

Sedbergh & District
LOOKAROUND

July 2009

Issue 268

Donation 70 Pence

A warm welcome to all our readers and we thank everyone for all the comments with respect to the new format and the increase in cost.

Once again, there are a lot of events in and around our area but we still

see many organisations resorting to Posters and no information appearing in our pages. If you want to reach the community, reach for the Lookaround. We are here to help you and them.

Dennis & Jacky Whicker

Churches Together in
Sedbergh and District
invite you join in



**Greater
than Gold**
10:30am
Sunday 5th July
Free Entry

what happens when
your event is not advertised
in *Lookaround*?

Nothing!

"Excellence through endeavour"

Sedbergh Town Band

presents a

Zrece and Sedbergh Town Bands

Twin Town Concert



on
Tuesday 7th July
at 7.30pm

at Powell Hall, Sedbergh

Featuring music from both Bands
and an address from
His Excellency Iztok Jarc,
Slovenian Ambassador.

Tickets £5 Under 16 £2.50

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Green Door & NISA

Sedbergh Town Band is a registered charity. Number 1086817

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

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

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

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JULY BIRTHDAYS



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:-

Mike Storey who is

9 years old on 27th July

Please collect your vouchers from

Sedbergh Office Services

13 Kings Yard, Main Street,

Sedbergh

which can be used in any shop in

Sedbergh & Dent.

NONAGENARIANS

We are now including the details of all those aged 90 years and over who wish to have their details included. To do this, we must have the persons permission, the correct Name & Date of Birth and a contact telephone number. Please supply these details and they will appear in the relevant month. Sadly, they will not qualify for the Birthday Voucher! ☺

Day	Name	Age
2	Niamh METCALFE	5
3	Theo OVERSBY	1
4	Ben GREENSMITH	5
4	CJ MIDDLETON	6
5	Holly ROSS	7
9	Hannah LENNON	6
10	Milly BROOKSBANK	6
11	Samuel HARPER	7
13	Arthur HAYHURST	1
14	Chloe DALZELL	7
14	Jenny STOREY	10
15	Jerome McKENNA	6
16	Iasmina CALUSERU	11
18	Scarlett O'NEIL	10
24	Ruben PARK	4
24	Tristan SCOTT-HALLAM	11
25	Antony COWIN	4
27	Akira CRESSEY	4
27	Mike STOREY	8
29	Jody MIDDLETON	2
	Nonagenarian & Over	
09	Doris FOSTER	99

PERSONAL & SMALL ADS £1

BAINES

Kim would like to thank family and friends for all their lovely cards and presents received on the occasion of her **50th Birthday**.

BROOKS

Thank you everyone for the cards and presents you gave me on my **5th Birthday**. A BIG BIG thank you to Robert and Joanne Haygarth for making my birthday extra special! Harrison x

CALUSERU

Happy **11th Birthday** Iasmina on 16th July. Enjoy your party. Lots of Love and Hugs from Gran xxx

CALUSERU

Hope you have a great birthday Iasmina. Love you loads. Uncle James xx

CALUSERU

Happy Birthday Yaz. Love from Jeannie Fell and Henry xx

CRAWFORD/BENTHAM

Congratulations to David & Nicola on your engagement. All the very best for the future. From Lorraine & Caspa.



CRAWFORD/BENTHAM

Congratulations Uncle David & Auntie Nicola. You got engaged at Silverstone. Hugs & Big Kisses from Jay & Bobbi-Mae

DAWSON

I would like to say a heartfelt thank you to my former colleagues, pupils and parents for their wonderful gifts and best wishes on my leaving Sedbergh Primary School. I was touched and quite lost for words, and that doesn't happen often! I leave with many happy memories of pupils past and present and am proud to have been associated with a school where children and their needs come first. Thank you so much, Heather Dawson (Mrs D) X

DUO

Congratulations to Jenette and Susan as you approach the **1st Anniversary** of the opening of "DUO". Wishing you continued success. Love from Mum and Dad.

GARNETT

Happy Birthday Anne Marie on 14th July Love from Mum, Dad & Ben, Grandma & Aunty Georgina

GIBSON

Mrs Cath Gibson wishes to thank friends, neighbours and family for cards, best wishes and calls during her stay in Lancaster Royal. Special thanks to the paramedics - you are a credit to the profession.

GOAD

The family of the late Lilian would like to thank all who donated, so generously, to Cancer Research UK. A total of £715 was raised.

PERSONAL & SMALL ADS £1

HOWARTH

Winifred would like to thank the lady & gentleman who went to her aid after she tripped & fell on the pavement in Main Street on Tuesday 15th June. Fortunately there was no serious damage, just a painful knee.

=====

HUNTER

Elaine and family would like to thank everyone for the cards and kind thoughts on the recent sad loss of Gordon.

=====

KIRBY

Bobbie-Mae would like to say a big thank you to all her friends at Niusery for joining her at Platform 3 for her 4th Birthday & for all the special presents she received. To all her wonderful family & friends, thank you for a great day.

=====

KIRBY

Jay would like to say Thanks to his friends who celebrated his 6th Birthday by being Firefighters for the afternoon & for all the presnets he received. To all his family & friends, thank you for a really Fab day.

=====

MARTINDALE

Happy **21st Birthday** Shaun on the 1st July. Lots of Love from Mum, Dad and Rebecca x

=====

MARTINDALE

Happy **21st Birthday** Shaun on the 1st July. Good Luck, Health and Happiness. Lots of Love from Grandad and Nanna.



MARTINDALE

Happy **18th Birthday** Rececca on the 1st July. Lots of Love from Mum, Dad and Shaun x

=====

MARTINDALE

Happy **18th Birthday** Rebecca on the 1st July. Good Luck, Health and Happiness. Lots of Love from Grandad and Nanna.

=====

MARTINDALE

Happy **21st Birthday** Shaun and **18th Birthday** Rececca on the 1st July. Wishing you both all the best for the future. Love from Dennis and Jacky.

=====

MASON

Thanks to everyone who helped us celebrate our **Diamond Wedding** and made it such a joyous occasion. Thank you for your cards and good wishes, also flowers and gifts received. We would like to thank our daughters Julia, Angie and Wendy for organizing everything. Donations for Children in Action received amounted to £136.50. John and Agnes

PERSONAL & SMALL ADS £1

MATTINSON

Thank you to everyone who came to my 'Surprise' **18th Birthday** party and for all my cards and presents. I had a great night. Also a big thanks to Dad (and Alison) for organising it. I really hadn't a clue. Cheers Nathan.

MITCHELL

Jean and family would like to thank everyone for their kind messages of condolence and letters and cards of sympathy following the sad loss of Leslie on the 25th May.

SOUTER

Liz & Family would like to thank all friends & neighbours & the people of Sedbergh for all the kind cards, flowers and messages of condolence on the sad loss of Johnny. A collection in aid of Cancer Care realised £845. From which we say a big thank you.

WATERS

Congratulations Julie on your **40th Birthday** on the 8th July. Have fun. Love Jean R xx

WATERS

Happy **40th Birthday** on the 8th July. 'Waters'. Love 'n' licks Jasper and Yoshi.

WATERS

Happy **40th** Julia on the 8th July. Have a good one. From your second mother, Jean xxx

WATERS

All the best, have a great 40th on the 8th July. Love and hugs Ex.

WATERS

Happy **40th** Julia, on the 8th July. Love always, Mum and Dad.

WATERS

Happy **40th** Julia for 8th July. Love Strummy and Floyd.

WAKAS IS 40

Penblwydd Hapus I chi. Happy **40th** Julia on the 8th July. All the best, Alison and St. David xxx

WOOF

Happy Birthday Dad on your **65th Birthday** on the 12th July. Hope you have a great day. Best Wishes from Andrew and Caroline.

WOOF

Happy **65th Birthday** Dad, 12th July 2009. Have a lovely day. Love and Best Wishes. Helen and Martin xx

WOOF

Happy **65th Birthday** Grandad. Hugs and Kisses. Edward and Molly xx

WOOF

Congratulations and Best Wishes Dad (David) on your **65th Birthday**, 12th July 2009. Lots of Love Rach and Paul xx

PERSONAL & SMALL ADS £1

WOOF

The donations at Lester's funeral for St. John's Hospice amounted to £464. Thank you all very much. Mary Woof.

FOR SALE

Black and Decker 500w Hammer Drill. Unwanted gift. Unused in original box. £11. 5 ltrs Castrol GTX 10 x 40 Engine Oil in sealed bottle. £8. Ring Sed. 21799

FOR SALE

Celebrity Electric recliner chair. Very good condition. Cost £900 new, will accept £400 or near offer. Genuine reason for sale. Tel: 015396-20614.

FOR SALE

Sedbergh Tea Set for sale (limited edition). Six cups with various views of Sedbergh, 6 plain saucers and 6 tea plates with different views. Tel: 015396-20251.

FOR SALE

Pine cot and mattress £15 ono. Toddlers bike seat £15 ono. Tel: Dent 25828.

FOR SALE

Pine bedroom furniture: 2 wardrobes - £30 each, 1 chest of drawers - £20; 2 bedside cabinets - £15 pair. Mid sleeper bed - ladder, slide, tower, blue curtains - £90 (£342 in Argos). Blue chest of drawers - £10. Ring 21556

FOR SALE

Hen Cabin 7ft x 5ft including laying boxes, perches etc. Sed 21771.

FOR SALE

New Single Divan bed with drawers £60 ono. Four burner gas BBQ in wooden frame. One half a grill rack and other half a solid griddle plate. £50 ono. Phone 015396-21042.

FOR SALE

New leather top table. 82cm or 32 ins square. Folds up £69 ono. Large Room Heater, tall size, new. £50. Phone 015396-21202.

WANTED 3/5

Caravan in Sedbergh to rent, in quiet secluded location - not on a site, I am looking for a sole annual rental - not shared please. Please contact Jane on 0161 762 5375 or 0797 005 7743.

WANTED

An Analogue TV with a 15-17" screen with a Scart connection. Please ring Dent 25162.



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SEDBERGH PARISH COUNCIL

The latest council meeting was held on Wednesday 27th May at the People's Hall when we also held the Annual Parish Meeting and the Annual Meeting of The Council. Unfortunately there was a very poor turnout from the public possibly due to the televised football.

The Annual Parish Meeting was brief with the main items being the Chairman's report and the adoption of the accounts.

The Chairman Cllr Vic Hopkins said the dominant issue for the council over the past year was the proposed development at the former Auction Mart site. However the council had also been involved in maintaining

many different amenities in the town and had been actively involved in meetings with all the agencies seeking to improve the situation in respect of the impact of the Travelling community around the time of the Appleby Horse Fair.

The Annual Accounts highlighted the success of the Car Parks project with gross income increasing by £11,300 to £57,900. This has enabled the council to carry forward a reserve of £16667 towards the £50,000 grant for the redevelopment of the People's Hall together with reserves of £10000 for the two Car Parks and the council run toilets at Loftus Hill

At the Council Annual Meeting, Councillor Hopkins was elected as Chairman for another year and Councillor Hilary Hodge was voted in as Vice Chair following the resignation of Councillor McVoy. Councillors were appointed to the

SEDBERGH & DISTRICT

HISTORY SOCIETY

**EXPLORING
RAVENSTONEDALE**

2pm Wednesday 8th July

Caroline Morris will introduce members and friends to some of the interesting features of this attractive village. A cup of tea at the Black Swan afterwards.

Park and meet on the Triangle by Ravenstonedale village school at 2pm or at 1-30 in Loftus Hill Car Park for shared transport.

*For further information, please contact the Programme Secretaries:
Elsbeth Griffiths on (015396) 20677 or
Julie Leigh on (015396) 20726.*

Chairman: Richard Cann 20771
Secretary: Mike Beecroft 21878
Treasurer : Marlene Mason 20509
Member Sec: Richard Cann 20771

Dentdale WI present

WI Open Meeting

Wednesday 8th July at 7.15pm
"Three of a Kind"
a programme of
Words and Music followed by
a Jacobs Join.
All welcome

Gardeners Question Time

Friday 24th July at 7pm
Gardening Books & Plants
for sale and a raffle.
Tea and Biscuits provided.
Charge of £3.00 per person
Memorial Hall Dent

various committees.

The monthly council meeting received a presentation from Maureen Lamb regarding the former Udales premises in Main Street and the possible involvement of the Buildings Preservation Trust.

Planning applications were all recommended for approval and it was reported that the decisions relating to the Udales application had been deferred for one month by YDNPA Planning to allow time to consider the submission from the Cumbria Buildings Preservation Trust.

Following a further lengthy discussion it was resolved that the Council would support the latest application relating to the former Auction Mart site subject to a number of conditions which were submitted to YDNPA planners.

The Car Park committee brought forward a number of changes to the running of the car parks in relation to the issue of passes and the arrangements for Market Days. These are the subject of a separate submission by the Chairman in this issue of *Lookaround*.

The other main item for discussion was the drainage problem at the football field. In view of the likely cost of remedial works this was put off until the end of next season. However the Council invited the Football Club to appoint a representative to the working group to help improve communication between the Club and the Council which will hopefully help in reaching a satisfactory resolution to



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015396 25433 or 07778 874855
George Baines:
015396 21287 or 07977 514229

the drainage problem next year. Members of the public are warmly invited to attend council meetings which are held at the Peoples Hall at 7.30 pm. The next meeting will be on 30th July. For any further information please contact the clerk Colin Robertshaw. Tel 01539 730597 email colinrobertshaw@talktalk.net or at the Community Office around midday each Wednesday.

Dentdale Methodist Chapel
2pm Sunday July 5th
 Mrs J Park
 Tea to follow
Sunday July 12th
 At Sedbergh
7pm Sunday July 19th
 Rev Tim Widdess
7pm Sunday July 26th
 Praise, Prayer,
 Testimony & Supper
All Welcome

COUNCILLORS CORNER

Thank you to everyone from through out the division who voted for me to be your county councillor on Thursday 4 June. As you have probably heard the result was Kevin John Lancaster Conservative 1285 Fenner James Pearson Liberal Democrat 1272 Kathryn C. L. Willard Labour 46

The turnout was 54.4% making it one of the highest turnouts in Cumbria and in the whole of the north west. It was a tight result, clearly every vote did count. For Cumbria as a whole the new council consists of 38 Conservatives, 24 Labour, 16 Lib Dems, 5 Independents and 1 People's Party. Nationally there were strong swings towards the Conservatives with Labour and the Lib Dems losing all the councils which

they were defending.

At the Annual General Meeting the new Conservative group leader, Jim Buchanan was elected as Leader on what is called the "Strong Leader" model for local government. That means he will serve as leader throughout the four years without facing re-election on an annual basis. He then appointed a Deputy Leader and Cabinet under the new framework. Stewart Young, leader of the Labour group is the new Deputy Leader and Cllr Buchanan named a nine-member Cabinet consisting of five Conservatives, three Labour councillors and one Independent.

My good friend Roger Bingham was elected Chairman of council and also

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Tel : 01969 625577
 Fax : 01969 625588

appointed to the Cumbria County Council place on Yorkshire Dales National Park Authority. The previous member, Roger Bird did not seek re-election to Cumbria. Within North Yorkshire the Conservative Party made further gains and now hold 48 out of the 72 seats on the council. Two members of YDNP were defeated, former chairman, Lib Dem Steve Macaré and Labour member from Selby, Steve Shaw-Wright. We will be holding a "bit of a do" for Steve Macaré, he was a good chairman and a good friend to Sedbergh, Garsdale and Dent.

Since my last article in April the new application for a Spar Retail Outlet with Health Centre on the former

"Excellence through endeavour"

Sedbergh Youth Band

presents its first ever

Coffee & Concert

on  **Saturday 11th July** 

10am to 12 noon
URC Rooms, Sedbergh

Entry for Coffee - 80 pence
No Ticket required for Concert
Concert begins at 11am

Sedbergh Town Band is a registered charity. Number 1086817

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... auction mart site has been granted by the Planning Committee. There were many improvements on the previous application which meant that I and my colleagues on Sedbergh Parish Council were able, with reservations to give our support. I think there is a tendency during the febrile atmosphere surrounding a contentious application to exaggerate both the good and the harm that a particular proposal will bring. I sincerely wish the applicants and their supporters well with their permission. I think they could have handled things differently and hope that future applicants will bear that point in mind.

My first Neighbourhood Forum as your county councillor will be held at Dent on 30 June at 7.00 pm. The main item will be the Gypsies and Travellers and the mayhem which their annual visit generated once

again. Things cannot continue in this way. I have taken every opportunity to raise the prominence of the problem whether with William Hague's Chief of Staff or David Cameron himself. It is certainly true that the joint working group which has met for over two years now has not made the difference which we would have liked but it is not true to say it has achieved nothing at all. But, enough is enough. I am much persuaded of the benefits of injunctions on fields which have been broken into, we saw that at Devil's Bridge and at the former auction mart site. The county and district staff all worked incredibly hard. I do not like criticising anyone but if the police do not intervene when fields are broken into, barns doors are smashed, people are intimidated going about their lawful business it can only lead to a feeling of despair in the resident community. Contrary to the press releases coming out of Eden this year's Appleby Horse Fair was not a success it was a travesty and for some residents of our parish a catastrophe.

The other major issue is that of Highways. I know there will be changes in the way these matters are handled and I intend to take a more proactive role, through the Neighbourhood Forum. I will write more about this in my next article.

Now I am district and county councillor I will be able to bring together issues which require both councils more easily than before. I intend to continue being a hard working councillor for all of the

Sedbergh Tourist Office needs

YOU!

The Tourist Office needs some volunteer staff to enable it to stay open seven days per week through the winter.

If you would like to help out with this vital facility for the town we would like to hear from you.

Please telephone the TIC on 015396 20125 or call in to talk to one of our ladies.

You would be required to staff the office for a regular morning, afternoon or whole day every week or every second week from November to Easter.

Although a full training will be given basic email and web skills would be useful.

This is a fun job which consists of a little basic housekeeping and lots of chatting to the interesting people who pass through our town.

Sedbergh

Booktown & Tourist Information Centre

Sedbergh Booktown Ltd

72 Main Street, Sedbergh, LA10 5AD

Tel: 015396 20125

division. However, there is a practical point. I will always be directly available on the numbers given above, but in order to provide a better service from now on Anne Fenwick will be acting as my secretary. So, it would be better for non urgent matters or to arrange a meeting to contact Anne Fenwick on 07951 465 073.

Councillor Kevin Lancaster –
015396 20800, 07980 844 695,
kjlanc@kjlanc.demon.co.uk, Fellgate,
Dowbiggin, SEDBERGH, Cumbria.
LA10 5LS

For non-urgent matters or to arrange a meeting please contact Anne Fenwick – 07951 465 073,
AFenwick07@aol.com

THE THURSDAY BUS

This is just a letter to say "Thank You" to all the people who now travel on the Thursday bus to Kirkby Lonsdale. Now instead of 2 or 3 people as there used to be, the numbers vary from 10 to 18. Made up with 4 to 8 people from Barbon. All are happy, friendly people. In fact, I am waiting for someone to suggest a sing song.

We have watched the winter give way to spring and snowdrops, then daffodils, and then a super show of bluebells. Now the meadows are beautiful, field after field of buttercups. Also now many fields



have turned from green to a lovely soft gold, as the first hay has been cut.

We all saw the first wobbly lambs, learning to play "I'm the king of the castle". They are already almost full size. Next we will see the first sheared sheep, all new white and thin! How time flies when having fun.

It has been good to make new friends. People from Sedbergh that I now know, and have chats with in town, which brightens my day sometimes. So take care all of you, and see you on Thursday.

Just a reminder of the bus times:-
9.45 from the Library in Sedbergh,
12.15 home from the market place in Kirkby Lonsdale, Thursdays only.
Also many thanks to Stuart, our friendly and helpful bus driver.

Ann Russell

SEDBERGH SCHOOL



We are currently looking to recruit the following:-

- Painter & Decorator - Full time
- Laboratory Technician – Full time from September 2009
- Laundry Supervisor – Full time, flexibility required, working 40 hours per week from September 2009
- Laundry Assistant – 12pm – 7pm from September 2009
- Laundry Assistant - 3pm – 7pm from September 2009
- Evening Kitchen Assistants - 5pm to 7pm, from September 2009
- Cleaners – Various shifts available - From September 2009
- Bus Drivers - From September 2009
- Evening Junior School Pastoral Care Assistant - From September 2009
- House Cook – 6 days per week, split shifts – from September 2009
- Porter

Please contact Michelle on 20303 if you would like further details or an application pack

Sedbergh School is committed to safeguarding and promoting the welfare of children.

Closing date for applications will be 3 July 2009.

Registered Charity No. 1080672

KILLINGTON W I 1

Flaming June! Here already. Some days are flaming and some are definitely not! As you read this we are well past the Summer Solstice (midsummer day), when the sun is overhead at the Tropic of Cancer, as near to us as it gets. Now we are on our way back to winter. I thought that fact would cheer you up!

THANDI

What a busy month! (Aren't they all?) There was a splendid turn for our WI Lunesdale group meeting on 18th May. We were very happy to see so many members from neighbouring institutes. Our speakers, Chris and Alan Clowes, gave a lively presentation about the Thandi

community in the Overberg region of South Africa, about 40 miles from Cape Town. Their slides gave us a vivid impression of the settlements, countryside and especially the charming people. At Killington W I we are happy to support the Thandi project because we know that every penny we raise goes directly to its intended destination. Alan and Chris emphasised that this was a venture intent upon helping the people to help themselves. They showed how training one or two people meant that they, in turn, could pass on their newly acquired skills to others and so create a financially viable and thriving community. The links between Sedbergh and Thandi are many and

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www.holmeopenfarm.co.uk

varied. Alan and Chris set up and managed the project for 2 years. Sedbergh School boys have visited, played Rugby and encouraged the developing local teams and their facilities. Killington W I's on-going fund raising provides cash to provide protein rich school dinners for the school children, chicken on Fridays and beans on Tuesdays! School meals have never been so popular. The meals now are cooked in a kitchen adapted from the container which Alan and Chris sent out a couple of years ago, packed with useful items of all sorts, from computers, sewing machines, bicycles, medical equipment, knitted blankets, teddy bears, and a host of other items. Blankets and such like cannot legally be imported, presumably to protect the developing local industries. Computers and bikes have never been so warmly and cosily protected on a journey! The 'container kitchen' is soon to be replaced by a purpose built unit and the container will move on to another use. Recycling "par excellence!" The raffle of a lovely blanket, (won by Marjorie Fishwick of Frostrow WI), raised £70 for Thandi. With the other funds from this meeting, and money we have raised from other activities, we have been able to donate a further £290 towards the building of a crèche. This will mean that infants will be happily cared for while their mothers are able to earn money by working on the farm.

GALA

Sedbergh Gala provided us with



another opportunity to add to our Thandi funds. Dawn Stevens and her team ran a bric-a-brac stall which raised £110.74. Champion salespersons! Alan Sugar eat your heart out! Dawn could teach you a thing or two, and she is POLITE!! Your next chance to purchase our new stock of super bric-a-brac will be at the **Charter Market on Saturday 15th August.**

COFFEE MORNING

Our coffee morning at the end of July was another happy occasion though the weather gods did not look on us with a favourable eye. However, there was "a happening", a Safety Day, in Joss Lane car park at the same time. The sodden (yes, correct spelling!), participants were happy to dive in to the URC rooms for cups of steaming coffee. We even had the Chief Constable! Thanks to all those who braved the wind and rain to support us. We raised £220.25, and Norma Cheeseman who sold her hand made greetings cards raised a further £31 which she has kindly donated to our Thandi fund.

WFU

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SEDBERGH AND DISTRICT HISTORY SOCIETY

In spite of the inclement weather between twenty and thirty members visited St Oswald's Church, Thornton in Lonsdale on the first trip of the summer. Canon Hunter gave a very interesting talk about the history of the church and the village. He told us that although the first church on the site was built in the thirteenth century only the tower remains from the Norman period. An extensive renovation in the Gothic decorated style of the 14th century was undertaken by the Lancaster firm of Austin and Paley in 1870 but tragedy struck in 1933 when a fire destroyed the church, leaving it 'open to the sky, silent and gutted'. Fortunately, the survival of Austin and Paley's plans for the nineteenth century building enabled the present church to be constructed as a replica of the earlier edifice. Canon Hunter was able to draw similarities between St Oswald's and St Andrew's in Sedbergh. For example, he noted that there was evidence of earlier windows constructed in the Palladian style in

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both churches. At some stage in mediaeval times the administration and revenues of St Oswald's Church had been given, as often happened, to an abbey.

It is difficult to date the first settlement in Thornton. A rare 11th century grave slab which is decorated with flowers and vegetation rather than a human form provides the earliest evidence on the church site but ¼ mile to the south east of the church Romano-British remains predate that memorial. Evidently, Thornton was a much more significant and wealthy place in past centuries than it is today. At one point it paid a higher poll tax than Skipton. Canon Hunter explained how its fortunes were intertwined with the wealth and prestige of several important families. After the Norman Conquest the de Mowbrays became the dominant family in the area and it

is probable that they rebuilt the church in the 11th century. Another family, the de Thorntons had achieved a position of high status by the 14th century. However, after the defeat of the English by the Scots at the Battle of Bannockburn where Gregory of Thornton had fought in Edward the Second's army, Thornton in Lonsdale fell upon hard times due to marauding raids by the victorious Scots and a series of bad harvests. In spite of these difficulties a rebuilding of the church in the Gothic style began, probably incorporating a more defensive tower. When the Black Death hit Thornton in 1347, wiping out half the population, including patrons and masons, the building was only partially completed.

Canon Hunter continued his chronological survey in the sixteenth century when the parish became part of the Chester diocese during the Reformation. The same century saw the start of parish registers which have given a picture of the developing community of Thornton in Lonsdale over the last five hundred years. He described how the custom

of charging fees for burials in the church building itself developed in the 17th century. The estate of the Redmaynes who were now the leading local family was sequestered for their support of Charles 1st in the Civil War and Lady Sarah Redmayne fought to have it returned. Over the next century the Tathams and then the Foxcrofts became the most important landowners in Thornton and gradually the number of churchgoers dwindled as the number of local Nonconformists grew.

Our visit concluded with a conducted tour of the church and the churchyard. Canon Hunter showed us various manuscripts including the marriage certificate of Arthur Conan Doyle. Outside he introduced us to some of the interesting inscriptions and unusual monuments.

Canon Hunter gave a really varied and stimulating presentation that introduced us not only to the history of Thornton in Lonsdale's beautiful church and churchyard but also to the locality and to some of the individuals who have lived there over the centuries.

DENTDALE OVER SIXTIES FUND-RAISING EVENT

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Friday 17th July 2 pm to 4 pm

Dent Memorial Hall

Cakes ~ Produce ~ Books ~ New & "Nearly New" ~ Raffle

Auction at 3pm - many interesting items

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ROME AGAIN!

Over a dozen people from Sedbergh, several from other parts of England, one from France and two from the Republic of Ireland had a splendid day in Rome recently. The day began with a guided visit inside The Colosseum, that amazing building dating from the first century AD where gladiators fought for the entertainment of Emperor and people. We learned so much from our beautiful Italian guide Simona, who then led us, in glorious sunshine, up the Palatine Hill, perhaps the most important of the Seven Hills of Rome. This is where all the wealthy citizens of Rome had houses before the Roman Empire began. Several centuries earlier it is where the Iron Age huts were, including the one where Romulus, founder of the city, was reared by a shepherd after he and his twin brother were rescued as babies from the River Tiber. On this hill are the remains of the palaces of Roman Emperors such as Tiberius and Nero. From it we had superb views of the Circus Maximus where once the chariot races (remember Ben Hur?) took place, and of the Ancient Forum with the remains of its Senate House, Temples and Basilicas. We could see the place where the body of Julius Caesar was cremated and where once stood the prison where St Peter and St Paul were kept prior to their execution. So much history right before our eyes....

In the afternoon we moved forward through the centuries, and, after a short coach tour of the sights of the

Eternal City, we found ourselves in St Peter's Square, confronting the facade of the largest church in Christendom, crowned by Michelangelo's dome. With a temperature well into the 80s, we looked at the chimney of the Sistine Chapel whose signals tell of the election of a new pope, admired Bernini's embracing colonnades, saw the window from which the Pope blesses the crowds in the square and imagined the martyrdom of St Peter in the first century.

This was one of seven great days spent in central Italy centred on the attractive spa town of Fiuggi. Another highlight of our week was a visit to the amazingly beautiful Gardens of

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The Green Door Sweet Shop
or on the door

Ninfa, created by the English wife of an Italian aristocrat amid the ruins of a city abandoned in the sixteenth century because of malaria. About ninety years ago, trees and shrubs were planted, and today the deserted city of Ninfa has become one of the most romantic and beautiful gardens in the world. It is a place full of birdsong, a veritable haven - with lakes, clear running water and plants of every kind.

The town of Palestrina was another fascinating, newly-discovered treasure, not on the "tourist trail". We had heard of the sixteenth century composer of church music of the same name. We visited the fascinating house where he was born

and where he lived until his musical talent took him to Rome where he eventually became organist at St Peter's. We did not realise that the town of Palestrina was the seat of an ancient shrine to the Roman goddess Fortuna. We were able to scale the five terraces up grand staircases to the oracle where once stood a golden statue of Fortuna to whom animals were sacrificed in pre-Christian times to procure the goddess' favour or receive her guidance. A mind-boggling experience.

We had the traditional Pizza Margarita followed by Italian ice-cream in an Irish Pub and a delicious regional meal in a medieval hill-top town, not to mention wonderful meals each day in the family-run hotel. We had a fascinating talk by a local historian about our holiday area in Etruscan times and heard stories about how invading barbarians led the local tribes to abandon the plains and build their homes high on the tops of the pointed hills, with strong fortifications which remain today. And we enjoyed a piano recital on the Sunday evening by two talented young ladies, graduates of the Academy of Saint Cecilia in Rome.

It was another unforgettable week, the eighth Tour arising from the Italian classes at Sedbergh. Another is planned for September - already full - and we hope to make our tenth visit to this fascinating part of Central Italy in May 2010. Some Sedbergh people have chosen to make as many as six of these tours - they always contain so much of cultural and gastronomic interest.

George D Handley

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EUROPEAN IDENTITY

David Burbidge said in an article in Lookaround that an EU grant had been applied for. He must surely know that as far as the UK is concerned there is no such thing as an EU grant. The UK is a net contributor to EU funds. During the period 2000-2006, the latest figures available, the UK donated 27.80 billion euros NET, after rebate, whereas Spain received NET 44.84 billion euros. In other words we are paying to subsidise our competitors. These figures can be checked at <http://ec.europa.eu/budget> the EU official website. This is as near as one can get to EU figures as they have not had their accounts signed for 14 years!!!! Even if a "grant" is received HM Government has to match fund it so we taxpayers have paid twice for the privilege.

Apart from massive costs, £14 billions per year net, that sort of

money would build a brand new hospital every fortnight, of which we could make good use in this region especially in view of the proposed NHS cutbacks!!! The legislation that pours out of Brussels, at the rate of 8 new pieces per week, is crippling this country. 80% of Westminster time is simply rubber stamping EU legislation. Just to maintain this legislation costs, we the taxpayers, £134 billions per year!! Now that would go a long way to solving the national debt. It is EU directives that have destroyed our postal services by breaking up the Royal Mail monopoly (EU directive 2002/39/EU & 97/67/EEC) and British Rail (EU directive 91/440/EEC). Furthermore the Post Office spent £1 billion setting up payments for pensions etc. which contributes 12 % of sub-postmasters' income. However under EU law this has to go out to tender and if lost could result in a further 3000 post

Wanted for September 2009

Clerk to the School Governors Dent C. of E. Primary School

The governors are looking for a suitable candidate to become the clerk for school governor meetings and committee meetings.

The job involves the preparation of agendas, some correspondence, collation and photocopying of documentation and the taking of minutes of the above meetings.

Meetings usually fall between 4 p.m. and 7 p.m.

Pay details: Clerk to the Governors Level 1
Salary Grade Scale 2 NJC Pay Scale; Scale point 11 - £7,560.8 per hour; 72 hours per year.

Informal enquiries about the position should be made to:
Mrs K. Cairns - Chair of Governors. Telephone:- 015396 25655.

Applications should be by letter with an attached CV
and sent to care of Mrs P. Summers (Headteacher)
Dent C. of E. Primary School, Laning, Dent, Sedbergh, Cumbria. LA10 5QJ .

The closing date is Monday 13th July 2009

offices closing in 2010! As well as destroying these services most of our Utility services are largely continental owned due to EU competition law. They are not satisfied with destroying our farming and fishing industries they are now destroying fishing off the West coast of Africa!! If you think MPs expenses are costly check out MEPs wages, expenses etc. It costs 5 times as much to keep a MEP in Brussels than an MP in Westminster. When you consider we have, in the unlikely event that they all vote together, less than 10% of any vote in Brussels nothing can be done to stop any legislation since the parliament only "rubber stamps" legislation that is drawn up by unelected commissioners. Debate, as we know it, cannot exist in the Brussels parliament as they switch off microphones after a minute! So not only is the EU fraudulent it is undemocratic as well. The EU and our Government keep going on about global warming and greenhouse gases, another debatable topic. Just imagine how much the EU generates. With all the movements from 27 states, note not countries, back and forth to Brussels plus all the staff, lobbyists and other groups which keep up an office there would be an instant reduction in greenhouse gases by shutting the EU down. The monthly trip to Strasburg has been calculated to generate 90000 tonnes of CO2 alone. If they have not got political aims why do they need a flag, a national anthem, currency, a central bank, courts which overrule ours, embassies etc?

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& TUE 18TH - THURS 20TH AUGUST...10.00AM-12NOON**

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I am sorry David but any support for the EU is blow against your own country. England already doesn't exist on EU maps it is simply divided into regions. Remember Prescott's aborted election in the North East? Well even though it was defeated Regional assemblies exist and have offices in Brussels!! I have been waiting a long time for anyone, including our MP, to give me any benefits of belonging to the EU and it is certainly not jobs or peace. By all means cooperate with friends and neighbours but let's govern ourselves and not subsidise our competitors. At least then we can get rid of our politicians through the ballot box if we are not satisfied!

Brian Wright

SEDBERGH GALA

Sedbergh Gala once more got of to a flying start with a very impressive procession, lead by our very own town crier, Mr Whicker. It was lovely to see so many people lining the main street to see the "musical " floats and fancy dress entrants walk through.

The floats and fancy dress were very kindly judged by Mr and Mrs Peter Marshall from Sedbergh school and Dr Greene from Settlebeck school. This is not an easy task and we would like to thank them very much.

The Gala once more had a large number of stalls and attractions to keep everyone entertained, the

market tent proved popular and we had some lovely comments from the traders who attended. The children provided lots of sport to watch and Kendal Leisure Centre very kindly came and ran some more children's games later in the day. I believe the children thoroughly enjoyed Jesters circus skill and the Birds of Prey Display. The adults appeared to enjoy the tea stall and the beer tent.

The Gala Group have some very big thank you's to give to Mrs Robertshaw who provided the amazing dog display, to the ladies who baked tirelessly to provide refreshments and to Mr Whicker who not only was town crier but also Master of Ceremonies on the field.

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LOGIC



The thank you list is almost endless and I apologise for not being able to name everyone but without their support our Gala would not be possible.

Sedbergh Gala is a real celebration of our community and this last event did not disappoint. The Gala is for everyone and if anyone feels that they would like to help or wants their group or organisation to be represented on the field please get in touch and we will do all we can to help.

Unfortunately we are unable to contact every group individually but we would be delighted to hear from you.

Our evening event was a lively affair with everyone joining in the dancing. Unfortunately it was not as popular as we hoped but none the less everyone who came had a great time. The band, Cornerstone, hired for the evening were excellent and definitely are not one to miss if they come to Sedbergh again. The weather in the evening did not help but we have not been put off considering putting on a Dance on Gala evening again.

I would like to address one of the concerns voiced to the group regarding the charging for going onto the field. The Gala Group is not a profit making organisation and all the money raised on Gala Day is used to finance the firework display on bonfire night and to fund the children's party in January. Bursaries are also given out in October to individuals and groups needing help with group costs or further study costs, the amount we

can give out varies according to what we have left at the end of the year. Anyone is welcome to apply.

The gates on Gala Day really only provide the income we need to cover insurance, marquee and toilet hire, entertainers, prizes and the Gala Queen.

We really do try to keep the costs down and all our helpers are unpaid volunteers. Without the small fee we charge the Gala would not be possible and we feel saddened that some are a little disgruntled that we have to have a gate fee.

Should anyone have any ideas how we can remove the costs we face and possibly make the Gala less expensive to host we would be thrilled to hear from them.

We do not believe that this single issue is one to spoil Gala Day, a celebration that we have enjoyed for many years and hopefully for even more to come.

Philip Horner

Fencing Contractor

Walling

Man & Tractor

Tel: 015396 21984

Mob: 07855 349157

e-mail: prhorner@hotmail.com



SEDBERGH TOWN BAND

Youth Band Concert

On Saturday 11th July there will be a Coffee Concert held in the United Reformed Church. Doors to the U.R. C. will be open at 10.00 am and visitors will find coffee, cake and bric-a-brac stalls trading until the concert starts at 12 noon. A raffle will also be held.

The concert will be a first given by the recently formed Sedbergh Town Youth Band. Whilst they have appeared in public twice before, at the Christmas Concert and on Gala Day, this will be the first occasion on which they will have been the sole and central performers. Amongst the numbers to be played are Blue Shift, Break Loose, Largo and the ever popular When the Saints. At least twenty youngsters will be playing supported by their tutors Hilary, Sarah, Keith, Griz, Petu, Sandra and Gillian. Main organizer, coach and co-ordinator the Rev. Carole Marsden will be conducting.

Everybody is most warmly invited to the concert - there will be no entrance charge though there will be the opportunity to make a donation towards the funds urgently required to finance this most important branch of the Sedbergh Town Band. All players have been provided with good quality instruments and they will be sporting their new uniform that had its initial airing on Gala Day.

We look forward to greeting many of the Town Band's loyal supporters as well as those wishing to attend a coffee morning with a difference. We

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also hope that potential or actual players will come and have a taster of the Band's activities.

Twin Town Concert

The Band look forward to renewing acquaintance with the Zrece Wind Band. Friendship between the bands was initiated when the Town Band were staying in Zrece giving a series of concerts in the district and being royally entertained by our Slovenian hosts in July 2005. One morning, in the course of breakfast, we were aware of some thirty players blowing vigorously in the road outside the hotel. The two bands then congregated in the hotel's rehearsal room and we were entertained to a splendid selection from their repertoire. After the exchange of gifts and speeches the Zrece players left to commence their day's work.

On Thursday 6th July the two bands will meet in Sedbergh over a barbeque and the next evening at 7.40 the two bands will give a concert in Sedbergh School's Powell Hall. We look forward to welcoming a large audience to what promises to be a memorable concert: residents of Sedbergh, supporters of the Town Band, visitors to Sedbergh and all who have been able to participate in the magnificent relationship that has been established between the two towns are urged to come along.

RAVENSTONEDALE PROMS

Cobweb Orchestra are going to provide a day of classical music in Ravenstonedale culminating in a Grand Promenade Concert.

The event is being hosted by Alan and Louise at the Black Swan in the village.

Members of the six Cobweb Orchestras from all over the north of England and other musicians will be travelling to Ravenstonedale to perform a range of classical music . There is a varied program and will include performances by wind ensembles, string quartets and soloists.

The school children of Ravenstonedale have also been invited to participate, with a family concert from 12.30 to 2.00 pm for children of all ages .



The Cobweb ethos is that all musicians of any ability and any age are welcome . So if anybody wants to dust the cobwebs off their musical instrument please come and join us. All we ask is that any one wishing to join in contacts Liz Carlile on 01642 873973 or e-mail her via the Cobweb Orchestra web site www.cobweborchestra.org.uk or contact any of our local members.

TROTT MUSICAL FOUNDATION

The Trust has made a further distribution of grants, including 14 individual, Sedbergh Primary School and the Pepperpot Club.

The Trustees are feeling their way with the best means of organising the

The Cobweb Orchestra

presents

The

Ravenstonedale

Proms

a whole day of classical music hosted by
The Black Swan, Ravenstonedale

Saturday July 25th

12.30 – 2.00pm

Family concert with children from
Ravenstonedale Primary School

2.0- 3.30pm Ensemble performances

3.30 - 5.00pm Open orchestral rehearsal
(observers welcome!)

5.00 - 7.00pm Chamber groups entertain

7.30 - 9.30pm Grand Promenade Concert

Tickets: none required.

Collection on behalf of the orchestra.

Refreshments available from The Black Swan

Open air performances

bring your own seats and blankets

but performances in St. Oswald's Church
if weather inclement.

grant making time table. It is proposed to try considering them on the basis of academic terms.

Therefore, for grants for the spring 2010 term, applications should be submitted by Friday 6th November, 2009, for consideration by the Trustees in that month.

It assists very much if applications include a brief report from an applicant's teacher.

Forms may be obtained from Dalton & Hague, 7, Main Street, Sedbergh, Cumbria, to where completed ones should be submitted. The telephone number is 20365, fax 20729 and e-mail is: office@daltonandhague.co.uk

ST ANDREW'S CHURCH, SEDBERGH

BARBECUE



12 noon Sunday 26th July

@ The Vicarage, Loftus Hill
Adults £3.50 under 16 £1.50
Under 5 Free

St ANDREW'S CHURCH

HMS Pinafore was the highlight of the month of June and was enjoyed equally by both the cast and the audience. On the Friday evening our catering ladies once again excelled and fed 40 lucky diners before the performance and had enough left-overs to give the cast a snack at the end of the evening after they had re-ordered the Church for Rachel Dinsdale and David Pinkstone's wedding on the Saturday; no mean feat as a large projection screen, lighting and staging plus numerous props had to be hidden away. But in no time the Church was in ship shape fashion and on the Saturday looked its most beautiful with magical flower arrangements for the wedding. On a sunny day the Churchyard was also at its best and we are most grateful to our team of volunteer gardeners. We have welcomed one new gardening recruit this year who has already made a considerable impact but we can always find work for any other volunteers! On the Sunday of this eventful weekend we welcomed Connor and Amy Johnson into the

Church at their baptism which was made all the more memorable by the floral decorations left from the wedding.

Preparations for the Flower Festival at the end of August continue as the arrangers, who are drawn from across the community, focus their minds on how to interpret the Prose and Poetry theme. Linda Hopkins has been holding advisory sessions in the Church to develop individuals' ideas. It is about 25 years since the Church held a Flower Festival and we believe that this coming Festival will be a very special and beautiful occasion which we hope will attract visitors from far and wide. During the Flower festival there will be a concert on the evening of 30 August of which more details later.

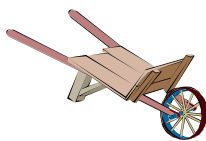
Saint John the Baptist Church at Garsdale has now closed for restoration works which will start in early July. The works, which are scheduled to take 23 weeks, will include re-roofing, re-pointing and the installation of new guttering on the exterior and complete re-plastering inside together with an extensive wood preservation programme. During the work the congregation will worship at a variety of venues and we look forward to welcoming them to Saint Andrew's.

Lastly a note for your diary. The Annual BBQ will take place at the Vicarage on Sunday 26 July starting at 12.00pm. Please come and join us. It is always a relaxed and pleasant occasion to which everyone is most welcome.

JULY GARDENING

The first flush of Hybrid tea, Floribunda, Shrub and Climbing roses should now be underway, and will hopefully be followed by a succession of large colourful blooms for weeks to come. It is always important to remove fading blooms so that the plants do not put any of their much needed energy into the production of fruit and seed, and to hasten the growth and opening of new flowers. The Rose gardener at Harlow Carr used to cut off great stems of flowers still in bloom on Monday mornings in order to ensure that the plants grew on swiftly and were at their best for the following weekend when most of the visitors would arrive. This treatment is far too drastic for me in "my" gardens as I want to squeeze every last drop of colour and fragrance out of each bloom. I usually give my roses a light prune at the same time as dead heading. I cut back the old stems to a healthy bud about halfway down each stem to keep the plant within bounds and to encourage the formation of new stems.

Roses are hungry feeders, and a dose of high potash Rose fertiliser now will make them flower on into the late summer and autumn and will ripen up the new growths making them tougher and less susceptible to frost damage and dieback. Even with this treatment some hybrid teas struggle and fail on the thin stony soil in the Firbank garden and it is the tough old



cultivars of *R. rugosa* and rampant climbers such as *R. filipes* 'Kiftsgate', *R.* 'Summer Wine', *R.* 'American Pillar' and *R.* 'Seagull' which go on from strength to strength. Others are almost worth treating in the same way as bedding or cut flowers – as a temporary splash of colour and beauty. Top in this category for me is *Rosa chinensis* 'Mutabilis' (now renamed *R. x odorata* 'Mutabilis'), a china rose with dark glossy, red tinged foliage on red stems, bearing single slender buds which open yellow, then change to apricot pink and finish deep pink. Beautiful!

Elaine Horne

SHOWSTOPPERS!

Holiday Club
For Children aged 5-11 years old
Organised by

Churches Together in Sedbergh

At The People's Hall
Howgill Lane
Sedbergh

Monday 27th July to
Saturday 1st August 2009

From 10am-12pm
Contact: Dick Gorst 015396 20939
Please return registration forms to
Sedbergh Office Services

Games, videos, crafts, songs
and Bible stories

TREATMENT OF LOW BACK PAIN

A thoughtful neighbour put a newspaper cutting through my letterbox recently, which informed me that acupuncture treatment for low back pain is to be made available on the NHS. This is very good news as it will provide an alternative to painkillers and anti-inflammatory drugs. Acupuncture not only addresses back pain, but can also be beneficial for the person's general health. Thought the article did say, that it was not yet clear how or when funding would be made available, so you may have to wait a while.

The first priority, in designing such a treatment, is obviously the pain in the lower back. Acupuncture points which address this include points close to the lumbar spine, points slightly further out from the spine in the waist area and points in the large muscles in the hip area. Acupuncture points would also be used to improve the

circulation in the lower body generally. If the person had sciatica the involvement of the legs would be obvious, but even if there is no pain radiating down the legs, there are important points on the legs which improve the functioning of the lower back. These are principally points in the calves and around the ankles. As the shoulders and hips work together, loosening tight shoulder muscles would also form part of the treatment.

Chronic or recurrent low back pain always occurs against a background of some kind of weakness of the lower body. External weakness in the muscles, tendons and ligaments may be addressed by exercises to strengthen these and improve circulation. There are many ways to do this: exercises may be prescribed by a physiotherapist but the regular practice of yoga, Pilates or Tai Chi can also be effective. One of the best exercises for maintaining the health of the lower back is walking uphill – and here we are ideally placed to do this.

There is also the question of internal weakness, that is, weakened functioning of the internal organs of the body. This often shows itself as more frequent or difficult urination or possibly as constipation or diarrhoea. Other organs may also be involved, for example if the heart is not working well, circulation to the muscles will be impaired. A good acupuncture treatment takes all this into account. There are acupuncture points either side of the spine, relating to all the major organs of the body, and I often

ACUPUNCTURE



"Acupuncture benefits low back pain"

JCM News, Feb 2009

Free half hour
initial assessment
and telephone advice.

June M. Parker

Dip Ac, MBAC

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use these points to improve the function of the affected organs.

Chinese medicine makes a strong connection between the good working of the muscles and the nutritive quality of the blood. I have often urged my fell-running patients to have a proper breakfast (including some protein) in order to give the muscles the nutrients they need throughout the day. The nutritive quality of the blood depends vitally on the body's ability to absorb nutrients through the digestive system. When patients tell me they regularly need to take Gaviscon to prevent problems of acidity in the stomach, I make a connection between that and any

muscular difficulties they may have. In such a case it is important to regulate the stomach in particular and the digestive system in general in order to promote the good absorption of nutrients from food. There are acupuncture points on the back, poetically called "the six flowers", which I frequently use to promote the quality of the blood through the better working of the digestion and metabolism.

If you would like more information about managing back pain from a Chinese medicine perspective, please phone me. My number is (015396) 20972.

June Parker

MACMILLAN CANCER SUPPORT

*Macmillan & Age Concern
Community Solutions Project*

Drop-in for those wanting to find out about bowel cancer screening or talk about your experience of cancer

There will be experts from Westmorland General Hospital on hand to answer any questions you might have about the screening programme

Where? Age Concern, Finkle St

When? Thursday 23 July, 10.00–12.00

Do come along to the drop-in on 23 July (10.00–12.00) at Finkle St, when experts from the bowel cancer screening programme will be on hand to answer any questions you might have, whether for yourself or somebody else. We are fortunate that this important project for Cumbria is being coordinated on our doorstep, at Westmorland General Hospital, and this is a good opportunity to find out more.

This will also be an opportunity to talk about your experience of cancer. This is as part of the Macmillan & Age Concern Community Solutions Project in South Lakeland for older people who are affected by cancer. The aim of this is to encourage people to come forward with their views and ideas.

I hope this will really help shape the project and give everyone an opportunity to have a say in what's available in their community. Perhaps you are one of those people? Remember that this is not just for

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cancer patients. It could be that it's a friend with cancer, or a neighbour. Or you may be looking after somebody with cancer, or have had cancer yourself in the past. *Cancer affects us all.*

To get involved or find out more please contact me at Age Concern South Lakeland on 01539 728180 (jjingram@ageconcernsl.org.uk). You are welcome to visit the resource centre in Finkle St on any day that the shop is open, but you may find that the drop-in on 23 July is a really good opportunity.

*Jonathan Ingram
Macmillan Community
Solutions Officer*

EXCELLENCE IN CUMBRIA

Lucid wins prestigious training award

Lucid Optical Services Ltd have won the prestigious best 'Learning and Development Provider' award at the recent Excellence in Cumbria Awards 2009. Lucid was chosen as the winner of this award due to their consistently excellent training delivery. The judges were impressed by letters of recommendation for Lucid's services, and with Lucid's commitment to trainees and their determination to continually improve what is already a very high quality of training delivery.

The award was presented to three of Lucid's staff by Anne-Marie Butterfield of the Nuclear Decommissioning Authority, and Richard Farleigh of BBC Dragon's Den fame. The announcement and award was made at the end of a lavish awards dinner with talks by Malcolm Wilson of M-sport (World Rally Championship contenders) and an after dinner speech by Richard Farleigh explaining the successes and failures he has enjoyed in business, including the success of 'Reggae Reggae source' made famous on Dragon's Den.

The Learning and Development Provider award is a particularly prestigious award in Cumbria as this is an area of the UK that has a very strong base of training, learning and development providers. Lucid are honoured to be selected to receive this award, with director John Colton commenting "it's a tremendous boost to have others recognise the



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excellent training and service provided by the whole team at Lucid, and we are determined to keep improving despite the current world recession".

Lucid has regularly advertised in *Lookaround* over the years and we congratulate them.



Lucid staff receiving the award trophy. Pictured Richard Farleigh, David Fawcett of Lucid, Annette Colton of Lucid, John Colton of Lucid, Rob Johnston of the Chamber of Trade, Anne-Marie Butterfield of the Nuclear Decommissioning Authority

TIM FARRON MP

It's brilliant news that the YDNPA has, at last, given approval to the plans for the new health centre. As I said last month, I think it is important for Sedbergh that you have access to the best health facilities and these plans, when they are carried through, will clearly bring a major step up in the treatments available to you without having to travel to Kendal or even further away. However, it does irritate me that the plans were at first rejected and that people had to go to the lengths of arranging public meetings and petitions to persuade the authority to take the opinions and needs of local residents into consideration. I cannot help but think

that this would not have been necessary if they were more directly accountable to the residents of the area they cover. But that is a debate that will run for some time yet.

Much of the past few weeks has been taken up trying to help dairy farmers caught up in the bankruptcy of Dairy Farmers of Britain. We seem to have a higher concentration of farmers selling their milk to this co-operative than in other parts of the country. I have heard lots of tales of farmers losing tens of thousands of pounds, not simply through the failure to be paid for the milk they produced in May but also the loss of the money they had invested in the company. The dairy industry in this country is in

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a weak enough state as a result of the low price of milk without having to cope with a blow like this. It cannot be good for us to have to rely even more on imported milk, for environmental as much as economic reasons. I have tabled a motion in Parliament calling upon the Government to step in and support the farmers caught up in this appalling situation and asking them to ensure that milk buyers do not exploit their power to drive prices down even further. Sadly, this does appear to be happening, those farmers who have been fortunate enough to find new buyers for their milk have frequently had to accept lower prices than they have been receiving and that they really need to make a reasonable living. I worry that those of you early risers who have woken to the sound of me discussing this issue on Radio Four's Farming Today programme will have to put up with hearing me talking about it many more times

before we see some action. One thing we can all do to help is try to buy British food whenever we possibly can.

Finally, thanks to everyone who voted in the County and European Elections. The Liberal Democrats in South Lakeland had a particularly successful result, winning four more seats on the County Council and achieving the highest share of votes of any place in the country! You must feel we are doing something right! Don't worry I will not let it go to anyone's head, we are well aware that you are only voting for us because you believe we will get things done.

If there is anything you need my help to get done please do write to me, Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or tim@timfarron.co.uk.

Thanks for your support *Tim Farron*

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H.M.S. PINAFORE

The Sedbergh Summer Singers gave two wonderful performances of Gilbert and Sullivan's "**HMS Pinafore**" on Thursday and Friday, June 11th and 12th. The venue was Sedbergh Parish Church and the audiences were large. A lady from Manchester at the end of the performance was heard to say, "How can a small town like Sedbergh put on such a professional show?"

It was indeed a splendid achievement - so very well done. The unusual location induced some very successful innovative touches. I wonder if Sullivan's Overture has ever before been played on a pipe organ at the beginning of a

performance. Hiding the altar, at the top of the chancel steps, was a huge Union Jack topped by a screen, on to which were projected (from behind) appropriate and sometimes highly amusing pictures of a nineteenth century sailing ship, the "ruler of the Queen's Navy", Admiral Sir Joseph Porter, arriving in a speedboat, and the ship's lucky black cat. The sound of the ship's bell called the audience to attention. "On board" entrances were from behind the simple set, and the hordes of beautiful "sisters, cousins and aunts" made their entrance down the aisles as if arriving from the land.

This production started out as a concert performance, static and sung

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from copies, but the magic of the operetta and the enthusiasm of the cast culminated in its becoming a full-blown stage performance. The principals found it impossible to sing the catchy numbers without putting in movements and actions. Eventually books were dispensed with and the thing came vividly to life. It was colourfully costumed and full of energy and humour.

It is usually the case that if you get the crew right, the boat will sail well and Pinafore was no exception. Producer Susan Garnett and Musical Director Deryck Cox found the right person for each part. What an excellent crew! The diction was specially good - every word was

audible. Everyone was well in character, sustaining their roles throughout. Both singing and acting were of a very high standard. The parish church has a good acoustic, and voices were unforced, the lovely blend of Ralph (John Seymour) and Josephine (Caroline Lamb) being particularly memorable. Chorus and ensemble work were balanced and tuneful. The piano accompaniment was sensitive and expressive. This was such a happy and amusing show which must have lifted the spirits of everyone present.

HMS Pinafore sailed triumphantly across the "ocean blue". We look for more such excellent ventures.

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £4.30 Garlic Mushrooms on Toast £3.90 Pate with Garnish, Toast & Butter £3.80 Soup of the Day £3.50 Egg Mayonnaise £3.60 Grapefruit Cocktail £3.60 Garlic Bread £2.75</p> <p style="text-align: center;"><u>Extra Special Main Courses all £11.95</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p> <p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day £7.39 Mixed Grill £12.99 Sirloin Steak approx. 8oz uncooked £11.99 Half Roast Chicken £8.20 Chicken Kiev £7.39 Lasagne £7.39 Steak & Kidney Pie £7.39 Cumberland Sausage £7.39 Gammon & Pineapple £7.39 Barnsley Lamb Chops £10.99 Marinated Lamb Steak (6oz) £10.99 Pork Chop in BBQ Sauce £8.99 Cheese & Ham Pasta £7.39 Tuna Pasta Bake £7.39</p>	<h1>THE HEAD AT MIDDLETON</h1>  <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h2>Menu</h2>	<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.99 Grilled Rainbow Trout £9.99 Breaded Scampi £7.39 Breaded Haddock £7.39</p> <p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £7.39 Stilton & Vegetable Crumble £7.39 Vegetable Lasagne £7.39 Mushroom & Nut Fettuccini £7.39 Broccoli & Cream Cheese Bake £7.39 Vegetable & Pasta Bake £7.39 Vegetable Tikka Masala £7.39 Macaroni Cheese £7.39</p> <p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £7.39 Chicken Tikka Masala £7.99</p> <p style="text-align: center;"><u>Salads</u></p> <p>Ploughman's Lunch £6.20 Cold Meat Salad & Roll & Butter £6.99 Prawn & Rice Salad £6.99</p> <p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.99 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.99 Toasted Sandwiches from £3.20 Portion of Chips £1.85 Portion of Onion Rings £1.85 Mixed Side Salad £1.85 Portion of Mushrooms £1.85 Roll & Butter £0.65</p>
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KILLINGTON SPORTS

Killington's traditional Sports sees a record crowd again

For most people associated with Killington, the Annual Sports have been a major event in the calendar for as long as they can remember, but it is difficult to determine when the Sports first started. A diary from 1876, (now in the possession of Mrs J.M.S.Robinson of Natland) kept by a young Agnes Ann Kendal living at Killington Hall, seems to refer to some form of games held on Whit Monday - possibly at the School, but whether this is connected to the traditional Killington Sports is difficult to determine. However, Thomas

Gorst, who regularly organizes the wrestling bouts at Killington Sports, was told recently by John Morgan of the Lakeland Sports Promoters Association that he had seen a reference to Killington Sports in a copy of the Westmorland Gazette from 1843. Whenever it started, the tradition lives on healthily and is regularly supported by local running clubs and athletes from as far as Keswick, Penrith, Appleby, Ingleton, and Lancaster.

Competitors of all ages entertained the hundreds of spectators who turned out to enjoy the usual packed programme of events at this year's Killington Sports, - once again

blessed with fine weather. Traditional Lakeland sports such as fell-racing, running and Cumberland and Westmorland Wrestling were interspaced with fun events such as egg-and-spoon, tyre-, potato-, three-legged and sack-races, pillow fights and egg throwing. All events were well supported, but the most popular was the U16 Half-mile handicap with 48 entries, most of whom had already run in the Fell-races! Our regular handicapper and commentator, Roger Ingham, once again entertained the crowd with his humorous and extremely knowledgeable commentary, contributing a great deal to the success of the event. The event came to its usual conclusion with a keenly contested Tug o' War competition beneath the glow of car headlights –Sedbergh YFC being the winners.

While there was no Wrestling Championship this year, there were good entries for all wrestling events with an extra event this year for Boys U18. The premier event, the All-Weights, however, was won by Joe Robson.

Much credit for another successful Killington Sports goes to all the Committee for the preparation of the field and organisation on the night. They would like to express their gratitude to all the sponsors of the events who once again supported the Sports by providing the prize-money and ensuring the Sports' financial viability and future. The Sports Committee were also grateful for the assistance of the Wrestling

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Association who provided the Judges, and to the Fell-racing Association who recorded all positions and times in the Fell Races for the benefit of their members. Drinks and excellent BBQ refreshments were provided and sold throughout the night by 'Young Kidz Caterers' of Sedbergh in aid of local children's charities.

Once again, the Sports were followed by a Ceilidh on Saturday night with more than 200 people of all ages filling the marquee kindly donated by Killington Marquees. After leading the judging of the wrestling on Thursday, Chris Bland was the Caller for the dancing to the "Jump the Gun" band. This event raised money North West Air Ambulance and local parish charities.

There were many classes and many winners. Well done to all. A print-out of the full Results is available at Sedbergh Office Services.

COUNCILLORS CORNER

Well it's good to be back after taking a short break from these articles over the election period. First, Peter and I would like to offer our congratulations to our District Council colleague Kevin Lancaster who was elected to Cumbria County Council at the recent local government elections as the member for the Sedbergh and Kirkby Lonsdale Division. We wish him well in his new role (and now over to you on the state of the roads Kevin!). We equally offer our commiserations to our own Lib Dem candidate Fenner Pearson who fought a hard campaign ably assisted by local volunteers and activists and who lost to Kevin by only 13 votes. Across the board Lib Dem Councillors increased their representation on the County Council to sixteen and the majority of these members represent South Lakeland. This is, of course, a tribute to the work of our MP Tim Farron without whom none of this would have been possible. As ever, now that the elections are over the real task of working hard for the whole of the electorate goes on.

Despite the elections the challenge of the annual incursion by Travellers continues. Notwithstanding the amount of preparation undertaken by all the agencies involved throughout the year, 2009 once again presented really serious difficulties for local residents: trespass and unauthorised grazing, harassment and intimidation, criminal damage, obstructing the highway and public footpaths, using the countryside and edges of towns as well as people's gardens as public

toilets etc., etc. were much in evidence and, if anything, proved to be even worse than last year. Even accepting that the problems are caused by a very small minority of what are otherwise law abiding Travellers, enough is enough. Hopefully the Travellers and Settled Community Respect Group will continue to meet during the course of the year but this time we must learn from the lessons of this year and have all systems fully in place before the first arrivals in 2010. The ultimate sanction would be the threat to end the Fair altogether although this might be difficult bearing in mind the legal implications of Fair Charter rights etc. Another would be to reduce the Fair in size and scope so that it once again became simply a Horse Fair rather than the multifarious event that it has become over recent years. Nor must we forget that we are living in a free society committed to respecting the rights of minority groups. The former president of the Czech Republic Vaclav Havel once said: "the strength of a country's democracy may be judged by the way that it treats its Gypsies".

SEDBERGH HEALTH CENTRE

will be closed for Training Purposes on the following afternoons:-

Tuesday 14th July
No Closure in August
Wednesday 16th September
Tuesday 13th October
Thursday 19th November



The other main news, of course, is that on the 9th June the planning application in respect of the proposed new Health Centre and Convenience Store once again came before the Yorkshire Dales National Park Planning Committee. I am pleased to say that on this occasion common sense prevailed and Planning Permission was granted subject to a considerable number of essential conditions safeguarding the interests of the local community. All credit too to Sedbergh Parish Council who worked very hard to ensure that the development would not have a detrimental effect either on the commercial or health interests of the Town and its residents. So let's hope

that the building works can now proceed relatively swiftly so that we can soon have a state of the art Health Centre of which we can all be proud and which will serve us well for many years to come.

I'm writing this only a couple of days before the Summer Solstice and the weather is still far from seasonal. Peter and I wish all *Lookaround* readers a good and enjoyable Summer – when it finally arrives!

Please feel free to contact either Peter or myself at any time:
 Ian McPherson: Tel. 015396 20648
 Email: ianmcperson24@hotmail.com
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PATAGONIA CUMBRIA

Bus and foot round Cumbria for Patagonia friendship

From Penrith to Arnside, a pensioner from Sedbergh will visit chapels in every Methodist circuit in Cumbria whose initials spell out

PatagoniaCumbria

Starting from Penrith Methodist Church on Tuesday 7 July, Martin Dodds, who is co-ordinator for the partnership link between the Cumbria Methodist District and the Patagonia Region of the Methodist Church of Argentina, intends to use his pensioner bus-pass and his feet to visit 15 chapels scattered across the county.

This will be just before the Rev

Richard Teal [District Chairman] and Mrs Teal go to Buenos Aires to represent Cumbria and the British Methodist Church at the National Assembly of the Argentine Methodist Church.

Martin's will be a tour of all the circuits in Cumbria, for which he will also be seeking donations towards the District Argentina Fund, which supports the link arrangement. *[If you wish to make a donation please speak to Martin when he visits a chapel in your circuit, or 'phone 015396 20308.]*

At as many of the places as possible he hopes to meet members of the circuit to talk about the link with Argentina, to answer questions, and

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to encourage people locally to keep in touch with how the link is developing.

The route criss-crosses the county as he spells out the names of the two areas and also visits each Methodist circuit;- Penrith, Alston, Thurstonfield, Ambleside, Garsdale, Orton, Netherpton, Irleth [Askam and] Aspatria; Cockermouth; Ulverston, Moresby Parks, Brampton, Renwick; Internet; Arnside.

For stages where there is no practical bus he intends to walk. Sometimes he will need to beg a floor for an overnight sleep before continuing to the next place.

People in each circuit are asked to have a go at assembling a small exhibition about Patagonia and about the Methodist Church in Argentina, before he arrives, from information they can glean from libraries or the internet or other contacts.

The Methodist Church in Cumbria is a District of the British Methodist

Church, and is made up of 15 circuits covering the county, each of which includes a number of local congregations.

A partnership with the Patagonia region of the Methodist Church in Argentina [Iglesia Evangelica Metodista Argentina IEMA] was initiated several years ago and a number of visits between the two have taken place. The concept of partnership is a move away from the traditional view of 'Overseas Missionary Work' now that all the Methodist Churches in the previous 'Mission fields' are self-governing national churches in their own right.

The Methodist church in Patagonia is made up of about twenty local congregations scattered across an area several times larger than Britain. The church has existed in Argentina for more than 100 years, and is noted for its social gospel message.



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PEPPERPOT CLUB

... a new venture.

Sedbergh Pepperpot Club is planning to set up a Saturday morning orchestra in Sedbergh to start in the Autumn. The orchestra will be a 'community' orchestra and anyone of any age who fancies dusting off an instrument untouched for a while is welcome to come along, as are players who would welcome the chance for some social music-making. Brass players, old and young, are already well served by the Town Band and the comparatively new Youth Band. There is absolutely no way in which the orchestra is designed to clash or compete with these popular activities, but rather to complement them and give those who play strings and woodwind a similar playing opportunity. The new orchestra will also fill the gap for youngsters who have progressed beyond the Primary School orchestra, until they are able to join their secondary school orchestras or the Westmorland Youth Orchestra.

The orchestra will take place at the People's Hall, except on the Saturdays when other events have been pre-booked, and it will be run by Noel Bertram of Marthwaite, highly-regarded conductor of the Westmorland Youth Orchestra. Penny Legat, one-time resident of Millthrop and successful violin teacher for the County Music Service at the Primary School, Settlebeck and elsewhere, will be his assistant.

By kind permission of Mrs Maggie Cullen, there will still be Pepperpot

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provision at the Primary School for the younger children, with ocarina and recorder teaching as now. The after-school orchestra will take on a new look and it will be run by two new teachers. From September, the day on which this happens will probably change from Monday to Wednesday. As before, any adult beginners or very new 'returners' will be welcome to join in the fun as well.

Funding has been found for the new orchestra to be launched and we are very grateful to Making Music North West and to The Trott Musical Foundation for this. Not everything is totally in place as yet, but it seemed a good idea to alert readers to the plans afoot. There will be more definite news in the August *Lookaround* when everything is finalised.

Shirley Smith 015396 21196
e-mail: yantethera@aol.com

DEVELOPMENTS AT THE CHAIR WORKSHOP

The Chair Workshop has been open for 16 years, despite illness, family difficulties, the Foot and Mouth year and now the Credit Crunch. The workshop has become established as the centre for chair seating and seating craft supplies in the North.

The Chair Workshop continues to develop. My daughter, Alison, has joined me in the shop where she does the full range of chair seats. Grandson, Hugo, comes to make a wide variety of projects with the conviction that Sandy has everything. Last term we ran an after-school science club at Sedbergh Primary School which involved wood, cardboard and water preparation in our workshop.

In the last year we have stocked **haberdashery** for the town. Now I offer **simple clothing repairs and alterations** for you or maybe for that item you have just bought in the Charity shop. Get those ignored clothes worn again. I continue to enjoy jewellery repairs and pearl/bead re-stringing.

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I am developing a **DIY tool share scheme**. Many people buy special tools for a project at considerable expense and then never need to use them again. They remain unused in the cupboard. Members of the DIY share scheme would be on a data base listing members and their tools. Members would contact each other direct to negotiate the loan of tools. This would avoid the expense of buying these tools and they would be used. Please contact The Chair Workshop if you are interested at www.chairworkshop.co.uk, email info@chairworkshop.co.uk or Tel 21489.

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SPELLBOUND THEATRE

After rather a quiet period for Spellbound in which we've been getting on with those normal everyday things that get in the way of theatrical productions, we're very pleased to announce details of our latest show.

On Friday 17th and Saturday 18th July at the People's Hall we will be performing 'Village Voices', a series of monologues written by local author Helen Leslie Bromley. We first performed these last year to a select audience in the URC, and they went down so well we've been itching to show them to a larger audience. The monologues feature a series of characters you might well encounter in and around a typical village gala – any resemblance to people you may know is purely coincidental! Due to the theme of some of the pieces we would recommend that they're not really suitable for under fifteens. Tickets will be on sale at the Green Door Sweet Shop, or on the door, see the advert in this issue or look for posters around the town for further details.

Although it's the middle of summer (allegedly) our thoughts are already turning to Christmas, and pantomime in particular. It's a couple of years since our last production of 'Puss in Boots' by Kim Lyon went down a storm at Settlebeck and we're hoping to stage another of Kim's much loved shows. We're always looking for new members to join our team, and this year in particular we're looking for someone who may be interested in directing us. If you can help, or if you'd like to act, sing, build scenery, play piano, or even just make the tea at the interval please get in touch. Either ring me on 07788 688490 or email spellbound.theatre@virgin.net.
Andrew Allan


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JOSS LANE CAR PARK

Car Park and Market problems

As readers will be aware the Parish Council took over the running of our car parks and market from SLDC a few years ago and generally speaking this has been a success. Residents' permits provide parking at a very reasonable cost and the income for visitors parking has allowed the Parish Council to invest in the infrastructure of the town with, among other things, the toilets being re-opened on Loftus Hill, new seats being provided at Pentney's Folly and a substantial financial commitment to the Peoples' Hall development fund. Unfortunately, some problems have arisen.

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Market Days: Recently a market trader was unable to erect his stall on market due to parked vehicles. He left that day and indicated that he would not be returning. In order to encourage the growth of the market certain car park bays on Joss Lane car park are to be marked and the council is asking that these be kept clear between 6.30am and 9am on market days (Wednesdays). Signs are to be erected giving this information and we hope that everyone will support our efforts to support the market.

Residents' parking permits: A number of complaints have been received concerning the misuse of residents' car parking permits. As a result a revised set of conditions is being introduced in respect of all future permits. A copy of the new conditions will be provided with the permits as they are issued. Existing permits will continue under the existing conditions until they expire on 31st August 2009.

*Vic Hopkins
Chairman
Sedbergh Parish Council*

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K-SET

Another acronym! What on earth is that? What in heavens name is that?

You have got it right in two. Perhaps heaven is not quite the right word: we are really talking about the atmosphere: and by earth we mean the total environment that by chance or by God's plan is so well balanced that human beings evolved.

K-SET stands for Killington and District Sustainable Energy Trust. A handful of people have set up this trust, a not-for-profit-company, believing that there are many advantages in saving energy, not least of which are financial. We are exploring what can be done locally, to do just that.

The words 'and District' are a particularly important part of the title and it includes all neighbouring parishes - Firbank, Old Hutton, Middleton, Howgill, Sedbergh, Garsdale, Cautley and others. We have already brought in consultants to look at streams which might be used for micro electricity generation. Would you like to borrow a heat imaging camera to find out where you are losing heat from your house? We are thinking about getting one. Do you know how a wood pellet boiler works and how much it costs? We have some info. There is much going on.

At present we have six trustees and 15 members, but we need more people who live in this district who are interested in reducing their carbon footprint or exploring new technologies to help reduce global warming or who have knowledge of these things, which they would like to share with us. We need help. We need enthusiastic members. and we need help.

Please get in touch if you are interested. Phone Maureen Lamb 015396 20553

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DENTDALE MEMORIAL HALL

The Indoor Bowling morning was very well supported both by enthusiastic participants and on-lookers and the plan now is to start a regular club, anyone who would be interested but missed the session on June 13th please give me a call.

Many thanks to the local businesses who have kindly donated notice boards to the hall, very much appreciated.

We have a new Secretary who will be appointed at our full committee meeting on June 24th and will start her duties on return from her holiday, I know Mrs Jean Haygarth of Scar View will be a great asset to the committee and will guide the Chairman well! With Roger Underwood as Treasurer and Jill Mitchell as Vice-Chair we have a great team, not forgetting all the representatives of the user-groups, each important in their own way. New groups using the facilities can apply to have a representative on the committee and therefore a "say" in what happens, just get in touch.

The main event of the year is the Dent Gala on August Bank Holiday Monday, August 31st 11am-4pm, we have a small sub-committee which meets to make arrangements and membership of this group is not restricted to Hall committee members so if you'd like to join us please give me a call. This year the Dentdale WI are providing Teas in the Hall and each organisation using the hall is invited to "run" something, many do and have done for years, we are open to ideas and suggestions from the others! We also need "extras" to take an hour here and there on the stalls and sideshows, the pay is non-existent but the sense of doing something helpful makes it worthwhile and we do have fun as well! Any stress and strain can be relieved at the Pot Smash! Then we need prizes, small and large ... there is a list in the back entrance lobby at the hall to sign with your offers of support or please contact me. Kind regards,

*Sarah E Woof. Memorial Hall
Chairman. "Rhumes" Dent. 25212.*

We the undersigned are appalled at the third world state of roads, particularly the A684 Sedbergh to Kendal road, and the pavements in Sedbergh Main Street where numerous people have fallen, demand that it is resurfaced forthwith.

Signature:

Name:

Address:

Address:

Post Code:

To be handed to the Chief Executive of Cumbria County Council.

ROADS

Many residents of the area are very tired of the poor state of the roads in our area. It was noted recently that SLDC offered £500,000 to Barrow and Carlisle to help in repairing their roads. Something must be wrong somewhere.

Please find at the top of this page a Form to complete, detach and to be sent to Mr John Douglass c/o the *Lookaround* Office for further attention A photocopy or home-made Form will also suffice.

Also, have a look at two Web Sites at <http://petitions.number10.gov.uk/BritainMoving/> and <http://www.fixmystreet.com>

CUMBRIA WILDLIFE TRUST WALKS

On Wednesday 1st July there is a walk in the Dent hay meadows. This is a chance to explore traditional hay meadows and appreciate their rich variety of plants. You will be able to enjoy buttercups, sorrel, eyebright and marsh marigold, and spot the yellow rattle that tells the farmer that the hay is ready to cut. Meet at Dent

village car park (grid ref SD 703 872) at 2pm for this short walk which will be led by Roger Neale and is expected to finish around 4.30pm. It may be wet in places so wellies are advisable. Children of 4 years and over welcome.

On Thursday 23rd July we will be following the River Clough along the Sedgwick Geology Trail (named after the famous geologist Adam Sedgwick who was born in Dent) to see a series of rocks, some with fossils and some bent into strange contortions. We will also keep an eye out for flowers and river birds. Meet at the large car park by the A684 near Sedbergh (grid ref SD 693 912) at 2pm for this 2 mile moderate difficulty walk which will be led by Graham Mathews. Children of 8 years and over welcome.

All walks are organised by the Kirkby Lonsdale branch of the Cumbria Wildlife Trust. Please wear suitable outdoor clothing. Unfortunately these events are not suitable for wheelchair users. No dogs are allowed.

Non members are welcome on all walks.

SEDBERGH SCHOOL

England Cap for Schoolboy from Sedbergh, Cumbria

Ace rugby player from Sedbergh School, Tom Hicks, has officially been awarded an England Under 18 cap by John Owen, President Elect of the RFU, and Dave Reed, England U18 Forward Coach.

Tom first played for England against Japan in March.

Dan Harrison, director of rugby at Sedbergh School, said, 'Tom has had a distinguished career as a second row at Sedbergh School, and developed noticeably during the School's rugby tour to South America last summer. Subsequently, he was instrumental in helping the Sedbergh

1st XV to beat long-term rivals Millfield last season, and finish top of the Canterbury Rankings at Christmas.'



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DENTDALE SHOW 2009

Preparations for this years Dentdale Show Friday 28th -30th August are well under way.

The main event on the Friday evening is hosted by The Lancaster Bombers, a top rock band from Lancaster preceded by children's games and mini disco. Free event for children, £5.00 at the marquee entrance for everyone else. Licenced bar and BBQ.

The profile of this years fell race - A Hell Of A Rise Hill to be held at 12.30 Saturday (ladies) and 2pm (men) is further enhanced this year by being an English Championship qualifying counter, if you though you were fit,

come and watch the leaders go to the top and back in well under 30 minutes.

Gravity Boost-a popular bungee trampoline returns, for the first time there is the Titanic children's slide & everybody can test their skill in the Slow Bike Race, heats & final courtesy of James and Toby Dalton of Wheelbase. Entries for this years photographic competition will be welcome the subjects are: A photo to make you smile.; An animal photograph; Plus for entertainment value only we would welcome shots of Dentdale Folk on Holiday...

We also host the Sheepdog Trial and have the craft tent, various

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competitions for all, Free Entertainment on stage plus lots of good food and licenced bar. REMEMBER ADMISSION IS FREE SATURDAY AND SUNDAY

Sunday morning we host the Sheep Show with Judging from 11am. Children's Entertainment will be provided by The Astral Circus with the popular Fairly Famous Family promising to entertain the rest of us.

The Birds of Prey return as do various vintage vehicles.

On stage audience participation continues with some New Challenges.

Transport from and to Dent Station provided courtesy of Kentdale Landrover. e-mail matthew@lowhaycotebarn.com with train arrival time to request pick up.

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HOWGILL W. I.

The June meeting was held at Howgill Village Hall. President Mary Silva opened the meeting by giving a warm welcome to everyone

The Group Meeting hosted by Killington W. I. In May was well attended. Alan and Chris Clowes

gave a talk with slides about their work in South Africa. Thank you Killington for your hospitality. Our competition entry came second, Helen Beare was thanked for designing the poster "The Spirit of Africa). Final arrangements were made for our Summer Outing to the Ice Cream Parlour, and to Larch Grove near Penrith.

Buntings for the Federations 90th Anniversary were distributed. These need to be in by October 31st., and need to be bright and cheerful.

June is the month when the members are the speakers. The main topic covered was food. Foreign food, Wartime Recipes and our Favourite Recipes. In contrast a craft demonstration was popular with flowers made from fabric, and a trip to China complete with interesting souvenir's. The four members who participated were thanked.

The competition for a Favourite Recipe was won by Judith Capstick with a "Lemon Meringue Lagis", Audrey Hoggarth was second with a "Bacon, Cheese and Leek Pie".

Raffle winners were Mary Silva and Audrey Hoggarth. During the tea break a quiz to name the local scenes was won by Anita Carey, resulting in a happy and relaxing evening.

July 2nd is an Open Meeting when Ivan Day will be speaker on "Local Cumberland and Westmorland Food Traditions". All are welcome. Do join us at Howgill Village Hall at 7.30pm, with refreshments and a raffle.

AH

DENTDALE WI

The June meeting started with a full business agenda and was chaired this month by Margaret Fothergill as President Catherine Sugden was away on holiday.

Kate Cairns gave an excellent report on her trip to London attending the NFWI AGM. Kate told us that the resolution: *SOS for Honey Bees* had been passed with 99.4% of the vote. She had enjoyed the atmosphere of the Albert Hall and praised the organisation. She gave interesting anecdotes on speakers among others Maureen Lipman, Eve Pollard, Richard stillgoe. It had been a whirlwind of a two night stay which

had also taken in a visit to the theatre to see *Calendar Girls*, and an evening in London riding on the London Eye and a meal in Chinatown! Fay Mansell was standing down as Chairman of NFWI. Her final comments were "Enjoy, extend, and get involved. Think big because you can change the world!"

July will be a busy month for Dentdale. We have an Open Meeting on July 8th which will be a musical event entitled *Three of a Kind*. Members from other WI's and visitors are invited. There will be a Jacob's Join at this meeting too.

We have received an invitation to join Howgill WI at their open meeting



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on 2nd July when the speaker will talk about Cumberland food traditions.

Gardener's Question Time on 24th July at 7pm is open to all. As well as an excellent line up of experts on the panel, there will also be stalls selling gardening books and magazines and plants.

Our Speaker for the evening was Gareth Mansell from Bath House. He gave us an insight into the introduction of a new fragrance and the work involved behind the scenes. We were all given a bar of lavender soap beautifully packaged which has become a Bath House trade mark. Just how good did we think we were

at recognising smells and fragrances he wondered? Gareth had brought along a selection of bottled fragrances of quite normal household and garden smells. Women, we were told, were usually better than men when it came to using their noses! Well, for some of us it wasn't that easy, but Kate Cairns managed four out of five that she had tried and was the competition winner for the evening!

Connie Chambers went home with the raffle prize tucked under her arm!

Visitors and new members always welcome at our meetings.

MAY WEATHER

As the seasons progress temperatures, as expected, continue to climb up the thermometer. This month was the first without a frost. In fact on only 3 nights did temperatures dip into 30sF with a low of 38.5F. With the wind chill factor added we still had a eleven nights effectively at or below freezing. All maximum temperatures made it into the 50sF with a high of 80.1F at the end of the month!! I thought my sensor was playing tricks until I checked it on the old maximum and minimum thermometer.

Atmospheric pressure reflected this improvement being average or above throughout the month. It was also a breezy month with all maximum gusts recorded being in double figures with

a high of 24.4mph. Rainfall came in patches with 3 separate 5 days dry spells finally totalling 3.43 inches

May is a truly pretty month with colour in the hedgerows and gardens together with the fresh green leaves on the trees. The bluebells, greater stitchwort and lady's bedstraw make a colourful display whilst in the hedgerow the May blossom gives us a second display as the blackthorn fades. Around the garden the colour comes from the azaleas, Spanish bluebells, bistort, early lupins, Rosa rugosa along with several shades of pink and white of the ornamental cherries, the mauve of wisteria, the orange balls of buddleia globosa and the first roses towards the end of the

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This Team Leaves It Clean

month. The oak beat the ash by a long way this year so let's hope the old rhyme true and we "only get a slash" and the promised long hot summer. We could do with one to get some hay, get stock into good condition and the ground to dry out before the next wet period. Butterflies have been noticeable by their absence. The ones which hibernate and are therefore on the wing early, such as the red admiral and small tortoiseshell haven't been around in our garden. I've seen one painted lady; we have apparently had a number migrate from the continent during the warm spell at the end of the month. A few small whites make up the remainder. We have had no

frogs in the pond and only a few newts. Slugs and snails are about in profusion once again. May is the best month for bird song but you have to be up early to get the best with the dawn chorus. The blackbirds have got their first clutch away in the shippon but the magpies took yet more collared dove eggs. Feeding the chickens one morning I was aware of a disturbance in one of our Christmas trees and turned round to see a sparrow hawk take of with a blackbird in its talons! If there is a decline in house sparrows it is not around here. Apart from those feeding around the bird feeders there are always a few that get into the pheasant pens bur seem unable to get back out.

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S.L.S.B. SEDBERGH GROUP

(For people with sight problems)

Lunch at the Barbon Inn was the treat for June, and the weather was wonderful for the outing, despite wild storms on the previous day.

Joyce, Sandra and their staff looked after the group with great care and produced a wonderful meal which everyone enjoyed. This was followed by the gift of a miniature box of chocolates for each person. The gift was courtesy of the collection of £140 following the concert by Rachel Little the previous month. Thanks were expressed to the voluntary helpers, in particular the drivers without whom many members would not be able to attend the meetings.

Dennis Whicker, Master of Union Masonic Lodge in Kendal, announced that his Lodge had played a Charity Golf Match in Kendal. 30 Members and friends played at Carrus Green Golf Club and raised money which goes to a Charity of the Masters' choice. As a result, Dennis presented



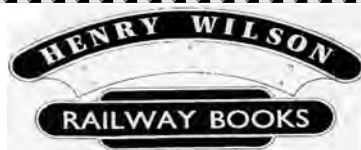
a cheque to the South Lakes Society for the Blind which was thankfully received by Mary Tallon who accepted it on their behalf. Everyone was astounded and delighted that it amounted to £600!

On Saturday 13th June, Members

conducted a Street Collection in Sedbergh and a total of £239.59 was collected for Group Funds. A big thank you to all who contributed.

Members of the Sedbergh Branch of the SLSB would like to thank all the Organisers and Drivers who tirelessly arrange and ferry them around every month. It is greatly appreciated.

There will be no meetings in July or August. The next meeting will be on September 15th at 2.00 p.m. in the People's Hall when there will be another group 'memory' session, this time entitled 'I Will Never Forget.....'. New members are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633. JGL



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THE 3 P'S

Pushchairs, Pavements and Perambulators.

The Community Office, with the particular support of John Kendall, has recently been looking at some of the challenges that the pavements in Sedbergh Town Centre present to those with pushchairs, prams, wheelchairs or other mobility aids and we would like to encourage some solution focused discussion as to what can be done to make them safer and more user friendly

Linking this with concerns that have been expressed about possible difficulties in accessing the new Health Centre it seems appropriate to start the ball rolling by focussing on the western approach to Main Street (from Dalton and Hague to the Happy Valley Chinese takeaway) and perhaps gradually progressing through the town in future issues of Lookaround.

At present neither footpath here is sufficient to allow free passage for pushchairs or wheelchairs, or indeed for pedestrians to pass without on occasion, stepping into the road.

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Whilst the majority of drivers tend to adopt a voluntary give way strategy, when traffic is flowing both ways it invariably encroaches upon the pavement along from Evans House which has a minimal kerb.

One possible solution may be to reduce the width of the carriageway here to a generous single lane, giving priority to traffic leaving Sedbergh. This would enable the pavement, on one side if not both, to be increased to a safe and negotiable width. It would also serve to slow down the irresponsible minority of drivers who presently enter the town at an unsafe pace. Having slowed the traffic down perhaps a reduced speed limit should apply for the town centre.

Is this a sensible or practicable suggestion?

The Community Office would like your observations and suggestions on this and all pavement related issues. To have your say in a constructive way, please email, write, call in or talk to John, our man on the street. Thank you.

WIND TURBINES

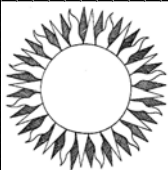
Update on Wind Turbine applications in the Kendal Low Fells and the Lune Valley

Many people are not happy with the idea of wind turbines covering our beautiful hills as they are expensive, inefficient and need backing up by conventional power stations all the time so that our lights do not go out when the wind stops.

As many of you will know, the Armistead Public Inquiry took place between April 28th and May 6th in Kendal. It seemed to go well and we were supported by over 50 witnesses. However, Government are now so persistent about renewables that it is impossible to say how it will go. We

are currently waiting for the Inspectors ruling which should appear in the next 3-4 weeks and will no doubt be headlines in the Westmorland Gazette when it happens. To put our case forward we raised almost £17,400 and would like to thank anyone who donated / contributed or supported in any way – a splendid effort in just 7 weeks.

Unfortunately, Whirlwind Renewables have also lodged an appeal against the SLDC decision to turn down the Sillfield application on land just 1.5 km from the Armistead site. So here we go again – a second Public Inquiry. The Sillfield (Endmoor) Inquiry starts October 13th and will last up to eight days. There are,



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opposing wind turbines in the

Lune Valley and Kendal Low Fells.

unfortunately, numerous other sites surrounding our South Lakeland hills that are being investigated for future applications. Opposing these applications cost money so we are asking everyone to please support the various fundraising events

planned for this summer (see accompanying advert). You can be guaranteed an enjoyable day out while supporting our cause.

There are a lot of people working very hard to protect these hills. For information regarding these efforts, or if you would like to help please contact the chairman of the consortium of local opposition groups (CPCSL). He is Rob McQuarrie on 015395-67890 (e-mail rob.

mcquarrie@dsl.pipex.com). If you would like to make a donation then send a cheque made out to CPCSL and send it to Mrs D M Hall, Treasurer CPCSL, The Old Byre, Lower Courtyard, Mansergh, Kirkby Lonsdale, LA6 2ET

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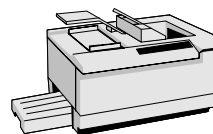
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KILLINGTON W I 2

OUR MONTHLY MEETING

We were short of several members. Our special good wishes go to Anne Macer, currently gracing WGH with her presence and a broken hip. Mary Bateman, we hope that you are feeling better now, and Nora Capstick we hope that your energy is fully restored.

Plans had to be made! I never realised before how difficult it is to fit 21 ladies into 5 cars! Considerations include; - geographical location of the driver: - geographical location of the person or persons to be collected: - cost of fuel: - condition of the road surface: - type, size and age of vehicles: - service history of

vehicles: - desire of other persons (usually male) to have prior claim to vehicle in question: - bulk of person or persons to be carried (usually expressed as hip size): - age of person or persons: - mobility of person or persons: - temperament of person or persons: - compatibility of persons: - luggage and other miscellaneous accoutrements to be carried: - knowledge of 4 and 5 X tables.

Eventually it was done! Our forthcoming expeditions are: -

1. Outing to Yewbarrow Garden in Grange over Sands on June 23rd.
2. Visit to Howgill W I on July 2nd.
3. President's Tea Party at High Beckside on July 14th at 3-00pm.

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4. Archery with the Kendal Bowmen on July 15th. (Is the draw the archery or the bowmen?)
5. Outing to Constable Burton Hall, in Wensleydale. Thursday July 23rd

Our next 'standard meeting', will be at the People's Hall at 2-00pm on September 8th, when we will be treated to a talk on the work of Mountain Rescue Dogs, by Dr David Watt, "*and friends*". Do come, but leave your pooch at home.

As for the speaker this month, modesty merely allows me to quote from Valerie's minutes of the meeting.

"Although our speaker and her assistant needed no introduction, Shirley had great pleasure in welcoming Wendy and Malcolm Fraser-Urquhart who were going to show slides and talk about a trip they made many years ago 'To the North Cape by Light Aircraft'. We were treated to a series of breathtaking slides and commentary as they made their way up the west coast of Norway. The fiords, mountains and glaciers were very dramatic, as were some of the little runways they had to land on, most of which seemed to end in the sea if you were unlucky enough to run too far! So you see, I can speak as well as write! For us it was sheer indulgence. Imagine a whole roomful of friends having to look at your holiday slides!

The meeting concluded with a delicious tea – so many varieties of cake that I couldn't force myself to try them all. Dawn Stevens won the raffle of a lovely yellow begonia. It will be

safe in her horticultural hands. Shirley's 'postcard from abroad' was adjudged the competition winner.

Now, you know the maxim, "Never explain, never apologise!", so dear editor and dear readers you must regard this lengthy account, (1163 words) as actually being two articles. It takes a lot to get me going but even more to stop me. WFU

Daphne Jackson
MSc (Ost) DO
Registered Osteopath
BUPA Provider

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COUNTY COUNCIL ELECTION

I would like to express my gratitude to everyone who turned out to vote for the Liberal Democrats at the recent County Council election. The result in the Sedbergh and Kirkby Lonsdale ward was extremely close, with the Liberal Democrats only 13 votes behind the Conservatives after a recount. I regret very much that I will not be able to serve the residents of Sedbergh and Kirkby Lonsdale as your representative on the County Council as I had hoped, but the two Liberal Democrat District Councillors, Ian McPherson and Peter Woof are available to help with local issues.

Fenner Pearson
Harling Bank
Kirkby Lonsdale

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

visit to RYDAL HALL on 6th June.

On a blustery and wet afternoon 13 members met at Rydal Hall to be greeted by Tom Attwood, who had overseen the restoration of the gardens there between 2005 and 2007. He described himself as the Head, and only, Gardener. Rydal Hall, together with 34 acres, now belongs to the Dioceses of Carlisle, having been purchased by them from the Fleming family in 1970. The setting is delightful.

Tom gave a brief history of the gardens, which had been designed in 1909 by Thomas Hayton Mawson for Sir Stanley Fleming, the then owner of the Hall. Only old photographs and 'concept' drawings survived to help Tom in the restoration work. It was one of the smallest-scale gardens Mawson designed and it bore the signs of his style and of his innovative

ideas, especially in the use of pre-cast concrete. However, it is not certain that the finished garden was all the work of Mawson as it may have been partly that of a local builder or contractor. There was some reconstruction of the garden in the 1920s and its decline dates from the 1940s, when the Hall was leased to tenants who could not afford to maintain them. In its heyday the garden would have been tended by three or four gardeners.

The decision to restore the gardens was made in 2000 and five years of preparation followed, including raising £500,000 from grants etc. Tom explained the practical problems of restoration and replanting. It was fortunate that some of the original urns survived, together with a mould for the balustrade. As to planting he had to balance new against old varieties of plants and was fortunate in that some old roses and a fine

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magnolia survived, together with some of the original 'marker' yews. A very important part of the work was the involvement of volunteers and student horticulturalists from Myerscough and Newton Rigg. Also, plants were sourced locally where possible. The restoration was completed on time and under budget.

Tom took us on a tour of the formal gardens, explaining as we proceeded. We saw the restored croquet lawn, rescued from the attentions of Herdwick sheep and footballers. The original was one of the earliest in the north of England. Then we were shown the informal 'quiet garden', beautifully planted, and with a stream flowing through a

small pond. Further along we came upon the summer house, newly and finely re-panelled, and with a breathtaking view of the waterfalls.

Finally, Tom took us to see the community vegetable plot, with its fine new greenhouse, on the site of the original 1750s vegetable garden. Varieties of old northern apple trees have been planted in an adjoining orchard where bees are hived.

Tom's parting advice was to consult Mawson's book, *the Art and Craft of Garden Making*.

On behalf of us all Richard Cann thanked Tom most warmly for giving us the benefit of his knowledge and expertise.

Elspeth Griffiths

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SLOVENE MUSICAL VISITS

By now everybody will know that the **Zrece Town Band** are coming to Sedbergh accompanied by the Mayor of Zrece, the Slovenian Ambassador and various dignitaries from the Slovenian embassy. They will be performing with the Sedbergh Town Band at the Powell Hall on Tuesday evening July 7 - as well as doing a tour of the Lake District which will have a musical element during the day. Coming with them are also two smaller groups Vrt and Pet Sto Metrov who will be performing in the White Hart on Monday and Tuesday evenings. If you would like to help with the visit please get in touch.

Over the last weekend in July we also have a visit from the **Crni Vrh male voice choir Pobje** who we met at a poetry and culture evening in Zrece last year. They will be performing at the Hardraw folk festival over the weekend and in Sedbergh on Friday July 24, and also taking part in workshops to learn Slovenian and English folk harmony singing.

And at the end of August we have the **Slovenian Puppet Theatre Zapik** visiting to perform in Sedbergh



and Kendal. They are led by Igor Cvetko and his wife Jelena and our 2 year old daughter Anika had a sneak preview in Ljubljana last year when they were performing at a school in Ljubljana. As judges go she was more uncritical than most and remained captivated throughout the performance - even through her main languages are English and German with only a smattering of Slovenian. Their shows in Sedbergh and at the Kendal Mintfest will of course be in English.

David Burbidge

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DENT PRIMARY SCHOOL

The children of Dent Primary School had a busy and very productive two days learning new skills in their two-day Workshop organised by Sophie Chaplin. She scoured the Dale for Craftswomen to share their expertise and the results were some very impressive pieces of work.

Previously, the children had made felt with Sophie and were ready to put together some very professional felt pictures. Cast-Stitching was a delicate skill for delicate small

fingers - as was weaving.

One of the oldest forms of recycling - Rag Hooking and Prodding - produced some very striking individual squares. Not enough time alas to make rugs, but some fingers were skilled enough to attempt that next, carrying on from a long line of Dent "Ruggers".

Every enterprise benefits from an ultimate objective. This one is to combine all the pieces as a large collage to hang as a Panel in School.



**KIRKBY LONSDALE
EMBROIDERERS GROUP**

The Americans Came!

After our very successful meeting in April, when Canon Dobbs showed and talked about his wonderful embroideries, we had a very memorable meeting in May. Firstly, in the morning, Anne Burrow gave us a workshop which concentrated on the versatility of using water soluble fabric to create either new fabrics or manipulating existing fabrics. What fun we had and the results were outstanding. As always Anne gave us so much encouragement. In the

afternoon our speaker was Carol Coleman who uses water soluble fabric in lots of her designs. She brought along many pieces for us to look at, as well as slides which gave an insight into how she created her works of art. We were all absolutely enthralled and you could say, raring to go.

We also had something else to look forward to and that was the visit of eighteen ladies from America. Each year they group together from all over America and visit a different part of the UK. They had approached us to see if they could visit our group and of course we were delighted to welcome them. What a very entertaining afternoon we all enjoyed. We put on a display of our work and they too brought pieces they had produced and the whole thing was wonderful to see. We provided home made cakes, which went down very well, and they all said how much they had enjoyed the afternoon and promised to be in touch again.

Our June meeting is with speaker Lesley Mercer who is talking and demonstrating Modern Redwork and we will also have a 'hands on'. The July meeting is on the 9th and Pam Duxbury will be talking about Greek Island embroidery. We meet at Barbon village hall on the second Thursday in the month, (excluding August) and visitors and guests are always very welcome. The usual start time is 2pm and for further details please contact Ann Hunter on 015242 41120

FAMILY MUSINGS

I tell you what, folks, this dusting lark isn't up to much, it doesn't happen all that often here, the reason being (of course) that we live such a whirlwind of activity in our house that the dust never has time to settle! But as visitors were due I thought I'd best show willing and dust a few surfaces, the trouble was that showed up a few more and the task grew.

Whatever next ? Scrubbing the front steps perhaps? Ah, we have none, thank goodness for that!

Who remembers those wonderful Furniture Sales Dick Harper used to have in the Auction Mart? One could sit all day on the stone seats and come away with many a bargain, I bought hubby a desk once, and another time about a dozen cushions for £1. The banter was good, all in all a real good day out and purchases to boot.

Talking of remembering, as we had a stroll through the village the other evening and met visitors and exchanged greetings it reminded me of when all the folks out and about were local, there would be Mary Batty peeping out other front door to see who was about, Jane Bentham going across to the Fountain for water, Polly McClurg sat in Mr Crossleys shop in the Laning, (am I testing your memory now?) Ant Fawcett standing by the car park, Florrie Raw heading of to clean the school or ring the church bells and folks like Maggie Mason, Jinny Burton (who remembers her sweetie shop just inside the door at the Butchers?)

happy memories indeed.

During the past five years I've made a lot of friends and memories in my work as a Carers Support Worker but the time has come for a change, am not sure quite what or how but if there could be a little day-time time at home during the week it would be really good!

Have promised the Ed to try to be a bit shorter with these Musings and am certainly getting a bit thinner of myself, so on that happy note will close for this month, enjoy yours and if you write in the dust, don't date it!

Sarah

SEDBERGH DENTAL PRACTICE

New Partner for Sedbergh Dental Practice

Sedbergh Dental Practice has pleasure in announcing that Ben Houghton has been appointed as a partner as from August this year. Ben, who has been qualified nine years, has been working part-time in Sedbergh since last April and has proved popular with staff and patients alike. He will now be working full-time and will be accepting all patients that have been seen regularly by Mrs Debbie Ross and Mrs Rubina Mehra. New private patients are welcome. Gail Turner will continue on Mondays and Tuesdays as usual. Both Ben and I are intending to work one full Saturday per month, starting in September for private patients.

Prospective patients can be sent a practice information leaflet and price list on request.

Ian Dawson Principal

FUNSPORTS

Lakes leisure is a charitable non-profit organisation, operating at Kendal, Windermere and Ulverston. We pride ourselves in offering a wide range of quality centre based activities including swimming, Gym, Studio Cycling and street dancing to name a few.

We work closely with schools during School hours After-school clubs and during school holidays.

Holidays see Sporting Activities run in our centres weekly and daily with Multi Sports and KAOS (Kids Are Off School) adventure weeks which are sell out weeks.

We run local Community Fun Sports Activities and this summer we are on tour in Sedbergh. Our links with Settlebeck & Sedbergh Primary are really strong. Our leaders Diane, Cate and Pete always look forward to working with the enthusiastic, friendly and polite children.

Come and join us for a Wacky, Energetic Fun packed Sports Tour. We are hoping with your support, "FUN SPORTS ON TOUR" will be the first of many tours in your area.

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DENTDALE CRICKET CLUB

Cricket at last! Bad weather and the unfortunate situation of opposition being unable to raise a team meant our first match was against The Bellringers from Kirkby Malham on 7th June!

Bellringers were quickly on the back foot at 12. for 3. Despite good bowling we could not dislodge B. Russell who made 57 out of their total of 81. Rob Mitchell took 4 for 24 and Chris McClurg 3 for 9. Both bowled very well and were supported by M. Dodd, 1 for 12 and D. Baines, 2 for 13.

We got off to a steady start reaching 20 without loss when Xav. Baines was run out by a superb throw. Opener Kevin Puncher made a dogged 14. Unfortunately Bellringers were catching balls like swallows catch flies. Some of the catches were truly remarkable. We were all out for 44.

An enjoyable day was rounded off by a very tasty sausage casserole and Dent beer at the George and Dragon. Dent Man of the Match, was Rob Mitchell for his bowling and a stupendous 6 over the tree.

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GREATER THAN GOLD

Churches Together in Sedbergh and District invite you join in Greater than Gold from Friday 3rd to Sunday 5th July.

Greater than Gold is the story of Mary Jones, a young girl from Wales who was determined to have a bible of her own despite her family being poor. So she learnt to read, raised money and walked over the mountains alone to get one.

Churches Together in Sedbergh invite you to join us in rehearsing and performing the musical over just one weekend.

Interested in taking part? Please contact:

Drama – Vic Hopkins on 21455
Musicians – Sandy Roy on 20785
Singers – Carole Marsden on 22030
Or come and watch at 10:30 am on Sunday 5th July in St Andrew's Church, Sedbergh.

All are welcome and please note that there will be no services at 10.30am at Sedbergh Methodist Church or Sedbergh United Reformed Church on this morning so that we can share worship together.

DENTDALE FELL (A HELL OF A RISE HILL)

The Dentdale Fell Race will be held on Saturday 29th August 2009 as part of the Dentdale Show.

This year the race is one of the six races in the English Championships and has attracted many of the top fell runners in the country. The Ladies Race starts at 12.30 pm (70 entries so far). The Mens Race starts at 2 pm (160 entries so far).

If you want to run with the best see FRA Handbook, www.fellrunner.org.uk, dentdale.com, dentdaleshow.com, - pre entry only. Closing date 31.7.09.

If you would like to help marshall this major sporting event please contact John Hyde on 015396-25503. Helpers are needed on the showfield, the short stretch of road and up the hill.

Dentdale Show starts Friday evening (28th August) and finishes 4 pm (ish) Sunday 30th August. A great day/weekend for the family. FREE entry and parking. Watch out for more information.

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AUCTION MART

Auction Mart site development – Sedbergh Parish Council view

Elsewhere in *Lookaround* I am sure that you will have read about the recent decision of the YDNP Planning Committee to approve the revised plans for the development of the old Auction Mart site at Sedbergh. Throughout the planning process the Parish Council has been portrayed as being against the development of a new Health Centre on this site. This is untrue. The Parish Council have consistently supported the need for a new Health Centre. The problem was the likely impact of the new Spar Store on the longer term vitality and viability of the Main Street. The original planning application, to which the Parish Council objected in December 2008, contained no mitigating measures. As a result of the stand taken by the Parish Council the revised application allowed for trading to continue in the existing store for at least two years and other measures which will be of benefit to the town. This revised application provided a better balance between the health needs of the town and its economic future and it was welcomed and supported by the Parish Council at the YDNP Planning Committee meeting on 8th June.

*Vic Hopkins
Chairman
Sedbergh Parish Council*

THE ROSE COMMUNITY THEATRE

As you can see, we have changed our name. It was decided at the AGM,

held recently, that we should apply for charitable status and this lead to the name change.

Michael Beecroft has stepped down as Chair, passing the position to Viv Hailwood. Ernie Hailwood will take over as secretary from Louise Hinson. Stuart Byatt is to be Vice Chair and Kevin Kendal will become Chair of the newly created Publicity committee. We are sorry to say goodbye to Liz Hilton and thank her for all her help and support with our previous productions. Liz has family commitments which keep her very busy. We are also very sorry that Caz Lamb cannot be in our next production because she will be off to University in Lincoln in September. Also Jenni Lamb, Zoe Craven, Robyn Lewes, Megan Ingram and Andy Glanville are sorely missed. We have some new recruits in mind and are very hopeful that they will be willing to join our merry band. We are still in need of a pianist who can attend rehearsals and play in productions. Any volunteers?

In September, the Rose Community Theatre and Friends will be getting together to offer you an evening of well known poems at St Andrew's Church, as part of the Festival of Books and Drama. As for next year's Panto, yes, it's Pirates with lots of Oo-arr me hearties! We will be flooding the Peoples Hall for the event, so bring your water wings!

Once again our heart felt thanks go out to all our supporters, helpers and players.

Sandra Gold-Wood.

**SOUTH LAKELAND
CARERS ASSOCIATION**

Sedbergh Group

In April we enjoyed a lovely Easter Tea at the DUO Café Bar, Bistro on Main street and returned again in May, in June it was time to have what has become our annual Lunch in Dent and unlike last year when it rained we enjoyed a glorious day. The ham salad lunch with choice of puddings was much enjoyed in the garden at "Rhumes" and then we drove back to the drop-of point in Kendal enjoying the scenery en-route.

In July we will be meeting at the Cariad Cafe, Market Place, Kirkby Lonsdale, then in August back at DUO, and in September we return to the People's Hall when I will be helping with the Group in a volunteer capacity as I am leaving my post as Carers Support Worker at SLCA in July. The past 5 years in various posts with the organisation, first as part-time Family Support Worker including work with the Young Carers, then full-time to include Groups and Carers



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Assessments (among other things!), then last year I went part-time and now I am leaving, but with so many happy memories. However the plan is that because I am so well-known in

this part of the area it will be good to stay as a Volunteer and keep "flying the flag for Carers" in this neck of the woods! Just HOW this will happen has yet to be sorted out but for now the Sedbergh/Kirkby Lonsdale group is the main task.

For help/advice and support in your Caring roll please contact; SLCA, 5 Castle Street, Kendal. 01539 815970.
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ENGLAND IS IN DANGER!

The powers which UK Lib-Lab-Con politicians have assigned to the EU are illegal because since Magna Carta power rests with the electorate not the politicians. Therefore, unless agreed by the British electorate, directives from Brussels on working time, NVZs, Eid etc are illegal.

In 1975 UK electors voted for a 'Common Market', not political union. We were conned!

The EU was created by continental competitors to act as proxy for the French and German majority vote. Britain has only 10% of the vote.

UK politicians have illegally agreed for Britain to be taken over step by stealthy step. They hope the electorate will not notice that is why they and the UK media never mention the truth of the situation.

When the plan is complete, and parliament ratifies the Lisbon treaty, England and Westminster will be abolished and Britain will be governed from Brussels. The so-called Liberal Democrats will not allow a vote on EU exit.

At the next election (perhaps, with the EU take-over, the last we will have) vote UKIP

UKIP will tell the truth about the EU take over, abolish the European Communities Act, scrap all the EU directives and restore British Sovereignty and independence, prevent 'asylum seekers' from inundating the UK, increase pensions by £25 a week, sort out crime, the NHS and education, restore the royal

mail monopoly and ensure Britain's food supply.

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*Edwin Bateman
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LADIES N. F. U.

The May meeting was held on the 19th with a good attendance. The President introduced the speaker Mr. Trevor Hughes who showed slides of old Kendal.

He took us around Kendal showing the old yards, and the shops that are no longer there. He told us how Kendal used to be big in the Wool trade, showing the old stone steps down to the river Kent where they used to wash the sheeps wools. He also showed us the original K. Shoe factory which was one of Kendal's biggest employers for many years and sadly is no longer in the town.

The next meeting is the A.G.M. on 22nd September with Mrs J. Scobie talking on Liverpool Cowkeepers.

New member are always welcome.

DENTDALE OVER-SIXTIES

Summer 2009

This year, as usual, we are planning two summer events. The first is our annual Fund-raising Event, which will be held in the Memorial Hall, Dent, on 17 July 2009 (see advert in this issue). Please come along and support us: lots of old friends will be there, and there will be plenty of opportunity to catch up with all the news and have a good natter over tea. This year, as well as Strawberry Teas and a Bring and Buy Sale (cakes and produce, new and "nearly new", books, etc.) and Raffle, there will be an Auction at 3.00 pm. Thanks to various generous people we already have some interesting items for the auction, including a print by local artist John Cooke, a flat-pack pine wardrobe, a new gas heater with full cylinder, two new garden chairs, a locally-made walking-stick - as well as many other useful things.

We should be very grateful for donations of suitable items to be auctioned, as well as for gifts for the stalls (particularly home-made cakes, produce, etc.) Proceeds from the event will go towards the cost of our annual Christmas Party, held in December for all permanent residents in the dale who are over sixty.

The second event is our annual Summer Outing, on Wednesday 29 July 2009. We shall be going to Oswaldtwistle Mills Shopping Village, near Accrington, in the morning, followed after lunch by a guided tour of the Ribble Valley. The tour will take us to Bashall Barn Food Visitor Centre in the Forest of Bowland (in

an Area of Outstanding Natural Beauty). Here there will be the option of a short guided tour of the adjacent Brewery, and we shall all have high tea together in the restaurant at the Barn. If you are over 60 and a permanent resident in the Dale you will already have received your invitation. Replies need to be in by 14 July to Belle 25203 or Stella 25481.



UNITED REFORMED CHURCH

On Sunday 26th July Sedbergh United Reformed Church are pleased to welcome Revd Alan Sell back to Sedbergh. Alan was ordained and welcomed into Sedbergh Congregational Church 50 years ago on the 27th July 1959. He and his family lived and worked in Sedbergh and still return each year to visit.

As this is such a special anniversary, Alan will be leading worship on Sunday 26th July and we invite all who remember or met Alan during his time here to join us for worship and for a celebration lunch. The service begins at 10.30am and activities for children will be provided.

Please contact Carole on 22030 for more details.

PULSE COMMUNITY GYM

As you know the Peoples Hall is looking at ways to improve it's facilities, you many also know that there is a possibility of Balliol school changing hands. The Pulse Gym Management committee have decided that the best thing they can do for the members is to join with the Peoples Hall in it's bid to rebuild. Negotiations are in progress as to how funds can be raised to have with in the People's Hall area a purpose built Gym. This is our aim and we are working with the PH committee in order to bring this about.

The committee would like to welcome a new member Lee Gilder. We are very pleased to have Lee join us as the committee was mainly female. Anyone who feels they have a little time to spare would be most welcome to come along. The next meeting will be toward the end of July date not yet set but if you are interested please call 015396 20232/21808

DENTDALE METHODIST CHAPEL

The BBQ held on 30th May was well supported and enjoyed glorious weather, Geoffrey and Christine kept the Burgers and Sausages in order, the buffet table groaned under salads and puddings and AJ from Wigan told how Jesus has blessed him in his life. Children found games to play with as the adults sat and chatted in the evening sunlight.

One or two folks went of recently to

hear Ian McCormack speak at Kendal, known as the "jelly fish man" he died after being stung by jellyfish and glimpsed eternity before coming back to life. Others went to Brookhouse Methodists to hear Davey Falcus share his life story from hardened criminal to ordained Minister.

Following in this vein we will be hosting an Evening of Praise & Testimony at the chapel on Sunday July 26th, 7pm, followed by a Buffet Supper and everyone is welcome to come along. This type of service will continue once a month. On July 5th we will be dedicating our "new" organ, a gift from Skerton Chapel which is closing, and afternoon tea will follow the service led by Mrs Janet Park whose family gave the organ to Skerton in memory of her late father, on 26th we join Dent Foot Camp Meeting service at 2pm.

On Saturday October 3rd some of us are off to a Care For The Family Day at Gateshead to a course called "Engaging With The Community", anyone interested in joining us? Messy Church is another idea we are exploring where all ages are invited to "Chill, create, celebrate & chomp" together, and there is one at Yealand on Oct 10th if anyone would like to go to learn a bit more about it.

Requests for prayer can be left in the Prayer Corner in the chapel or on the phone line, at any time, all in confidence. Prayer Line: 07816 999432.

**SEDBERGH AND DISTRICT
COMMUNITY OFFICE NEWS**

*Welfare Benefits Advice and
Assistance*

Stephen Hennefer, Benefits Adviser with the charity Disability Association Carlisle and Eden, (DACE) is holding a series of surgeries at Sedbergh Community Office. The next surgery is at 1000 am to 2:30pm on 14 July. DACE provides free, confidential and impartial advice and assistance on all aspects of welfare benefits. The service is available to anyone who is affected by ill-health or disability, their family and carers.

If you need information on - Disability Living Allowance – Carer’s Allowance, Attendance Allowance – Incapacity Benefit – Income Support – Tax Credits, or if you need help with completing claim forms or a full benefit assessment do please come along and see Stephen.

This is a valuable community service and if we don’t use it, we could lose it. For further information or to make an appointment (although you can just drop in) please contact the Community Office 015396 20504.

Barnardo’s Children’s Services

Barnardo’s arrival at the Community Office is imminent. Barnardo’s deliver support for children and their families on behalf of the Local Authority and we are delighted to welcome them to Sedbergh.

Sedbergh and District Community Fund

The Trustees of the Community Fund will be meeting again at the end of July to consider requests from local

groups, individuals and organisations who are seeking funding for activities or projects of benefit to the Community.

For further information please contact David Ramsbottom via the Office. This is the money raised by the community charity shop, which may soon be called

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SEDBERGH CDC

Adult Education News

We have just finished planning our autumn programme which comprises over 100 courses on offer in the Kendal, Kirkby Lonsdale and Sedbergh areas. The subjects pretty much cover the alphabet from Antiques to Vegetarian Cookery. Whether you want to learn a language, take better photos, try a new craft or stretch your muscles we are sure to have a course for you.

Look out for our full colour brochure

which will be in local shops, libraries etc in early August. Our website at www.sedberghcdc.org.uk will also have been updated by then with full course information. All the Adult Education courses in the county will be listed in a special edition of the "Your Cumbria" magazine, which will be delivered to you in late August.

If you would like to meet us and talk to the tutors then please come along to one of our enrolment evenings:

- 8th September, Queen Elizabeth School, Kirkby Lonsdale, 5 – 8pm
- 9th September, Queen Katherine School, Kendal, 5 – 8pm
- 10th September, Sedbergh CDC, 6 – 8pm

For more information you can contact Chris or Rosie on **015396 21031**, or email us at admin@sedberghcdc.org.uk

FARFIELD MILL SCOOPS CUMBRIA TOURISM AWARD

It's official! Twenty-eight volunteers from Farfield Mill, who have helped to man the desk, hang exhibitions and clean the loos – and a myriad of other tasks during the last nine months – are the most valued volunteers in Cumbria. And they have the trophy to prove it.

Surviving stiff interrogation to reach the short list ('*You have very soft hands, James, for someone who says he does a lot of washing up . . .*') the newcomers from Farfield, at odds of 100-1, were shock winners, beating favourites Theatre by the Lake by a mere whisker.

The announcement at a Cumbria

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H.J.Hall "Softop" Socks up to size 15!!

Tourism Awards gala dinner at the Castle Green Hotel was greeted with surprise and delight – not least by James, who feared his dependence on mild green Fairy liquid and the occasional Marigold had jeopardised the group's chances.

Even more rewarding to those involved is the knowledge that their heroic efforts have enabled Farfield to survive in a difficult economic climate, regain the confidence of our funders and move forward.

We can't have too much of a good thing. If you too would like to make a difference in the company of a great bunch of people phone Anne Pierson on 015396 21553 to discuss the options. You might even get to share Jim's Marigolds.



SEDBERGH BOWLING CLUB

Sedbergh held the annual Open Doubles Competition on a glorious hot sunny day. Unfortunately due to another Club deciding to hold a competition on the same day we did not have a full entry. Nevertheless we saw some excellent bowling with some very close finishes. The President, Mrs Porter, presented the prizes at the end of the competition.

For the last two years we have held taster sessions for anyone who wanted to see whether they liked the game and this resulted in a few new members. This year we have not booked any dates for these sessions but if anyone is interested they should contact the secretary Mrs Linda Killops on 015396 20279 and she will make some arrangements.



(Photo shows the winners of the Open Doubles Tony Dixon & Keith Hoggarth with the President, Mrs Porter)

SEDBERGH CHARTER FAIR

15th August

The Community Office and Chamber of Trade are collaborating on the Charter Fair this year. However, SLDC has made rather large increases in the costs of closing the

road (Main Street) and therefore we have decided to hold the Fair in Joss Lane car park, this was the original site and it was very successful there. As there will be no public parking at Joss Lane on 15th August there will be considerable room for stalls, demonstrations and entertainment. Therefore we are inviting clubs, groups, and individuals to book for a *Flea Market Car Boot Sale where we will not only provide a stall but you can book one or two or three parking spaces and make as professional stall as you wish.*

Booking at the Community Office upstairs 72 Main Street £5 per car park space, please book quickly as we expect to fill up quickly.



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CUMBRIA WILDLIFE TRUST

Our Local Reserves: Smardale Gill

This unique reserve is situated about one mile south of Kirkby Stephen and can be reached via Newbiggin or the Smardale hamlet itself. It occupies a three and a half mile section of disused railway which once ran from Tebay to Darlington. At the northern end, the reserve also includes steep wooded slopes of the gill carved by Scandale Beck whilst south of the viaduct the character changes to open rolling countryside.

Because of the abundance of flora and fauna found here, the reserve has been designated a Site of Special Scientific Interest.

Evidence of man's activities in the area, long before the coming of the railway, is abundant. The remains of a Romano-British settlement can still be seen on the lower slopes of Crosby Garrett fell. Smardale Bridge was originally built for the pack horses of the 15th century. Old charcoal pitsteads are visible testimony to managed woodland and a metal-smelting industry.

The railway was started in 1857 to transport coke from the coalfields of Durham to the furnaces of Barrow and the west coast. This route required a splendid viaduct constructed in 1860 of local sandstone and using lime mortar produced from the nearby lime-kilns. The line closed in 1962. In 1990 the Northern Viaduct Trust carried out major repairs making it safe for visitors to the reserve.

Cumbria Wildlife Trust is managing

the track-side areas where birch, willow and hazel have colonised the banks. Primroses, bluebells, ramsons and many fern species can be seen in spring in the older more diverse woodland areas which are also frequented by roe deer and red squirrels. Bird species include redstart, wood warbler and pied flycatcher in the summer with buzzard, treecreeper and sparrowhawk in evidence all year round.

The grassland areas are dominated by blue moor grass, rare elsewhere in Britain. Amongst this grows a number of herb species such as bloody cranesbill, birds foot sedge, common rockrose and wild thyme. Common spotted orchid, fly and fragrant orchids also grow on the grassy slopes of the embankments and cuttings.

The grass attracts a rare butterfly, the Scotch Argus. Its eggs are laid on the leaves of the blue moor grass, a staple food of the caterpillars. Adults can be seen flying in late July to early September. Smardale is one of just two sites in England where the butterfly occurs. Others to look out for include common blue, northern brown argus and dingy skipper. The Trust is managing the grasslands by scrub removal and light sheep grazing to maintain the rich flora and invertebrate fauna.

A wheelchair and pushchair friendly track follows the old railway track from Smardale to Newbiggin.

More information is available at the Tourist Information Centre. SG

DENT CRICKET CLUB

Dent v Bentham

Bentham batted first. First wicket in the second over - Ron Mitchell. Chris McClurg bowled 4 overs for no wickets but only giving away 1 run.

The pick of the bowlers though was Joe Clare. The 15 year old took 3 wickets for 5 runs in 3 overs. Bentham were all out for 84.

Dent came into bat and were slightly nervous after their dismal batting display the week before. But nerves were soon settled when Kevin Puncher and Chris McClurg started to build a decent opening partnership.



This was ended when McClurg edged to Slip for 18. Pete Moorby came in and hit 2 sixes and a four in getting a rapid 18 before being caught on the boundary. Kevin then fell

soon after for 9. Rob Mitchell and Xavia Baines built a good partnership and took us to 65 for 3 before Rob was Run Out after some terrible communication. This started the collapse with Burton, Dodd, Knapton, Clare and Cragg getting only 3 runs between them!! This left the final partnership. Son Xav and Dad Dave Baines. These two needed 13 runs from 12 overs. They stuck in getting singles here and there and Dave finished the game off with a delightful 4 played to Square Leg with only 8 balls remaining.

Bentham 84 all out

Dent 86 - 9

Dent Man of the Match was Chris McClurg



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FRIENDS OF FARFIELD MILL

The months of April and May have been busy for the Friends of Farfield who are pleased to announce that the Plant Sale on 17th May (and subsequent sale of 'left-over' plants) raised £510.70. Many thanks to all those Friends who prepared and donated the plants and a special thanks to the community who came and bought them. The Grand Draw took place in the sunshine outside Weavers Café at 3.30pm on Sunday 31st May and we are pleased to announce the prize winners who include both home and away supporters are

Liz Clarke

a weeks holiday at Hartsop Fold Lodges for up to 5 people

A Lister

£100 to spend at Farfield

I & P McLoughlin

a Peter Stockdale photograph

J McMurdo

a sculpture by Ruth Pavla Davey

Penny Blanch

£60 of Lakeland Vouchers

Mrs B Burton

Sunday lunch for Two at Weavers Café

Many thanks to those who donated the prizes – a total of £1,418 was raised.

MacMILLAN & AGE CONCERN

My name is Jonathan Ingram and I am involved in a new project in South Lakeland for older people who are affected by cancer.

Macmillan and Age Concern Community Solutions Project aims to link older people to services in the

community they may not know about, as well as helping to develop new ones. These services might include befriending schemes, support groups, help with chores and household jobs, activity groups and much more.

To develop the project I've worked alongside colleagues at Age Concern branches across Cumbria, Macmillan Cancer Support, NHS Cumbria and Cumbria County Council.

I'm very keen for older people to come forward with their views and ideas. I hope this will really help shape the project and give them an opportunity to have a say in what's available in their community.

To get involved or find out more please contact me at Age Concern South Lakeland on 01539 728180 (jjingram@ageconcernsl.org.uk) Jonathan Ingram, Macmillan Community Solutions Officer, Age Concern South Lakeland, 17 Finkle Street, Kendal LA9 4AB

METHODIST SENIORS

Once a month on Monday afternoons, a group of elderly residents of Sedbergh are treated to some form of entertainment in the Methodist School Room which is usually followed by a meal.

Recently, the Group were treated to a round trip taking in Hawes, Settle & Ingleton which culminated in yet another excellent meal put on by the organisers.

Members of the Group wish to thank all the organisers for all their hard work in the arranging and preparing everything for them which is greatly appreciated.

CHRISTIAN AID

in Sedbergh and District

The Christian Aid Committee want to give a big thank you to all of you who supported our events during Christian Aid Week. Once again a tremendous sum has been raised for the work of the organisation in our world's most difficult regions. The total received to date, including estimated Gift Aid, is as follows:

United Service	£140.96
Shop	£1,674.74
House to House collection	£2,840.30
Dent Coffee Morning	£152.10

A special thanks to all who helped all the activities to go so well and to those who gave.

SEDBERGH WANDERERS FOOTBALL CLUB

On Friday 29th May the Football club held its annual presentation night at the Longlands Hotel, Carnforth where the following trophies were awarded:-

Special Loyalty Awards to celebrate 25 Years Service with Sedbergh Wanderers Football Club went to Tom Moffat and Spinner.

1st Team

Players Player	Rob Close
Managers Player	Shaun Gardner
Most Improved Plyr	Luke Packham
Top Goalscorer	Shaun Gardner

2nd Team

Players Player	Ed Waller
2 Managers Player	Frame
	Steve Cayley
Most Improved Plyr	Stue Mason
Young Player	Scott Lowther
Top Goalscorer	Brad Dalzell

This was followed by the Football

AGM in the White Hart Club on Friday 5th June where the following officers were nominated for the coming season:-

<i>President</i>	Jim Hoggarth
<i>Chairman</i>	Ed Waller
<i>Secretary</i>	Caspa
<i>Treasurer</i>	Luke Packham
<i>1st Team Manager</i>	Dan Mase
<i>2nd Team Manager</i>	Caspa

LOCAL RESULT IN THE EUROPEAN ELECTIONS

People have been asking what the results locally were for the European elections. These are counted by local authority areas and then added in to the overall North West Region total.

The South Lakeland result was:

Liberal Democrat	36.8%
Conservative	30.5%
UKIP	11.2%
Greens	6.9%
Labour	5.7%
BNP	3.2%

SEDBERGH & DISTRICT HISTORY SOCIETY

The Society has in its Archives previous copies of *The Lookaround* but there are a few gaps which need filling. Although I have every issue from Number one which appeared in March 1986, I do not have any duplicates for the History Society.

If any reader has any of the following issues which they are willing to present to the History Society, they would be very grateful.

Numbers 1 to 15, 189, 191, 196, 198 to 206, 208 to 211 and 218.

D J Whicker

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BUNGEE JUMPING COMES TO SEDBERGH?

Quite a few folk have asked me about staging a Bungee Jumping Weekend in Sedbergh, and would it be possible.

Well, I have contacted the UK Bungee Club in Yorkshire who we did our last jumps with at the Plough Inn, Lupton.

UK Bungee will come to Sedbergh early next year for a weekend event, a date to be decided, but only if we get a minimum of 50 jumpers at £50 a jump.

UK Bungee want £500 deposit so if we get 50 people giving me names and a £10 deposit before 15th August

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2009 I will book the event.

Obviously we will pack the town out because they are a massive crowd pulling event. Plenty of people will jump on the day but we need 50 people paying £10 now, to get things started, the remaining £40 to be paid on the day.

Caspa

PHOTO CALL

I had not even bought my copy of June's Lookaround when a telephone call provided the name of the church featured in it. I now know it is St Peter's at Heysham. I didn't take the call personally and did not get the name or location of the gentleman who kindly phoned with the information but my grateful thanks go to him.



This month is another building, an old farmhouse possibly in the Garsdale area and again from Freda Trott's collection. The name of the family would be a bonus but I am primarily interested in knowing the name of the house.

I can be reached as usual by post:- Shirley Tebay, Walnut Bungalow, Dent, Sedbergh, LA105QT. By phone on (015396) 25001 or by email shirley.tebay@btinternet.com

SLOVENE LANGUAGE CLASSES

Classes in the Slovene language have been continuing through the summer at Farfield helped by the arrival of the Slovene choir at the end of April which gave us all plenty of opportunities to practice. Our learning is mostly hampered by the absence of a Slovene native speaker. So to remedy this we have invited Darja Mihelj, a teacher from Slovenia, to come and help us answer many of our questions about the language and to help us improve our grammar, pronunciation and learning. She will be giving us a weekend course with a complete beginners class on Friday July 10, followed by other classes throughout the weekend. If you would like to join us please ring David Burbidge on 015396.21166. The Slovenian embassy very kindly passed on our details to other Slovenians living in England - and several of them are encouraging their English partners to visit Sedbergh to learn - or improve - Slovenian.

David Burbidge

COMMUNITY OFFICER REPORT

Over the past month much of the attention locally has been focused on the influx of the travelling community on their way to and from Appleby Horse Fair. The Police have received a large number of calls for service as a result of this, a large proportion of these calls have been regarding Highway Obstruction. There has already been a meeting of The Travelling and Settled Community Respect Group on 22nd June. There

will be further meetings which are open to the public, dates and venues will be advertised, the meetings will give locals the opportunity to discuss problems they have experienced and to look at possible improvements which could be implemented next year.

In addition to this there has been 2 incidents of theft of fuel from commercial vehicles, 2 arrests have been made in relation to one of these incidents. There has been one incident of theft from a commercial premises in the town. There has also been incidents of damage to parked vehicles, so please ensure that valuables are not left on display in vehicles and ensure vehicles are not left insecure.

Myself and Pc Orr are currently setting up the new Snowball system with the support of the Chamber of Trade. We are setting up a message system which will send a voice message to the shops. This will be activated by a text message from a central contact. This will enable any messages to be circulated as quickly as possible.

Well done to the final 11 students from Sedbergh primary School who have successfully completed their Cycling Proficiency.

The drop ins for this month will be on the usual dates – Sedbergh Library Monday 27th July 17:30-19:00 and Dent Stores Tuesday 7th July 10:00-12:00.

Karen Dakin CSO 5206 Tel 0845 33 00 247. E mail Karen.dakin@cumbria.police.uk

SEDBERGH SCHOOL

Hinton's Record Run

17 year old Sedbergh Schoolboy, Tom Hinton (SH), not only completed a marathon fell run on Friday, he did so in what is believed to be a record time by a school boy: he took just 6 hours and 44 minutes from the top of Wandale to the summit of Winder. The 28 mile course, designed by Alan Evans in 1985, incorporates all 31 peaks higher than 1500 feet in the Howgill Fells/Brant Fell, which represent a combined climb of 10,000 feet.

The course record is 4 hours and 49 minutes, which is held by senior, Hugh Symonds, a teacher at Sedbergh School. The previous

record time for a schoolboy is believed to have been 8 hours and 6 minutes, which was achieved by Simon Madge in 1990, the Captain of running at Sedbergh School, followed by Andrew Brown, who completed the run in a similar time in 1991.

Known fondly as 'Ears', Tom raised money for the Air Ambulance service. Anyone still wishing to contribute to this worthy cause can do so via the School Foundation's website: www.sedberghschoolfoundation.org

Tom is from Kirkby Fleetham, Yorkshire. He adds this latest achievement to his Wilson Run win earlier this year, along with numerous other running successes.

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arts & heritage

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All you need for a great day out this summer!

Exhibitions

Wild by local artists inspired by nature (till 12 July)

21 Vessels Plus by Cheshire Textiles, incl. 21 new 'vessels' made specially (from 4 July)

Connecting the Threads Framed and hanging textile pieces by Maggie Ayres (from 18 July)

Shopping

The perfect place for that special 'one-off' gift – discover new work by existing and new artists...

Weavers Café, open from 10am

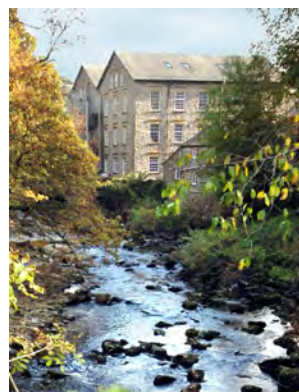
Why not call in for daily lunchtime specials or delicious home-made cakes and scones? Plus Sunday Lunch every Sunday, 12-3 (booking on **015396 21159**) – bring your own wine!

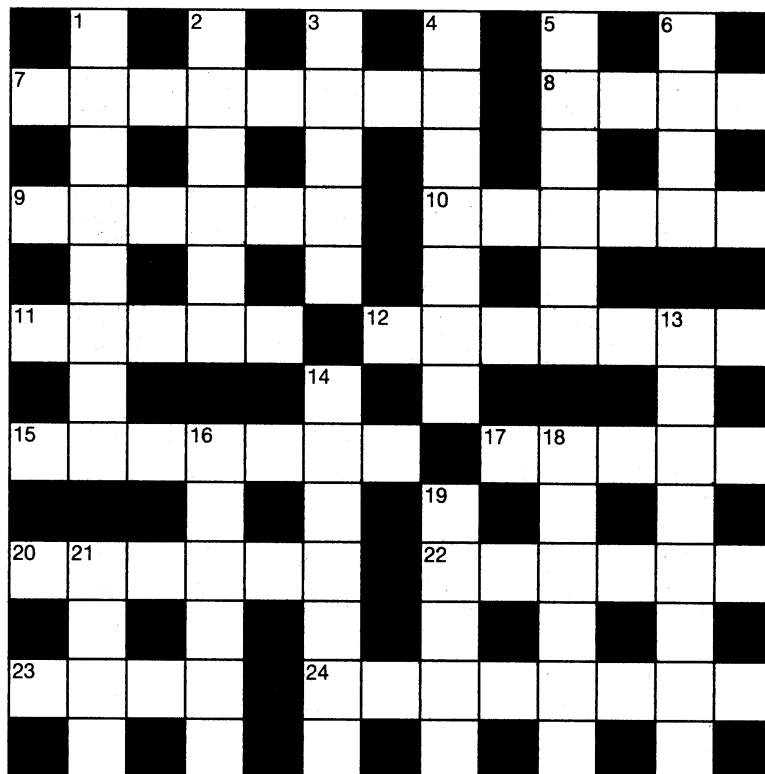
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ACROSS

- 7 Tirade (8)
- 8 Nothing in Yorkshire! (4)
- 9 Builder's tool (6)
- 10 Santa's transport (6)
- 11 Swallow (a liquid) (5)
- 12 Earthenware items (7)
- 15 Breed of dog (7)
- 17 Sign of the zodiac (5)
- 20 Assistant (6)
- 22 Public-address system (6)
- 23 Genuine (4)
- 24 Foolish talk (8)

DOWN

- 1 Bobby pin (8)
- 2 Country, formerly Formosa (6)
- 3 Nimble (5)
- 4 Emotional strain (7)
- 5 Fly, eg (6)
- 6 Tree growth (4)
- 13 Sectional (8)
- 14 Row of houses (7)
- 16 Third largest Italian city (6)
- 18 Set fire to (6)
- 19 Take away without permission (5)
- 21 Make money (4)

BUS SERVICES

Sedbergh to Kendal via Oxenholme					Blackhall Road, Kendal to Sedbergh via Oxenholme				
Monday to Friday					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	❖
Saturday Only					Saturday Only				
1005		564	S	❖	1050		564	S	❖
1050		564A	A8	❖	1410		564	S	❖
1300		564	S	❖	1425		564A	A8	❖
1550		564	S	❖	1625		564	S	❖
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
Monday to Saturday					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)

ORGANISATION	Update	CONTACT	Tel:	015396
Allotments Association (Sedbergh) *	02/09	Mr Atkins	Sed:	20031
Angling Association		Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Dent)		Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	10/08	Mr Wheatley	07816	437500
Beekeepers Association (S & D)		Mrs Whitton	015242	72004
Birdwatching *	02/09	Mr Foott	Dent:	25453
Book Group		Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)		Mr Killops	Sed:	20279
Bridge Club		Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
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	10/08	Mrs Corpe	Dent:	25594
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	12/08	Mrs O'Neill	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) *	06/09	Mr Kirby	Sed:	21214
Gala Group	10/08	Mrs Goad	Sed:	20402
Garsdale Village Hall		Mrs Scarr	Sed:	20502
Garsdale Ladies Group	09/08	Mrs Ramsbottom	Sed:	21013
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions (Dent)		Mrs Woof	Dent:	25275
Help Tibet Northern Branch		Mrs Howarth	Sed:	20090
History Society		Mr Cann	Sed:	20771
Howgill's Harmony		Mr Burbidge	Sed:	21166
Howgill Schoolroom		Mrs Stainton	Sed:	20665

Howgill Toddlers		Mrs Alderson	Sed:	22050
Kent Lune Trefoil Guild		Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Mr Ripley	Sed:	21101
Ladies National Farmers Union		Mrs Escholme	Sed:	20376
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Methodist Church Hall		Mrs Jackson	Sed:	20530
Playgroup (Sedbergh)		Mrs Gunning	Sed:	20226
Over 60's (Dent) *	02/09	Mrs Burrow	Dent:	25203
Parent Support Group		Mrs Goad	Sed:	20402
Parish Council (Dent)	09/08	Mr Cairns	Dent:	25655
Parish Council (Garsdale)		Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	10/08	Mr Robertshaw	01539	730597
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
Red Squirrel Group (Sedbergh) *	02/09	Mrs Foott	Dent:	25453
Residents Association (S & D)		Mrs Capstick	Sed:	20816
Scouts		Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.		Mrs Storey	Sed:	21593
South Lakeland Carers Association		Mrs Woof	Dent:	25212
South Lakeland Society for the Blind		Mr Axford	Sed:	21019
Squash Club		Mrs Cooling	Sed:	20622
Slimming Club		Mrs Uttley	01539	722568
Swimming Club		Mrs Thexton	Sed:	20574
Tennis Club		Mr Robinson	Sed:	21014
Town Band		Mrs Waters	Sed:	20457
Toy Library *	06/09	Mrs Roberts	Sed:	21355
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 (Barbon)				
Women's Institute (Dentdale)		Mrs Sugden	Dent:	25303
Women's Institute (Frostrow)	12/08	Mrs Petyt	Sed:	21574
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 *	03/09	Mrs Woof	Sed:	21644

* = Latest Amendment



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2009/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs K Milburn	High Roans, Guldrey Lane, Sedbergh (2009/08) <i>2T (ES) VISIT BRITAIN 4* - CH, L, TV, TVL, P, NS, VB, CW</i> www.highroans.co.uk e-mail enquiries@ highroans.co.uk	21440
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2010/05) <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (2009/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- antique.thurlby@amserve.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2010/02) <i>1D (ES); 1T(F(ES)); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2009/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2009/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2009/11) <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 (2009/09) <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447

CAMPING, CARAVANNING & SELF-CATERING

Waterside Farm Caravan, Firbank, Sedbergh (2009/09)	20616
<i>4 Berth; H&C Shower; WC</i>	
Miss J Davidson	015242 42478
<i>Bideber Mill Cottage, West House, Ingleton (2009/10) Sleeps 2; ES; CH; L; TVL; P; NS; NP; DR</i>	
Sycamore Cottage, Lunds, Sedbergh (2009/09)	01969 667356
<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	
Borrett Barn Flat, Marthwaite, Sedbergh (2009/07)	21175
<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	
Borrett Barn Caravan, Marthwaite, Sedbergh (2009/07)	21175
<i>4 Berth; H+C Shower; WC; TV; NS</i>	

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

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:

Tony Reed Screen 21081 & 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 Marsden 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

*Enquiries for the following services,
please ring the relevant telephone number*

CHURCH OF ENGLAND

Firbank; Howgill & Killington
Cautley & Garsdale

Canon A W Fell Tel: 20283

Church Wardens:

Cautley: Judith Bush 20058 & Linda Hopkins 21455
Garsdale: Mary Grant 20573 & Bill Mawdsley 20723
Dent & Cowgill

Rev. P Boyles Tel: 25226

METHODIST CHURCH

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

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

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



Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£1.50
Postal Overseas	=	£2.50

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

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

Articles etc. by 19th of every month
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 5th April 2010

<i>"Lookaround Diary" What's missing?</i>		U R	19 1030 Christian Worship	PH
Entries marked (*) see Advert in previous Lookaround.			19 1400 Dentdale Cricket Club v Barrow Nomads	Dent
JULY				
1	SS Term Ends		21 1000 Funsports (21)	PH
1	1000 Coffee Morning URC	URCR	21 1400 Dry Stone Walling	DCMH
1	1000 Wild (83) (till 12/07)	FM	22 1000 Coffee Morning Network	URCR
1	1000 Brigantia in the Dales (till 12th)	DCMH	22 1000 Funsports (21)	PH
1	1400 CWT Walk in Dent	DCP	22 1400 Discover & Do for Kids	DCMH
1	1930 WIF Thandi Friends Project	PH	23 tba WIK Outing to Constable Burton Hall	
2	1930 WIH Local Food Traditions	HVH	23 1000 MacMillan Cancer Support	ACFSK
3	1930 Sedbergh Wanderers Junior Disco (*)	PH	23 1000 Funsports (21)	PH
4	1000 Sedbergh Wanderers Coffee Morning (*)	PH	23 1230 Red Squirrel Conservation	DCMH
4	1000 21 Vessels Plus (83)	FM	23 1400 CWT Walk the River Clough	Langstone Fell
4	1300 Sedbergh Wanderers Sports Day (*)	PH	24 1900 Gardeners Question Time (24)	DMH
4	1330 Grisedale walk + tea	HJC	25 1230 Ravenstonedale Proms (25)	BSR
4	2000 Sed Wanderers Abba Tribute Band (*)	PH	26 1030 Pathfinder Map Reading	DCMH
5	0900 Sedbergh Wanderers Car Boot Sale (*)	PH	26 1100 Pegloom Demonstration	DCMH
5	1030 Greater than Gold (1)	StAS	26 1200 Parish BBQ (26)	The Vicarage
5	1300 Sedbergh Wanderers Half Marathon (*)	PH	26 1400 Dentdale Cricket Club v Sheeptown Cavs	Dent
5	1400 Dentdale Cricket Club 5-a-side	Dent	27 1000 Showstoppers (27) (till 01/08)	PH
5	1530 Songs of Praise	HJC	29 1000 Coffee Morning Alzheimer's	URCR
7	1400 Spinning & Rugmaking	DCMH	29 1400 Discover & Do for Kids	DCMH
7	1930 WIB Garden Party	BVH	30 1930 Sedbergh Parish Council	PH
7	2000 Zrece Town Band (1)	SSPH	31 1900 Duophonic (31)	Duo
AUGUST				
8	1000 Coffee Morning WIH	URCR	1 1000 Day Walk	GVH
8	1330 HS Exploring Ravenstonedale (8)	LHCP	1 1000 Summer Exhibition (till 3/9)	DCMH
8	1915 WID 3 of a Kind Open Meeting (8)	DMH	1 1400 Extension opening	HJC
8 - 12	Festival of Ideas	Sedbergh	1 1900 Harry Allen's videos	HJC
11	Sedbergh Garden Trail	Cancelled	2 1400 Hawes Band + Tea	HJC
11	1000 Coffee & Concert (11)	URCR	2 1400 Open Garden (A)	WHKL
11	1000 Sedbergh Playgroup Table Top Sale	PH	4 1930 WIB Bath House Products	BVH
12	1400 Dentdale Cricket Club v A. Hutton	Dent	5 1000 Coffee Morning Howgill Church	URCR
13	1830 Settlebeck Summer Fete	SHS	5 1930 WIF Dance Exercise	PH
14	1000 Benefits Advice	CO	6 1930 WIH Folk Songs	FCH
14	tba Garden Party	High Becks	12 1000 Coffee Morning Sed Methodists	URCR
15	1000 Coffee Morning British Legion (15)	URCR	12 tba WID Summer Outing	tba
15	1900 Town Band AGM	SS Band Rm	15 1000 Charter Market	Sedbergh
17	1400 Strawberry Tea & Auction (17)	DMH	15 Flower Show	BVH
17	1800 Evening Walk	GVH	16 1400 Dentdale Cricket Club v Hawes	Dent
17	1930 Village Voices (18)	PH	18 1000 Funsports (21)	PH
17	1930 Annual Gift Day	DCMH	19 1000 Coffee Morning NW Cancer	URCR
18	1000 Summer Exhibition (till 3/9)	DCMH	19 1000 Funsports (21)	PH
18	1000 Connecting the Threads (83)	FM	20 1000 Funsports (21)	PH
18	1930 Village Voices (18)	PH	23 1000 James Bond 007 Theme Day	Wigton
19	1000 Quilting & Patchmaking	DCMH	23 1030 Christian Worship	PH

*The S & D Lookaround is edited, published & distributed monthly by
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*The content of The Lookaround in no way reflects the views of the Editors.
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.*

*Copies available from Sedbergh Office Services, Sedbergh Tourist Office, Nisa, Ellies
Sleepy Elephant, Post Office, Farfield Mill, Dent Stores & Meadowside Cafe*

23	1400	Dentdale Cricket Club v Kendal Cavs	Dent			
26	1000	Coffee Morning Beekeepers	URCR			
26	1930	Sedbergh Parish Council	PH			
28		Dentdale Show	Dent			
29 - 31		Flower Festival	StAS			
29		Dentdale Show	Dent			
29	1330	Lunds Walk + Tea	HJC			
30		Dentdale Show	Dent			
31		August Bank Holiday				
31	1100	Dent Gala	Dent			
SEPTEMBER						
1	1000	Summer Exhibition (till 3rd)	DCMH			
2	1000	Coffee Morning GVH	URCR			
2	1930	WIF Making Gift Boxes & Tags	PH			
3	1930	WIH Marzipan Fruits	HVH			
8	1930	WIB Joyce Grenfell	BVH			
8	1400	WIK Mountain Rescue Dogs	PH			
9		SS Term Starts				
9	1000	Coffee Morning Dent Foot Chapel	URCR			
9	1915	WID Lakeland Farmhouse	DMH			
10	1800	Enrolment Evening	CDC			
12	1000	Sedbergh Town Band 'Blow In'	URC			
15	1000	Benefits Advice	CO			
16	1000	Coffee Morning StAS Mission	URCR			
19	1930	Race Night	GVH			
20	1030	Christian Worship	PH			
22	1930	LNFU AGM	PH			
23	1000	Coffee Morning Sunday Club	URCR			
24	1930	Sedbergh Parish Council	PH			
26	1930	Gunnerside Choir	HJC			
26	2000	Old Tyme Dances	PH			
30	1000	Coffee Morning A&LP Lookaround	URCR			
OCTOBER						
1	1930	WIH AGM	FCH			
6	1930	WIB Church Mouse Cheese	BVH			
7	1000	Coffee Morning Barnardo's	URCR			
7	1930	WIF Abbeys & Priors in the NW	PH			
13	1000	Benefits Advice	CO			
13	1400	WIK Sewers	PH			
14	1000	Coffee Morning Sed Town Band	URCR			
14	1915	WID Jewellery Making	DMH			
18	1030	Christian Worship	PH			
19	1930	Beetle Drive	GVH			
21	1000	Coffee Morning Badminton	URCR			
23		SS Half Term Starts				
28	1000	Coffee Morning Garsdale Church	URCR			
28	1930	Sedbergh Parish Council	PH			
30	1930	Domino Drive	HVH			
NOVEMBER						
3		SS Half Term Ends				
3	1930	WIB Annual Meeting	BVH			
4	1000	Coffee Morning Firbank Church	URCR			
4	1930	WIF AGM & Jacobs Join Social	PH			
5	1930	WIH District Councillor	HVH			
6	1800	Garsdale Bonfire & Fireworks	GVH			
8	1030	Remembrance Sunday	StAS			
10	1000	Benefits Advice	CO			
10	1400	WIK AGM + Jackie Huck	PH			
				DIARY KEY		
				ACFSK	= Age Concern, Finkle St, Kendal	
				BF	= Brigflatts	
				BSR	= Black Swan, Ravenstonedale	
				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	
				FCH	= Firbank Church Hall	
				FM	= Farfield Mill	
				GVH	= Garsdale Village Hall	
				HJC	= Hawes Junction Chapel	
				HS	= History Society	
				HVH	= Howgill Village Hall	
				JLCP	= Joss Lane Car Park	
				KL	= Kirkby Lonsdale	
				KVH	= Killington Village Hall	
				LHCP	= Loftus Hill Car Park	
				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	= Sedbergh School	
				STO	= Sedbergh Tourist Office, Main Street	
				URCR	= United Reformed Church Rooms	
				WHKL	= Whittington Hall, Kirkby Lonsdale	
				WIB	= Women's Institute, Barbon	
				WID	= Women's Institute, Dentdale	
				WIF	= Women's Institute, Frostrow	
				WIH	= Women's Institute, Howgill	
				WIK	= Women's Institute, Killington	
Regular Meetings						
				Howgill Toddlers	1315 Every Monday	HVH
				Dent Parish Council	1930 1st Monday	DMH
				T'ai Chi	1930 Every Tuesday	URCR
				SL Carers Association	1400 1st Tuesday	PH
				Killington WI	1400 2nd Tuesday	PH
				SLS Blind Group	1400 3rd Tuesday	PH
				Ladies NFU	1930 3rd Tuesday	PH
				Coffee Morning	1000 Every Wednesday	URCR
				Zebras	1315 Every Wednesday	SMCR
				Sedbergh Juniors	1730 Every Wednesday	PH
				Sedbergh Seniors	1930 Every Wednesday	PH
				Frostrow WI	1930 1st Wednesday	PH
				History Society	1930 1st & 3rd Wednesday	SHS
				Dentdale WI	1915 2nd Wednesday	DMH
				Howgill WI	1930 1st Thursday	FCH
				Child Health/Baby Cl	1400 1st & 3rd Thurs	PH
				Toy Library	1430 1st & 3rd Thursday	PH
				Sed. Parish Council	1930 Last Thursday	PH
				Monkey House Café	1930 Every Friday	Library

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218

Repeat Prescription ☎ 015396 20239

Out of Hours ☎ 01539 781999

Bay Call ☎ 0845 0524 999

Monday	0830 - 1030 O	1500 - 1800 B
	0830 - 1015 L*	1500 - 1800 *
		1830 - 2030 W*
	1130 - 1215 Dent Surgery	
Tuesday	0830 - 1030 O	1430 - 1730 H*
	1045 - 1230 H*	1830 - 2030 W*
Wednesday	0830 - 1030 O	1430 - 1730 P*
	1045 - 1230 P*	1500 - 1800 L*
Thursday	0830 - 1030 O	1400 - 1700 H*
	1045 - 1230 L*	1430 - 1730 P*
Friday	0830 - 1030 O	1430 - 1730 L*
	1045 - 1230 L*	1430 - 1730 P*

L = Dr Lumb

H = Dr Hunt

P = Nurse Pilling

O = Open Surgery

* = Appointment Only

B = Book on Day

W = Workers Surgery

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

*Early Bird Surgery available,
please ask at Reception*

Practice Nurses

Monday	0845 - 1300 C	1400 - 1730 C
	0840 - 1200 LB	1400 - 1630 E
Tuesday	0845 - 1300 C	1400 - 1730 C
Wednesday	0830 - 1300 B	1400 - 1730 B
	0840 - 1200 L	
Thursday	0830 - 1300 B	1400 - 1730 B
		1400 - 1730 C
Friday	0845 - 1300 C	1400 - 1730 C

B = Joanne Batty

C = Anne Crome

L = Kay Lumb LB = Bloods

E = ECG Clinic

District Nurse

☎ 015396 21690

Health Visitor

☎ 015396 20979

A Collinge Optometrist

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

DENTAL SURGERY

Finkle Street ☎ 20626

Mr I R Dawson, Ms G Turner & Mr B Houghton

Monday to Thursday 0900 - 1700

Friday 0830 - 1500

LIBRARY Main Street ☎ 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

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 & Loftus Hill Car Park, Sedbergh

Main Street, Dent

VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

Monday to Friday 1400 - 1430 *

Mon, Wed & Fri 1900 - 1930 *

Saturday 1330 - 1400 *

Sunday *

* = *By Appointment Only*

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY