Prayer for Healing Group which meets every Tuesday fortnight to think about any in need of comfort and support---if you ever have a name you would like to put forward , please ring me on 21592.

The Womens' World Day of Prayer at Dent was an ecumenical service, when we joined with other churches in a service prepared by the women of Paraguay.

The series of Lent study evenings , organised by Churches Together in Sedbergh, has been an interesting opportunity to find out more about the different churches in the community, and

our little Meeting House was full when it was our turn to host---we were surprised and pleased at the number of people who took the trouble to come down.

We are now looking forward to our biannual meeting at Glenthorne in Grasmere, when , no doubt, we will be expected to spend much of the weekend soul-searching !

V Finch

1957 - 2007

Due to a lack of space, there are no photo's this month for you to look at.

Last month, I did not label the Photo's which depicted the bottom of Joss Lane looking north from Main Street.

Hopefully, there will be some next month.

D J Whicker



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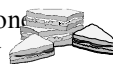
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SEDBERGH PRIMARY SCHOOL WINNERS!

Years 3 and 5 have been busy thinking about what children coming to Cumbria from other countries may need to know, in response to a competition run by Cumbria County Council Children's Services.

Year 3 produced a "Big Book" of information and advice, whilst Year 5 entered posters detailing personal experience of things worth seeing and doing in the area.

The judges were so impressed they awarded the school with a prize of £75!



At the Chair Workshop

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SAINTS ALIVE

Saints Alive, a lively musical celebrating Pentecost is coming to Sedbergh. Rehearsals start on Monday 16th April, 7.30pm at the Methodist Church. All welcome, from any church or none, from a choir or if you just enjoy singing, playing or dancing.

Performances will be on Saturday 26th and Sunday 27th May. Details in next months Lookaround and around town.

For more information contact Carole on 22030.

TAKE YOUR PICK!

Many of us are dissatisfied with our lives and are searching for excitement and maybe some form of spirituality. There is a hungry part in each one of us which longs to be satisfied and we will try to fill it as best we can.

Unfortunately there are many places we can look for this satisfaction which seem good at the time but are ultimately blind alleys and can lead us into difficulties. Many people will try New Age remedies or psychic experiences only to find that whilst the remedies may give temporary relief, the healing isn't permanent, and the psychic experience has led us into fear or depression.

This is because we are warned very firmly in the Bible not to delve into the occult (which means 'hidden'). God does not give us this warning because He is a spoil-sport but because He wants the best for us. He is the God of Light and He wants to keep us safe.

One lady who had practiced a form of eastern exercises described how she had experienced "some power". No doubt she did, but we need to ask "What power, and where does it come from?" There is a very real power out there which is definitely not out for our good and in fact wants our harm. We need to keep away from it.

Before trying out any of these things it is good to find out what the root of it is. Many have come from eastern religions which are false. Jesus said, "I am the Way, the Truth, and the Life and nobody comes to the Father but by Me". He was either a liar, a megalomaniac - or He was telling the truth. Take your pick!

COMMUNITY CINEMA

Great news, our community cinema has received £1,000 from Garfield Western Foundation, £3,000 from Freda Scott Trust and £1500 from the Hadfield Trust, so we are almost ready to purchase our equipment. Once we've got this we plan to put on film nights at local venues and the equipment will be available for hire to local groups. There has also been interest in forming a film club and having viewings for various groups. There is also a keen interest in making films, so potentially we could have our very own film festival. Anyone interested in the Community Cinema or film making should contact the Community Cinema.

CUMBRIA WILDLIFE TRUST

"Haunted Ride"

There's a ride in the woods that the
poacher shuns,
No wires are set in the rabbit runs,
And the dark firs sigh against the sky
When evening comes.

There's a ride in the woods where hounds
won't follow,
They lose the scent in the Upper Hollow,
And horses shy when they pass by
That ride in the woods.

There's a ride in the woods where no
keeper goes,
Where the proud cock pheasant seldom
crows,
And what stalks there when the moon is
bare
God only knows.

(*"BB": Denys Watkins-Pitchford 1939*)

HISTORY SOCIETY

Cow-keeping in Liverpool

The nineteenth century was a period of depression in the Yorkshire Dales, Westmorland and Cumberland. Many families in Garsdale, Dent and Sedbergh were unable to make a satisfactory living for themselves and their families.

It is not known which family was the first to make the decision to travel to Liverpool and to start a dairy to provide milk for the growing industrial population there. However, they met with some success and it was not long before they persuaded family, friends and neighbours to join them. More and more families moved from the Garsdale, Dent and Sedbergh areas and Cow-keeping became a viable and often a profitable occupation.

Cow-keeping survived two world wars (including the Blitz) but eventually came to an end in the 1970s. There are still many people who have memories of the tales told by their parents, grandparents etc. and some will recall their own experiences.

The History Society is in the middle of an investigation into the Cow-keeping industry. We already have a lengthy list of those who were involved but there must be many sources that we have not yet tapped. We would be very grateful for any information from anyone who has been connected with families that went to Liverpool (Many came back to retire!). If you are able and willing to pass on your information please contact Joyce Scobie, Sedbergh and District History Society, 72A Main Street, Sedbergh LA10 5 AD or phone 015396 21106.



**GLADSTONE HOUSE
REMINISCENCE QUILT PROJECT**

The presentation of the Gladstone House Reminiscence Quilt took place on Thursday 15th March.

The project began at the beginning of 2006 when I was awarded, with the support of the parish Council, a community project grant from National Lottery Awards for All.

Residents from Gladstone House met once a week for a year to design and stitch quilted squares depicting scenes from their lives. Dennis Whicker presented the finished quilt to Gladstone House and musicians from Sedbergh Primary School performed for the residents and their guests.

The quilt now hangs in Gladstone House and everyone is welcome to call in and have a look.

I would like to thank all who were involved in creating an enjoyable afternoon.

Liz Rice



The musicians from Sedbergh Primary School with some of the residents in front of the Quilt.

SETTLEBECK HIGH SCHOOL

More Than Dreams

A few weeks ago a theatre company came to Settlebeck High School to do a play on our futures, as part of our careers programme.

It was about a girl whose parents couldn't afford to send her to university. Her school discouraged her to go and her friends called her selfish for wanting to leave them. In the end she was 22, stuck at home with a child and very unhappy. The theatre group gave us the opportunity to change parts of the girl's life in order to reach her goal.

It taught us that whatever your circumstances, it is possible to attain what you want if you get the right information; assert yourself and seek support. There's usually someone, somewhere who will take an interest.

Dreams are attainable – don't settle for less.

*Megan Ingham, Hannah Scully
& Robyn Lewes*

CHURCHES TOGETHER

There are many Services arranged for Easter, to which, everyone is welcome to attend.

Maundy Thursday - A service at the URC, Main St. 7.30pm.

Good Friday - An outdoor service between the URC and the Bank. 11am.

Easter Sunday - Services in all church plus there will be a trip up Winder on Easter Sunday for a short informal service at sunrise. More information, including timings (yes it will be early) will be posted on the URC notice board, Joss Lane, in the run up. All welcome.

EATING OUT

A very pleasant time was spent at The Pheasant, at Casterton recently where we found a good choice of meals, some of us tucked into a starter while others choose a main course and for 4 of us inc drinks it was under £25, and served with a smile.

Sandham cafe, just down from the Market place in Milnthorpe is a friendly little place with a lovely selection of home made cakes along with Soup and sandwiches.

A recent trip to Lakeland Ltd meant we just had to sample the delights of the First Floor Cafe, access via the stairs or the lift, but be warned you go to the reception desk and book yr table, they give you a pager which lights up and buzzes when the table is ready and you can wait on the comfy seats near the cafe if you wish. They serve drinks and cakes, sandwiches, savouries ie soup, meat and salad "plates", jkt potatoes and a good selection of main meals! They open Mon-Fri 9-6, Sat 9-5 and Sunday 10.30-4.

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CHARITY SNAIL RACING NIGHT

On Saturday 10th March the truck pull team held a Snail Racing Night in the Bull Hotel where a total of £211 was raised towards Mays tractor pull event.

Many thanks to Steve and Allison and staff at the Bull but special thanks to Deano and James Burns for their hard work in running the event.



Thanks to everyone who sponsored a snail and those who packed out the Bull on the night. Our next big event will be the big Charity Bingo Night in the White Hart Club on Good Friday 6th April where £150 is up for grabs, plus many more prizes. Everyone is welcome.

Many thanks to all the businesses and individuals who have or are sponsoring us for our Westmorland Gazette advert in the 18th May edition. There will be a full list, write up and display of all sponsors after 8th April. All monies raised from all events will be shared between Breast Cancer, Cystic Fibrosis, Helme Chase Maternity Unit and local childrens groups.

Thank you all.

Truck Pull Team.

THE BORROWING DAYS

(The first three days of April)

March said to April

“I see twa hoggs on yonder hill

And if you give me days three

I’ll find a way to gar them grue”. (Make them sorry).

The first day was sic a blaw,

The second day was sic a snaw,

The third day was sic a freeze

It froze the little birds’ nebs to the trees.

And when the three days were over and gone

The twa silly hoggs cam hirpling hame.

(Written out by Jessie (Corder) Mounsey in about 1940).

DENTDALE METHODIST CHAPEL

As part of a series of “getting-to-know-you” and fund raising events, the Dentdale Methodist Chapel are serving a Buffet Supper on Saturday May 12th at 7.30pm and the after-supper-speaker will be Mr Eric Brennand from Grange-over-Sands, a Methodist Lay Preacher known for his good down-to-earth sermons dotted with amusing stories and anecdotes. We will be well entertained yet with a sound message as well .. and a good feed! Tickets are £4 each, family tickets available, please contact John and Sarah Woof on 015396 25212 to reserve your tickets to collect at the door or send a SAE to them at; "Rhumes", Laning, DENT, Sedbergh, LA10 5QJ.

As an extra bonus we will have a member or members of the “Walk Cumbria” Team who are about in Dent that week. Everyone welcome!

SETTLEBECK HIGH SCHOOL

Hockey Report

Settlebeck High School v Dallam School

On Wednesday 5th March Settlebeck High School and Dallam had a friendly hockey match. It was 11-a-side and we played on Sedbergh School’s astroturf pitch. The match was 20 minutes each way and at 32 minutes Dallam took a shot at our goal which beat Tom Coates our goal keeper. But, soon after that Settlebeck High School’s Stuart McCandlish brought one back, the match ended in a draw, 1 – 1, it was a very good game and everyone played well.

Chloe Packham – Year 10

THEOLOGY GROUP

The Group meets on the first Monday of every month at 10.30 am at 59, Bainbridge Road. The next meeting will be on 2nd April. For more information telephone Lucy Morris on Sedbergh 20467.

VOICE MALE WEEKEND

Over the second weekend in May we are being visited by a male voice choir from Northumberland - Voice Male - who some of you will have heard before in our short concert just after the harvest festival service in Cowgill church last Autumn. We have also invited a small choir from Zrece to join them - so once again there will be a chance to learn some new songs from Slovenia (and the north east of England,) hear some fabulous concerts, or just spend some time meeting these wonderful people.

Full details are available on my website www.lakelandvoice.co.uk Everyone is welcome - I look forward to singing with you. *David Burbidge Tel: 21166*

A SEDBERGH VIEWPOINT

It seems to have been relatively quiet in Sedbergh since Christmas but now spring is here and we can look forward to all the events planned for the rest of the year.

Sadly there has been a spate of boarded up broken shop windows along Main Street recently. One of the government's current buzz-words is "respect".

Normally Sedbergh is a respectful community so I hope the broken windows were accidents rather than vandalism and a lack of respect.

I have heard many folk talk of spring having arrived early this year, with particular note of profuse early morning bird song. It is good to appreciate the changing seasons and the work of nature that we are unable to change (even though our "carbon footprint" and subsequent "global warming" might well change things in the long term). I always appreciate the fact that Sedbergh has the feel of a town which doesn't blot out the countryside around and within it.

Last month I wrote on the topic of local government reorganisation. I supported Cumbria County Council's bid to become a Unitary Authority in that such a body would end the present confusion about which council does what. It was interesting to read in the same issue of *Lookaround* that Sedbergh Parish Council had undertaken a review of its practices and procedures including "to improve its understanding of the legal framework in which parish councils operate". It seems I'm not the only one confused, and this month I'm even more confused.

Again from last month's *Lookaround* I read that Sedbergh Parish Council leases Loftus Hill car park from Sedbergh

School and also that there will be no overnight parking. There was also some query over the difference in cost between a 24 hour-permit to park at Joss Lane (£52) and a day-permit (£35). South Lakeland DC has recently published legal notices introducing changed car parking charges from 1st April. Joss Lane is included in a list of over 40 car parks throughout the district. Loftus Hill warranted a separate notice to introduce charges for the first time from 1st April. For both car parks the hours of operation of charges are from 9am to 6pm, the inference being that cars may be parked free of charge from 6pm to 9am, i.e. overnight. I also note that the new charges are not the same in both car parks so that if you wish to park between 3 and 4 hours you pay 50p less at Loftus Hill!

I'm also confused about the District Councils' response to the government about CCC's bid to become a Unitary Authority. They have dreamt up a revision of their boundaries to reduce from 6 to 4 and call themselves "Most Purpose Authorities" taking over most of CCC's responsibilities - but not all of them!

This month last year, this column was an April Fool spoof. Apparently (and surprisingly) it was not spotted as such by some readers. I decided to "go straight" this year, though having written the above I'm now beginning to wonder if I'm the April Fool. I'm certainly more confused than ever about the complexities of local government though I do know it is partly financed by me paying my Council Tax. Ah well, such is life.

Best wishes

N Hastle.

Buses from Sedbergh				Returning to Sedbergh			
<u>To Kendal</u>				<u>From Kendal, Blackhall Road</u>			
<u>Via Oxenholme Rail Station</u>				<u>(opposite Bus Station)</u>			
<u>Monday – Friday</u>				<u>Monday - Friday</u>			
7.45am		564 Stagecoach	(*)	8.30am		564 Stagecoach	(*)
9.40am		564 Woofs of Sedbergh		8.35am	Sch	564 Woofs of Sedbergh	
10.05am		564 Stagecoach	(*)	9.30am	Tue	804 D & H Travel	(*)
10.15am	Wed	564B Woofs of Sedbergh	(*)	10.30am		564 Woofs of Sedbergh	
12.40pm		564 Woofs of Sedbergh		10.50am		564 Stagecoach	(*)
1.00pm		564 Stagecoach	(*)	1.30pm		564 Woofs of Sedbergh	
2.00pm	Tue	804 D & H Travel	(*)	1.00pm	Wed	564B Woofs of Sedbergh	(*)
2.40pm		564 Woofs of Sedbergh	(*)	2.10pm		564 Stagecoach	(*)
3.50pm		564 Stagecoach	(*)	4.25pm		564 Stagecoach	(*)
5.11pm		564 Woofs of Sedbergh		4.30pm		564 Woofs of Sedbergh	
<u>Saturday Only</u>				<u>Saturday Only</u>			
10.05am		564 Stagecoach	(*)	5.45pm		564 Woofs of Sedbergh	(*)
10.50am		564A D & H Travel	(*)	<u>Saturday Only</u>			
1.00pm		564 Stagecoach	(*)	10.50am		564 Stagecoach	(*)
3.50pm		564 Stagecoach	(*)	2.10pm		564 Stagecoach	(*)
<u>To Kirkby Stephen</u>				<u>From Kirkby Stephen, Market Square</u>			
<u>Via Cautley and Kirkby Stephen Rail Station</u>				<u>Monday – Saturday</u>			
<u>Monday – Saturday</u>				<u>Monday – Saturday</u>			
9.00am	M-F	564 Stagecoach	(*)	7.10am	M-F	564 Stagecoach	(*)
11.20am		564 Stagecoach	(*)	9.40am		564 Stagecoach	(*)
2.40pm		564 Stagecoach	(*)	12.25pm		564 Stagecoach	(*)
4.55pm		564 Stagecoach	(*)	3.15pm		564 Stagecoach	(*)
<u>To Kirkby Lonsdale</u>				<u>From Kirkby Lonsdale, Square</u>			
<u>Monday – Saturday</u>				<u>Monday – Saturday</u>			
9.45am	Thu	567A D & H Travel	(*)	12.15pm	Thu	567A D & H Travel	(*)
<u>To Hawes</u>				<u>From Hawes</u>			
<u>Monday – Saturday</u>				<u>Monday – Saturday</u>			
10.00am	Tue	804 D & H Travel	(*)	1.25pm	Tue	804 D & H Travel	(*)
<u>To Dent & Cowgill</u>				<u>From Dent, School</u>			
<u>Monday – Saturday</u>				<u>Monday – Saturday</u>			
<u>Wednesday only</u>				<u>Wednesday only</u>			
1.30pm		564B Woofs of Sedbergh	(*)	10.00am		564B Woofs of Sedbergh	(*)
<u>Saturday only</u>				<u>Saturday only</u>			
9.40am		564A D & H Travel	(*)	10.35am		564A D & H Travel	(*)
3.00pm		564A D & H Travel	(*)	4.00pm		564A D & H Travel	(*)

KEY : M-F Monday to Friday Only
 Tue Tuesday Only
 Wed Wednesday Only
 Thu Thursday Only
 Sch Schooldays Only (M-F)

* Provided with Support from Cumbria County Council

Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.

For Comprehensive up-to-date information ring :-
 Traveline 0870 608 2 608 (Open : 7am – 8pm Daily)

Whilst every effort has been made to ensure the information in this poster is correct, Cumbria County Council cannot be held responsible for any loss, damage, injury or inconvenience caused by errors, omissions, timetable changes or cancellations, delays or diversions of services.

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

Church Wardens:

John Beck 22109 & Lavinia Mahon 21740

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

Rev. C Gotham Tel: 22030

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

Church Wardens:

Cautley: Judith Bush 20058 & Linda Hopkins 21455

Garsdale: Mary Grant 20573 & Bill Mawdsley 20723

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

SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday

Tel: 21436

*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

Sedbergh Tel: 015396

June Parker	Acupuncture	20972
Ian McPherson	T'ai Chi, Flower Essences, Homoeopathy	20648
Melanie Kingsbury	Aromatherapy, Counselling	07 8888 57775
Denise Williamson	Homoeopathy, Bowen Technique	20846

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 12th December 2007

APRIL			
1	Palm Sunday		
1	1000 Hidden Histories of the Dales Starts	DCMH	
2	1400 Spinning & Rugmaking	DCMH	
2	1930 Annual Dent Parish Meeting	DMH	
2	2000 Dentdale Cricket Club AGM	Dragon	
4	1000 WIF Coffee Morning	URCR	
4	1400 Art in the Park	DCMH	
4	1930 WIF Embroidery & Textiles	PH	
5	1930 WIH Embroidery & Everest	HVH	
6	Good Friday		
6	1400 Storytelling	DCMH	
6	2000 Bingo Night	WHC	
7	1000 Scouts Coffee Morning	SH	
7	1000 Singing Weekend (7)	Sedbergh	
8	Easter Sunday		
8	1000 Singing Weekend (7)	Sedbergh	
8	1000 Patchwork & Quilting	DCMH	
9	Easter Monday		
9	1000 Easter Sale (9)	DMH	
9	1930 Beekeepers' Swarm Management	PH	
10	1400 WIK Swaziland	PH	
10	1400 Dry Stone Walling	DCMH	
10	2000 Les Bull Band (10)	Bull Hotel	
11	1000 NW Cancer Coffee Morning	URCR	
11	1000 Farmers Market (11)	JLCP	
11	1200 Heritage Centre Open Day (1)	SS	
11	1400 Art in the Park	DCMH	
11	1915 WID On Horseback in France	DMH	
13	1400 Storytelling	DCMH	
13	Cobweb Orchestra	SS	
14	Cobweb Orchestra	SS	
15	Cobweb Orchestra	SS	
17	1415 SLSB Meeting	PH	
16	1500 Reading Group	L	
18	1000 Sedbergh Playgroup Coffee Morning	URCR	
19	1000 Hidden Histories of the Dales Ends	DCMH	
19	1930 An Evening with Tim Farron (19)	DMH	
20	1900 SHS PTFA Quiz Night (1)	SHS	
22	SS Term Begins		
22	1000 National Parks Influence Starts	DCMH	
22	1000 Digital Photography	DCMH	
23	St George's Day		
25	1000 Garsdale VH Coffee Morning	URCR	
25	1930 CWT Forestry & Conservation	SHS	
25	1930 Sedbergh Parish Council	PH	
27	1100 Victorian Kitchen	DCMH	
27	1900 Royal British Legion Annual Dinner	SSQH	
27	1930 Dentdale Choir Concert (27)	StAD	
28	1430 Beekeepers' First Inspections		Middle Row
29	1930 Dentdale Choir Concert (27)		Barbon Church
30	1930 Dent Parish Council		DMH
MAY			
1	1000 National Parks Influence Starts		DCMH
2	1000 Firbank Church Coffee Morning		URCR
2	1930 WIF Resolutions Meeting		PH
3	1930 WIH Music & Humour		FCH
5	0930 Beekeepers' Furness Convention		Bardsea
5	1000 Open Garden		GFK
6	1000 Open Garden		GFK
7	May Bank Holiday		
8	1400 WIK Resolutions		PH
9	1000 StAS Mission Coffee Morning		URCR
9	1000 Farmers Market		JLCP
9	1315 Muncheon Music		SSQH
9	1915 WID Women of Ethiopia & Uganda		DMH
12	1930 An Evening With (51)		DMC
14	1000 Christian Aid Week		URCR
14	1500 Reading Group		L
15	1000 Christian Aid Week		URCR
15	1415 SLSB Meeting		PH
15	1930 George Hamilton IV Concert (31)		SMC
16	1000 Christian Aid Coffee Morning		URCR
16	1330 HS Appleby Town		LHCP
17	1000 Christian Aid Week		URCR
17	1000 National Parks Influence Ends		DCMH
18	1000 Christian Aid Week		URCR
19	1000 Farmers Market		JLCP
19	1230 Sedbergh Gala		Sedbergh
20	1000 Love is in the air Starts		DCMH
21	1930 WI Group Meeting		Thornton
22	1900 Neighbourhood Forum		DMH
23	1000 Garsdale Church Coffee Morning		URCR
26	SS Half Term Begins		
26	1430 Beekeepers' Artificial Swarming		Field Maple
26	2000 PH Dance		PH
26	Saints Alive		
27	Saints Alive		
28	Spring Bank Holiday		
28	1900 Duck Race & Coffee Evening		HVH
30	1000 WIK Coffee Morning		URCR
30	1930 Sedbergh Parish Council		PH
31	1830 Killington Sports		BK
JUNE			
1	1000 Love is in the air Starts		DCMH
3	SS Half Term Ends		
3	1000 Love is in the air Ends		DCMH
5	1000 Lensless Landscapes Starts		DCMH

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6	1000	Dent Foot Chapel Coffee Morning	URCR		
6	1330	HS Kendal Town	LHCP		
6	1930	Town Band Summer Concert	PH		
6		WIF Outing	TBA		
7	1930	WIH Members Evening	HVH		
9	1430	Beekeepers' Spring Cropping	Holly Bank		
11	1500	Reading Group	L		
12	1400	WIK Textile & Embroideries of India	PH		
12	1900	Beekeepers' Meeting	Beck House		
13	1000	Zebra's Coffee Morning	URCR		
13	1000	Farmers Market	JLCP		
13	1915	WID Folk Songs. A British Journey	DMH		
17		Fathers Day			
20	1310	HS Aysgarth Mill	LHCP		
22	1945	Dent Folk Festival	Dent		
23	1030	Dent Folk Festival	Dent		
24	1030	Dent Folk Festival	Dent		
26	1000	Lensless Landscapes Ends	DCMH		
27	1930	Sedbergh Parish Council	PH		
28		WIH visit to Brantwood			
30	0930	Beekeepers' Summer Convention	PH		
30	1000	The Dales Landscape Starts	DCMH		
JULY					
1	1000	The Dales Landscape Starts	DCMH		
4		SS Term Ends			
4	1000	URC Coffee Morning	URCR		
4	1930	WIF Nyumbani	PH		
5	1930	WIH Stroke Association	FCH		
9	1500	Reading Group	L		
10	1400	WIK Garden Party	HB		
11	1000	WIH Coffee Morning	URCR		
11	1000	Farmers Market	JLCP		
11		WID Outing	TBA		
14	1430	Beekeepers' Queen Selecting	The Bothy		
15	1000	The Dales Landscape Ends	DCMH		
18	1000	Royal British Legion Coffee Morning	URCR		
18	1900	HS Brigflatts	BF		
21	1000	Geology in the Dales Starts	DCMH		
24	1900	Neighbourhood Forum	CVH		
25	1000	Network Coffee Morning	URCR		
25	1930	Sedbergh Parish Council	PH		
AUGUST					
1	1000	Geology in the Dales Starts	DCMH		
1	1930	WIF Good Heavens, it rhymes	PH		
2	1930	WIH Flower Arranging	HVH		
4	1430	Beekeepers' Varroa Management	Lingarth		
6		August Bank Holiday			
8	1000	NW Cancer Coffee Morning	URCR		
8	1000	Farmers Market	JLCP		
8	1915	WID Pancakes Savoury & Sweet	DMH		
13	1500	Reading Group	L		
14	0900	Lunesdale Show	KL		
14	1400	WIK Outing	TBA		
15	1000	StAS Mission Coffee Morning	URCR		
25	1000	Sedbergh Charter Market	Sedbergh		
25	1000	Farmers Market	JLCP		
25	1000	Bridal Exhibition	StCG		
				DIARY KEY	
				BF	= Brigflatts
				BK	= Becksides, Killington
				BS	= Baliol School
				BVH	= Barbon Village Hall
				CDC	= Community Development Centre
				CO	= Community Office, Main Street
				CS	= Casterton School
				CVH	= Casterton Village Hall
				CWT	= Cumbria Wildlife Trust
				DCMH	= Dales Countryside Museum, Hawes
				DCP	= Dent Car Park
				DMH	= Dent Memorial Hall
				DMC/S	= Dent Methodist Chapel/Schoolroom
				EG	= Embroiderers' Guild
				FCH	= Firbank Church Hall
				FM	= Farfield Mill
				G&D	= George & Dragon, Dent
				GFK	= Grassrigg Farm, Killington
				GH	= Gladstone Houser
				GL	= Garsdale Ladies
				GVH	= Garsdale Village Hall
				HB	= High Becksides
				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
				MCCCKL	= Methodist Church Centre
				PH	= People's Hall
				SBH	= Sedbergh Bright Hour
				SC	= Swimming Club
				SCC	= Sedbergh Cricket Club
				SHQ	= Scout Headquarters, Bull Yard
				SHS	= Settlebeck High School
				SLSB	= South Lakeland Society for the Blind
				SMCR/H	= Sed. Methodist Church Room
				StAS/D	= St Andrew's Church, Sedbergh/Dent
				StJCG	= St John's Church, Garsdale
				SR	= Spooner Room
				SSC	= Sedbergh School Chaplaincy
				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

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, Mrs D Ross
& Mr B Taylor

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 Friday 1000 to 1600

Thursday 1000 to 1500

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 0845 33 00 247

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