

Sedbergh & District

LOOKAROUND

April 2008

Issue 254

Donation 50 pence

Another Milestone this month with this issue being 100 pages. It is packed with lots of local information for the whole of our area and benefits residents and visitors alike.

Sadly, there are still many organisations that prefer to put up posters around the

town with no information getting into our pages. Posters are only seen by those that pass them, entries in Lookaround are read by over 5,000 people, locally, nationally and internationally. Please consider an entry, if only just in the *Free Diary Page*.

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CHILDREN'S BIRTHDAYS APRIL 2008



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

The recipient this month is:-
Jessica Orr who is

7 years old on 29th April

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



Day	Name	Age
2	Morgan BROWN	10
10	Isobel METCALFE	5
10	Brodie SWALLOW	8
18	Tom ALLAN	4
21	Abbie ALLAN	6
22	Myles STANTON	1
22	Siobhan COUSINS	3
23	Zak HALL	1
25	Sienna MIDDLETON	3
26	Emily KITCHEN	6
27	Scott LAWSON	1
27	Emilia PAGE	7
27	Molly WOOF	9
29	Jessica ORR	7

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2008/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2008/10) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2008/09) <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*)</i> ; Di (min 4 by arrangement) e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2008/12) <i>F/D (4 poster); ES; CH; TV; P; NS; DW; CW</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2008/05) <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (2008/12) <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail: antique.thurlby@amservice.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2009/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808

CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2008/03) <i>Sleeps 6-8 1D; 1T; ES; PB; CH; L; TVL; P; NS; NP(*)</i> e-mail: ali@interact.co.uk	20360
Primrose Cottage, 17 Back Lane, Sedbergh (2008/04)	<i>Sleeps 4; sunny, south facing, 2 bathrooms.</i> <i>Available from April 2008. Tel Enq's after 7th March</i>	21339
Sycamore Cottage, Lunds, Sedbergh (2008/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Borrett Barn Caravan, Marthwaite, Sedbergh (2008/04)	<i>4 Berth; H+C Shower; WC; TV; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2008/04)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175

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

BALDERSTON

Doreen would like to thank all her family and friends for all her cards and help during her stay in hospital and a special thanks to her niece Jayne.

DEVINE

Happy Birthday Mum, Joyce, on 15th April. With love from Georgina and Laura, Nigel, Anne Marie and Ben.

GALBRAITH

Love and congratulations to Andrew and Catherine on the birth of your baby son. A playmate for Angus, Martha, Patrick (and me!). Lots of love Sarah. Xx

GARNETT

Happy **50th Birthday** Mum on 29th April. All the best. Love Gemma and Sean. Xxx

GARNETT

Happy **50th Birthday** Granma. Have a great day. Lots of Love Jack. Xxx

GARNETT

Happy **50th Birthday** Mum. Have a good day. All my love Kerry. Xxx

GOODYEAR

Paul, Lynsey and family would like to thank everyone for their cards, gifts and well wishes following the birth of Corey Daniel.

HALL

Happy 1st Birthday Zak on 23rd April. You are a very special and much loved little man. Lots of Love. Aunty Sarah and Trevor.

LONGLANDS

Just a short note thanking everyone for their cards, gifts and best wishes following my stay in WGH. Also to the many visitors I had. Also Big Thanks to Steve, Rose and Dad for looking after me. Thanks again you were all great. Love Sandra. Xxx

MIDDLETON

Happy 3rd Birthday Sienna May on the 25th April. With lots of love, hugs and kisses always. Daddy, Mummy, CJ and Jody PS Happy Birthday Daddy on the 18th April. With Love.

MIDDLETON

The ashes of the late Bruce Middleton will be scattered overlooking his beloved Dentdale on Sunday May 25th at 3 pm. A buffet lunch will be served at "Rhumes", dent from 1 pm to which all who are interested are welcome. Tea will follow the ceremony which will be one of celebration, so no mourning clothes please. Transport can be provided to the place of remembrance where a seat will be dedicated in memory of Billy, Marjorie and Bruce. If possible RSVP to Sarah and John Woof on 015396-25212. Anyone with memories of Bruce they would like to share are most welcome to do so.

PERSONAL & SMALL ADS £1

MITCHELL

Len would like to say a big 'Thank You' to the family, to neighbours and many friends for their concern and support during and after his stay in hospital, and for the many cards and enquiries regarding his health.

=====

PARKER

Colin Parker would like to thank the Sedbergh Fire Brigade for their quick response & everyone who helped in cleaning up of the wagon fire on 18th February. Also many thanks to the person who first reported the incident.

=====

SEVERN

Happy **21st Birthday** Laura. Health and happiness always. Love Mum and Dad, Kate and Joanne.

=====

SEVERN

Congratulations Laura, on reaching 21. Love you lots. Granma.

=====

SPEER

Thank you to all those who attended Martin's funeral and helped to make it the 'send off' he would have been proud of. The collection raised £634 which will be divided between charities of Martin's choice. A sincere thank you to Melvin Roberts and Canon Fell, and to Ruth Gardner for the fantastic tea at the Golf Club. And a heartfelt thank you to family and friends for the many cards and messages of sympathy and offers of help. Your support has been very much appreciated at this difficult time. Judy.

TAYLOR

Susan and Michael would like to thank everyone who helped in any way when their dog, Moppett, was stolen recently. Your kindness was much appreciated.

=====

SPEIGHT

Joseph (Joe) died following a short illness on February 8th 2008. He and his late wife Vera had a caravan on the Pinfold site for a number years. They greatly enjoyed both the people and scenery of Sedbergh and the Howgills. The family are planning to have his ashes buried in St Andrew's churchyard alongside his beloved Vera sometime in the summer.

=====

SYKES (RYCROFT)

Anne would like to thank family, friends and neighbours for their cards and good wishes during her stay in hospital. Thanks also to the couple at the convalescent home!

=====

TEMPLEMAN

I would like to thank all those kind people who were concerned for Josie during her illness and also for the support and sympathy everyone has shown to me during this very sad period.

=====

TODD

Andrew and Hayley would like to thank everyone for the lovely cards and presents they received on the birth of their son Nathan Andrew born 6th January 2008.

PERSONAL & SMALL ADS £1

WIGGINS (KLISZAT)

To Paul, Hannah and Ethan, a beautiful baby girl 'Erin'. Early but safe arrival on March 2nd at St. Mary's Hospital, Portsmouth.

=====

WOOF

In 1959 a 16 year old lad took a building job for Winn & sons Of that he was glad. Forty nine years have elapsed with plenty of hard toil and graft and never a cross word passed!! Joe is now in his sixty fifth year and has decided to pack up the building gear, swapping the trowel and tape measure, for sheep and shears, Here's hoping you enjoy your senior years. Wishing you a long and happy retirement. Love from Phyllis, Richard & Fiona, Jock, Tracey and Amber.

=====

THANK YOU

A big Thank You to Neara for helping everyone in the cookery class at Settlebeck. We have really enjoyed the course and learnt lots of new recipes. Georgina and class.

=====

THANK YOU

Thanks to Chris and Rosie at CDC for teaching me how to make certificates and other things on the computer. Georgina.

THANK YOU

A big Thank You to everyone who encouraged and supported us over the last 5 months whilst we trained for the Dentdale Run. Despite the terrible weather conditions on the day and sudden change of route we both completed the 14 mile run in under 2½ hours. Thank you also to those who generously gave donations due to our achievement and also 'Sue Sutcliffe's Birthday Tea' which have been passed on to the North West Air Ambulance. Emma Middleton and Susan Woof.

=====

SCOUTS CHRISTMAS POST

Thank you to the Boy Scouts for kindly delivering the Christmas cards addressed to me at the beginning of March! Just wondering if my friends have posted them early, or did the Scouts have a postal strike?! Ann Benville.

=====

FOR SALE

Bedroom and lounge furniture, mainly pine. i.e. Chests of drawers, sideboards, bookcases. Tel: 07792-998520.

=====

FOR SALE

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PERSONAL & SMALL ADS £1

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=====

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=====

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=====

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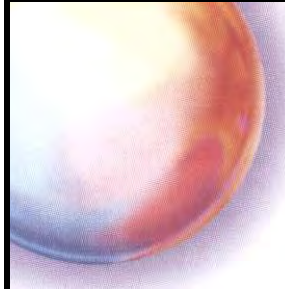
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**DENTDALE
HORTICULTURAL SOCIETY**

Never heard of it? Hardly surprising as it does not exist yet! But this is hopefully about to change. We have a lot of "keen gardeners" in the dale and a lot of people who love pottering in their gardens and folk who love to visit other gardens, so lets get together and start the above club.

We can link to the Lakeland Horticultural Society if we want to or we can stay on our own, we could take the DHortS (to distinguish us from the History Soc!) name or another name ie Dentdale Gardeners Club or the Dentdale Green Fingers or Dentdale Pottering ... perhaps not but I am just wanting to get you

thinking and talking about this. (*What about Dentdale Indigenous Garden Society - DIGS? Ed*)

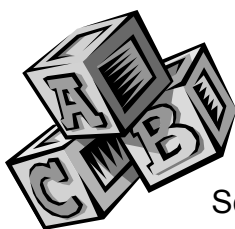
If you would be, could be, might be interested in getting together to discuss this possibility then come to "Rhumes" Dent on Thursday May 8th at 7pm and we will see what develops.

In the meantime I will contact the LHS and members of the Arnside H. Soc and find out who/what/how and have the details for our get-together.

The main aim is that we get PLEASURE out of this, share our love of gardens and gardening, not that we form "another committee"! Interested? Do contact me on 25212.

Sarah E Woof.

**ZEBRA'S
NEW TO YOU
SALE**



Wednesday 9th April
1pm to 5pm



Sedbergh Methodist Schoolroom

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SEDBERGH PARISH COUNCIL

Summary of the Minutes of Sedbergh Parish Council Meeting- 28 February, 2008

The Chairman welcomed Mr G Dalton, the Dent Meeting representative on the Community Office management board. Deyna Hirst, the manager of the Community Office has resigned, effective 30 April, 2008. The management board will arrange a meeting with the volunteers to agree arrangements to keep the Community Office running and a process to recruit a new manager. It was agreed that the role of manager needed to be clarified, and that the management group will keep the Parish Council informed of

developments.

Mr South of Sedbergh School has agreed to provide a report on the causes of the problems of the football pitch and how they might be rectified.

A further meeting with the police to discuss the issue of the Travellers has been arranged for 20 March.

District Cllr Stephenson has agreed to follow up the issue of the blocked drains under Joss Lane car park.

Cllr Hopkins announced that the public consultation meetings on the Parish Plan at the People's Hall will be on 13 March, 6-8 pm, and 1 April, 2-4 pm.

Cllr Hopkins reported on a meeting with the Police on 14 February. The Chief Constable said the policy was

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to focus on Community Policing and that there were no plans to close rural police stations. He was given a clear message about the town's views and feelings about the problems caused by the Travellers.

No electors from the parish have written claiming an election within the last 14 days and the vacancy on the Council can be filled by cooption. A notice will be placed in the Lookaround inviting expressions of interest

The Highways Agency has agreed to brown tourist signs at junction 37 on the M6 naming 'The Western Dales', but not to specifically name 'Sedbergh' or 'Dent'.

The Council's Planning Committee made comments and recommendations in respect of the following applications:

9 New Street – to renew windows and create en-suite – *No Objections*
Farfield Mill – to vary condition No.7 to permit relocation of gift shop to level one – *No Objections*
Ingmire Caravan Park – retrospective – erection of 7 sheds and 3 deckings – *No Objections to*

deckings Nos 1 & 2. It should be kept to a simple style in keeping with a small rural caravan site, without too large an expanse of decking and ancillary gates etc.

Crosedale Beck, Marthwaite – retrospective – to create a garden and domestic use of barn – *No Objections*

8 Queens Drive - erection of 5 metre flagpole – *No Objections.*

Decisions received from the Planning Authority:

Hole House, Howgill, - erection of agricultural building and lean to – *Granted.*

Sycamore Ave – erection of 3 metre high fence – *Granted.*

Masonic Hall – erection of single story extension – *Granted.*

Masonic Hall – demolition of garage – *Granted*

Settlebeck Cottage – replacement of windows and internal alterations – *Granted.*

High Brigflatts – demolition of outbuilding and erection of studio – *Granted.*

Mrs Janet Benson has agreed to

(Continued on page 12)

provide support to the Audit Committee until a new clerk is appointed.

It was resolved to maintain the daily charge for the Producers Markets at £50.

The new doors in the public toilet block at Loftus Hill car park have been installed. Arrangements have been made for the power and the plumbing to be overhauled during the first week in March.

Letters received from the Chief Executive of the County Council and the Chief Executive of Age Concern (South Lakeland) attempted to explain why the day centre at the People's Hall had been closed and moved to Barbon village hall. However, there were apparent contradictions between these two letters, and a copy of each letter will be sent to the other agency respectively, with copies to Tim Farron MP, pointing out these contradictions and asking for a response. Cllr Blair said that she had also asked County Cllr J. Nicholson to provide her with a copy of the report by Age Concern/Adult Services upon which the decision to move the day care to Barbon had been made. She confirmed that the Parish Council was not satisfied with the loss of the day centre from the town, or with the reasons given, and that the Parish Council would continue to press for its return.

The Council is concerned about the poor state of upkeep of Queens Gardens.

The Council's AGM and the Annual

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Parish Meeting will be held together on 22 May at 7.00 pm in the People's Hall.

YDNP have recommended against the use of playboards as a protective barrier for the Playground, and suggested a 4 foot wooden fence instead. The Council did not accept this as a viable option, and will seek a meeting with the Planning Officer.

The Council formally accepted the resignation of the present Clerk, and thanked him for his work with the Council. A draft advertisement for a new Clerk was agreed and will be placed in the Westmorland Gazette and circulated widely through informal channels around the town; closing

date for applications 25 March. An updated job description will be developed. The Council considered how best to manage the Council's business in the interim period until a new Clerk takes up post.

Concern was expressed about the large amounts of dog mess on the pavements and footpaths of the town, especially on Loftus Hill, Church Walk and Back Lane.

Concern was again expressed about the large number of people who flout the road traffic regulations by parking outside the post office despite the double yellow lines. This was prompted by a letter from Mrs Mitchell of Thornsbank who was hit by a car as it parked outside of the post office.

This practice makes it difficult for pedestrians using the narrow pavement and can cause traffic hold ups, especially when a bus or other vehicle stops on the other side of the road. The Council resolved to place an article in the Lookaround condemning such anti-social behaviour and to write to the SLDC traffic wardens asking for them to monitor that part of town.

The issue of the dangerous road hazard created by cars parked along the road for 2-300 yards by the Cross Keys at Cautley last Sunday when the fell racing was in progress was also raised, and it was agreed to write to the Police about this.



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DENT PARISH COUNCIL

The March meeting agreed the Parish Council's further response to the proposed affordable housing development above Ghyllside, and since then Two Castles have been given funding for the scheme. The news of the proposed Post Office closure came after the meeting took place, so it will be discussed at future meetings. As usual the full minutes are published on the Dentdale website www.dentdale.com.

Proposed affordable housing development above Ghyllside

Since the Parish Council met in February, the architect for the Ghyllside proposal has submitted a revised site plan in which the middle block of houses is rotated through 90° to run across the slope instead of up it. The architect and the YDNPA planning department have been engaged in detailed correspondence about this and a number of other issues, including the design of windows, the landscaping of the site, parking spaces, road construction and turning areas, drainage and traffic issues. Although many of these were unresolved at the time of the March Parish Council meeting, it was expected that the application would be considered at the next meeting of the Planning Committee. The Parish Council agreed the wording of its written response, and two members agreed to attend and speak at the planning meeting.

Since then, Two Castles Housing Association has been awarded the

funding needed for the scheme by the Housing Corporation. This has taken the pressure off Two Castles to get the planning application dealt with quickly, and so the Planning Committee agreed to defer the application in order to give the architect time to try and resolve the outstanding issues with the planning department.

As a result, the proposal is not now likely to be considered by the YDNPA until the May meeting.

Proposed Post Office Closure

The public consultation period about the replacement of Dent Post Office with an outreach service runs until May 27th, and between now and then the Parish Council will be gathering the views of residents in order to make an informed response. In addition to informal contacts with individual councillors, there will be opportunities for people to express their views at the Annual Parish Meeting on April 7th and at the Parish Council meeting on May 12th.

Details of how to make comments directly to the Post Office can be found in the leaflet announcing the closure, available from Dent Post Office.

Playing Field and Car Park Maintenance

The grass cutting equipment that is used to mow the playing field is reaching the end of its life, and so rather than replace it the Parish Council agreed to combine the cutting of the Car Park picnic area with cutting the playing field. A small

group of councillors were asked to draw up a specification, seek tenders from contractors and make a recommendation to the April meeting when a decision will be made.

Smoking ban in public places

When the ban on smoking in public places was introduced last year, a lot of the media attention focused on the effect on pubs. However, the ban also applied to other public places – so to comply with the law, no smoking signs have recently been put up in Dent’s bus shelter and car park toilets.

Twinning villages

The Parish Council has recently received a letter from Stephen Jessel, an Englishman who has lived in France for some years, asking if Dent would like to be twinned with his village of Sahune in Provence. If anyone is interested in exploring the idea further, or would simply like more details about it, please contact me on 25655 or John Ioannou the Parish Clerk on 25023.

Retrospective planning consent

There was a lively discussion at the March meeting about the number of applications for retrospective planning permission that had been made recently, and some strong views were expressed by members of the public about the YDNPA’s planning department. As a result, it was agreed to invite a member of the planning department to a future Parish Council meeting to explore the issue with us in more detail and see if there was any action that either the

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Park or the Parish Council could take that would be helpful to residents who were going through the planning process.

Annual Parish Meeting – Talk on Sedbergh Health Centre

Dr Lumb has kindly agreed to speak at the Annual Parish Meeting about the proposals for a new Health Centre in Sedbergh. The meeting will take place at 7.30pm in the Memorial Hall, and Dr Lumb’s talk will be followed by the report of the Council’s activities for the last year, after which there will be an opportunity for members of the public to raise any topics they wish.

Next Meeting

The next Parish Council meeting will be held on Monday April 7th at 9pm in the Memorial Hall, after the Annual Parish Meeting.

*Jock Cairns
Chair, Dent Parish Council*

TIM FARRON MP

It has been an eventful month for me to say the least. There was my decision to resign as party spokesman on Rural Affairs in order to honour my promise to do all I could to ensure that people could vote in a referendum over the so called Lisbon European Union Treaty. I have long believed that this is too important a treaty, with too many implications for this country and its relationship with Europe for it to be simply adopted on the basis of a simple vote in the House of Commons. So when my party decided that it would abstain on this issue I was left with no alternative other than to resign from the Shadow Cabinet and vote the way I have promised to over the years. I cannot pretend that it was a decision I took pleasure in but I am sure that it was the right one.

As it turns out, leaving my position on the front bench, came at a fortunate time as there are so many things to deal with in the constituency. We have just heard that Dent Post Office is on the list of Post Offices threatened with closure. This is bad news, we managed to save many of the post offices in the area through the support of their customers, however the proposal to close Dent is, I believe, wrong. In more remote areas such as the Yorkshire Dales it is important that post offices remain open to keep their communities healthy, preventing people from having to drive long distances to visit other post offices creating difficulties most especially for the elderly and

those who find it hardest to travel. We are just working out what we can do to challenge the decision. I will keep you informed.

Although, I am no longer Spokesman on Rural Affairs this has not stopped me from working on the issues faced by Farmers. I have written to the Chief Executive of Tesco to encourage him to take on board the report from his consultants that recommended they pay farmers a fair price for their products. The report focused on milk, for which the consultants recommended Tesco should pay farmers at least 30p a litre, but the principles apply to everything to farmers produce. Lots of hill farmers in particular suffer from



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low incomes caused by the fact that the prices paid to them by our supermarkets is simply too low. This has not been helped by issues such as last year's foot and mouth outbreak which resulted in many of them losing about £10,000. We have just had the report into the outbreak which identifies the shabby nature of the Pirbright facility, for which Defra has responsibility, as the primary cause of the leakage of the virus. Given the Government's responsibility I cannot believe that the £800 or so compensation they have paid farmers is in any way adequate.

Finally, I omitted last month to congratulate Baliol School on the brilliant results of their Ofsted

inspection. This is a wonderful facility, you are so lucky to have it in Sedbergh.

As ever I can be contacted by writing to me, Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

DANGEROUS PARKING

The Sedbergh Parish Council recently received a letter from a resident of Sedbergh who whilst walking along the pavement outside the Post Office was 'caught' by a car which was pulling up. The driver of the car was made aware that she had caught the lady on her arm but simply said sorry and went about her business leaving her car parked and unattended.

The Parish Council wish to impress on everyone that it is illegal to park on double yellow lines anywhere in the country and you cannot simply park and 'pop' into a shop, cafe etc., etc.,

We would ask that drivers remember this and park elsewhere as this a very difficult junction in the road and had that been an elderly frail person the car had 'caught' the outcome may have been more serious

We realise that it is easy just to 'pop' in somewhere but the law states that you cannot leave/park your vehicle on double yellow lines.

Please think carefully as to where you leave your vehicle.

*Dorothy Blair,
Chairman, Sedbergh Parish Council*

Oliver Higginbotham

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SEDBERGH & DISTRICT HISTORY SOCIETY

Professor David Shotter attracted an audience of over fifty people to hear his talk on Rome's Northern Frontier in Britain. He stated that by 69 AD the border of the land in Britain ruled by the Romans corresponded to the present route of the A5. To the north of that the land was ruled by the Brigantes under their Queen Cartimandua and her husband Venutius. She was friendly to the Romans but he was opposed to them. In 69AD their marriage broke down and a civil war ensued. His forces overcame hers and the Romans had to rescue her with the result that they were left with hostile territory to their north.

Vespasian became Roman Emperor in 69AD and decided on a policy of conquering the remainder of Britain in the hope that a military success would gain him popularity.

He appears to have considered setting up two provinces, one being the land to the south of the A5 and the other being the land to the north including present day Scotland and even Ireland. Chester was to be the capital of this latter province but in the event this did not come to fruition. By the mid 80s AD they had advanced as far north as Inverness but then trouble broke out in another part of the Roman Empire and troops had to be taken from Britain to deal with this. As a result they could no longer hold on to so much territory and they withdrew south to a line between South Shields and Kirkbride. This

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frontier was marked by a road called the Stanegate along which were sited forts such as those at Carlisle, Vindolanda and Corbridge. South of this they consolidated their hold by building forts such as those at Hardknott, Ambleside and Watercrock near Kendal. Industrial sites such as Wilderspool near Warrington were also established.

In 118AD there was a war involving tribes from what is now Scotland but by 119AD they seem to have overcome the problem. As a first reaction to the troubles they built a turf wall from the River Irthing to the Solway. In 122 AD the Emperor Hadrian visited Britain and decided to

build a stone wall from the Irthing to Wallsend. There were to be milecastles along the wall with two turrets between each. Even the turf wall to the west of the Irving had stone turrets probably to act as signal turrets to communicate to the south. Every milecastle had a north and south gate so people could pass through the wall under supervision. This had two purposes, one to keep undesirables out and the other as a means of taxing goods in transit. Although slaves may have been used to quarry and transport the stone the legions built the wall itself. Each century of a legion was allocated a section of the wall to build and the stones to commemorate their achievement can still be found today. Soon after the wall was begun a decision was taken to narrow its width and also to build forts on the wall rather than have them some distance to the south. An example being the fort at Housesteads.

Wherever the terrain allowed a V shaped ditch was dug to the north of the wall. To the south of the wall the vallum was constructed. This consisted of a flat bottomed ditch situated between two mounds. Its purpose is not known although it may have been to allow the concealed movement of troops along the wall. About 140AD the wall was abandoned as the troops moved north and built the Antonine Wall between the Forth and the Clyde. However around 160AD the troops abandoned that and returned to Hadrian's Wall. The turf section was

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rebuilt in stone and the defensive system extending down the coast from Bowness on Solway to near the fort at Maryport was strengthened. This section did not have a wall but had milecastles and fortlets on it supported by palisades and ditches. This coastal section was probably to deter raiding for loot and also to enable legitimate trade to be taxed. Finally to the north of Hadrian's Wall there were some forts such as the one at Bewcastle. The purpose of these is not clear but may have been to give advance warning of invasions or else they may have been to give protection to the area of the Brigantes tribe cut off from the rest of its territory by the wall.

After a lively question session the chairman thanked Professor Shotton for his lecture which had been greatly appreciated by his large audience.

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DENTDALE WI

Heading into Spring as I write the report about the March meeting. We were somewhat down on numbers for all the best reasons, but it was a very good evening.

Many members had helped at the Dent Run for which over 550 entrants had pre-booked. Needless to say, the refreshment team managed seamlessly to rise to the occasion to cut, butter, spread and bag up the large quantity of food needed. Other members were on duty as booking clerks, marshals etc. and it was good to be part of a village effort to raise funds for Dent Primary School.

President Catherine Sugden reminded members about the forthcoming Spring Show in Sedbergh on April 12th. Schedules have been in the Lookaround and just, maybe, there is a class that one could enter?

Catherine also reported that four

members are going to the Half Yearly Council meeting at the end of April.

May looks to be a busy month, so a few dates for the diary. The Group Meeting is to be held in Barbon this year on the evening of the 19th May. We are hosting an open evening in the Memorial Hall on the 21st May. This event is organized by the Driving Agency and is geared for drivers over 50 years of age and called "Arrive Alive" It will probably challenge some of our long held bad habits but one cannot afford to be complacent about driving skills.

I have mentioned before that we are so lucky to have a wealth of potential speakers to call upon who live here in the Dale, so when we needed a change of programme, Kate Roberts agreed to demonstrate a two course vegetarian meal at short notice. Kate showed us how to put together an aubergine dish and with the help of a friend in the Memorial Hall kitchen watching over the oven, she was able to share round one she had made earlier! The pudding was very tasty as well as looking stunning and similarly there was enough for all to taste. Dorte-lis Powell thanked Kate for her excellent demonstration.

Freda Meakin's competition entry for a favourite starter caught the judges eye, and Alice Ellison went home with the raffle prize.

Next Month's meeting is on the 9th April in the Memorial Hall when a gardener from Westhouse Nursery will talk about Hanging Baskets and Garden Pots. Visitors always welcome.

P.A.

SETTLEBECK HIGH SCHOOL

*Settlebeck Student short listed for
The Anne Pierson Award*

When your brother stands on your £100 GHD hair straighteners, completely wrecking them, you're desperate! - Desperate enough to enter a competition with a £400 prize. I first heard about the Anne Pierson young Writers Award when my English teacher mentioned it to the whole class. The competition was for all students aged 15-18 in Cumbria. I didn't think I should miss out on an opportunity like that, so I took an entry form and started brainstorming straightaway, as I didn't have long until the closing date. The theme for the story was "Secrets" and luckily for me we had a story in the family that I could base my ideas on. After some hard work and a sore head I was happy with my finished story and I emailed it to the Brewery Arts Centre.

As you can guess, when I had finished, I forgot all about it and never imagined ever being short listed.

A long time after entering I got a telephone call telling me that I had been chosen as one of the top sixteen young writers and was invited to the awards ceremony on 19th March where the final results would be announced and prizes would be awarded. Well, I was amazed! I couldn't believe that they



had picked my story. Telling my Mum and Dad was the best feeling ever, they were so proud of me. All my hard work had paid off. All I can do now is wait nervously until the 19th March when family and friends will be joining me at the Brewery Arts Centre for the awards ceremony. Fingers crossed!

Lizzie Thexton – Year 11

Update: Lizzie Thexton won The Reader's Choice Award. Well done Lizzie!

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SEDBERGH SCHOOL

National sporting success

Sedbergh School, which nestles in the beautiful surrounding of the Yorkshire Dales National Park, has achieved further national success on the sports field. Sedbergh is famous for producing England players such as England Captains Wavell Wakefield and Will Carling, and more recently James Simpson-Daniel and 2003 World cup winner Will Greenwood.

Sedbergh 1st VII travelled to Rosslyn Park, London to test themselves against the best opposition in Britain comprising of 110 schools, and after two days of competition came out as victors in the world's largest sevens competition.

Sedbergh won the U13 and U16 VII in 2005 but prior to this have not won since 2000 so were thoroughly delighted with this enormous achievement.

Director of Rugby Daniel Harrison said, "I am so pleased with the determination of the players. They approached every game as a new challenge and played with confidence despite the injuries of key players such as Thomas Casson (England U18 Captain). Charles Simpson-Daniel led the VII brilliantly both in attack and defence, and all the players thoroughly deserve their medal. It has been a week to remember!"



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The 1st XV rugby team at Sedbergh School have achieved a great deal in recent years and even managed to go three years and one day unbeaten and in May 2007 Sedbergh were awarded Rugby World magazine 'Team of the Year'.

It has been an exciting year for Sedbergh on the sports field because earlier in the year the U15 XI cricket team won the National 20/20 competition at Headingley Stadium.

Sedbergh's 1st XV is venturing off to the southern hemisphere to test themselves against the best teams in

South America in July. Sedbergh will play six tough games, with the biggest games against the Chilean U19 XV, the Uruguayan U19 XV as well as a Buenos Aires select XV.

Stuart Oliver

Picture: 1st VII Captain, Charles Simpson-Daniel (The youngest of the four Simpson-Daniels) making a break.



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Dear Editor,

Re: Henry Wilson Books

In reply to last months letter in the *Lookaround*.

Firstly, we had gone past the shop, before someone coming from the other direction asked if we had seen the notice in the shop window. So we came back to look and saw the notice and I turned to my friend and said "not another book shop". It was after all a private conversation! But if you are going to come dashing out, every time you hear something you don't like, the pavement will take a hammering.

Another thing was that I said I couldn't understand the need for all these book shops in Sedbergh. It didn't seem to me, it was helping a once thriving town. Even all the walkers and visitors we get through the year don't spend much money as they bring their own picnics. Not

once in a short conversation did I mention "Knickers and Socks". Then I carried on along to the shop, not saying another word to you.

We have obviously been talking to different people, shop owners and the public alike. Always it seems to crop up about book shops and the need for so many. Mr. Hollet and Son have one in Finkle Street but it's only open by appointment now. If everyone can make a living from them good luck, time will tell.

All my shopping has always been done in Sedbergh, whether I could get on a bus or not. It's a case of 'use them or lose them'. I have always read a lot, since being young and am always buying books.

The people in Sedbergh that know me, know me as an honest person who speaks my mind. Who does not need to resort, to back stabbing or snide remarks.

Helen Bell

ZAK HALL

Well, what a rollercoaster the last year has been. Zak David Hall was born on Monday 23rd April 2007. One St. George's Day we will never forget.

Zak didn't have the very best start to life. In fact he started as the rest of us finish. After delivery Zak didn't breathe. He had been stuck in the birth canal and suffocated. Thanks to the endless professionalism and care of all the staff at R.L.I. we were given our baby back. They battled for him and 5 days later Zak pulled through. It was an unbelievably difficult time for all of our family and friends, but an angel was watching, and a year later our special little boy is turning one.

I would like to say thank you to all of the people who showed their support and prayers but somehow thank you doesn't say enough, no matter how loud we shout it. I have felt overwhelmed and extremely humbled by the good that I have found in the people of Sedbergh over the last year, especially in those early months. I feel privileged to live in such a caring community where not only can you walk through town and people say "hello" but also where in times of need everyone pulls together to get you through.

This month, Zak will be one year old. He is a wonderful little boy and he makes me proud every day. He is part of our exceptional family without whom we might never have got to where we are today. Zak has Cerebral Palsy, West Syndrome (Epilepsy) and has very poor

eyesight. We have been told he will never walk, talk and so on, so it's now our job to prove them all wrong.

Some wonderful people are doing some wonderful things for Zak.

Christine at the Post Office is raffling a Bunny and Egg for Easter. And Jo and Darren Carradice from Silverdale are running the London Marathon in April. All the money raised will be put towards Zak's first wheel chair, sensory equipment and a two week course at Bobath in Glasgow to learn how to help Zak reach his full potential.

Please show your support, these good deeds should not go unnoticed.

Once more thank you to our families, friends and extended family of the people of Sedbergh for getting us through the last year. We have a lot to learn and achieve for Zak and with your help, we will do it.

*Mags, Gary, Zak & Ashleigh Hall
(the best big sister in the world)*

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YDNPA

Two new members will join the Yorkshire Dales National Park Authority (YDNPA) in April.

The Secretary of State has appointed Peter Charlesworth and Christopher Armitage, who will become members with effect from 1 April.

They will fill vacancies left by the departure of Nancy Stedman at the end of March and Andrew

Osborne. Ms Stedman has completed her maximum 10-year term as an SoS member, and Mr Osborne has resigned following his relocation to Devon.

Mr Armitage, who lives in



Easingwold, is 53 and is a self-employed trainer and consultant. He spent two years as a director with the Yorkshire and Humber region of the Countryside Agency and then worked for five years with the Rural Payments Agency as the Single Payment Scheme Delivery Manager.

Mr Charlesworth, 63, is from Bramhope in Leeds and is currently the chairman of the Yorkshire

Dales Millennium Trust, the sister organisation of the YDNPA.

He is a part-time judicial member of the Parole Board for England and Wales and he previously spent 15 years as a circuit judge.

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35 YEARS ON THE ROAD

On 10th April 2008, I shall be celebrating the 35th anniversary of passing my driving test. Whilst this is by no means a record, it would be interesting to find out how many other residents of the Sedbergh area have been driving the A684 to Kendal and back each day for that period of time, or indeed even longer.

I started work in September 1972 after leaving school, and for the first few months relied on lifts from other Garsdale residents who commuted to work in Kendal each day. On passing my driving test in April 1973 I bought my first car, and since then have been driving myself to work each day, providing lifts for other commuters

during much of that time. Whilst I lived in Garsdale, my daily round trip amounted to some 36 miles. Since moving into Sedbergh several years ago, that journey was reduced to 25 miles per day.

I have roughly calculated that I must have made this return journey some 9000 times, amounting a a quarter of a million miles. My journey to Kendal normally takes place 5 times per week, with additional trips for shopping and leisure purposes being made at least once a week.

For the interest of 'petrolheads', my first car was a 1963 Ford Anglia registered LJM 167. This was purchased from Morphets Garage, then situated on Bainbridge Road, for the princely sum of £65. This was replaced 12 months later by a Triumph Herald (AJM 930C), sold to me by John Coward when he towed me in after writing off the Anglia in a collision along the Millthrop lanes. I then went 'upmarket' in 1976 and bought a relatively modern Morris Marina ! Then followed a series of five Ford Cortinas, the last two being 2.3 Ghia models. A Ford Orion, Vauxhall Belmont and Rover 216 briefly followed, then a series of seven Vauxhall Cavaliers, the last four being reasonably fast 2-litre SRi models. I am currently driving my fourth BMW.

If I include an old Land Rover I owned for four years, acquired after experiencing a bad journey to work in heavy snow some years ago, my car ownership over the past 35 years amounts to some 23 vehicles. CC

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ST. GREGORY'S CHAPEL VALE OF LUNE

Recently, it has been suggested that the St. Gregory's Chapel might have a new lease of life as some type of community facility or even as a business. Rev. Geoff Smith of the Churches Conservation Trust has held two meetings in Sedbergh to canvass opinion and ideas. The Trust is keen that this historic building be used, rather than simply opened for visitors, and a new use for the building could lead to some much needed improvements such as electricity and plumbing being installed.

It is easy to visit the chapel as it is open most days and most people pass by on their way up to the motorway and Kendal.

Suggestions that have already been made are: concerts, plays and other performances or use as a rehearsal space or as a meeting room, this would require heat, light and plumbing; an antique or book shop; a café; an exhibition space for temporary or permanent exhibitions, it was suggested that an Andy Goldsworthy permanent exhibition could be housed there.

There are various possibilities for grants to repair and extend the facilities at St. Gregory's so if any group or combination of groups was interested in taking on the care of the building it should not prove to be an expensive project in terms of local fundraising. The stained glass in St.

Gregory's is very beautiful and draws visitors who are interested in William Morris and the Arts and Crafts Movement.

At present the Chapel is still consecrated but the Trust is willing to consider a change to that status depending on suggested uses.

If anyone is interested in using St. Gregory's for any use like those above or any other reason which would allow conservation and care of the fabric and windows please get in touch with the local people who are already interested and who can pass on your information. Mrs. B. Moran 015396 22013, C. Nelson 015396 20034 or Rev. G. Smith 05602231702

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QGM

The Quiet Garden Movement Comes To Dent!

The QGM started in 1992 when the Rev Philip Roderick had a vision of a new kind of ministry, one that involved people opening their own homes and gardens on occasional days through the year for others to visit. He called it a ministry of hospitality and prayer and someone offered the use of her garden and the movement was born. In 1992 there was 1 Quiet Garden, in 1995 there were 40 and 1999 171, today the figure is 300 and rising, they are spread throughout the world, it is an international and ecumenical ministry.



The QGM or Quiet Garden Trust exists to encourage and nurture the provision of local venues offering ministry and prayer, responding to the need for rest and refreshment, for quiet prayer and reflection, and the opportunity to rest in God's presence. All affiliated Quiet Gardens are hosted by Christians but open to people of all faiths or none, they offer

the treasures of Christian prayer and silence in a welcoming and receptive environment. Most are at private houses but churches, chapels, schools and hospitals are opening Quiet Gardens. A bowl of flowers in the middle of a room can be a Quiet Garden.

In Cumbria there are four Quiet Gardens; Hawkshead, Appleby, Dockray and Dent, more information can be obtained from; Quiet Garden Trust, Stoke Park Farm, Park Road, Stoke Poges, Bucks. SL2 4PG. 01753 643050. Web; www.quietgarden.co.uk or from Dent 25212.

Anyone who feels they could come along to support us, by just "being there" or by being available to pray with people if needed, please pray about this and do contact us. The dates we are "open" are the second weekends in May, June, July & Aug 2008.

Booking preferred but not essential .. unless you want food!

*Sarah E Woof
"Rhumes" The Laning
Dent LA 10 5QJ.*

RECYCLING NEWS

In April we will introduce green waste collections at an additional 11,000 properties and also change collections from bin liners to wheelie bins in the area around Bowness, Windermere, Ambleside and Grasmere.

It is almost 5 years since we started the process of introducing kerbside recycling in South Lakeland and recycling is now a part of the daily routine for tens of thousands of residents, and visitors, many of whom previously didn't recycle at all.

Many readers will already be



aware that in South Lakeland we now recycle millions of newspapers, magazines, bottles and cans every year and the amount of waste recycled and composted has gone from being around 10% to over 40% of the total collected. An additional benefit from the service change is that using wheelie bins means that far less plastic is sent to landfill. With around 11,000 households using 2 or 3 bin bags a week for their waste by converting to the use of wheelie bins around a million plastic bin liners are year will be saved from going to landfill.

We hope that very soon around half the waste generated in South Lakeland will be recycled or composted. That will be a major achievement, only made possible by the enthusiasm shown by people in the district to make changes in their own lives to reduce the damage done to the environment by waste and using the recycling services provided by the Council.

If you have any questions about recycling or waste minimisation please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at customer.

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SOUTH LAKES SOCIETY FOR THE BLIND

Sedbergh Group

Memories of schooldays.

One of the surprising things to learn was that for quite a few people, it was more the walk to and from school than the school itself that was most clearly remembered. Walks over moors, through woods, meeting up with friends on the way, long distances, both wonderful and atrocious weather, and, for part of the year, starting or ending the journey in the dark.

As regards school, bad behaviour was admitted, often by the most unlikely people! A naughty participant

in a battle with modelling clay eventually became a head teacher, a hater of mathematics became a bank manager, a poacher became a pillar of the community! But some subjects were favoured and prizes were won (one was brought along for the group to see).

Lots of punishment was suffered, mostly caning and detentions. Occasionally teachers got their own "comeuppance" when they tripped over or sat on broken chairs – on one occasion revealing a large pair of pink knickers! Never to be forgotten!

Wartime jarred with school. An incendiary device was taken home in a bicycle basket to show horrified parents. Emergence from a bomb shelter revealed complete devastation all around, including the school.

Some adored school, others hated it. For one person it amounted to the number of canings averted and the number of marbles won. All fascinating stories from long ago.

The next meeting is on the FOURTH Tuesday of the Month, a departure from the usual date. It is to be on 22nd of April at the People's Hall with a talk and demonstration by Garth Steadman. In May there will be an exhibition of sight aids, including electronic visual aids, to which the public is invited. New members with sight problems, and also volunteers are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633.

SEDBERGH & DISTRICT
HISTORY SOCIETY
KENDAL TOWN HALL
Wednesday 30th April
2pm
A visit to the Mayor's Parlour at Kendal Town Hall. Gwen Murfin, the present Mayor and an ex-resident of Sedbergh hopes to be present. Meet at 1-15 in Loftus Hill Car Park or outside the Town Hall at 2pm.
All meetings in Settlebeck High School, start at 7:30pm unless stated.
EVERYONE IS MOST WELCOME TO ATTEND ANY OR ALL OF OUR LECTURES
Chairman: Richard Cann 20771 Secretary: Mike Beecroft 21878 Treasurer : Marlene Mason 20509 Member Sec: John Sibley 25024

SEDBERGH SCHOOL

Sedbergh School has set up a new and exciting adventure for their keen equestrian pupils in the School. Wensleydale Equestrian and Sedbergh School have started a livery service for pupils of the Boarding School, which is situated in the beautiful countryside of the South Lakes. The pupils can now leave their horses at Wensleydale and the equestrian centre will provide qualified instructors and staff on site, and the premises have 24 hour presence by staff and owners.

The all inclusive livery service includes all hay, feed, bedding, mucking out and general care. The pupils and their horse have full use of the stable, grazing and all facilities including both the indoor and outdoor arenas.



Head of Sedbergh School girls Sara Hirst said, "The number of girls in the School is the highest ever so we wanted to provide our pupils with every opportunity to ride in the beautiful countryside so this is a fantastic solution. It is such an exciting opportunity for our pupils."

Sedbergh School has a long tradition of pupils going on to become top polo players and amateur jockeys so hopefully this new venture will encourage more pupils to participate in these different activities.

Stuart Oliver

SEAN WHITTAKER

Until recently, Sean lived in Sedbergh with Shirley. They have taken on a new life and wishes to say hello to everyone. Sean's Website is at www.seanwhittaker.com if you want to see what he is doing now.

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APRIL GARDENING

Some years ago we had the bright idea of planting a low hedge along the bottom edge of the vegetable patch, to screen it from the rest of the garden and afford some shelter.

Somehow it escaped and there are now a tall bushy silver birch, a holly and a rather straggly "Quince" growing in a row on the south side of the plot. Although the soil is good (having had years of compost added to it), vegetables never thrive in the part of the bed adjacent to the birch. The obvious solution would be to remove the tree, but it is such a beautiful sight from the kitchen window, is highly favoured by a variety of birds and is at exactly the

right distance from the blue cedar to sling a hammock, so that it has to stay. I wonder if the solution might be to grow something else and have decided to try Blueberries (although I do have a sneaking suspicion that the birds which enjoy the birch tree so much will probably fancy the blueberries too).

Blueberries are ericaceous plants – they need an acid soil which is rich in organic matter, moisture retentive, but freely draining so that the fine roots do not become suffocated – so my site should suit them well. Like many other plants, they do need to be planted in pairs so that they will cross pollinate each other and set a good crop of fruit. They are relatively slow growing and trials have shown that they perform best when fed with slow acting fertilisers and not with strong high potash liquid or granular feeds which can scorch and kill the roots. The best type of feed is a slow release pellet formulated for ericaceous plants. I intend to plant my blueberries directly into the ground but they do grow very successfully in pots or tubs. The Dorset Blueberry Company, well respected growers of these and other soft fruit, recommend that tub grown plants are planted into open compost mixed from 40% ericaceous compost and 60% untreated medium-grade pine bark chippings.

I shall look forward to harvesting a bumper crop of tasty health-giving berries this summer. Who knows, if they grow really well I may even be able to reach out and pick them from my hammock. *Elaine Horne*

highlights rural touring scheme

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SEDBERGH BADMINTON CLUB

End of Season Report 2007 / 2008
Seniors

The end to another very busy season. Well done to all three teams in the Westmorland Badminton League. First team in Division Two, second team in Division Three and third team in Division Four. Although we did not gain any promotion this season, all three teams performed solidly. Details of results and final positions can be found at www.westmorlandbadminton.org. Thanks must go to the team captains for their hard work and commitment during the season - Keith Burrow, David Wheatley and Graeme Robinson.

The club has decided to continue playing during the summer. The first Monday in each month will be a club night. The first summer session will take place on Monday 5th May 7.30pm at Sedbergh School Sports Hall. Non members more than welcome.

Juniors

Junior badminton continues to thrive at Sedbergh with three members

representing County at their age groups. Rosie Mason (U13), Adam Robinson (U15) and Joe Robinson (U17). Congratulations to Rosie and Joe for winning the two County tournaments at their age level and to Adam for reaching the semi-final stage on both occasions. Joe must be congratulated for winning two Badminton of England Bronze Tournaments, which puts him in the TOP 50 in the country at U17.

At the Westmorland Junior Tournament in February, Sedbergh players did exceptionally well. Emily Armitstead, Rosie Mason and Adam Robinson came away with most of the silverware! Results can be found at www.westmorlandbadminton.org.

Well done to the Eden Valley Junior team and to the coaches Grizz and David for their patience and organisation.

New members are always welcome, senior and junior and at all levels of ability. Look out for information in *Lookaround* at the beginning of the new season starting in September. A big THANK YOU to all who have supported the club this year.

<p style="text-align: center;">BARNARDO'S COFFEE MORNING Wednesday 7th May 10 am to 12 noon U R C Rooms Teas & Coffee Homemade Biscuits, Cakes & Jams Raffle</p>	<p style="text-align: center;">ORTON MALE VOICE CHOIR Dent Methodist Chapel Friday 9th May 7:30pm <i>Refreshments to follow</i> Everyone Welcome <i>Collection to Chapel Funds</i></p>
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YDNP

The Yorkshire Dales National Park Authority welcomed the launch of the Government's Diversity Action Plan, which aims to encourage a wider range of people to enjoy the natural environment.

The plan, announced by Defra Minister Jonathan Shaw, aims to show under-represented groups – like people with disabilities, people from ethnic minorities, people from the inner cities, and young people – what the countryside has to offer and to persuade them to visit and enjoy it.

Bill Wood, the YDNPA's Outreach and Education Manager, said: "The YDNPA welcomes the Action Plan and the focus it will provide for ensuring that the benefits of our beautiful national park can be enjoyed by all.

"The YDNPA already has a well-established series of projects aimed at doing just this.

"We make information about the national park more accessible to a wide range of people, focusing on those living in the urban areas that surround the National Park.

"At the same time, we are

developing ways of providing access to the National Park to users of all abilities – which includes increasing opportunities for those with limited mobility and for those with sensory disabilities.

"In addition, the Authority's outreach programme of 'Dales Experience' visits works with around 250 participants annually, mainly from urban and black and minority ethnic (BME) backgrounds.

"And around 620 people, almost all from urban BME groups, have been involved in fifteen cricket match exchange visits in one of our projects called 'Beyond the Boundary'."

The YDNPA is also involved with three other national park authorities – the Peak District, North York Moors and the Brecon Beacons – in the nationwide Mosaic Partnership, a £1 million project aimed at cementing links between people from ethnic minorities and the national parks.

The Partnership, launched in 2005, is designed to get people from BME communities more involved in making the decisions about the running of the national parks either as volunteers, employees or authority members.

SETTLEBECK HIGH SCHOOL

Settlebeck Trip to Zrece

I really enjoyed Zrece and I had a great time, it was a great experience. I really enjoyed skiing although it was a great challenge. I fell over a lot and managed to make Dan and Jen fall on top of me too. I found the caves fascinating and beautiful and I learnt a lot about the cave. I also really enjoyed the spa even though outside was very cold; I loved the Jacuzzi.

The aeroplane was a huge challenge for me as I hate heights and hated the aeroplane. I squeezed Beth and Ellen's hands all the way and refused to look out of the window.

Throughout the trip I learnt a lot about myself and the type of person I am. I also learnt that my friends will stand by me through anything and that they're very supportive people.

Emma Rennison

In Zrece I really enjoyed going through the cave. I find it amazing that nature can make something so big and that it can be so old.

One of the things that I found difficult was communicating with some of the Zrece students that couldn't speak very good English. I also found cross-country skiing very hard and tiring. I couldn't get up very many of the slopes but I think I managed ok.

Some of the things I learned in Zrece were that it is important to bond with other cultures that are different to ours as we can all learn from each other.

Joe Clare

In Zrece I really enjoyed meeting the

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students there. I also had fun at the natural spa in Zrece. I found skiing a challenge but learned a lot and how difficult it is. I thought the caves were amazing and I enjoyed looking around them. I also got told lots about them and learned a lot about them.

The rooms were really fun and everyone had a laugh. The best experience in Zrece was the toboggan.

Lizzie Farrell

I really liked the food that they ate in Zrece, especially the breakfast because they had a choice of what to have but the nicest breakfast was a chocolate porridge sort of thing. I found stopping in cross-country skiing difficult and when I fell over I found it hard getting up because when I got half way up I started sliding and fell back down. I learnt that Slovenian schools are very different to ours because they are very lenient with their students and their school days are short. They start school at 7.50am and finish between 12.10 and 1pm. I also learnt some Slovenian but I have forgotten it.

Xav Baines

KIDZONE

Noah's Lark the Panto supports Kidzone

This year the Rose Theatre have kindly offered to give half the proceeds of Noah's Lark to Kidzone in Nairobi. Kidzone is a home for twenty orphan girls aged 3 to 10 which was set up last year within Mary Happy School. My son, Simon, a BA pilot who regularly flies to Nairobi, has been closely involved with this project and with getting sponsors for the girls' education. Most of them have been orphaned by AIDS.

Girls have been chosen for this home as they are most often exploited and their education neglected. Kenya is trying to encourage girls' education.

The children live in converted classrooms with a house-mother and attend the school. At weekends and in holidays teachers give up their time to run activities for them or take them on outings. The Directors of the school always take two at a time home with them at weekends and holidays.

There is great initial expense before



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major sponsors can see the project up and running and offer support. This is putting the Directors under some financial strain. So these funds will come at an opportune time to give much needed help with day to day running costs.

The aim is for the project to be self sustaining in time. One idea is to buy property and use the rent as income, but this is for the future.

Christine Wood



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FEBRUARY WEATHER

We had a variety of seasons in one month starting with snow, wet and windy, to near drought, heavy rain, keen frost and glorious sunshine. Temperatures varied from a maximum of 54.1F to a low of 19.4F and the lowest wind chill was 12F! In fact we had 8 days when the maximum reached 50+F and 8 days when the minimum dropped below 30F. This warm spell, during the day, followed by cold frosty night corresponded with a period of high pressure, as it often does at this time of year. We had 6 days in the middle of the month when the pressure was over 30 inches of mercury. Also during this period we had the lighter winds recorded. Often in these conditions we have easterly winds but on this occasion they were from the usual northwest. In fact on only 3 days did the wind not blow from this quarter. Our strongest wind was on the last day at 28.6 mph from the south west. Surprisingly with the wind from this quarter no rainfall was measured. In fact we were a day short of an official drought with 13 days without measurable precipitation. On the 14th the rain gauge appeared to measure 4/100th of an inch but as it didn't rain this must have been the ice on the rain gauge melting as it seems that amount of moisture is required to tip the measuring device. Others notice this abnormality. During the first week we recorded 1.3 inches followed by 13 dry days but the last week made up for it and we ended the month with 3.43 inches. Certainly enough to create a quagmire!!

On the natural front the seasons started to change, no doubt encouraged by the warm spell. The crows and collared doves have started nesting. Snowdrops continue their display. I counted 65 flowers; with possibly more to come, on a clump on the bank in our field and when we came 12 springs ago there was a single flower! The stormcock (mistlethrush) has taken up his singing post. Now whether he has a mate sitting yet remains to be seen. Blackbirds and robin are obviously exploring the shippon with nesting intentions. Towards the end of the month (27th) I heard oystercatchers and curlew calling as they flew over at night. It mystifies me how these birds can flight about at the speed they do in total darkness without the moon or even a star to guide them. The early hawthorn had burst into leaf midway through the month and prunus subhirtilla has a crop of pink flowers. Daffodils were colouring up and some of the smaller species were in full bloom as were many crocuses. Some early primroses were giving us the promise of spring to come by the end of the month.

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LADIES NFU

The February meeting on the 19th was well attended. Our speaker for the evening was Mrs Susan Garnett, the subject being Fact and Phantoms of Upper Eden.

Along with some lovely slides of the local area showing us the old roads with lovely little pack horse bridges that the drovers used in bygone days, plus in and around the Smardale Viaduct. She also told us some spooky tales about the various old inns the drovers used on their travels to the North East, including the Cross Keys Cautley and the Black Swan at Ravenstonedale.

SEDBERGH BOOKTOWN

Welcome to the first regular Newsletter telling you all about developments in your Book Town.

Next month, May, we will reach the third anniversary of the start-up of the book town and the re-opening of the Tourist Office. We hope that everyone has noticed that the town is busier and that most of the empty premises are now trading again. Of course, there is a long way to go and indeed this is a project that will never finish – hopefully it will reach a good balance between the number of visitors we need to make things work and the unspoilt gentle Sedbergh that we all love.

You will all have noticed that despite the winter months shops have been opening:

The Magic Tree opened on March 1st, at last all the kiddies have a chance to explore Sedbergh's very

own toy shop, but there are gifts and books for grown-ups as well. The Magic Tree is a new business opened by local people.

Henry Wilson Books on Main Street is a new venture for one of the dealers who has been selling books from the TIC for the last three years. Harry, as he prefers to be known, will be travelling between Sedbergh and Chester and living above the shop when he is here. HW Books are experts in most things to do with transport, railways, shipping, aircraft and industry.

The tourist office goes from strength to strength and will soon be emerging as an Enjoy England Partner, which basically means we have done some training and that VisitBritain which used to the English Tourist Board recognise Sedbergh as a proper Tourist Office!

There's absolutely loads happening this summer with Book Towns events:

The Festival of Ideas, What's the Big Idea is between 17- 20 July and the Books and Drama Festival between 6 -21 September.

There will be opportunities for lots of you to get involved in preparing things for the B & D Festival which is designed to be local with fewer starry names than the Ideas Festival, after all we do have loads of home grown talent.

As always, the group that looks after the Book Town would be very happy to welcome either you and/or your suggestions. If you are interested in getting involved just drop your contact details in to the TIC and we'll be in touch.

SEDBERGH PARISH SUPPER & ANNUAL CHURCH MEETING

The People's Hall was well filled as 75 parishioners and friends of the Combined Parish of Sedbergh, Cautley and Garsdale tucked into the traditional Parish supper on Friday 14th March.

Replete with copious helpings of meat and potato pie and speciality home-made desserts the People's Hall chairs were not quite comfortable enough for a quiet snooze so there was nothing for it but to engage in the proceedings of the Annual Meeting.

This was accomplished with the usual efficiency to satisfy even the shortest attention span!

The vicar, the Rev. Canon Alan Fell, highlighted two significant events.

Firstly was the ordination of not one but two parishioners last July; Rev. Dr Lindsay Gray was priested as non-stipendary Curate with responsibility for the Lune Parishes and Vic Hopkins was made Deacon.

Secondly, the evening marked the retirement of John Beck as Churchwarden (CW) of St Andrew's, a position he has held for as long as anyone can remember, rumoured to be 26 years. The vicar paid tribute to his immense contribution to the church and Deanery during this time. He added that inevitably things would not quite be the same and urged parishioners to support the 'new team'.

Lavinia Mahon continues as CW of

St Andrew's now joined by Tony Reed Screen (also organist). Judith Bush and Linda Hopkins continue as CW's of St Mark's, Cautley, as do Mary Grant and Bill Mawdsley at St John the Baptist's, Garsdale.

Vic Hopkins commended the enthusiasm of the youngsters; and the team of helpers, involved in Chameleons and BoF (Barrel of Fun), for Junior and Secondary School pupils respectively. Their involvement in church festivals and drama had been greatly appreciated. He appealed for donations towards the purchase of a power point projector and large screen (£1,000) to further enhance their activities.

At a previous church meeting the vicar had announced that seven weddings were planned to take place in St Andrew's this year, more than for many years. Also an increasing number of baptisms have taken place during morning services, with more planned. It had been lovely for members of the congregation to join in these joyous occasions.

So, in thanking all those involved in the many activities of the churches, he added that as well as the challenges ahead there is plenty to look forward to in the coming year.

At the conclusion of the meeting the vicar and his ministry team were thanked for all their dedication, leadership and spiritual guidance during to past year.

Tony Hannam, PCC Secretary

JUNIOR RUNNERS

This winter, 5 of us from Sedbergh Primary School, David Goad, Harry Packham, Erin Proctor, Lewis Goad and Jay Ferguson, decided to compete in the Kendal winter league fell races.

The winter league is a series of twelve tough fell races for kids and adults held at different places all over Cumbria. People come from all over the North-west to run.

Every Sunday, whatever the weather we go to a different race somewhere in Cumbria. There are now lots more children coming to these races, one race had 48 children in the under 12 group.

David and Harry have done really well representing our area and have often taken places in the first five. They even managed to come 2nd and 3rd at Cautley. Erin, Lewis and Jay have also improved loads since the start of this year.

Jay is only six and is a great runner but our mums tease that we should put a flag on his head so they can see him in the bracken or snow.

Fell running is a great sport and we live in the perfect place to practice. Its



fun to be up Winder training and playing after school.

Encouraged by Mike Packham and Dave Ellis we have been training hard and getting very muddy.

If any one is interested we also train with running clubs, the Howgill Harriers in Sedbergh and Helm Hill Runners in Kendal.

David, Harry, Erin, Lewis & Jay

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CRUFTS DOG SHOW

Sedbergh Dog Training Winners.

Regular attendees at the dog training classes in Sedbergh had a very successful Crufts 2008 with their Pointer dogs.

Michelle MacManus took the reserve bitch championship with Crookrise Arran, her other dog Crookrise Wide Awake was third in veteran class.

Rosemary Mason, with Crookrise Touch of Gold gained First Prize in the Kennel Club Good Dog Citizen Class. Anita Udale V.H.C with Freddy Flintoft in the post graduate class.

I won reserve and V.H.C. with Crookrise Moondance and Atlantic Crossing of Crookrise.

Cicely A Robertshaw

SEDBERGH TOWN BAND

Instrument Appeal

In a recent edition of *Lookaround* the Band inserted an S.O.S. regarding instruments saying that it would be appreciated by the Band if any reader in possession of an unwanted/unused brass instrument would be willing to donate/loan it so that the Band possesses enough instruments to satisfy the demands of those wanting to learn.

The response has been most gratifying and we extend our thanks to those who have contributed instruments - also stands and music have been gratefully received.

Needless to say we would be delighted to receive any further donations of this nature.

Cumbria Youth Orchestra

Belated congratulations go to Hannah Hodgson who in October successfully auditioned for a place in the Cumbria Youth Orchestra to play the trumpet. She participates fully in a number of musical activities at her school, Appleby Grammar, and is at present working towards her Grade 7 cornet. For the last three years she has played in the Town Band's cornet section with her father, Mark, and younger brother, Christopher.

March Workshop

Sunday 16th March saw the Band dividing up into its component sections for intensive study and practice of a number of the pieces that will be performed and recorded in Dumfries in May. The resulting C.D. will be one aspect of the events that



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will be marking the Band's tenth anniversary.

Ulverston Success

Town Band members, twins Sam and Henry Wray entered four Under 14 classes at the South Cumbria Music Festival held in the Coronation Hall, Ulverston on Sunday 16th March. Their instrumental mastery was reflected in the victories gained in all four classes.

Sam (Euphonium) and Henry (Cornet) playing Alan Lewis's 'Two Dog Blues' started by winning the Duet class. Sam then proceeded to take top prize in the Slow Melody class with 'Michaelangelo' coming second to Henry a little later in the Brilliance Variation or Air class. Henry's performance of a Widerkhr piece edged in front of Sam's Andante/Scherzo by Reginald Heath.

Henry was again the winner in the final class entered, Jazz Solo. He successfully offered 'The Lazy Trumpeter', a demanding piece that has featured in a recent Town Band concert played by leading cornet Mark Hodgson.

HOWGILL W.I.

We met at Howgill Village Hall on March 6th. Mary Silva presided, giving a warm welcome to members and two guests.

Sedbergh Spring Show schedules were distributed and we were encouraged to take part and enter exhibits. Schedules are available for the Holker Festival and County Show.

Mary announced details of the Lune Valley Group Meeting hosted by Barbon W.I. on Monday May 19th. Tickets will be on sale next month.

A report of our monthly meetings and interesting events are to be sent to the Westmorland Gazette for publication under 'Sedbergh News'. Anita Carey will confirm the place and date of our summer outing next month.

Guest speaker for the evening was Julia Toner, a make up artist who has worked in London and made up models on cat walk shows, stars on television and famous faces on photographic sessions. Now living and working in the Lake District, 80% of her work involves weddings, the bride and bridal party.

SAM KONCZYNSKI



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On this occasion the attention was on our model for the evening, member Vera Hodgson. Julia talked us through her makeover explaining the importance of caring for the skin and giving advice and tips on which products to buy. Today's foundations have staying power and vibrant colours to perfect the skin tone. The most important feature of the face are the eyes. By using more than one shade of colour they can be made to look bigger and bring out the beauty. The eyes and lips were primed first so the colour lasts as long as needed. Tanya Hoare thanked Julia for giving us a real treat. The finishing touch for that special day, and we all agreed Vera looked stunning.

The competition for a pretty mirror was won by Peggy Postlethwaite with Joan Luffman second. The social half hour to name the faces and events in 2007 was won by Miriam Baird.

Next month we will meet at Firbank Church Hall on April 3rd when Westmorland Gazette cartoonist Colin Shelbourne will be the speaker. Visitors are most welcome. *A. H.*

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SETTLEBECK HIGH SCHOOL

Year 11 Interview Day 7th February

Another very successful Year 11 Interview Day took place at the Bull Hotel on Thursday 7th February.

Local business owners and representatives from sixth forms, colleges and other organisations interviewed students and de-briefed them on their performances. The students agreed that this was an excellent opportunity to practise interview skills in a formal situation outside school and to learn how feedback is given after an interview.

Interviewers included Paul Lucas (QES), Mark Westwood (Westwood Books), Michael Mudd (Mudd Engineering), Kelly Manning (Lancaster and Morecambe College) and Graham Lyn (Lyon Equipment). We are very grateful to all twenty-two of the interviewers who gave up their time to help with this valuable annual event.

The day ran smoothly thanks to the help of the Year 10 guides and caterers; Robin Littlewood, Becky Lowther, Jake Hodgson, Rachel Bainbridge, Rhys Clark, Elizabeth Hunt, Alex Lavery-Hoffe, Charlie Cox, Katie Hoggarth and Justin Kirk. As always, many thanks go to Dean and the staff at the Bull, who looked after us very well, maintaining the excellent standard of hospitality and catering.

Some comments from the Interviewers

"The students interviewed did themselves great credit. All were

smartly presented and took the process seriously."

"Students came across as sensible, mature individuals who were open to suggestions and advice."

"A very impressive group of students; polite, smart, mature and obviously extremely well prepared. A credit to the school."

"Students were confident and gave appropriate responses to our questions."

Contributions from Paul Lucas, Pete Armitage, Annie Carol Gallagher, Mike Cavanagh and Lindsey Sedgley.

Some contributions from Students

"The interviewers were very friendly and helped us a lot."

"I was nervous before my interview but Mr Ball and Mr Cavanagh soon put me at ease, so I felt able to concentrate on

their questions."

"It was a very educational experience. I felt I was at a proper interview. It gave me confidence and made me eager to do well."

"De-briefings were really helpful and the interviewers gave me lots of help for things I could improve for a real interview which I shall be going to next week."

"It was a new positive experience for me. It helped me to improve my communication skills and become familiar with the type of questions asked."

Contributions from Sam Whitehead, Lizzie Thexton, Thomas Calvert, Jonathon Harper and Matthew Mudd.

Judith Walsh



FLICKS IN THE FELLS - Sedbergh News

We have now had 4 cinema Saturdays which have been great social occasions and with a variety of films. In the afternoon (4pm) we have had cartoons such as Ratatouille and comedy with Evan Almighty. We offer a good deal family ticket (up to 2 adults and up to 3 children) so that it is an affordable afternoon out – apart from buying the organic popcorn but hey, how healthy is that!

In the evening (7p.m.) we've had less frivolous films – Atonement and The Namesake gave food for thought, The Assassination of Jesse James (etc) was a very LONG Western and The Bourne Ultimatum was a modern thriller.

Dent also had their first film show in March and the organisers provided a buffet and wine – the evening was considered a great success and they hope to have more films in the near future.

The Community Cinema needs your support to continue so do please come along – even films you may think aren't your cup of tea can turn out to be a revelation – and we do have a bar with Fairtrade wine and Dent Brewery beers!

Each month a different voluntary organisation is invited to do refreshments to raise funds for their group so it is also good for them to have your support.

This month's film is on 26th April. The evening film is 'The Kite Runner' so do come along – it is an amazingly powerful film with stunning landscape

shots. Refreshments are being run by Zebras.

It would still be good to see more businesses advertising at the cinema – this is done as a PowerPoint presentation before the film starts and costs £10 for the first advert (to cover setting up costs) and £5 for any subsequent showings. Please email details of your advert to the office (office@sedbergh.org.uk) including wording, background colour and a picture if possible.

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FLICKS IN THE FELLS - Dent

With thanks to the publicity in Lookaround, The Westmorland Gazette and Local Radio, the first showing of 'Flicks in the Fells' was a sell-out success on Friday March 7. Advance bookings reached our comfortable capacity of 80 and so, very unfortunately, late-comers had to be turned away from the Memorial Hall. Successful ticket holders enjoyed a good film - The Pursuit of Happyness - and the complementary food and drink on offer. The delicious home-made supper was generously provided by friends and Meadowside Cafe. The projection, and technical

know-how was provided by Andrew Alien and his crew from Sedbergh. Thanks go to everyone concerned, not least the 85 folk who supported and enjoyed the event. We hope they will come again to our next film, proposed for Saturday, April 19. A big 'thank-you' to Dent Post Office for selling so many of our tickets.

Our first evening raised more than £400 for our Memorial Hall, thanks to the kind sponsorship of Dalton & Hague who contributed to the running costs and the ten local firms who were good enough to take advertising space on screen.

The evening fulfilled our aim which was to lay on an evening of entertainment in Dent which will provide a social opportunity for a good get-together and a chance to make new friends. Our comment sheets confirms this, with typical entries such as ... "A terrific evening"... "Very enjoyable evening and a good social outing. Look forward to more"... "Good! Lets do it again".

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Rural Wheels is a demand

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Rural Wheels makes use of approved transport operators already providing Transport is available Monday to Friday, between the hours of 9.00am and 5.00pm. 2 working days notice is required to book a journey.

You may need to be flexible about when you travel. Children under 5 travel free and children and young people under the age of 16 must be accompanied by an adult.

Leaflets containing more information and application forms are available from the Parish Council, Libraries, Post Offices and other local information outlets or by phoning 01228 606721.

If you have any questions regarding Rural Wheels or would like to receive an application form by post, please contact Joan Clarke, the Demand Responsive Transport Co-ordinator on 01228 606721.

HUMAN TISSUES & EMBRYO BILL

Little discussion has been heard as yet about the above Bill due to come before Parliament in the summer.

Those who have heard about it have concerns about some aspects of, including the fact that it would permit the creation of animal-human hybrids. Gordon Brown also intends to use the 3 line whip for what many consider should be a conscience vote. If you are concerned you can write to our MP Tim Farron at Yard 2, Stricklandgate, Kendal LA9 4ND, or email him @ tim@timfarron.co.uk.

To find out more about this Bill go to www.passionforlife.org.uk. To petition Gordon Brown to allow a conscience vote, either write to him at 10 Downing Street, or sign a petition at <http://petitions.pm.gov.uk/embryovote>

After receiving this report, I viewed the Government Petitions Web Site and was amazed as to how many different and diverse Petitions that appear for people to vote on. If you have access, it is well worth a trawl for a while, you will also be amazed.

Ed

TO LET

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Paul Hoggarth

Building Contractor



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EMERGENCY REPAIRS

As the state of the roads in this area, deteriorate into a condition worse than some so called third world states. We have to battle to keep them useable.

Cumbria County Council needs to be informed of defects like potholes and trip hazards in order for them to put them on the waiting list for patching. Defects can be reported by telephone 0845 609 6609 or via www.cumbriahighways.org.uk. It is important that everyone who notices a defect, reports it as soon as possible because each report may move it up the queue of thousands of similar potholes awaiting patching across the County now that routine maintenance is not fashionable.

A similar system works for electrical power cuts 0800 195 4141 and water system failure 0845 746 2200, they will not investigate unless they get a number of complaints from different people.

Please do not assume that someone else will report these things contact the service provider without delay.

Dear Lookaround,

We are writing to you to notify, the residents of Sedbergh, of our concern about the appalling state of the pavements. Our community is being ruined by the awful amount of chewing gum, dog excrement and litter which are filling the pavements. The mess can only do our image a lot of harm so please, when so many others are trying hard to promote the area, clear up after your dog and take your litter home. *Ed*

Firstly, each week, Years five and six walk to the Sedbergh School swimming baths, which is only a short distance from the school, and we are horrified at the result of our survey. Pupils of Year 6 did a survey to officially count the numbers of discarded pieces of chewing gum, dog excrement and litter. Our results were dreadful, with numbers well over 500!

This is not a good impression to give to tourists, who are already noticing the disgusting mess. Only a few weeks ago a man from Bolton came to Sedbergh. He was only here for a few days but he still commented on the amount of chewing gum. He said that the amount of mess was worse than in his big city.

As concerned citizens we strongly believe that this should be stopped and action should be taken.

*Charlotte Armitstead
& Stephanie Gardner*

*Year 6 Sedbergh Primary School
Editors Comment*

Well residents, it's over to you. We cannot blame the dogs for leaving their mark, leaving litter or chewing gum. I must admit, I do pick up litter that I see on the ground but I am not equipped for the Dog Dirt or chewing gum. Just imagine going to another

beautiful part of the world and seeing this on the streets. What would you think? Would you go back there again? Would you tell your friends? The mess can only do our image a lot of harm so please, when so many others are trying hard to promote the area, clear up after your dog and take your litter home. *Ed*

Daphne Jackson

MSc (Ost) DO

Registered Osteopath

BUPA Provider

**Mill Barn, Broad Raine
Killington LA10 5EP**

Please ring Kendal Practice
for appointments
01539 740452

**KIRKBY LONSDALE
DOG TRAINING CLUB**

Still riding high.

It is wonderful to see the look of joy on the faces which appear each week at the club - I do mean the dogs of course. They come in, nearly always first, with a great look of anticipation, trailing a somewhat puffed (and just lately windswept) owner. Of course it is their school night and routines must be adhered to - because that is what a dog loves, routine and discipline. Put these two things together and you have a much happier, more relaxed companion. If you think your dog would benefit from this come along and see us - and it is guaranteed you will also enjoy the socialising! For more details contact Ann or Richard Hunter on 015242 41120.

ELLIE'S BAKERY

Update

Ellie's has now been open for two years and has seen the cake and sandwich side of the business expand during that time.

The run up to Christmas saw us doing speciality cakes, made for us by Helen Wilkinson of Dent. These proved to be very popular and soon sold out.

Everyone will be aware of the current national mood of dissatisfaction with the falling standard of production and at the quality of some foodstuffs being offered to us by supermarkets.

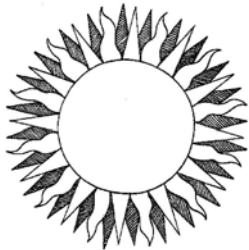
Here at Ellie's we have been listening to our customers and the current media interest, and so are

now baking a small range of artisan bread on the premises to compliment Lunesdale Bakery tradition.

The breads we are making that will be readily available include Sunflower, Sultana & Cinnamon, Olive, Sun Dried Tomato & Focacia, Rustic White, ½ and ½ and Sourdough.

The ingredients for these speciality breads are being sourced from the highest quality available to ensure the high standards are continued

One of the breads we have been stocking is Spelt, which is a lovely, light nutty loaf. Those with wheat sensitivity may well find they can eat spelt bread. Those who are fine with wheat should give it a try - it's delicious.



OPTIONS for health and well-being

Melanie Missenden	Counselling and aromatherapy	015396 21058
June Parker	Acupuncture	015396 20972
Rebecca Wheten	Homeopathy	07792 285357
Denise Williamson	Homeopathy and Bowen technique	015396 20846
Victoria Reed	Hypnotherapy	07803 047643
Peter Burrridge	Counselling	07817 718793
Yvonne Cervetti	Aromatherapy, Hot Stone Therapy and Massage	015396 21303
Ruth Francis	Remedial massage	015396 20275
Elizabeth Hilton	Light therapy	015396 21800
Deyna Hirst	Yoga consultant	015396 21556
Ian McPherson	Homeopathy and T'ai Chi	015396 20648

Health practitioners in the local area

The Fitty bread we do is very popular - it contains linseeds - and could be very beneficial to women, (although great for men too).

The Rye bread has also taken off - most popular is the half rye/half wheat, but 100% rye is available.

We welcome input from our customers and interested parties and will endeavour to satisfy your gourmet bakery desires!!

We are also developing the wholefood and organic produce used in the café from local suppliers.

We at Ellie's would like to take this opportunity to thank all our customers for their continued support and look forward to seeing you in the bakery very soon.

HOLISTIC CENTRE

The holistic centre has been open for a year now and is doing well.

In the next year we will have a resident remedial massage therapist. Further details of this service can be obtained from the Bakery.

Also, a holistic beauty therapist is soon to be setting up her own centre within Options and combining her work with the other therapists.

Most popular are the aromatherapy, reflexology and Hot Stone massage treatments. Please do come and try one for yourself. Give your body (and mind) a treat.

At Christmas, we had a wonderful evening of light & sound with Liz Hilton & Andi Chapple which seemed to be much enjoyed.

A RECIPE FOR SEDBERGH AND DISTRICT

Return this form by April 31st 2008

NAME _____ Age: adult / under 18

ADDRESS (inc. Post code) _____

Class of Entrant: _____ Business or Group or Individual

Telephone number _____

E-mail address _____

Please confirm _____

E-mail address _____

Name of Recipe _____

List of Equipment _____

List of Ingredients _____

Instructions/Method _____

Picture enclosed on Disc yes/no Picture e-mailed yes/no

Story (60 words or less, please attach)

Please send or bring entries to (photocopy accepted)
Sedbergh Tourist Office / Sedbergh Community Office
72 Main Street, Sedbergh, LA10 5AD
or e-mail to : office@sedbergh.org.uk

DAY SERVICES IN SEDBERGH

I recently spent a couple of hours at Barbon Village Hall in our new Day Centre for older people. It was a very small group, but full of the energy that local volunteers bring to our services, already after four weeks we are fortunate to have recruited four volunteers to work with us in the support of local older people. The reason why I was particularly pleased was that I was able to spend some time chatting with one of the members who had read the article published in the Lookaround about the Day Centre in Sedbergh. I am concerned, as was the member who used to attend Sedbergh Day Centre that your readers understood that the

reason why the service moved was taken after consideration.

As readers you will be aware the Centre was closed this year. The Centre has been run for the last ten years by Age Concern South Lakeland on behalf of Cumbria County Council. The members at the Centre been ably supported over the years by local volunteers and staff also from the Sedbergh area.

The volunteers have always been small in number and in fact the same few worked with us week after week for almost a decade. Local businesses have also offered support, I remember a time when Mary used to persuade the local florist to donate a small bunch of

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Closed Monday to Thursday Lunch times

Saturday open all day 12 noon to 11 pm

Sunday open all day 12 noon to 10.30 pm

Proprietors: David and Elizabeth Martin

flowers weekly and then one lucky winner used to take them home at the end of the week. I remember the cakes from Fran's that I personally have enjoyed in the company of members at the Day Centre.

We at Age Concern have seen the changes at the Centre over the last eighteen months and in particular the dwindling membership; that is older people who may have benefited from the support and companionship deciding that this Day Centre was just not for them. It is because of this that we were delighted to work with Cumbria County Council Adult Social Care to find an alternative. The move was not about the venue, it has always been a very suitable venue at

the Peoples' Hall, which is why we were there for so long, it was about resources and how they can be best used to meet the needs of older people, and clearly at this time in Sedbergh the Day Centre was not best way of meeting those needs.

I would be most happy to discuss this in more detail with local people in Sedbergh. Age Concern South Lakeland through all our other services, not funded by the County Council, have provided support, advice and information for the many older people in the community.

As always it is good to hear from you,

*Sonia Mangan, Director
Age Concern South Lakeland*

<p><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £4.10 Garlic Mushrooms on Toast £3.65 Pate with Garnish, Toast & Butter £3.50 Soup of the Day £3.30 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 £6.99 Mixed Grill £12.40 Fillet Steak £12.40 Sirloin Steak approx. 8oz uncooked £10.30 Half Roast Chicken £7.99 Chicken Kiev £6.99 Lasagne £6.99 Steak & Kidney Pie £6.99 Cumberland Sausage £6.99 Gammon & Pineapple £6.99 Barnsley Lamb Chops £9.99 Marinated Lamb Steak (6oz) £9.99 Pork Chop in BBQ Sauce £7.60 Cheese & Ham Pasta £6.99 Tuna Pasta Bake £6.99</p>		<p>THE HEAD AT MIDDLETON</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 £9.70 Grilled Rainbow Trout £9.70 Breaded Scampi £6.99 Breaded Haddock £6.99</p> <p><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £6.99 Stilton & Vegetable Crumble £6.99 Vegetable Lasagne £6.99 Mushroom & Nut Fettuccini £6.99 Broccoli & Cream Cheese Bake £6.99 Vegetable & Pasta Bake £6.99 Vegetable Tikka Masala £6.99 Macaroni Cheese £6.99</p> <p><u>Rice Dishes</u></p> <p>Chilli £6.99 Chicken Tikka Masala £7.99</p> <p><u>Salads</u></p> <p>Ploughman's Lunch £5.99 Cold Meat Salad & Roll & Butter £6.99 Prawn & Rice Salad £6.99</p> <p><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.80 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.90 Toasted Sandwiches from £3.10 Portion of Chips £1.70 Mixed Side Salad £1.70 Portion of Mushrooms £1.70 Roll & Butter £0.65</p>	
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EXTENDED SERVICES

Cluster Workshops & Learning Exchanges

Wednesday 16th April 2-4pm, Dent Memorial Hall, Dent. "Children's Centres: what can we all contribute to make it work for local families?"

Speaker: Roger Aitken, Barnardo's. A meeting of partner agencies and schools working in Dent, Kirkby Lonsdale and Sedbergh. Come along and join the debate.

Monday 21st April 4-5pm, Farfield Mill, Sedbergh. Twilight session for Art Co-ordinators: to learn about developments at Farfield Mill, to exchange practice, and to discuss "Sketchbooks", a study support project proposal for schools in Dent,

Kirkby Lonsdale and Sedbergh. Participants will be involved from Dent C of E Primary School, Sedbergh Primary School, Settlebeck High School, Cedar House School, and St Mary's C of E Primary School in Kirkby Lonsdale.

Children's Centres in South Lakeland
Roger Aitken from Barnardo's in South Lakeland writes:

"We are delighted to have been awarded this important contract. Barnardo's cherishes the excellent working relationships we have locally with both parents and children and with colleagues in Sedbergh and Dent. We are looking forward to extending this in to the Kirkby Lonsdale community where we have

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not worked previously on account of previous contractual obligations elsewhere.

The Children's Centre gives us great opportunities to work alongside others to improve services for all children, but especially those with additional needs for whatever reason.

Barnardo's is contributing substantial funding of our own so we will not only be able to get the Centre operational early but we will also be able to offer families tangible support and, where necessary, provide individual therapeutic help for children.

We are looking forward to being guided by those already knowledgeable about local needs including, of course, parents and children."

New developments

A Varied Menu of Activities

- Sedbergh Primary School: Children will be working on an exciting project with a textile artist, Liz Rice, to make a "Sound Quilt". Oral history interviews with parents and grandparents will be transformed into sound patterns

and printed onto textiles, with the children developing a variety of skills in the process including sound recording, editing, and computer skills.

- Sedbergh Youth Group: A new weekly youth club will be launched on Friday 11th April, meeting at Sedbergh Library (meeting room is upstairs). Please contact Carole Gotham (07890 650545) or Emma Brown (077537 82967) if you would like to help.

- Sedbergh Town Band Saturday Music School: The Band is planning to start a Saturday Music School for children and families to learn to play brass instruments together. Taster sessions and workshops in local schools and at community venues will be organised. Contact Hilary Hodge for more details (015396 20134).

- Holiday Activities Guide (Easter 2008): A South Lakeland Holiday Activities Guide is being compiled and circulated to parents, schools, libraries, and community organisations. Check out [www](http://www.sedberghbooks.co.uk).

(Continued on page 54)

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help4me.org.uk and wotson4u.info for more information.

Parent Support

- Sedbergh Primary School: Exciting new Family Learning programmes are being developed with local artists.
- Settlebeck High School: A parent support group runs at the Learning Resource Centre on the first Thursday of every month. All parents of children with special needs are welcome. Contact Julia Macdonald for more information on 015396 20383 jmacdonald@settlebeck.cumbria.sch.uk.
- Dent C of E Primary School: A

successful series of three Family Learning workshops "Art & Craft Together" was held in Dent over three Saturday afternoon sessions in December 2007. A crèche was provided for under 5's.

Swift and Easy Referral to a Range of Services

- Dent C of E Primary School: An information stand with a wide range of leaflets about Children's Services in Cumbria is being piloted to improve access to information and ease referral to children's services.

Wider Community Access

- Adult Education: To respond to



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growing demand for Adult Education courses in Kirkby Lonsdale, organisers from Sedbergh CDC have expanded the number and range of courses at Queen Elizabeth School, The Institute and the Methodist Hall. New courses for summer 2008 include Holiday Spanish and How to Buy & Sell on Ebay. Courses also run in Sedbergh and Tebay. Please contact Sedbergh CDC on 015396 21031 for bookings and information.

- Parish Plans -Dent & Sedbergh: Consultations are taking place for Sedbergh Parish Plan and responses are being analysed for the Dent Parish Plan. Children and young people have been consulted and they have submitted their views and suggestions.

Funding

Funding Success: A successful bid to the National Lottery "Awards for All" scheme means that Sedbergh Primary School will be able to host an exciting Family Learning project. Liz Rice, a textile artist, will soon be

working with children to design a "Sound Quilt" with the help of an innovative computer programme and special textiles, using oral history recordings from their families and the local community.

Bids in progress: Sedbergh Town Band is bidding for funding support to develop a Saturday Music School for children and families, and to run workshops and taster sessions in local schools and community venues.

The main elements of this project are:

- To purchase a selection of brass instruments for learners
- To start a Saturday Music School at the URC meeting rooms for children and families to learn together
- To run taster sessions and workshops in local schools and at community venues.

Toy Libraries

Toy libraries were formed in England in the late 1960s, initially for children with special needs. Today there are 1,000 toy libraries in the UK serving around 250,000 children and their families.

(Continued on page 56)

Sedbergh Toy Library opened in 2004 and is run by a voluntary committee, with support from pupils from Settlebeck High School and Sedbergh School. The Toy Library aims to provide:

- Opportunities for children to play with their peers, parents & other adults.
- A stimulating environment.
- A forum to demonstrate ways to play with new and familiar toys.

Sessions are held at the People's Hall, Sedbergh on the first and third Thursday of each month from 2.30-4.30pm. Toys can be borrowed for two weeks at a fee of £1. Overdue toys are charged at £1 per two weeks. Links are being developed with groups in Kirkby Lonsdale to explore widening membership of the Toy Library.

Sedbergh Toy Library welcomes new members (individuals, families, childminders & community groups). To join please contact Janet Roberts (Secretary) on 015396 21355 or email ginjr@tiscali.co.uk Membership Fee (Family): £2 Membership Fee (Group & Childminder): £5

Cumbria Parent Partnership Service

Cumbria Parent Partnership Service offers practical support to parents (including all those with parental responsibility for the child) and provide them with accurate, neutral information on their rights, roles and responsibilities regarding special educational and additional needs. This service also supports parents who wish to appeal to Special Needs Disagreement Resolution Service

(SEN DRS) and Special educational Needs and Disability Tribunal (SENDIST), if that is what parents/ carers request.

Core activities are:

- Working with parents
- Information and publicity
- Training, advice and support
- Networking and collaboration
- Helping to inform and influence local policy and practice

South Cumbria contact: Celia Jones, Burlington House, Michaelson Road, Barrow in Furness LA14 2RJ Local confidential helpline: 01229 894439

Parent Support

Representatives from local schools, parent support groups, Barnardo's and other agencies working with children, are currently exploring ways of strengthening support services to parents and families especially through schools. Please call 07515 327588 with your ideas and suggestions.

Children's Plan

The Department for Children, Schools and Families published the Children's Plan in December 2007 - a ten-year vision to improve schools and a step change in the way parents and families are supported to deal with the new challenges faced by young people in the 21st century. The plan can be downloaded from the www.dcsf.gov.uk

The Children's Plan focuses on:

- strengthening support for all families during the formative early years of their children's lives;
- taking the next steps in achieving world class schools and an

- excellent education for every child;
- involving parents fully in their children's learning;
- helping to make sure that young people have interesting and exciting things to do outside of school; and
- providing more places for children to play safely.

This ambitious plan depends on all children's services working closely together at the local level.

National Academy for Parenting Practitioners

This new organisation was launched in November 2007. The Academy's vision is that all parents who need it should be able to access quality support from trained practitioners capable of helping them to raise their children to be happy, healthy, safe, ready to learn and to make a positive contribution and achieve economic wellbeing. It will focus on four main areas – research, training, knowledge exchange and parenting policies. See www.parentingacademy.org

Adult Learning Week: 17-23 May 2008

Adult Learning Week inspires thousands of people to see what learning could do for them, offering a chance to learn new skills or develop new knowledge. Thursday 22nd May will be celebrated across the country as 'Learning at Work' day. You can plan and run special events to promote and celebrate learning in your workplace or community group.

Websites & Helplines

www.help4me.info is an online

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directory of services for children, young people, families and professionals.

www.watson4u.info offers 13-19 year olds information and advice on activities across Cumbria and the North West.

Cumbria Children's Information Service For information on local childcare providers contact 018457 125 737(Mon-Fri 9.00 am – 5.00 pm).

Parentline Plus offer a free helpline support service for parents on 0800 800 2222 or textphone 0800 783 6783 or via e-mail parentsupport@parentlineplus.org.uk

www.mumsnet.com is a popular online parenting site focusing on early years.

www.raisingkids.co.uk offers support, information, and friendship to everyone who's raising kids - whatever your circumstances.

www.familyandparenting.org The Family & Parenting Institute aims to improve the wellbeing of children and families in the UK and acts as a catalyst for change, working to make the voices of families heard.

COUNCILLOR'S CORNER

It is with a heavy heart that I pen my last *Lookaround* entry as your District Councillor, for I will not be standing in the May elections. Many of you **may be** aware that soon after being elected in 2006, I went on a trip of a **lifetime** (the Trans-Siberian Railway journey from Beijing to St Petersburg) and met a Canadian whom I married last October. We both agreed that it was important that I completed my term of office before making any decisions as to which one of us would move across the pond.

Had I not had this significant change in my personal life, I would have definitely stood again in May, for I have to say, despite the long hours, I

have felt very privileged to serve this Community. This is no ordinary community, where so many clubs, societies and events flourish, where the Parish Councils are served by dedicated, selfless individuals who work hard on our behalf and where people, from all walks of life, still take an interest in you as an individual and have time to talk.

The community has been my source of energy and inspiration and has spurred me on to do my bit and give back where I can, whether it is: holding the District Council accountable to individuals who have received poor service; making loud and consistent demands for road improvements and speeding controls;

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helping to secure enhanced recycling facilities; working with the young people of Sedbergh to provide them a social outlet or supporting our three Parish Councils and helping them achieve their goals. I will truly miss doing this job and working alongside some of the people I have worked with, but so long as I remain a resident here I hope to remain involved.

Now on with the business of the day! This **may be** my last report, but there is still plenty of work to be done and matters to report on...

Just before Easter, Dorothy Blair, Chair of Sedbergh Parish Council, Kevin Lancaster, my co-Councillor

and I, met with the Police and Eden and South Lakeland District Council Officials regarding the annual migration of travellers and gypsies to Appleby Fair. This was my third meeting on this matter, and I do hope now, with Dorothy and Kevin's support, that the challenges we faced last year are thoroughly recognised and appreciated by the various authorities and that we will see greater management of the situation on the East side of Sedbergh and along the Cautley Road. Indeed, the Police have promised to send information and contact details to all Cautley/East Sedbergh residents

(Continued on page 60)

prior to the arrival of travellers. We have also been assured that there will be a greater presence of Council and Police officials during this period; for the first time, we now feature in the official planning preparations for Appleby Fair and we are now working alongside the relevant Eden Council Officials to address the concerns.

Immediately prior to this meeting I took the opportunity to walk the streets of Sedbergh with the SLDC Enforcement Officer and identify spots for new, dog fouling warning signs, particularly around the Parish Church, Station Road, Back Lane and Vicarage Lane. I also know that in Dent, having attended the Parish Council Meeting, dog fouling is an

issue and I have asked the Enforcement Officer to look into this matter and place new signs there. It is not just a question of posting the warnings, but also ensuring that penalties are enforced where dog fouling is witnessed. On a practical note, I have been part of the Liberal Democrat Team issuing a bio-degradable puppy scoop bag to all householders in the ward, to help keep our paths and roads free of dog fouling.

Though plans have not been submitted, the medical practice recently shared with residents the new plans for a Medical Centre in the grounds of the former Auction Mart. This is an excellent example of

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partnership working between Town and Gown, between the community and school doctors, to not only provide a new state of the art facility, but greatly increase the range of treatments and services that can be offered to us. There are some very real concerns for a number of older, Sedbergh residents who have to travel further than they did previously, but as Dr. Lumb said at the meeting, he and his team have a duty of care to treat all patients wherever **they may be** and with some lateral thinking (a volunteer car run, for example) access issues can be eased. The other part of the proposal, the re-location of Spar to the Auction Mart Site, raises concerns as well as opportunities, but until plans are formally submitted, it is difficult for anyone of us to engage in shaping those proposals.

We are progressing with **the development of** the Youth Shelter and Carole Gotham, URC Minister, has done some excellent work to secure the top floor of the library as a youth cafe, initially on a one day a week basis. This joined up thinking and approach can only serve our young people well, especially as several of them sit in on our planning meetings and help flesh out our ideas and thoughts. Despite standing down in May, I do hope this is one of the projects I can continue to work on after April.

In my last article, I promised to update you on budget decisions made in Kendal, and I am pleased to say the budget was passed and I



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voted for it; South Lakeland's lowest ever council tax rise since its introduction in 1994 and below the current annual rate of inflation. As part of the £14.6 million budget, £1.5 million is earmarked to improve or develop key services throughout the year, earmarking monies for grants to regularly funded organisations, to increase investment in economic development and to put towards the Transformation & Change Programme.

All it remains for me to say is **thank you! Thank you** for having faith in me, a relatively unknown two years ago, and electing me as your Councillor. More importantly, **thank you** for offering me support and encouragement along the way, to take the District Council Role in the direction I have done and to get involved in the work I have. It has been an absolute pleasure,

Yours faithfully,

*Cllr Craig Stephenson
(015396-20080)*

I would like to thank Councillor Craig for all of his support of the community and *Lookaround* over last few years and wish him well in his new life. *Ed*

INTEGRATION

Do you have M.E., Chronic Fatigue, Post Viral Syndrome or have far less energy than you are used to?

Most people with ME or Chronic Fatigue would agree that if their energy was running freely throughout their body all the time, they would feel great.

It is well known that if your energy flows well then you will be healthy and free from disease and illness. The trick is enabling that state of energy flow.

What can you do to achieve the health and vitality you want?

You may even have started to be curious about what is happening to cause the state of low energy here are a few new perspectives you might like to follow up:

- Are you an empathetic person who is always a 'good ear' for your friend's problems and challenges?
- Do you find that some television programmes with negative themes trigger exhaustion?
- Do you find you have hundreds of things to do and that they are all

running around in your head, in a never ending race. Then you find it difficult to prioritise and make decisions?

- Are you a health professional who finds yourself exhausted after working with particular clients?

If you are interested about the sort of things you can do to get a greater understanding of your own energy – what stimulates it and what saps it, you may be interested in the Health Coaching Project.

Together with a coaching colleague, I am working with people who have less energy than they want or expect. The purpose is to evaluate the benefits of coaching and energetic techniques for people who have been diagnosed with: M.E, Chronic Fatigue, SAD, Post viral syndrome, Glandular Fever or are just plain overtired, to see how generally applicable this type of complimentary assistance could be and to co-author a book on the findings.

EnergeticNLP, the technique I use, will give you a greater understanding of your energy flow, enable you to boost your energy for yourself and

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Sedbergh Community Development Centre

Courses Coming Up

- Silver Art Clay Day Workshop**, Saturday 12th April, 10am - 4:30 (SED)
3D Felt Making Day Workshop, Saturday 26th April, 10am – 4pm (KL)
Paper Making Workshop, Saturday 10th May, 10am – 4pm (KL)
Dry Stone Walling, 24th & 25th May, 9am – 4pm (Garsdale)
Holiday Spanish, 10 weeks, from Mon 14th April, 7 – 8:30pm (KL)
Holiday Italian, 10 weeks, from Thu 17th April, 7 – 8:30pm (KL)
Beginners Digital Photography, 5 weeks from Wed 14th May, 7 – 9pm (KL)
How to Buy & Sell on eBay, 2 weeks from Wed 16th April, 7 – 9pm (KL)
Using Internet & Email, 5 weeks from Mon 7th April, 6:30 – 9:30pm (KL)
Using Spreadsheets, 5 weeks from Mon 2nd June, 6:30 – 9:30pm (KL)

SED - Sedbergh, KL - Kirkby Lonsdale

Other Sedbergh courses are continuing in Yoga, Spanish, German, Sugarcraft & Creative Writing.

Please ring for details of all courses,
or look at our web site -www.sedberghcdc.org.uk

email:admin@sedberghcdc.org.uk

Tel: 015396 21031

clear whatever blocks your energy.

There are many different therapies that are effective at releasing blocked energy; however, **EnergeticNLP** is the only process that, once learned, enables you to work on yourself without needing to visit a therapist. Once you have a grasp of the techniques, you can use them whenever and wherever you want. This not only frees you from the ongoing cost of visits to therapists, but it puts you in control of your own wellbeing.

The process I use is **Health Coaching** - a holistic exploration of your personal history that has led to this illness, combined with the easy-

to-learn techniques of **EnergeticNLP**.

After 4-6 sessions you can expect to feel in control of your health and be realising your health goals.

The sessions can take place face to face if you live locally. I am working with some people over the telephone, which is really beneficial for those who are too exhausted to travel, and is just as effective.

Please get in touch to discuss your situation and fees for the Health Coaching. As this work is part of the research project I am doing with Olive Hickmott, I am able to take a number of clients at a reduced fee.

Every client will receive a free copy

(Continued on page 64)

of the book "You Too Can 'Do' Health", by Olive Hickmott, and a free CD on EnergeticNLP techniques.

If you're interested for yourself or want to pass on the information to someone else that you know could use it, you may want to read more about the process of coaching.

What is Coaching?

Coaching is fast becoming the must-have resource for those people who want to excel in their careers.

The purpose of coaching people in their career, their life and their wellbeing is to enable them to overcome barriers, (whether self imposed or external), that get in the way of them achieving what they want. It's also about reaching for your dreams, realising your potential and getting what you want out of life.

Although coaching has been around in the sports world for decades, the emerging professions of Business, Executive, Life and Health coaching, use a different process.

The traditional sports coach is an expert in their field – they've been there, done it and know the game inside out. As a sports coachee, the

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expectation is that your coach knows what's best for you. The role of this coach is to lay down the boundaries and tell the player / athlete exactly what to do.

What's different about this new type of coaching is that the expertise required of the coach is a wide range of interpersonal skills and the ability to form trusting and honest relationships. It maybe that the executive coach will have experience and expertise in particular aspects of business, but for them to be effective it is the quality of the rapport they create, the questions they ask and the level of challenge and support they provide that is the key to success.

This is because coaching in this context is all about enabling the coachee to set their own goals and come to their own conclusions, so 'telling' is a style that rarely gets used.

To illustrate the difference, think for a moment, how you normally respond to people telling you what to do. I can bet that it the main you hate it and will generally have a ready reason for why that is exactly what you're not

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going to do. On the whole, irrespective of our age, we like to think we can decide for ourselves what we're going to do and when.

So you can imagine that in working with issues around personal performance and health, requires not only a great ability to listen and understand but also a great desire to allow the person to grow - through discovering their own best way and making their own choices.

What is a Coach?

Just to get more specific for a moment, there are different approaches and methods of coaching. And there are several 'bodies' that provide certification. At present, anyone is able to call themselves a Coach irrespective of the amount and quality of training they have received, if any! If you're interested in being coached, it's important that you look into the providers background and the type of qualification they have and how that translates into the style of work they will be doing with you.

My background is in working with businesses, both national names and those in Cumbria and Lancashire, to increase the effectiveness of their employees. Over the years I've found huge benefits in using Neuro Linguistic Programming, or NLP, (which can be described as a way of working out how people do things excellently and passing that information on to others).

The coaching qualification I chose required me to have taken a minimum of 40 days training in NLP, before

taking the coaching course, which consisted of another 20 days. On top of this there are numerous other trainings that incorporate different approaches and add finesse to the existing skills.

I work both with managers and directors on their business issues. I also work with people who's health is not what they want it to be, using a mixture of NLP and 'EnergeticNLP' to release emotional blocks, limiting beliefs and old programming that is no longer needed – rather like feng shui for the body.

The techniques are very simple and one of the great advantages of EnergeticNLP is that once the techniques are learned you can run them whenever and wherever you like, letting go of any negativity you have picked up and stimulating your own energy flow.

With a mixture of NLP, EnergeticNLP and input on your diet and lifestyle, you will be really surprised at the changes you can make.

*Ali Bramall at Integration
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SETTLEBECK HIGH SCHOOL

Judo at Settlebeck

We have been lucky to have Mike Liptrot, the senior coach at Kendal Judo Club coming into school over the past five weeks and running a Judo Club for Settlebeck students. Mike came in earlier in the year and did a talent identification session for Year 11 students and a demonstration for students in Years 7, 8 and 9. Subsequently 20 eager students signed up for the 5 week Judo course on a Thursday straight after school. Mike brings his interlocking Judo mat area and his judo suits with him and after setting everything up the students got straight down to learning skills such as throwing and pinning

down. The sessions have been great fun and all the students have all benefitted from Mike's excellent coaching skills. If anyone is really taken with Judo then they might think about going over to the club at the Kendal Do Jo.

Andy Trull

The National Schools Cross Country Championships

We were very proud to have two athletes, Luke Ingham and Eilidh Sproul take part in the National Schools Cross Country Championships in Liverpool on Saturday 8th March. This was a great achievement as only 12 runners from Cumbria were selected to run in each age group. The selection process

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This Team Leaves It Clean

started back in November, at the district trials which were held at Kendal Rugby club, when Eilidh finished in 3rd position whilst Luke came in 5th. A number of other runners from Settlebeck also did well at this event with both these runners along with Alex Lavery-Hoffe being selected to run for the South Lakes team at the County Championships at Kirkby Stephen in January. Eilidh ran an excellent race and overtook the leader on the second lap and finished as the county champion in first place. Luke also fought a very competitive race and finished in a very creditable 8th place. These impressive runs enabled both runners to be selected to represent Cumbria at the National Schools Championships. The standard at the nationals is very high but both Eilidh and Luke acquitted themselves well. Congratulations go to both athletes and we hope they do equally well on the track this summer



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when representing both the school and Kendal Athletic Club.

Andy Trull

Wrestling - Brittany Back Hold

In February a group of 28 wrestlers set off on a journey. We were off to face about 8 different countries in a wrestling competition.

There were 7 main categories:

1. 1995 – 1996 (boys)
2. 1993 – 1994 (boys)
3. 1991 – 1992 (boys)
4. 1988 – 1990 (boys)
5. 1987+ (boys)
6. 1993 – 1996 (girls)
7. 1992+ (girls)

Among the age categories were weights as well. Hannah won the 1993 – 1996, 56kg and Connie won the 1993 – 1996, 40 kg. We enjoyed it, and as well as going wrestling we saw many sites that were worth going to see. We also did the French stair wrestling that is called Gouren. The ferry was lovely and the water was really calm on the way back. We would like to thank Dr Greene for letting us go.

*Connie Hodgson – Year 7 and
 Hannah Hodgson – Year 9*



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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

*King Arthur & the lost Kingdom of
Rheged by Tom Clare*

On 20th February society members were treated to a fascinating and thought-provoking illustrated talk by Tom Clare about the links between the legend of King Arthur and the real-life growth and decline of the 'kingdom' of Rheged during the 6th century.

According to Leslie Alcock's classic work, 'Arthur's Britain', we were told, the south-west of England had the strongest links with the Arthurian legend through references to such places as Tintagel and Camelot (Cadbury), yet there is strong evidence from Welsh poetry of a powerful northern king, than, who rebuffed the Scots at Catterick, an important, formerly Roman strategic centre commanding both the north-south route through the Vale of York and the east-west connection across Stainmoor to the Vale of Eden; and Irian was referred to as 'Lord of Catterick' with its close proximity to Richmond Castle which, in turn, has strong claims to be linked with King Arthur; and 'Arturess', the original Arthur, means 'Northern Bear', with 'north', according to the earliest Welsh poems, combining northern England and southern Scotland; and we know that Irian farmed lands in 'Le Fenneth', now the Lyvennet valley south of Penrith.

So perhaps Irian was the legendary king, and this northern kingdom

(Rheged) extended well into southern Scotland, east across to the Northumbrian coast, south-eastwards into the Elmet region near York, and south towards Chester and North Wales. Furthermore, it could well have been significant that a number of battles and sieges took place around this time near the margins of this kingdom: Bamburgh, Lindisfarne, Glain, Clwyd and Arthurate at the mouth of the Solway, between the Britons of Rheged led by Irian and his descendants and groups of Angles, Picts and other neighbouring tribes.

We then learned of tales of Owen, Irian's son, with his strong links to the Penrith area where traces of circular timber buildings 50ft in diameter have been found, possibly reinforcing the Arthurian legend; and who extended his influence northwards into the Lothians and begot a son, Mungoo, who in turn preached in Glasgow (where the cathedral is dedicated to him) and returned south to confront the Pagans. From these and other central players in the story (e.g. Overon, Owen's mother; and Mowdron) we derive such place-names as Mungrisdale, Ravenglass and Lochmaben.

Following the Arthurate battle, we were told, the kingdom imploded and there are no further references to Rheged after 540 A.D. One possible reason postulated was that over the next forty years there was a marked increase in rainfall and this drove people away from the flooded lowland areas such as the Vale of Eden,

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perhaps to the drier regions of the south and east. Thus a climatic event, which had worldwide repercussions, may have been partly responsible for the demise of Rheged.

Mr Clare, whose new book "Prehistoric Monuments of the Lake District" is now being published, punctuated his talk with a multitude of references to characters and places both real and (perhaps) imaginary, weaving a complex web of intrigue between history, geography and legend, and leaving his audience with a myriad of questions:

- Was 'Old King Cole' actually Irian/Arthur?
- Did Owen live in caves near

Brougham?

- Did Mungoo survive a crossing of the Firth of Forth in a coracle to be brought up by a hermit?
- Why did local people at Beetham throw objects down a shaft?
- Did Merlin dance naked before the battle at Arthurate?
- Does 'Dent' derive from Donatus, whose well lies below Morland Church?

There is little wonder that the Arthurian legend has provoked so much debate; and, thanks to Tom Clare, there is a little more clarity as to its relevance to this part of the realm!

Mike Beecroft

FROSTROW WI

Our meeting on the 5th March was held in the much improved People's Hall Committee Room. The walls are newly painted (by the Art Society) and the old armchairs have been replaced by new blue upholstered chairs. The whole room feels much lighter and more inviting – a big thank you to all concerned.

Our speaker for the evening was Gareth Marshall from The Bath House. I must admit that I did wonder what on earth he would talk to us about, but I needn't have worried. We had a most amusing and entertaining evening. Gareth managed to make everyone feel relaxed and involved as he gave us a brief outline of his design and packaging company which was established fourteen years ago in Sedbergh and employs forty two local people. The company has 1200 outlets in the UK, mainly small, independent shops, but also big names such as Boots, Waitrose and John Lewis. The Bath House part of the company was established eleven years ago. The idea was to produce wonderful toiletries in beautiful packaging. Anyone who is familiar with Bath House products will agree that they have certainly achieved their aim. There are three elements to any toiletry product – the fragrance, the base and the natural extracts. The key element is the fragrance which is designed by perfumiers or "noses" The sense of smell is closely associated with memories and can also trigger emotions. Perfumes can make you feel happy, romantic etc.

At the end of his talk, Gareth set us a little "test". He'd brought twelve bottles containing different "smells" which he asked us to identify. This proved to be quite difficult but very amusing. "I think this is coffee."

"Really? I thought it was newly mown grass!" It was interesting that we all managed to identify the "chocolate" smell!!! The competition was won by Christine and Denise who each received a beautifully packaged set of Bath House toiletries.

Our speaker was preceded by the business part of the meeting. The minutes were read and approved and the treasurer happily reported that the funds were healthy and all subscriptions paid. Whew! Anne thanked Linda and Christine for taking last month's meeting and sent our best wishes to Nora who was not very well. Some time was spent discussing the transport arrangements for our annual "Mystery" outing. We agreed to book a coach and try to fill the extra seats with friends and relatives.

Arrangements are also in hand for our Christmas Dinner. Anne encouraged everyone to make an effort and enter as many things as possible in the Sedbergh Spring Show on 12th April. Some of our members will be taking part in the Inter-Federation Walks at Cartmel on 23rd April. The Group Meeting in Barbon is on 19th May when the speaker will be a fireman from Brazil. The competition will be for a soft toy suitable for a child from two to four years old. Anne encouraged us all to

get out our needles as the toys will be sent to an orphanage in Brazil. Anne suggested that we might like to start a book club and received an encouraging response. We're going to look into this further and come back with ideas as to what the format should be. Dorothy won the raffle and Denise won the competition for a perfume bottle

The weather was kind for our February walk when eight members met at Devil's Bridge for a five mile circular walk. Following footpaths carpeted with snowdrops, and tiptoeing down tracks which had turned into streams following the recent heavy rains, we took a short break to visit the very well-cared for

Whittingham Parish Church and its churchyard which was a mass of crocus, daffodils and snowdrops. We carried on through parkland and then along a very wet lane, passing the jumps being prepared for Whittingham Races. We eventually reached the River Lune and turned to follow the river bank upstream back to our starting point. We finished the afternoon with tea and homemade cakes at Casterton Golf Club, where we agreed that we had had a most enjoyable afternoon.

Our next meeting is on 2nd April when Valerie Finch will give a talk entitled "It all started in Sedbergh in 1652" All visitors will receive a warm welcome.

**Statement of Community Involvement in Planning
Second Draft February 2008
A part of the Yorkshire Dales Development Framework
2006 - 2021**

The Yorkshire Dales National Park Authority has published its policy for involving the public in decisions on planning applications and planning policy. The Statement of Community Involvement (SCI) is a formal process that explains whom the Authority will consult, how they will be consulted, when it will happen and how the Authority will use the findings to influence local planning decisions.

A draft version was issued for consultation during autumn 2007. Changes have now been made and a second draft is available for inspection at the following locations;

**Sedbergh Library, Main Street,
Sedbergh Community Office**

72a Main Street, Sedbergh, Cumbria, LA10 5AD. Telephone: 015396 20504

National Park Authority Offices

Yoredale, Bainbridge, DL8 3EL & Colvend, Hebden Road, Grassington, BD23 5LB Tel: 08701 666333

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Please submit any comments in writing to;
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By noon Friday 18th April 2008



YORKSHIRE DALES
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CUMBRIA WILDLIFE TRUST

“A June Walk in the Howgills”

Our speaker, John Mounsey, opened his presentation with a splendid view of Calders, Cautley Spout and Great Dummacks taken from near Swarthmoor. This was the best of visual introductions to his description of the route of his June walk.

This started at the Cross Keys bridge where the elusive dipper dives down to actually walk on the river bed, and the common sandpiper can be spotted on the riverbank. The audience was delighted to hear that John had included audio clips of the appropriate birdsongs with their photographs.

Along the footpath sundew were

catching insects on their syrupy spikes. Their digestion supplements the available soil minerals. Further along near the notice indicating the remains of Iron Age settlements, is a line of stones pointing towards the spout. Was this of any religious significance? Alongside the spout one can see a precipitous track, modified by a stonework staircase installed by the National Park. Fencing erected by the Lune Habitats Group has been erected along the sides of the Cautley Beck. This has been done to prevent trampling and has already resulted in a marked improvement in water quality for the many tiny creatures depending on a riverine habitat, caddis fly larvae, mayfly nymphs, stoneflies, tadpoles to name but a

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few. Water crowfoot, water forget-me-not, and many examples of moss are found here in profusion. Amongst the hawthorn blossom, if lucky, you may spot a stonechat with its distinctive call. Higher up the banks can be seen the occasional spoil heaps of frustrated moles battling with the stony ground. Other tracks and dents show where boulders loosened by frost action have bounced and slid their way down. Soon the bracken will disguise many of these traces.

Climbing up alongside the spout, where the sheep can't nibble, are the remnants of the ancient woodland which covered much of these slopes before the various clearances, the earliest probably in Neolithic times. Willow and rowan were both illustrated. Primrose, bilberry, golden rod, ling and bell heather, thyme, ferns are all found here. A raven might be spotted. They prefer to feed on carrion supplies. The prominent rocks at the top of the spout are favoured lookout points for them. Remains of regurgitated food gave forensic evidence of the interception of the rather naïve and unstreetwise homing pigeons by peregrine falcons. Also here were wood violets, ladies mantle and the twin spot carpet moth. Plenty of bilberry was here too on the flatter surface amid the matt grass. Some were ready for eating already. With lower stocking levels, both bilberry and cowberry are thriving. (JM top tip for the day: red cowberry will remove bilberry stain.) The common heath moth and wood tiger moth fly here, the latter both day and night as a furry coat keeps them warm. They were photographed

resting on the heath woodrush distinguished by the fine white hairs on its leaves. Both mossy and starry saxifrage with bird's foot trefoil are here too on the higher slopes with the small heath butterfly.

Worth a photograph was the Andy Goldsworth sheepfold installation. It provides good shelter from the wind but watch where you sit! Along the summit runs a mountain motorway, built with the intention of stopping erosion along this popular walking track. Seeing a picture of a giant digger bogged down near the top of Calf, one wondered which was the greater evil. However hunting spiders like its rocky crevices. Swifts wheel here catching insects with the skylarks and meadow pipits. They eat the daddy long legs. John remarked on the extra numbers of beetles in that year (2006), He reminded us of the plague of caterpillars in past years which left a definite tideline along the sides of the Howgills. This year they have been particularly active on Helvellyn. However they did provide a feast for crows, rooks, gulls and starlings.

Now descending to Sedbergh, gorse was much in evidence with the invasive specie New Zealand willow herb creeping up the higher reaches of Settlebeck and just above the fell gate are examples of English stonecrop.

With a sunny view of the Castlehaw motte and bailey we concluded our virtual walk after a splendid taster of brighter times to come.

SG

A CASUAL CAUTLEY WINTER WEDDING TALE

One dismal January day, instead of contemplating a much needed holiday in the sun, I had the prospect of yet another operation and hospital stay. Bob, my partner of many years, fair bowled me over by popping the question of our marrying. The idea of uniting our friends and relatives for a celebration of our lives together was so cheering that health problems were immediately set aside for the excitement of wedding preparations. Our home of ten years looks onto St. Marks, Cautley and it was there I hoped our ceremony would take place. The very next day we discussed the possibility with Canon Alan Fell and happily he agreed to do the matrimonial honours and pencilled in 23rd Feb.

St. Marks vicarage was perfect for the reception and Barbara Manwaring bravely accepted the challenge of catering for 60 guests, although she had not seated more than 40 in her establishment before. Bob, a



photographer, printed the invitations and within a week we had received most of the replies. The phone was hot! Sarah Scar, cake maker extraordinary, promised to have a two tier cake ready in time. Local foodie Kate Vigar was pleased to produce the starters and main courses. Judith and Roger Bush of Fawcett Bank, helped plan and print the order of service and organise the music with the Cautley Carollers (recently featured on TV's Countryfile.) Linda Hopkins (church warden) a talented floral arranger, suggested decorating St. Marks and she also agreed to do the bouquet and button holes. We had hoped to source all our requirements in Sedbergh, but the



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dress was from Peaches, Kendal, in a jolly cerise colour to brighten up a grey February day.

So within a month everything was set for the big day and had we planned it for a year it could not have been bettered. The church looked superb with twinkling candles amongst arrays of festive flowers. Alan Fell's joyful service was enhanced by the magnificent Cautley Carollers, who also entertained at the reception. John Stanton elegantly kept the wine flowing, making a change from his outdoor occupation of gardening. Felicity Ryalls, aided by Alice and the two Kates, big and little as they are known at the Cross Keys, made sure everyone had an ample

sufficiency of Kate Vigar's sumptuous food.

Everyone pulled together making it such a happy event, emphasising how lucky we are to live in such a caring sharing and talented community.

The sun may not have shone in Cautley that day, but the warmth generated by all involved was enough to power the National grid. We owe an enormous thanks to all concerned, especially Barbara for everything including her delicious puds. Thanks last but not least to my new hubby who has turned my life around and made this the best of all winters. I am so proud to be his wife.

Chrissie Mayo

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KNICKERS & SOCKS

Henry Wilson had to disappoint a lady recently - as he only sells books - not knickers and socks! I can help with the socks, being an official agent of HJ Hall Socks - the company that invented "Soft-Tops". Neither Henry Wilson or I can help with Knickers - for those you need to visit the "Sleepy Elephant" next to the Spar!

Getting the right pair of socks can make a lot of difference to your feet - the right type, size, construction and appropriate fibre content are features that all play a part.

Size does matter! Many people buy socks that are just too small for them. This is especially important across the front of the foot, not just in terms of length. If socks are worn too tight on a regular basis, this can lead to the development of corns and bunions. HJ Hall socks are stocked in 4 different sizes; 4-7, 6-11, 11-13 and 13-15.

Sometimes the problem can be swollen feet and ankles, where ordinary socks are too tight around the lower leg. In this case the famous HJ Hall "Soft-Tops" are recommended, as they are loose fitting around the top and will not cut into the leg, allowing proper circulation. A small selection of "Extra Roomy" soft-tops are also carried.

People suffering from diabetes need to be especially careful about their feet and socks. Wool socks for winter and cotton for summer are recommended. Those with poor circulation and sensation should

consider the extra protection from socks with a padded sole. Diabetes sufferers are also advised to avoid having ridges on their socks that could rub and create blisters. Hand-linked toe-boxes have no ridges to create problems and are available in both lambs wool and bamboo.

Those individuals that suffer from Athlete's Foot or sweaty feet should consider bamboo socks - as these have anti-bacterial properties, helping to keep the feet cool and fresh.

Bamboo is a "new" eco-friendly choice of yarn for the 21st C, being fast growing and completely biodegradable, and much kinder to the environment than growing cotton.

Even if you don't have foot problems, there will be a sock for you in the range. There are

"Indestructible" work socks, casual socks in a range of colours, Ladies socks in pastel shades, lavender scented Bed socks, lovely soft cotton Boot socks, padded Sports socks, knee high woollen socks, including the NATO standard "Commando"!

Local shops are a bit like brain cells - use them or lose them!

*Kay Whittle
Chiropodist*

FAMILY MUSINGS

My "honorary" grandchild arrived naturally about 3.20am on Wednesday 12th March, my first hold of him was at 3 days old, so easy to forget how tiny the nails are, and how small babies are although at 81b 10 he was not that small, at present they have not decided on a name for him.

One of my roles is to play with his 3 year old brother and recently we played at "siloing" we moved Silo from one heap to another aided by a dumper on the toy tractor (him) and a toy wheelbarrow (me), to say bits of me had an ache or two afterwards puts it mildly. Another great favourite is him being pushed up a little hill on his sit-and-ride tractor, usually I use a yard brush so I do not have to bend quite so much but recently one could not be found, so I had to stoop and push, more aches the next day but well worth it.

My own offspring are doing great, it is lovely they all live near enough to see them often, they arranged a surprise lunch out on Mothering Sunday and paid the bill, wonderful.

Hubby is very busy with his lambing sheep but when that is passed and hopefully better weather comes it will be out on our bikes, although we might hitch up the trailer and find somewhere a bit flatter than around home where I struggle with the Laning never mind big hills. A pity it doesn't go in the car or I could take it to the family nr Kendal and join them on their bikes .. and if I felt particularly wicked could get them to push me? Knowing them they would!

It never ceases to amaze me how critical some folk can be, if someone does something and it doesn't quite work out they are open to the criticism of others just as if they had done nothing, or is it because we all think of ourselves as doing everything just right and therefore expect the same of others? Anyway, the local

news has been sent into the West. Gaz for about 32 years by yours truly who gave it up last month, only so many ways one can describe a coffee morning/bingo night/disco/and so on esp' when information is scant and one can't get to the event. It needs someone who is about the community and involved in events not someone like me who is only there a few hours each day usually early morning and in the evening and who often has to lie on the floor or stretch out to get comfortable, going out and sitting on a hard chair does not hold much appeal, but then perhaps I am getting soft in my 50's. Anyway all the best to who ever takes it on, you might even get paid!

Younger daughter and friend and our son all joined hundreds of other sane men and women to run around the Dale in the recent Dentdale Run, because of flooding in the lower regions of the dale the course was changed to just the top part, twice, which has lots of little and not so little hills, as someone said "Cage Hill is a killer once, we had it twice!" son came in in 88th place, daughter 419th and friend 434, Well Done! Sons time was 1:44:28 not bad son, not bad at all. We made sure they had a good reception committee to cheer them home.

The garden beckons, but then it always does .. but this year there will be action, a few days off here and there will mean day-time in the garden unless of course me and a certain 3 yr old have Silo to move!

Sarah

YDNP

Small pieces of Yorkshire Dales National Park history are being recorded for the first time.

Detailed records of nearly 29,000 bigger items – like old houses, barns and lime kilns – already exist in the shape of an Historic Environment Record (HER) that has been compiled by experts at the Yorkshire Dales National Park Authority (YDNPA).

Now the Authority's archaeology staff and Dales Volunteers have started logging all the less noticeable, smaller features – ranging from stands for milk churns to tunnels under roads for sheep and cattle – so

they can be added to the HER.

And the first batch of new additions has just been turned into a series of pages on the YDNPA website called Feature of the Season.

Miles Johnson, the Authority's Countryside Archaeological Advisor, said: "Many of the features were part of the everyday farming landscape but none has been recorded before.

"They all add to the special character of the National Park and the main reason for putting them on the website is to make them more accessible to people who may want to learn more about them and may be interested in understanding the Dales landscape in more detail.

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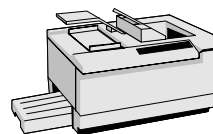
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“Many are now disused and some are threatened so, by recording them in the HER, we have a detailed list that will help us and other organisations to preserve and conserve them and will enable people to learn about them too.”

Feature of the Season was launched as a volunteer project in February last year following the previous successful use of Dales Volunteers for surveys into the numbers of buildings and monuments at risk in the National Park.

“We needed to collect information about small-scale historic features but, obviously, these small buildings and structures are almost impossible

to locate from maps or aerial photographs,” Miles said.

“The idea was to use the Dales Volunteer’s interest in, and knowledge of individual parts of the Dales to collect the detailed information.”

The first ‘Feature of the Season’ highlights several different items.

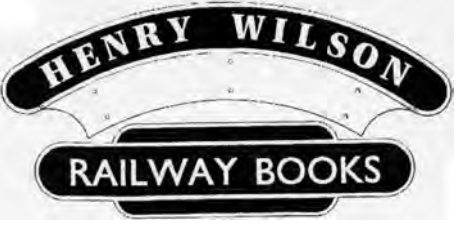
So far the Dales Volunteers have logged 50 stock underpasses – passages beneath walled roads and tracks that enabled cattle and sheep to pass from one field to another, normally to get to water – as well as nearly 100 churn stands, hennery piggeries (combined henhouses and piggeries) and turbary stones that marked areas where people could cut peat.

Stone water troughs, polegate posts, dovecotes and millstones will also be on a growing list of other features that will be put under the spotlight as the project continues.

“Revisiting some of the features already recorded has shown that there are serious threats facing some of them,” Miles said.

“For example, one of the churn stands recently disappeared when a farm track was widened and one of the buildings is threatened with demolition in the near future while others are showing sign of structural decay.”

The FoS project along with datasheets and images of the features can be seen online at www.yorkshiredales.org.uk/fos.



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Now in Sedbergh and opening at Easter with a large stock of antiquarian, secondhand and new books on transport and industrial history with some general titles. Book Tokens sold and exchanged.

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A RECIPE FOR SEDBERGH, DENT, GARSDALE & KILLINGTON

Many towns, villages and regions are famous for a local dish – Yorkshire Pudding and Cumberland Rum Nicky, Bakewell Tart and Grasmere Gingerbread to name a familiar few. So far as we know the Sedbergh area has not got a **Signature Dish** although we do have some very fine food producers and preparers.

The Chamber of Trade is expanding the annual Charter Market, which will be on 16th August this year, into a much more 'foodie' event. There will be a very big farmer and producer market and several demonstration kitchens placed around the town,

themed cafes, celebrity chefs and the usual entertainment. It would be great if we had a newly launched Sedbergh Recipe Book to sell at the Charter Market and we hope that researching, inventing, photographing and generally having a really good time with food will be something individuals, businesses and groups will want to do this Spring.

We suggest four categories of entrant:

Businesses, these could be any producer of food on the farm, any café, any non-food type of business whose employees might want to join together to invent something, any pub or hotel etc.

Groups, adult and under 18s, e.g.

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WI's and church groups, school classes or the youth club but groups that do not have a business link

Individuals, adults and under 18s.

(hey - we do want some men and boys here not just all females!!)

What would you have to do?

You would have to invent a dish which was typical of Sedbergh and district, it does not necessarily need to use local produce but it could do.

The dish would need to have a really good NAME e.g. Dent Doughnuts, or Garsdale Lamb Garland, Rawthey River Roll or Howgill Hotpot, Steadman Steak etc – but it must be a recipe with a twist, you cannot just copy something out of a book and put your own name to it, but it could be an old family recipe of Granny's. Judges will be looking for originality.

The dish can be absolutely anything: a pudding, or main course, sweets (like Kendal Mint cake), a sandwich, chutney or jam or other type of preserve, something fit for a banquet or for the kid's supper.

When you have tried your recipe out, probably on those guinea pigs called the family, you will need to make it again and make it look as pretty as possible, think of those arty illustrations in food books, then send the recipe with 1) equipment you will need list, 2) ingredients list and 3) instructions 4) picture 5) (this part is optional), a 60 word story of how the recipe was invented or where it came from all on the entry form below.

(The entry form is available to down-

load at www.sedbergh.org.uk.)

Judges headed by Gillian Cowburn of the Westmorland Gazette will then choose from the hundreds! of entries the best in each entrant category and over a selection of types of food. We will ask you to prepare the dish for a judges tasting which will be held in the People's Hall in May. From this tasting a prize winner in each category will be chosen and from those winners ONE OVERALL winner will be chosen.

We will then bring all of your culinary wizardry, inventiveness and expertise together into an elegant and collectible recipe book which we will all be proud to own and to sell.

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**SEDBERGH & DISTRICT
ART SOCIETY**

Annual General Meeting 6th February

Ron Gerrard, Chairman, was pleased to welcome a good turnout, which included some new members.

We remembered Amy Nicholson, who died on 2007.

Sedbergh School was thanked for allowing our continuing use of their Chaplaincy, and the Daveys for the use of their barn for storage. The Chairman also thanked the Committee for their work, and Ruth Gamsby for organising the luncheon for the 35th anniversary of the society.

There has been a good attendance at the winter meetings, and

suggestions for future speakers would be welcome.

The Summer Exhibition was a success, with 945 visitors, and many favourable comments on the high standard. Thanks are due to all those who helped in any way, but still more supervisors are needed.

The treasures reported a positive year, and a healthy bankbalance.

The portrait group has flourished, and thanks go to all hosts.

Election of officers:

President	Joan Chamley
Chairman	Ron Gerrard
Vice-presidents	Hilary Moore Ruth Gamsby
Secretary	John Mounsey Barbara Leigh

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Treasurers Lynch Fincham
 Margaret Copestake
 Exhibition Secretary Anne Beer
 Events Secretary Miriam Leedham
 AOB

Anne Beer will set up a web-site along with the Barbon Group, for an experimental year , at no charge to the Society.

The Barbon Group, set up by Gilly Newberry, Tuesdays 9.30 to 12, welcomes members.

Elsbeth Griffiths, on behalf of the People's Hall, thanked the Wednesday morning group for repainting the Committee Room (and no, we didn't do any murals !)

Ron Gerrard was given a big thank-you for carrying out this year, not only the duties of chairman, but also Events Secretary and Exhibition Secretary.

2008 Exhibition dates:

Monday 11th August handing in day
 Thursday, 14th August

preview evening

Friday, 15th August
 open to the public until
 Tuesday 25th August.

Last Winter Meeting

We were grateful to Jeremy Ford who stepped in at the last minute to replace our expected speaker who had to back out for family reasons.

Jeremy, in his usual quiet and extremely efficient way, gave us a demonstration of a water-colour landscape. He had brought a completed picture, and showed us step by step how he had built it up. It was interesting to see how by subtle changes in colour, and placing of



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trees etc., his second picture was not merely a copy of the first.

He had some useful tips----get all your colours ready for each stage of the picture first, and mix too much rather than too little, using a different brush for each colour----wet the paper with a good sized brush, and use a pipette for adding water to a mix, or for transferring paint from one palette to another (some of us eagerly bought pipettes from him, hoping " have pipette, will paint " !) ---- and finally, don't go back into a wash, leave it to go smooth.

Jeremy showed that being well organised can take a lot of hassle out of painting.

V. Finch

DRIVING TIPS

Give and take

Being prepared mentally for what may happen next when you are on the road, rather than relying on reactions to sort out a problem when it has already arisen, is a key factor in safe driving and riding.

By doing that you can also be prepared for what other road users around you might get wrong. Be ready to keep things safe by what you do to allow for them.

A bit of give and take goes a long way.

This is the opposite of the "blame culture". Instead of mentally complaining because "that white van man just cut me up", have a think about what you were doing before hand and what you could have done, if anything, in a different way to prevent that near miss happening.

The Institute of Advanced Motorists researched this approach with Brunel University two years ago. Using two control groups of drivers, plus a third coached to IAM standards, Brunel were able to evaluate the difference this approach made.

Those drivers who were prepared to see themselves as part of the potential hazard were less likely to be involved in a crash or a near miss than the drivers who just "blamed" other road users around them.

Being alert to the possible mistakes of others may feel like a low priority when you are under pressure, or on a bad Monday morning perhaps. It's easier to expect others to do what

they should do, all the time.

But there is no such thing as the perfect driver. Do your bit by allowing for their errors. And, if that feel too onerous, think about this: haven't you, at some stage when you were driving made an error which someone else then made safe? Be honest - we all have.

So make a point of helping out the other road users who might do the same for you.

Tips from the IAM Newsletter

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LADIES NFU

The March meeting on the 18th was well attended when Mrs D McCaffery told us about the Art of Spinning and Weaving. She brought along some beautiful silk chiffon and velvet scarves which she had dyed and were sold at Farfield Mill and heritage Centre where she has a studio.

She also brought a lovely rug spun and woven from Herdwick and Rough Fell wool.

The April meeting on the 15th will be in the Methodist Schoolroom when Mr Lowe will show slides on Nature. Visitors welcome.

THE ROSE THEATRE GROUP

The RTG is moving into top gear as performance dates for our regular dose of Spring madness draw near. This year's pantomime is a re-telling of the Noah's Ark Story, maybe with a little artistic licence, but of course ending with the triumph of good over evil! A fun-filled event with entertainment for all the family, there will be plenty of familiar tunes, some rapping for the youngsters and the usual assortment of gender confusion! Performances will be in the People's Hall at 7.30 p.m. on Thursday to Saturday 17th – 19th April, with a Saturday matinee at 2.30 p.m. Please see the advertisement in this issue of Lookaround for more details.

The group would like to thank everyone involved for the support that we have received so far. All proceeds from the performance will go to charity and our thanks go to those who have already offered donations and raffle prizes. Churches Together are taking care of refreshments. However, we are still in need of advertisers and sponsors and would particularly like to find a principal sponsor, whose name will feature in one of the songs (unless they prefer otherwise!). If any local company or individual would like to help us this way, please contact Sandra Gold-Wood. All sponsors and donors will be acknowledged in the Programme.

One final request. We would like to borrow some old carpenter's tools for Noah's workshop. The older-looking the better! If anyone has a few old

wood-handled chisels, bow-saws or box-planes that they can lend us for a few days, please contact Ernie Hailwood on 21539.

Sandra Gold-Wood

SETTLEBECK HIGH SCHOOL

Work Placements

In Year's 10 and 11 a few students do work experience as part of their regular weekly timetable; they spend some time in school studying for GCSE's and some time out of school. This combination is often a better way of learning for those students than being in school all the time, and often helps them develop skills which will help them in courses or jobs they pursue when they leave at 16 years old.

Sally Ingham

Here is a comment from one of those students:

I do work experience at Charlesworth and when I go, I do a lot of work with wood like chipping wood and fencing. I go there on Tuesdays from 12.45 pm until 4.30pm.

I also do work experience on Thursday afternoons at Lockbank, Sedwick's Farm. At Lockbank we milk cows, look after sheep and all the usual work that you do on a farm.

Work placement is good because it gives you experience, teaches you about the work and builds up your skills. It also gives you a chance to see if you like it or not and if you would like to do it when you are older.

Oliver Brown

SEDBERGH FOOTBALL CLUB

The late Cecil Iveson of Fairholme informed me that the Town Football Club was formed in the 1909/10 Season by a former Sedbergh School teacher. The August 2009 to May 2010 season will therefore celebrate the Centenary of the Club and ideas are being put forward to do this.

This photograph was taken on June 6th 1950 of Sedbergh Football Club members on the Town's former pitch at Akay Wood. The photo was donated by Mrs Kath Winn along with the names, which will be printed next month.

Caspa



MUSIC FESTIVAL

June 13th - June 29th

The article last month dealt with bands and organs. Choral music also has a strong representation.

The Abbey Singers were formed in 1962 by Andrew Seivewright when he was the Master of the Music at Carlisle Cathedral and the choir takes its name from the Cathedral Close which is known as 'The Abbey', and the Dean of Carlisle is Patron.

Abbey Singers have toured in Europe, the USA and Canada. Their

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programme will be entitled 'Music for "Mill-summer Day.'

The Dalston Male Voice Choir was founded in 1985 and its 40 members are drawn mainly from the immediate area around Dalston, Cumbria. Over the years the choir has sung with the World Choir at Cardiff Arms Park and in Atlanta USA. In 2000 the Choir took part in the Massed Male Voice Millennium Extravaganza in Manchester. The Choir has a fine reputation.

A smaller group is Encore - an opera group formed in 1993 which has achieved a growing reputation for presenting a varied programme of classical, romantic and modern opera, plus popular musicals. The director is David Chapman, an experienced conductor and Director of Music at Casterton School.

Sedbergh School Chapel Choir is rarely heard in public, but under John Seymour's direction they have become a most distinguished outfit. Don't miss them.

Four great choral events to look forward to during the Festival.

DC

FARFIELD MEMORABILIA

Has anyone anything at all - photos - objects - memories of Farfield Mill in the 19th and 20th centuries that they would like to share,?

A new book is about to be published about the mills at Farfield. It will be on sale in the Farfield Arts & Heritage Centre one weekend in May, date to be announced in next month's Lookaround. The book tells the story of the mill and of the nine year struggle to get it restored and opened to the public as an arts and heritage centre.

The weekend of the book launch we would really like to put on display as many items as we can find connected with Farfield when it was a working mill. Does anyone remember it during the Second World War? Did you work there in the 1960s? Are you related to Will Stainton, who worked there for 85 years? or to David Burrow, the carrier who up until 1940 used to bring the dyes from Kendal to Farfield Mill once a week?

Apart from things to look at (my Dad's armband he wore as an ARP warden, a horse blanket made at Farfield), we could also print out large enough for people to easily read, short stories about working at the mill.

Anything you can find will be welcomed. We will take care of it and keep it only for a week or two. Thank you.

Please contact Maureen Lamb on 015396 20553 or e-mail maureenlamb@broadraine.plus.com.

SS HERITAGE CENTRE

Sedbergh School Archive and Heritage Centre is having an Open Day on Saturday 12th April. The Centre on Back Lane will be open from 9.30 until 4pm and all visitors are very welcome. The Heritage Centre has displays relating to the history of the school as well as material on Sedbergh town. If you cannot make it to the Open Day please pop in at another time. The centre is usually open Monday, Tuesday and Wednesday morning as well as all day on Thursdays. If you would like to see something specific please feel free to ring in advance and I can make sure it is out on display when you visit. Visits can also be arranged for evenings and weekends.

The Centre has a broad and sometimes surprising collection. Did you know that an Egyptian Mummy was donated to the School in 1889? Or that William Wordsworth's grandson carved his name into the wooden paneling of the school while he was a student here. Come and see the evidence at the Heritage Centre!

We are also looking for volunteers to help with several projects in the Heritage Centre. Work experience projects can be tailored to suit school or university students with an interest in a career in the museums sector as well as anyone else with an interest in History. Any commitment is appreciated. If you are interested in volunteering please contact me at kli@sedberghschool.org or on 015396 22275. *Katy Iliffe*

YDNP

Planning Officer Surgery Changes from 16th April.

In order to make improvements to the current planning surgery an appointment system will come into effect from Wednesday 16 April 2008.

The surgery will continue to be at The Community Office, Sedbergh between 2 pm and 4pm each Wednesday.

The following procedures are to be introduced to provide a more managed approach to the service.

1. To make an appointment contact the Planning Department at the Yorkshire Dales National Park either by telephone or by email. Telephone 01969 652300 or email planning@yorkshiredales.org.uk by 12 noon the day of the surgery.
2. You will be given an allotted time by one of the Authority's Planning Technicians.
3. You will be asked to give your details as well as what the enquiry is about.
4. An appointment will last for 20 minutes.
5. The first appointment will be at 2 pm, and the last appointment will be at 3.30 pm.
6. Should the enquiry be complex then a separate meeting may be required outside the core surgery times.

The advantages of the above are that people hopefully are not kept waiting in a queue, the planning officer will be aware of who is coming and the nature of their enquiry, if the surgery has to be cancelled people

with appointments can be contacted and the planning office can then arrange another appointment.

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SEDBERGH SCHOOL

Wales call for Alex

Alex Maling has become the first girl at Sedbergh School to gain National Hockey selection.

Sedbergh which started taking girls in 2001 has produced some great players over the years and many have played for their County and the North of England.



However, Alex is the first to

receive full International honours.

Alex, 15, from Cheshire has been selected to represent Wales at U16 level but she is no stranger to the big stage as she has represented the North of England U19 at Lacrosse.

Head of Girls' Games Hayley Christy said, "Alex is very talented and she thoroughly deserved her selection. The Hockey at Sedbergh has improved so much in recent years and I hope Alex is the first of many International caps." *S Oliver*

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DENTDALE METHODIST CHAPEL

We have had some excellent Bible Studies led by our Minister and these will resume in the Autumn, we hope to still get-together in homes for praise and prayer and sharing after Lambing Time.

Once again we put a team together for the Network Quiz at Sedbergh and once again we came away with the Booby Prize so please folks do help us next year to break the pattern and let someone else have it!

The Church Council meeting at Dent Foot, we join together for them, was good with lots of people there and things discussed, we have invited the Orton Male Voice Choir to give a concert at the chapel, see advert, and give you a warm welcome. We will be at the URC in Sedbergh for a Coffee Morning in June with a display about HOPE 2008, so if you don't know about it come and find out!

Our services continue at 2pm until May when change to 7pm and the chapel and the Prayer Room are open every day.

We were pleased to join our Anglican friends up at Cowgill for the

United Service in February and look forward to one here on 23rd November, also a United service in the Memorial Hall on Aug 24th at 7pm led by The Longton Family from Bentham but more about that later.

Prayer is very important and we are willing to pray for anyone who asks, requests can be left in the chapel prayer corner or texted or rung to 07816999432. We serve a Risen Saviour who blesses and comforts and heals today.

SE Woof (Secretary)

THE MONKEY HOUSE



After lots of behind the scene working, The Monkey House Youth Café will open on Friday 11th April for 11-18 year olds from 7.30 to -10pm. The Café will be held above the Sedbergh Library via the Entrance opposite the Post Office.

Refreshments will be available.

This project is a joint venture supported by Young Cumbria and Churches Together. The aim is to provide a safe space for young people to meet and chat in Sedbergh on a Friday evening. Young people are free to come and go as they please throughout the evening and will be involved in the planning and monitoring of the cafe. Any over 21's willing to volunteer to help please contact Carole on 22030.

CHARITY CELEBRATIONS

On Saturday 1st March, a joint Celebration was held in the People's Hall.

Jean Steadman celebrated her 60th Birthday and Dawson and Cally Douglass their 40th Wedding Anniversary.

A fantastic evening of entertainment was provided by the Hellions and Moonlight Shadow which was thoroughly enjoyed by everyone.

The evening also raised £600 which will be shared equally between North West Air Ambulance and Cancer Research UK.

A big thank you to everyone that attended to make it a special celebratory evening and for donating money to two worthwhile causes.

Garth Steadman

area and includes a comprehensive pull-out events listing.

Editor Sarah Nicholson, the YDNPA's Communication Officer, said: "We print 220,000 copies of the newspaper each year and they are available from National Park Centres, Tourist Information Centres and other locations in and around Yorkshire.

"And, as we wanted people further afield to have a chance to read it and find out about this wonderful place, we are making it available to a wider audience by putting it online."

As well as covering what to do throughout the year, 'The Visitor 2008' is full of features and news stories about the special qualities of the National Park and about the work of the YDNPA in conserving and enhancing its natural beauty, wildlife and cultural heritage.

There are also hyperlinks to the organisations and businesses that advertise in the newspaper – everything from tourist attractions and accommodation providers to tearooms and breweries.

The YDNPA has also put online its latest edition of its bi-annual newspaper – 'Dales' – which is for residents of the National Park.



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YDNPA

'The Visitor 2008' newspaper – which is packed with stories, features and information about the Yorkshire Dales National Park – is now available online.

The publication is produced by the Yorkshire Dales National Park Authority (YDNPA) for visitors to the

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BAFFIN ISLAND

In the summer of 2007, five Masters from Sedbergh School set out to complete a two week expedition across Baffin Island.

On Tuesday 7th May, Jim Fisher will give an illustrated talk about this amazing experience through some of the most remote and spectacular scenery in the world starting at 7pm in the People's Hall.

The entry will be £5 and all proceeds will go to the Sedbergh Branch of the Royal British Legion.

DALES UNITED

Under 16's Football Team

Due to lack of players we have had to withdraw from the Kent Valley Football League.

Ian Mitchell would like to take this opportunity to thank the effort and commitment of the 8/9 players who regularly turned up to training and matches.

We would also like to thank Nigel Close and Lee Gilder for their time as managers during the early part of the season and previous seasons. *Jill*

FAMILY HELP REQUIRED

I am seeking information regarding a John Leslie Howells who worked in Farfield Mill in 1941 building aircraft. It is possible that he did not actually live in the Sedbergh area but in Ingleton. If any reader may have any information regarding John and/or any photographs, it would be greatly appreciated.

Please contact Lesley Nemeth on 015242 41868.

HEALTH CENTRE

For the month of April, patients are requested to ring the Surgery to make an appointment as the attending times are being reviewed and may alter. The services provided will not be affected.

Please ring 20218.

ZEBRA'S

As well as our twice yearly Sale, we are collecting any old clothes, bedding, curtains, shoes, belts (no bric-a-brac please) for our Bag 2 School fundraiser. All the items go to Third World countries. The Bags, which are available from Sedbergh Office Services, will be collected at 9am on Monday 14th April at the Methodist School Room. If you would like yours collecting, please phone Karen on 21504 or Angela on 20654 to arrange a convenient time.

We are always looking for new members to join our Group so if you are at a loose end on a Wednesday afternoon between 1-3pm and are in need of some adult conversation while the children play, drop in at the Methodist School Room on New Street.

FOX HOUSE

In the December 2007 issue, there was a picture with request for the location of Fox House, Sedbergh. There was only one suggestion put forward as Foxhole Rigg which it was not. Still a mystery at this time! *DJW*

YDNP

Dog owners are being asked to keep their pets under close control in the Yorkshire Dales National Park during the breeding season.

The next five months are crucial for wildlife and for farm animals alike and dogs can cause lasting damage if they are allowed to roam free, according to Yorkshire Dales National Park Authority Ranger Services Manager Alan Hulme.

“The National Park is a fantastic place for dog owners to exercise their pets but the breeding season, which lasts until July 31, is a very sensitive time for domestic and wild animals as they give birth to and then raise their young.

“Although dog owners are entitled to keep them under close control but off the lead on public paths, we would ask them not to do this to reduce even further the risk of wildlife and farm animals being unintentionally disturbed at this crucial time.

“There are some simple rules under the Countryside Code that pet owners must remember.

“The most important is that, on most areas of open country and common land – known as 'access land' – you must keep your dog on a short lead between 1 March and 31 July, and all year round near farm animals.”

National Park Rangers and National Park Centre staff are only too happy to give advice to anyone who is concerned about going into area that may be used as a breeding ground by wild animals.

More information about the Countryside Code can be found on the National Park website at www.yorkshiredales.org.uk.

SEDBERGH PARISH COUNCIL

Vacancy

As many of you will know there is a vacancy on the Parish Council. Would you be interested in filling this vacancy ?

The Parish Council meet once a month (occasionally we have an extra meeting should events dictate). As a Parish Councillor you would be expected to become involved in all decision making within the Council and where necessary attend other meeting sometimes during the day sometimes during the evening.

An interest in all things 'local' helps.

Interested? then either give me a ring on 20807 or drop a line to me c/o The Community Office, Main Street, Sedbergh Dorothy Blair, Chairman, Sedbergh Parish Council

RAISING THE ROOF

A small fund raising committee of enthusiastic Dentdale people has been formed to organise events to raise money for the restoration (which includes a new North Aisle roof) of St Andrew's Church, Dent. The estimated cost of the work is £238,000.

The amount needed to be raised after grants, is around £60,000. This has to be raised in 2 years.

Events appear in the *Lookaround* Diary.

AUDIO & LARGE PRINT LOOKAROUND GROUP

The A&LP Group is a 'spin-off' from the normal *Lookaround* and caters for those that are unable to read the *Lookaround* in the usual A5 format.

Every month, once the original *Lookaround* goes to print, the Group begins the task of creating a Large A4 version and an Audio version.

The Audio version consists of articles being read by Teams of 4 readers, which includes children from Settlebeck & Sedbergh Schools, and recorded onto Audio Tape. This has a limitation of only allowing 90 minutes of listening time and the quality is now starting to deteriorate due to the state of the continual use of the tapes.

We are currently pursuing changing the equipment over to record Digitally onto Memory Sticks which allow for more listening time and better listening quality. This however is going to cost money and the Group are in the process of acquiring new equipment with the assistance financial support from various sources.

As we go to print, an application has been made to the Neighbourhood Forum for a Grant to assist in purchasing new equipment. Further details next month.

There has also been a number of donations for which we are very grateful. One of them comes from our Editor Dennis Whicker who is a member of a number of Masonic Lodges in the area. One of them,

Brigantes in Kendal, held a Charity Evening in Blackburn where £110 was donated to the Group.

Once the new equipment for the Audio version has been obtained, tested and we are happy with it, it will be distributed to recipients with assistance given to everyone to help understand how everything works.

If you know of anyone that wishes to receive an Audio or Large Print version of *Lookaround*, if you wish to help with readings or make a donation, please make contact with the *Lookaround* Office.

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2008 CHARITY TRUCK PULL

This years Charity Truck Pull event, originally planned for Sunday 25th May will now be postponed for three months to the new date of Sunday 24th August (Bank Holiday Weekend).

We are sorry to all concerned but on the 25th May we have a birthday, a christening and hopefully, a Coca Cola League One Wembley play off Final with Leeds United involved.

Caspa

ORGANISATION	CONTACT	Tel:	015396
Age Concern South Lakeland PH (M & F)	Mrs Alderson	Sed:	20814
Angling Association	Mr Wright	Dent:	25533
Art Society (S & D)	Miss Nelson	Sed:	20034
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed:	21902
Book Group	Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bridge Club	Mr Estensen	Sed:	21060
Canoe Club (S&D)	Mr Hinson	Sed:	20118
Caving Club (Kendal)	Mr Teal	Sed:	20721
Chamber of Trade	Mrs Baines	Sed:	21287
Chameleons Drama Club	Mrs Bush	Sed:	20058
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Bush	Sed:	20058
Dent Memorial Hall	Mrs McClurg	Dent	25446
Dentdale Players	Mr Duxbury	Dent	25535
Dent School (Friends of)	Mr Hartley	Dent:	25317
Dog Training (Sedbergh)	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	Mrs Hamilton	Sed:	21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed:	20302
First Responders (Dent)	Mrs Pilgrim	Dent:	25589
Football Club (Dent)	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group	Mrs Fisher	Sed:	20764
Garsdale Village Hall	Mr Adams	Sed:	21085
Golf Club	Mr Lord	Sed:	20993
Good Companions (Dent)	Mrs Woof	Dent:	25275
Gladstone House		Sed:	
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
History Society	Mr Cann	Sed:	20771
Howgill's Harmony	Mr Burbidge	Sed:	21166
Howgill Harriers	Mr Brassington	Sed:	21212
Howgill Schoolroom	Mrs Stainton	Sed:	20665
Howgill Toddlers	Mrs Alderson	Sed:	22050

Kent Lune Trefoil Guild	Mrs Mitchell	Sed:	21144
Ladies National Farmers Union	Mrs Escholme	Sed:	20376
Liberal Democrats	Mrs Cleasby	Dent:	25476
Methodist Church Hall	Mrs Jackson	Sed:	20530
Playgroup (Sedbergh)	Mrs Gunning	Sed:	20226
Over 60's (Dent)	Mrs Murdoch	Dent:	25335
Parent Support Group	Mrs Goad	Sed:	20402
Parish Council (Dent)	Dr Ioannou	Dent:	25023
Parish Council (Garsdale)	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	Mr Chivers	Sed:	21456
People's Hall	SOS	Sed:	20788
Peoples Hall Day Centre (Mon & Fri)	Day Centre	Sed:	21126
Pepperpot Club (Sedbergh)	Mrs Smith	Sed	21196
Pistol and Rifle Club	Mr Middlemiss	Sed:	20662
Playing Fields (Sedbergh)	Mr Hinson	Sed:	20118
Rag Ruggers	Mrs Hennedy	Sed:	20899
Residents Association (S & D)	Mrs Capstick	Sed:	20816
Scouts	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	Mrs Wood	Sed:	21385
South Lakeland Carers Association	Mrs Woof	Dent:	25212
South Lakeland Voluntary Society for the Blind	Mr Axford	Sed:	21019
Squash Club	Mrs Cooling	Sed:	20622
Slimming Club	Mrs Uttley	01539	722568
Swimming Club	Ms Pakeman	Sed:	21279
Tennis Club	Mr Robinson	Sed:	21014
Town Band	Mrs Waters	Sed:	20457
White Hart Sports and Social Club	The Committee	Sed:	20773
United Reformed Church Rooms	Mrs Howarth	Sed:	20428
Westmorland Gazette Correspondent	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	Mrs Sugden	Dent:	25303
Women's Institute (Frostrow)	Mrs Mather	015242	76333
Women's Institute (Howgill)	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	Mrs Sharrocks	Sed:	20754
Young Cumbria	Mrs Hartley	01524	781177
Young Farmers Club	Miss Capstick	Sed:	21032
Young Kidz	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	Mrs Metcalfe	Sed:	20654
* = Latest Amendment			

BUS SERVICES

Sedbergh to Kendal via Oxenholme Monday to Friday					Blackhall Road, Kendal to Sedbergh via Oxenholme Monday - Friday				
0745		564	S	❖	0830		564	S	❖
0940		564	W		0835	Sch	564	W	
1005		564	S	❖	1030		564	W	
1015	Wed	564B	W	❖	1050		564	S	❖
1240		564	W		1300	Wed	564B	W	❖
1300		564	S	❖	1330		564	W	
1440		564	W	❖	1410		564	S	❖
1550		564	S	❖	1610		564	W	
1711		564	W		1625		564	S	❖
Saturday Only					1745		564	W	❖
1005		564	S	❖	Saturday Only				
1050		564A	A8	❖	1050		564	S	❖
1300		564	S	❖	1410		564	S	❖
1550		564	S	❖	1425		564A	A8	❖
Sedbergh to Kirkby Stephen Monday to Saturday					Kirkby Stephen to Sedbergh Monday to Saturday				
0900	M-F	564	S	❖	0710	M-F	564	S	❖
1120		564	S	❖	0940		564	S	❖
1440		564	S	❖	1225		564	S	❖
1655		564	S	❖	1515		564	S	❖
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945	Thu	567A	W	❖	1215	Thu	567A	W	❖
Sedbergh to Cowgill					Dent to Sedbergh				
1330	Wed	564B	W	❖	1000	Wed	564B	W	❖
0940	Sat	564A	A8	❖	1035	Sat	564A	A8	❖
1500	Sat	564A	A8	❖	1600	Sat	564A	A8	❖

Last Update: September 2007

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

All times are from and to The Dalesman Inn

W = Woof's of Sedbergh

S = Stagecoach in Cumbria

A8 = Apollo 8

❖ = Provided with Support from CCC

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)

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,
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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 & Frostron

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
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 community and we
 should like to hear of
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 Please ring any of the
 above telephone
 numbers so that we may
 pray for you and/or
 others.*



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All enquiries to
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*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*
 Articles etc. by 19th of every month

DIARY OF EVENTS

Dates are held up to 22nd December 2008

<i>"Lookaround Diary" What's missing?</i>		U R	3 1000 Ring the Church with Silver (33)	StAS
Entries marked (*), see Advert in previous Lookaround			3 Open Garden	GFK
APRIL				
1	1000 Shanties Exhibition (*)	FM	4 Open Garden	GFK
1	1000 Duo Tones Exhibition starts	DCMH	5 May Bank Holiday	
2	1000 WIF Coffee Morning	URCR	5 1430 CWT Duck Race	Busk Lane
2	1930 WIF It Started in Sedbergh 1652	PH	6 1900 Talk on Baffin Island (33)	PH
3	1930 WIH WG Cartoonist	FCH	7 1000 Barnardo's Coffee Morning (34)	URCR
7	SHS Start of Term		7 1930 WIF Advisor - Resolutions	PH
7	1930 PH AGM	PH	9 1930 Orton Male Voice Choir (34)	DMC
7	1930 Annual Dent Parish Meeting	DMH	10 1000 Quiet Gardens Trust (35)	Rhumes, Dent
8	1400 WIK British Folk Songs	PH	10 1430 Dentdale Memories	StAD
9	1000 NW Cancer Coffee Morning	URCR	10 1900 Dentdale Memories	StAD
9	1300 Zebra's Sale (9)	SMCR	11 1000 Quiet Gardens Trust (35)	Rhumes, Dent
9	1915 WID Hanging Baskets	DMH	12 1000 Christian Aid Week	URCR
9	1930 CWT Bird Migration Walney Island	SHS	13 1000 Christian Aid Week	URCR
11	1930 Monkey House Café Opening (T)	Library	13 1400 WIK Resolutions & Music Quiz	PH
11	1930 Royal British Legion Annual Dinner	SSQH	13 2030 SS Collegium Musicum	SSPH
12	0930 Heritage Centre Open Day	SS	14 1000 CA Coffee Morning	URCR
12	1200 Spring Show (*)	PH	14 1915 WID Burnley to Hollywood	DMH
13	1000 Duo Tones Exhibition Ends	DCMH	15 1000 Christian Aid Week	URCR
13	1000 Table Top Sale	Burton-in-Kendal	16 1000 Christian Aid Week	URCR
16	1400 Children's Centre Extended Service	DMH	17 1000 Christian Aid Week	URCR
17	1930 Noah's Lark (1)	PH	17 1230 Sedbergh Gala	Sedbergh
18	1930 Noah's Lark (1)	PH	17 1900 Community Cinema (*)	PH
19	1430 Noah's Lark (1)	PH	18 1130 Coffee Concert	SSQH
19	1930 Noah's Lark (1)	PH	20 1400 SLSB Visual Aids	PH
20	SS Start of Term		21 1000 Firbank Church Coffee Morning	URCR
21	1600 Extended Service	FM	22 1900 Sedbergh Parish Council AGM	PH
22	1400 SLSB Garth Steadman	PH	23 1445 Young Kidz Football Tournament	PH
23	St George's Day		24 SS Start of Half Term	
23	1000 StAS Mission Coffee Morning	URCR	24 SHS Start of Half Term	
23	1400 Blood Donor Session	PH	24 1400 Afternoon Tea	DMH
23	1730 Blood Donor Session	PH	24 Walking Festival	Sedbergh
25	1930 Vague Teechers (25)	PH	24 1830 FCH Barbecue	FCH
26	1000 Killington Church Coffee Morning	KVH	24 1900 K Shoes Male Voice Choir	URC Kendal
26	1430 Freda Trott Memorial Service	HC	25 Walking Festival	Sedbergh
26	1600 Community Cinema (*)	PH	25 Annual Charity Truck Pull (T)	Cancelled
26	1900 Community Cinema (*)	PH	25 1200 CWT Open Garden	Greenbank
26	1930 Spring Concert (26)	DMH	26 Bank Holiday Monday	
27	1000 Shanties Exhibition Ends (*)	FM	26 Walking Festival	Sedbergh
27	1000 The Schiffli Project Exhibition Ends (*)	FM	26 1900 Duck Race & Coffee Evening	HVH
30	1000 GVH Coffee Morning	URCR	28 1000 WIK Coffee Morning	URCR
30	1000 Producers Market	JLCP	28 1000 Producers Market	JLCP
30	1315 HS Kendal Town Hall (30)	LHCP	29 1800 Killington Sports	BFK
MAY				
1	District Elections		31 1930 PH Dance	PH
JUNE				
1	1930 WIH Quigong	HVH	1 SS End of Half Term	
2	1930 Jazz in Sedbergh (32)	PH	2 SHS End of Half Term	

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

It is printed by Stramongate Press.

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

4	1000	Dent Foot Chap Coffee Morning	URCR			
4		WIF Outing	TBA			
5	1930	WIH Members Evening	FCH			
7		Open Gardens	Dent			
7	1345	CWT Walk in Murthwaite Park	LHCP			
8		Open Gardens	Dent			
10	tba	WIK Edenlea Garden	Penrith			
11	1000	Garsdale Church Coffee Morning	URCR			
11	1915	WID Felting	DMH			
13		Music Festival Starts	Sedbergh			
13	2000	Barn Dance & Ceilidh	PH			
14	1930	Besses o' th' Barn	StAS			
15	1030	SS Choir	StAS			
15	1500	Bach Cello Suites	URC			
16	1300	Organ Recital	StAS			
17	2000	Music for Strings	StAS			
18	1000	Playgroup Coffee Morning	URCR			
18	1300	Muncheon Music	SSQH			
18	1900	Trial by Jury	PH			
19	1300	Cheetham School of Music	StAS			
19	1900	Trial by Jury	PH			
20	1930	SS Concert	SSQH			
20	2000	'Cornerstone' Folk & Jazz	Westwood Bks			
21	1000	Each Pebble its Part	EH			
21	1030	Pepperpot Morning	StAS			
21	1930	The Abbey Singers	StAS			
22	1000	Each Pebble its Part	EH			
22	1700	Choral Evensong	StAS			
22	2000	Schubert Song Recital	StAS			
23	2000	Piano Recital	StAS			
24	1300	Four Hands - One Piano	StAS			
24	2000	Sedbergh Town Band	StAS			
25	1000	Dent Methodist Coffee Morning	URCR			
25	1000	Producers Market	JLCP			
25	1300	Violin Sonatas	StAS			
25	2000	Early Music Recital	BF			
26	1500	Bach Cello Suites	URC			
26	2000	Organ Recital	StAS			
27		Dent Folk Festival	Dent			
27	2000	Dalston Male Voice Choir	StAS			
28		Dent Folk Festival	Dent			
28	1930	'Encore' Opera Group	StAS			
29		Dent Folk Festival	Dent			
29	1500	Bach Cello Suites	StAS			
29	2000	Hanover Opera	StAS			
29		Sedbergh Festival of Music Ends				
JULY						
2		SS End of Term				
2	1000	URC Coffee Morning	URCR			
2	1930	WIF The Bowen Technique	PH			
3	1930	WIH Open Evening	HVH			
6	1400	CWT Wildflower Hunt	STO			
8	tba	WIK Tea Party	Beckside			
9	1000	WIH Coffee Morning	URCR			
9		WID Outing	TBA			
12	1300	Craft Day	StAD & DMH			
16	1000	RBL Coffee Morning	URCR			
17		Sedbergh Festival of Ideas Starts				
				DIARY KEY		
				BF	= Brigflatts	
				BFK	= Becks Farm, Killington	
				BS	= Baliol School	
				BVH	= Barbon Village Hall	
				CDC	= Community Development Centre	
				CO	= Community Office, Main Street	
				CTiS	= Churches Together in Sedbergh	
				CWT	= Cumbria Wildlife Trust	
				DCMH	= Dales Countryside Museum, Hawes	
				DCP	= Dent Car Park	
				DMH	= Dent Memorial Hall	
				DMC/S	= Dent Methodist Chapel/Schoolroom	
				EH	= Ephemeral House, 16 Guldrey Terrace	
				FCH	= Firbank Church Hall	
				FM	= Fairfield Mill	
				GFK	= Grassrigg Farm, Killington	
				GH	= Gladstone House	
				GVH	= Garsdale Village Hall	
				HC	= Howgill Church	
				HS	= History Society	
				HVH	= Howgill Village Hall	
				JLCP	= Joss Lane Car Park	
				KL	= Kirkby Lonsdale	
				KVH	= Killington Village Hall	
				LHCP	= Loftus Hill Car Park	
				MCCKL	= Methodist Church Centre KL	
				PH	= People's Hall	
				SHS	= Settlebeck High School	
				SLSB	= South Lakeland Society for the Blind	
				SMCR	= Sed. Methodist Church Room	
				StAS/D	= St Andrew's Church, Sedbergh/Dent	
				SS/C	= Sedbergh School/Chaplaincy	
				STO	= Sedbergh Tourist Office, Main Street	
				URCR	= United Reformed Church Rooms	
				WID	= Women's Institute, Dentedale	
				WIF	= Women's Institute, Frostrow	
				WIH	= Women's Institute, Howgill	
				WIK	= Women's Institute, Killington	
				Regular Meetings		
				Howgill Toddlers	1315 Every Monday	HVH
				SL Carers Association	1400 1st Tuesday	PH
				Dent Parish Council	1900 1st Tuesday	DMH
				Killington WI	1400 2nd Tuesday	PH
				Ladies NFU	1930 3rd Tuesday	PH
				Coffee Morning	1000 Every Wednesday	URCR
				Zebbras	1315 Every Wednesday	SMCR
				Sedbergh Juniors	1730 Every Wednesday	PH
				Sedbergh Seniors	1930 Every Wednesday	PH
				Toy Library	1430 1st & 3rd Wednesday	PH
				Frostrow WI	1930 1st Wednesday	PH
				History Society	1930 1st & 3rd Wednesday	SHS
				Dentedale WI	1915 2nd Wednesday	DMH
				SLS Blind Group	1415 3rd Wednesday	PH
				Sed. Parish Council	1930 Last Wednesday	PH
				Howgill WI	1930 1st Thursday	FCH
<i>All entries are free</i>						

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

Tuesday

Wednesday

See Page 91

Thursday

Friday

Dr C Hunt

Monday

Tuesday

See Page 91

Thursday

H Pilling Nurse Practitioner

Tuesday

Wednesday

See Page 91

Thursday

Friday

*The Health Centre reserve the right to offer any
 Doctor/Nurse practitioner at any time
 in the Open Surgeries*

Practice Nurses

Monday	0845 - 1300 b 0840 - 1030 c	1400 - 1730 b
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Tuesday	0845 - 1300 b	1400 - 1730 b
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Wednesday	0830 - 1300 a	1400 - 1730 a
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Thursday	0830 - 1300 a	1400 - 1730 a 1400 - 1730 b
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Friday	0845 - 1300 b 1200 - 1330 c	1400 - 1730 b
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a = Joanne Batty

b = Anne Crome

c = Kay Lumb (Blood)

District Nurse

☎ 015396 21690

Health Visitor

☎ 015396 20979

A Collinge Optometrist

Every Friday	0900 - 1300	1400 - 1730 *
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* = *By Appointment Only*

DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner, Mrs D Ross
 & Mr B Taylor

Monday to Thursday	0900 - 1700
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Friday	0830 - 1500
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LIBRARY Main Street ☎ 20186

Monday	1700 - 1900
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Wednesday	1000 - 1230	1400 - 1700
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Friday	1400 - 1700
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Saturday	1000 - 1230
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SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day

0900 - 1700

www.sedbergh.org.uk/booktown/dlbc.html

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

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

www.sedberghcdc.org.uk

POLICE

☎ 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 *
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Mon, Wed & Fri	1900 - 1930 *
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Saturday	1330 - 1400 *
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Sunday *

* = *By Appointment Only*

MARKET DAY	WEDNESDAY
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HALF-DAY CLOSING	THURSDAY
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