

Sedbergh & District
LOOKAROUND

May 2011

Issue 288

Donation £1

By the time you read this, there will have been a very busy end of April with Easter Weekend followed by the Wedding of Prince William and Kate Middleton. I am sure that all the readers wish to join us in wishing them every happiness and health for

the future with good wishes to their respective families too.

Thank you to everyone that got their articles and adverts in on time for this month as well, it was of great assistance.

Dennis & Jacky Whicker

farfieldmill
arts & heritage centre, sedbergh

AUCTION & TABLE TOP SALE
Saturday, 7 May 11.00am
People's Hall, Sedbergh
Viewing and table top sale starts 11.00am
AUCTION 1.00pm
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many quality new & nearly new items including:

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HISTORY SOCIETY

Wednesday 11th May

**HOLME
THROUGH
HISTORY**

a conducted tour of the village.

Meet in Loftus Hill Car Park
at 1:30pm or

Lime Tree Stores, Holme LA6 1PS
opposite the Church
where there is parking at 2pm

If you would like a lift to any event, please ring a member of the Committee. We usually meet in Loftus Hill Car Park and arrange to share transport if possible.

Please note that dogs are no longer allowed on Outings.

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

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

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

e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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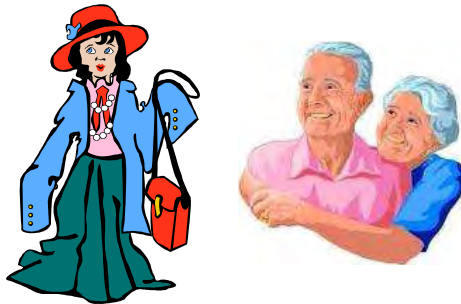
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MAY BIRTHDAYS

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 recipients this month :-
Bethany & Megan Handley who are 11 years old on 22nd May.

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	Oliver WOOF	4
5	Max TOWNLEY	1
8	Mason MORA	5
8	William DAWSON	3
9	Amber WOOF	5
11	Zoe ALDERSON	8
12	Aidan WILLIAMSON	5
13	Solomon JAMES	3
13	Ruben SWALLOW	9
14	Bethany BECK	7
15	Elsie WOOF	1
19	Isabel MOFFAT	5
20	Ted HODGSON	7
22	Paris HEYWOOD-DAWKINS	9
22	Bethany HANDLEY	11
22	Megan HANDLEY	11
23	James MOFFAT	3
25	Bobbi-Mae KIRBY	6
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PERSONAL & SMALL ADS £1

AMSDEN

Alwynne Amsden died suddenly on March 6th, after a fall, aged 80. She was a founder member of the Sedbergh & District History Society and dedicated much of her time to researching the history of Killington, Sedbergh and Dent. She will be much missed by her family and by the folk of Sedbergh and particularly in recent years by those who visited the town library, who will remember her cheerful face and her kindness.

BAIN

Jean & Les would like to thank everyone for the flowers, plants, cards & phone calls on Jeans recent eye operation.

BATEMAN

Pauline wishes to thank everybody who attended her **50th Birthday Party** and donated money for her two charities. Over £600 was raised and divided between McMillan Nurses and the Rosemere Cancer Foundation.

GLADSTONE

Mary would like to thank all those who have looked after me so well since my knee operation, for all your prayers, cards, visits, meals, lifts, ironing ... I am truly grateful for all the support I have been given, and I hope to be out and again soon.

GORDON

To Eleanor, a very dear Wife, Mam, Nana and Great Nana wishing you a very happy 94th Birthday on 6th May 2011. With lots of love from all your family. XX

POSTLETHWAITE



Happy **40th Birthday** Janet on 20th May 2011. Hope your day is as special as you are. Love and Best Wishes from Mum & Dad.

POSTLETHWAITE

Special **40th Birthday** wishes Janet on 20th May. Love Linda, Wayne & Puppy Lucy.

POSTLETHWAITE

Happy **40th Birthday** Janet on 20th May. Love from Nanna Scarr & Gran Todd.

TOWNLEY

Happy **First Birthday** Max on 5th May 2011. Lots of love from Gran, Grandad, Aunty Sally, Uncle Craig, Aunty Karen & Uncle Craig.

PERSONAL & SMALL ADS £1

TOWNLEY

Happy **First Birthday** Max from Mum & Dad, Aunty Jane, Uncle Christy & Uncle Tony.

TOWNLEY

A very Happy **First Birthday** Max with lots of love from Great Granma and Grandad.

WILSON

Sylvia would like to thank everyone for their Prayers, Cards, Flowers and every kindness shown since her operation. They have all been much appreciated.

FOR SALE

Extractor Fan suitable for wall or window. Overall size 13½" square with 9" blade. Still in box. Was £148, now £75. Tel: 21309.

FOR SALE

Kindling Sticks £3.00 per Bag (Farm Feed Size) Free delivery in and around Dent/Sedbergh Tel: 015396 25004.

FOR SALE

Lowe-Pro Rucksack/photographic case, absolutely as new condition & excellent value at £18, less than half price new. Tel: 015396 20869.

WANTED

Exercise Bike to aid knee recovery. Please Tel: 015396 22505.

FREE TO A GOOD HOME

Large folding table 60" x 30, metal frame and formica-type top; Dyson DC04 Upright Constant Max Commercial Vacuum Cleaner with some attachments; External moulded wooden door 189cm x 77.5cm x 4.5 cm; Briggs & Stratton Petrol Mower Rover XM55; Ochiai E-6B Petrol Hedge Trimmer - needs some tlc; Assorted new aerial cable. Donations to Charity appreciated. Tel: 20280 or 21777.

WANTED

House to rent. 3/4 Bedroom detached house with garden/land in the area. Please call Gemma Higginbotham on 25130 or 07791 962394.

FOUND

Pair of Reading Glasses on Main Street on 20th April at the Ticket Stall. Please contact Rachel on 21699.



BARREL OF FUN
YOUTH THEATRE

Macbeth

7:15pm

Wednesday 4th May

People's Hall

Free Entry but donations to
The People's Hall Fund



100 YEARS OF McMILLAN

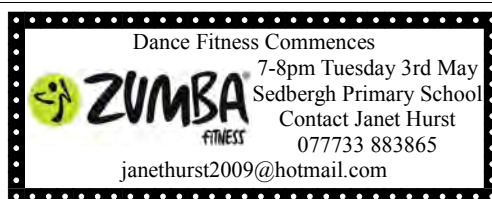
In 1911, a young man named Douglas MacMillan watched his father die of cancer. His father's pain and suffering moved Douglas so much that he founded the 'Society for the Prevention and Relief of Cancer'.

Douglas wanted advice and information to be provided to all people with cancer, homes for patients at low or no cost, and voluntary nurses to attend to patients in their own homes. Today much of Douglas' legacy lives on. Macmillan are still a source of support for people living with cancer today and they are a force for improving cancer care.

Macmillan Cancer Support aim to improve the lives of everyone affected by cancer in the following ways:-

- Funding health and social care professionals, from nurses to occupational therapists.
- Information centres, where you can pick up high-quality cancer information and talk through any concerns with the staff. Locally there is a drop in centre for anyone 50+ at Age Concern, Finkle Street, Kendal and information leaflets are available to local Health Centres.
- Benefits service offering financial advice and support.
- Website - macmillan.org.uk
- Macmillan Support Line (0808 808 00 00)

The local fundraising committee for Sedbergh, Dent and Kirkby Lonsdale have been very well supported by the local community over the years. We



have had many memorable and successful fundraising events over the years such as a Wine and Cheese evening at Thorns Hall, Come Dine With Us at Barbon Village Hall and the Biggest Coffee Mornings held every year at Kirkby Lonsdale.

For this very special centenary year the committee will be holding a promise auction on Friday 1st July 2011 entitled Tots of fun for Macmillan'. Country Harvest at Ingleton have kindly offered to host the evening for us and are also providing refreshments, an Auctioneer and many of the promises. There is a very varied list of exciting promise from balloon rides to loads of logs and a session with a potter at Greenlands Farm. The auction should be a memorable and entertaining evening at this lovely setting and we hope it will be well supported by the local community. Promise lists can be posted or e-mailed to anyone one who is unable to attend the auction but would possibly like to make a bid for one of the promises. Tickets and Promise Lists available from Ann Bannister 015396 21664 or Gil Kay 015242 71481.

*Ann Bannister, Secretary,
Sedbergh Dent and Kirkby Lonsdale,
Macmillan Cancer Support Group*

COUNCILLORS CORNER

On the 24th March I attended a meeting of the Local Area Partnership at Barbon. As ever the meeting was a good one and as usual it provided an excellent opportunity for Parish, District and County Councillors and YDNPA members supported by officers to be present in the same room to discuss current issues of interest to all the Parishes contained in the LAP area. In the case of the Sedbergh and Kirkby Lonsdale LAP this means the eight parishes of the District Council ward plus Firbank and Killington. Because the County Council are in the process of reducing its expenditure because of the constraints imposed by central government cut backs this will inevitably lead to a lessening of the resources both financially and in manpower terms that the County will be able to provide to the LAP. This is unfortunate at a time when the LAP is just beginning to develop its effectiveness in dealing with shared issues at a very local level.

Another of these shared local issues is the Appleby Horse Fair which affects a significant number of local parishes but particularly Kirkby, Casterton, Barbon and Sedbergh. The latest meeting of the Travellers and Settled Community Group (now a committee of the LAP) was held on the 5th April and was essentially designed to put the finishing touches to the planning for this year's event. Plans are basically the same as for last year with a few tweaks learned from experience during the 2010 Fair.

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To a large extent there will continue to be zero tolerance for breaches of the criminal law with nevertheless a growing understanding that the event will only pass off peacefully if the co-operation of Travellers is obtained by keeping them fully informed of the situation on the ground which in most years changes quite rapidly from day to day. This means an increasing use of The Travellers Times as a forum for communicating information as well as a growing use of social media such as Facebook and Twitter which is proving very effective for this purpose. There was a drop-in session for members of the public wanting to know more about this year's plans at Sedbergh on the 11th April. From one point of view the public attendance for this was very low (compared to last year which attracted a packed house) but from another perspective this probably indicated that residents were so satisfied with last year's efforts to deal with the local consequences of the Fair that they didn't feel it necessary to turn out in large numbers to this year's drop-in.

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Keeping all parties fully informed is the key to the whole operation and this, I hope, we shall continue to do this year both before and during the Fair itself.

There was, however, a packed Memorial Hall at Dent on the 4th April when a large number of number of local residents turned out for the Annual Parish Meeting. This is the closest we get to direct democracy in the country and I was delighted that there was such a high turn out. The Parish Council presented a very full and clear Report of its activities this year, which were remarkably many and varied, and this was followed by two challenging talks on the present state of NHS reforms given by the Practice Manager at Hawes and by our own Dr. Lumb. The presentations provided much food for thought and it is clear that in Cumbria we are considerably in advance of other Health Districts when it comes to planning the way ahead for the commissioning of services by the proposed new GP lead consortia. It was a measure of how concerned people are by the proposed reforms

that there were many questions asked after the close of the presentations. One piece of very good news is that the new Sedbergh Health Centre is likely to be up and running by the beginning of next year.

With warmer days and the approach of Easter thoughts start to turn again to the influx of tourists over the Summer months. I chaired a meeting of the Sedbergh & District Tourism Initiative on the 22nd March and we invited along David Collier as local Broadband Pioneer to give us an update on the progress of the proposal to bring Superfast Broadband to our area. We also invited him to help us to prepare a tourist strategy acknowledging the increasing presence of technology in our lives and this he kindly agreed to do.

Finally on a lighter note I attended the annual Spring Show on the 2nd April and was once again amazed by the high standard of the exhibits and the amount of energy and work put into it by the organisers and exhibitors. We must never forget how fortunate we are to live in such a vibrant community as ours – one which was putting into effect the Big Society long before it was thought about by national government!

Don't forget that Peter Woof and I may be contacted at any time on:
 Peter Woof : e-mail
 peterwoof@hotmail.co.uk Tel. 015396 20857
 Ian McPherson: e-mail
 ianmcperson24@hotmail.com Tel. 015396 20648.

COUNCILLORS CORNER

LIBRARIES CONSULTATION: In my February article I referred to the future of libraries in Cumbria. Although I thought I was only stating the self-evident that earned me a stern rebuke from on high. I had inadvertently pre-empted an intended public consultation of which I was unaware. Therefore, I report that the first stage of a two part consultation on the Library service in Cumbria is now beginning. Details are available at Sedbergh Library and on the county website. I will say no more, lest I be accused of interfering further.

FORESTRY ROUTES: Another consultation concerns forestry routes in Cumbria. Initially I was interested because of the problems caused by forestry lorries on the small lanes to the north of Kirkby Lonsdale. However, forestry routes also affect Garsdale and Dent. I received confirmation today that the closing date offered on the county website, May 4 is for guidance only. This will eventually come before the South Lakeland county local committee. But, it would be helpful if all affected parishes consider the issue as soon as convenient. If you wish to respond as an individual it would help if you sent me a copy of your submission.

APPLEBY NEW FAIR: As chairman of the Gypsies and Travellers' Respect Group I represented you at a meeting organised by the Sedbergh and Kirkby Lonsdale LAP on behalf of Cumbria Police, SLDC and CCC.

Our plans for the forthcoming Appleby New Fair were explained to representatives from Lancashire, North Yorkshire, Lancaster and Craven and very well received.

We have also had the final meeting of the Respect Group itself prior to this year's fair. We hope that the posting arrangements will be less visually intrusive than last year, whilst still meeting the legal necessities. We now have a permanent Traffic Regulation Order in place and that will greatly assist the forces of law and order in dealing with the event. However, there are several "emerging issues" connected with the fair both in Casterton and here in Sedbergh. If

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things run as well as last year it will be down to the extraordinary hard work of district, county and police officers.

SATURDAY BUS FROM DENT STATION: In its recent form the Saturday Bus Service, run as a county council service was for many reasons unsustainable. For one thing the statutory fair scale meant that even if it was full every time it would still have made a loss. For comparison the Wednesday service operates without any subsidy. I have been working with Dent parish council and others from the community to try to secure a different service, not run by the county. I hope that one way or

another the county will put £2k in to set up the new service. Whether that has to come out of my own pot or another and whether it can come out of my pot have yet to be determined. **HEALTH SERVICE REFORM:** The Annual Meeting of Dent Parish generally has a more stimulating agenda than most of its ilk and this year's was in many ways a classic, both entertaining and informative. The presentations from the two doctors, one from the Hawes practice and William Lumb from the Sedbergh practice should be required viewing for anyone before they pontificate on the proposed health service reforms. I do hope Dr Lumb's presentation will find its way into these pages in the future, it should.

BETTER HIGHWAYS: As yet there has been little evidence on the ground of the "Better Highways" programme rolling into action. I still get too many frustrated emails and phone calls. However, because I know what is beginning to happen I do see evidence that the world is a-changing. As yet, our local workers, "Team 20" are still dealing with the Winter maintenance backlog. But, there is some of the new work as well. As the short-term backlog is reduced we will see a dramatic reduction in highways response times.

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

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DENT PARISH COUNCIL

The April meeting was shortened because it followed the Annual Parish Meeting, but nevertheless it was able to discuss the Saturday bus service, the Dent conservation area management plan and developments regarding superfast broadband. A full account of the two meetings is contained in the minutes, published on www.dentdale.com (follow the parish council link) and obtainable as a hard copy on request from the parish clerk.

Annual Report 2010-11

The parish council's annual report for the year April 2010 to March 2011 was presented to the annual parish

meeting. The report contains reports on the work of the council and its committees, as well as accounts of the other bodies on which the parish council is represented. The report can be downloaded from the Parish Council pages at www.dentdale.com and a copy of it can be obtained from the parish clerk.

NHS Reforms

The annual parish meeting was also addressed by Dr William Lumb from the Sedbergh Medical Centre and Clive West from the Central Dales Medical Practice, Hawes on the subject of how the proposed NHS reforms will affect Dentdale. Fifty-three people heard how an ageing

population and costly medical advances were happening at a time when no extra finance is available. The speakers suggested that changes such as treating patients closer to home and the integration of primary and community care could provide possible solutions to these issues.

Saturday Bus Service

As reported last month, the Saturday bus service from Dent Station to Kendal was selected by Cumbria County Council as one of the services it was proposing to cut. Since then, the parish council has been promised funding from a number of organisations, including the National Park, Dentedale Show, Dent Music and Beer Festival and the Friends of the Settle Carlisle Line. Dent and Sedbergh Parish Councils have also pledged funds, and so it now looks as if it will continue to run over the summer at least. A long term solution also looks promising, and discussions to achieve this are taking place with the Dales and Bowland CIC – the organisation that funded the extra journey last summer.

Superfast Broadband

As reported last month, work continues on preparing a joint bid with Garsdale for funding for a superfast broadband network in the two dales. We continue to be optimistic, and by the time the next Lookaround is published, it is likely that we will have a clearer idea of what is going to be possible.

Dent Conservation Area

The April meeting approved the

parish council's response to YDNPA's suggestions for the management of Dent Conservation Area. Although a number of the actions may include community participation, progress on implementing the management plan will largely depend on whether there is any funding available for it.

Next Meetings

The next parish council meeting will be at 7.30pm on May 9th in the Sedgwick Room, when there will be a public forum at about 8pm. This meeting, like all parish council meetings, will be open to members of the public.

Jock Cairns, Chair

Tel: 25655

dentparishcouncil@btinternet.com



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CHRISTIAN AID WEEK 14 - 21 May

In Sedbergh and District.

Saturday 14th May – Coffee Morning at Dent Memorial Hall from 10 – 11.30

Sunday 15th at 6.30pm – United Service at St. Andrew's Church, Sedbergh

The Christian Aid Shop in Sedbergh URC Church Rooms

Saturday 14th to Thursday 19th

Saturday – 10.30am - 12.30

Monday, Tuesday, Wednesday – 10 am - 4pm

Thursday 10am - 11.30am

Tea & Coffee served each day.

Good as new clothes, bric-a-brac, books, plants, home-baking, toys etc.

Donate it and we'll try to sell it!

Items for sale gratefully accepted at URC Hall as follows:

- ❖ *Good as new clothes – Sat. am. 14th May, preferably before 10.20 am; Mon. am. 16th May.*
- ❖ *Other items until Wed. am 18th May*
- ❖ *Sorry, no electrical goods.*

The shop. It would be of assistance if donated good as new clothes are on hangers so they can go on the rails.

SEDBERGH TOWN BAND

Sandylands/Lions Concert

On Saturday 19th March, the Band travelled to Kendal at the invitation of the Sandylands/Lions organisation to provide the music for a Fund Raising Concert they had arranged. The venue was the very fine Methodist Church on Windermere Road: it's principal Hall, galleried and finely decorated, provided an excellent and most attractive location.

The programme followed the pattern familiar to regular supporters of the Band: a tasteful mixture of film themes, marches, classical pieces arranged for brass bands, well known songs, theatre music and others. On this occasion, the Band were delighted to have the services of Stuart Manger as Compere. He introduced the Band to the Kendal audience providing a brief account of its comparatively recent inception and

subsequent growth. He then introduced each item from the programme immediately prior to it being performed giving interesting and relevant details on the history of the numbers and facts on composers, arrangers and performers reflecting his thorough research before the Concert.

One young player, Trombonist Ben Morgan, was making his first appearance with the Senior Band and received a warm round of applause from Band and audience alike when he was introduced.

The first half of the programme started with Alan Lewis's March 'Tarka 1,2,3' composed in recognition of the three grandsons of the late Brian Waters. Paul Gray repeated his fine cornet solo performance of the Spring Concert with his playing of the jazz number "Sugar Blues". This half finished with a most spirited rendition

of "Great Balls of Fire" that sent the audience off to refreshments in good heart.

Peter Packham (Fleugal) again impressed with his playing of "I don't know how to love him", a number from Andrew Lloyd-Webber's show 'Jesus Christ Superstar'. The Bands programmes always try to end on a lively and memorable note and this was doubly achieved. The arranged programme finished with the exhilarating 'Pirates of the Caribbean' but the mood was duplicated when the Band responded to demands for an encore with the frenetic 'Music to watch girls by'. Playing of the National Anthem terminated a most enjoyable evening.

Sedbergh Spring Show

Over thirty members of the Band ensured that they were available to play at the ever popular Sedbergh Spring Show on Saturday 2nd April. As in previous years, the Band were



You are invited to join us at
Sedbergh Methodist Church
Sunday 15th May & 19th June
4 - 6pm

Come along for some family fun,
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Games : Craft : Music : Food

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Sally Davis 20449 or
Ann Newbold 20633

asked to provide an hours worth of background music hopefully enhancing the pleasure being gained by the visitors to the show from the splendid range of assembled exhibits.

It is rather difficult for a large brass band to be part of an inconspicuous background buzz but under the baton of Tony Crofts, this was achieved to some extent, though the applause greeting the completion of individual numbers suggested that many regarded the playing as an impromptu concert.

The programme reflects the wide ranging variety of pieces that constitute the Band's repertoire - arrangements of classical music (J S Bach's 'Air for Suite No 3' and 'Anna Magdalena', Grieg's 'Morning Mood') were played alongside familiar numbers from the cinema, shows and contemporary culture.



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£60 (£55 for Friends of Farfield)

21 & 28 May – Working from the Past: with Stella Adams-Schofield

£85 (£75 for Friends of Farfield)

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SEDBERGH WANDERERS FOOTBALL CLUB

On Saturday 9th April, we held our 'Ladies Night' in Queens Hall at Sedbergh School. With 91 of the 100 tickets sold, we were in for a busy night but what a night it was. From the first guest arriving to the final one leaving, it was a great night enjoyed by one and all. The whole atmosphere of the evening was amazing, a real buzz in the air and things really could not have gone any better, from the delicious cocktail on arrival to the final dance at the disco via the excellent food and the blow up palm trees! The raffle prize, the details of which we had tried to keep

under wraps before the day, was won by Kath Parkin and she now gets to enjoy dinner, bed and breakfast for two at the Sharrow Bay hotel on Lake Ullswater.

The success of the evening was down to all the hard work and planning but there are some people who really deserve our huge thanks. Graham Sowerby played a crucial role on the evening in the production of the photographs and keyrings, his technical expertise was vital and we are grateful to him for giving up his Saturday evening to come and help us. Kirstie Burns gave up her Friday night to help us set up the hall and also had vital input into aspects of the

	<p>KUNG FU</p> <p>United Reformed Church, Sedbergh <i>Fitness Flexibility Self Defence Fun</i></p> <p>Fridays: 7-00 pm to 8-30 pm Starting 29 April 2011</p> <p>British Kung Fu Association Syllabus <i>(www.laugar-kungfu.com)</i> new instructor under guidance of Sifu Mike Lavender</p> <p>Adults £5-00 Children £4-00</p> <p>For more information call Stuart on 07739 490039</p>	 <p style="text-align: center; font-size: 2em;">劉 家 拳</p>
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planning of the evening in our meetings. Becky Kitching lent us her photographic expertise and was responsible for getting those great shots many of you are now sporting inside a keyring and carrying around with you each day. Shaun Gardner and George Close came along as 2 of the 'hunky' waiters, despite not being members of the club and for this, we are extremely grateful as we needed all the lads we could get to handle a room full of women! John Harpham made numerous trips from his weekend off from Sedbergh School to come and help us find bits and pieces we needed but could not locate. Mags and Anj Brooks and the staff at Premier sold the tickets for us and took payment and collected food orders which was a huge help and massively appreciated. However, the biggest thanks go to Samantha Bradley & Holly McComb. Samantha gave up countless hours of her time in the meetings and also in her free time to create the tickets, the posters and to source, order and collate all the decorations and other bits and

bobs that were around the hall which all helped to make it look as good as it did on the night. Holly McComb gave up 10 hours of her Saturday to slave in the Kitchen and create the culinary delights that were enjoyed by all. Although I was in the kitchen with her, it was Holly who did most of the work! Samantha and Holly, thank you very much, we couldn't have done it without you.

Finally and last but not least, thank you to everyone who bought a ticket and supported the football club. You have helped us raise some much needed funds and we are very grateful. We hope you all enjoyed your night and we will definitely look to do it again next year. We would be delighted to hear your feedback, positive or negative, so if there is anything you would like to contact us about, please do so by stopping either Dan Mason, Luke Packham or I in the street or e-mail me at ben.close@hotmail.co.uk

Ben Close
for and on behalf of
Sedbergh Wanderers Football Club

SEDBERGH MEDICAL PRACTICE

Given the volume of blood tests that we have to take-for improved monitoring of existing disease, more comprehensive population screening or the transfer of work from Hospital to Primary the processing of sample and results has to be as efficient as possible. In working out how to handle the 150 individual test results we receive daily the core aim is to ensure that patients remain informed at all stages of the process. Handling such a volume means that we cannot offer personal advice on every result, nor on the 15-20% of results requiring further action.

All results returning to the practice are received in an electronic inbox-accessed by a group of staff (avoiding problems with absence) several times daily. The normal results are commented on and filed, with the abnormals being routed to the responsible clinician for further action. Depending on the implications of any abnormal result there will either be a personal phone call from the doctor/nurse or a personalised contact from reception to arrange follow up action. Of course some patients may well have questions that the receptionists cannot answer and there is always the option to arrange a phone call with a doctor/nurse. With our new ability to track samples and results and find missing tests, no news from the practice is good news! We will not get it right 100% of the time-but we aim to and would welcome feedback, both good and bad.

Increased blood testing in part

comes from population screening for various conditions including cardio-vascular disease. We try and ensure annual background screening for patient's on repeat medication as part of the review process. Otherwise all patients aged 35-75 should have a basic review every five years. This is a large piece of work that we are working to gradually. Currently we will only inform patient's if their screening indicates a need to make changes. Going forward individuals will be enabled to access their own medical record over the internet-allowing for complete transparency in healthcare activity. The practice is committed to being as open as is practically possible-just that being small makes

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it more difficult at times to make progress.

We discovered last week that Sedbergh Medical Practice has the highest trust rating for the Doctor seen (91% definitely- MORI National Patient Survey 09/10) in the South Lakeland area. Whilst this is pleasing our score for recommendation of the Practice to others is lower (80% definitely) and we sit in the mid-range in relation to other practices. Whilst 80% is still above the South Lakeland (72%) and National (62%) averages, the difference is noteworthy and we are keen to understand what the practice can do to improve our recommendation rating. All feedback on the subject would be welcome-as

improving our recommendation rate means that we are providing the kind of service that the population of Sedbergh values.

As part of the engagement process we are holding a public meeting on Monday 9th May at 1930 People's Hall Sedbergh to offer an update as to the new build project and explain how health care will look in Sedbergh in the 21st century-innovation built on a core of traditional high quality NHS care. There will also be the opportunity to explore how the proposed structural changes to the NHS (commissioning) will make a difference in this part of Cumbria. It would be good to see you there.

Dr William Lumb

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PEOPLE'S HALL

Annual General Meeting

The Annual General Meeting of the People's Hall Management Trustees was held on 4 April 2011 in the People's Hall with ten people attending. Reports were presented by the Chairman, who reported that the plans to redevelop the Hall had been approved and funding sought and by the Treasurer, who reported a healthy financial position.

The following persons were elected to serve as Trustees and Members of the Management Committee, until the AGM in April 2012: Dr Gina Barney, Mrs Elspeth Griffiths, Dr Sean Hobson, Mr Steve Longlands, Mr Jack McLean, Ms Gillian Rea, Mr Davidson Walton.

The following persons were elected to serve as Trustees and Members of the Management Committee to represent the users of the Hall until the AGM in April 2012: Mr Andrew

Allan (Spellbound Theatre), Mr Ron Gerrard (Art Society), Mr David Hendrickse (Christian Centre), Dr Hilary Hodge (Town Band), Mrs Sandra Longlands (Gala Committee), Mr Daniel Mason (Sedbergh Wanderers Football Club), Mrs Anne Petyt (Frostrow WI), Mrs Kath Swift (Ladies NFU).

Approval was given to set up a company limited by guarantee to handle the contractual aspects of the Hall's redevelopment.

At the Management Committee meeting, held immediately after the AGM, the following officers were elected *nem con*:

Chairman	Mr Steve Longlands
Vice Chairman	Mr Andrew Allan
Treasurer	Dr Sean Hobson
Secretary	Dr Gina Barney

Ms Laura Mottershead was co-opted to assist with publicity.

Hall Redevelopment

The Fundraising Subcommittee has applied for some £250,000 of funding from six charitable bodies. We await the results of their endeavours.

To date the local community has raised just under £10,000 from donations, events, quizzes, etc. We have spent about half of this on planning fees, bat surveys, spatial surveys and quantity surveying fees. Although small sums in comparison to bids made to the various Grant Funders, these monies are very, very important as they display to the prospective funders the positive intentions of the townsfolk to redevelop the Hall.

Up to now we have not made a



St Mark's Church, Cautley
**Flower & Music
Festival**
Friday 20th May at 7.30pm
'All in a Garden Green'
a concert of early and folk music
featuring
**Cornucopia
The Friday Consort
The Cautley Carollers**
Tickets: £5 (children free)
includes glass of wine/juice
Available from TIC
and church members

major effort for Community Funding, but now we need to increase our labours. To help us we are looking for someone to co-ordinate this activity. The person we are looking for would assist all projects large and small with advice and importantly ensure we do not have two car boot sales on the same day! Anyone interested? It will be fun! Contact the writer, Sean Hobson (21833) or Davidson Walton (20963).

Anyone who went to the recent Chamber of Trade social will have seen a "flythrough" presentation prepared by Derrick Hartley of Garsdale Design. Very impressive, we hope to repeat the presentation.

Dr Gina Barney, Hon Sec 20790

LADIES NFU

The April meeting was held on Tuesday 19th and our guest speaker was Mrs Linda Hopkins on Travels with my Flower Box. Linda gave us an interesting and amusing talk on her travels up and down the country going to her flower demonstrating venues, she also made three Easter arrangements which we later raffled. For our June outing we are going to Holehird Gardens in Windermere and then on to Wilf's Cafe in Staveley. Our next meeting is on Tuesday 17th May and the speaker is Mrs Robertshaw on Life with Dogs, come and join us as new members always welcome.

Sue Bateman

SEDBERGH GALA

Saturday 21st May

Parade leaves Maryfell at 1245 for Lupton Field
led by

Sedbergh Town Band and Gala Queen

~ Children's Sports ~ Dance Atikk ~ Fancy Dress ~ Refreshments ~ Fire Brigade Display ~




Raffle!

~ Cumberland & Westmorland Wrestling ~ Bungee Trampolines ~ Chain Saw Demo ~ Tug-O-War ~




Admission to the Field £3
Children (yr 11 & under) Free

FAMILY MUSINGS

How many people will you "May Gosling"? Or how many will get you! It is not as popular as April Fools Day but as a child my Dad would nearly always succeed in "getting" both Mum and I in some way, his favourite was "sheep in the garden" and out Mum would run ready to do battle and get them out, only to realise what day it was when there were no sheep!

Happy memories. We have been down memory lane very recently as we remember our dear friend Gladys Haygarth. She always talked of my hubby as "a grand fella" (she was right!) and was a great and dear friend to me over many years. We knew each other through "chapel" but met properly in Auntie Doras sitting room over a cup of bread & milk, her auntie because Dora was sister to Gladys Dad, my auntie a bit by default, she was the widow of my mothers fathers brother Edwin, but

we both helped to look after Auntie Dora until she became too poorly to live at home. Over the years Gladys became my 2nd-mum, my "mum in the Lord" praying with me and for me and giving a lot of practical support. She was part of the Upper Room Fellowship which met for prayer & bible study above Middletons Shop, she was in at the start of Dentdale Youth Fellowship, started a Sunday School when worshipping at Dent Foot Chapel and then at Deepdale, she was a teacher at the United Sunday School in the village and very active in the Lords work be it visiting, collecting for Missionaries, carol singing with Elizabeth Middleton, providing wonderful teas or supporting the chapels in the dale. She would come and help me spring clean up at the farm and one year the Raeburn was playing up, it was oil fired and could emit an awful fume smell. Gladys opened the little door in the pipe, pronounced it dire, got an old rag, went outside to find some petrol or diesel, came back, stuffed it up the chimney and lit it! With a great woosh the chimney was cleared. Hubby, working up the high side came flying down in a tearing hurry thinking the house was afire & folk rang from the village - were we in need of the Fire Brigade! Happy memories of a wonderful friend.

This month my "grand fella" and I celebrate our 30th Wedding Anniversary, as our Pearls turn to Rubies I am sure we will create a lot of very happy memories, hopefully none needing the fire brigade! Sarah

ST MARK'S CHURCH, CAUTLEY

A Festival of Flowers & Music

Friday 20th May
Saturday 21st May
Sunday 22nd May
10am to 6pm



Programmes £2.50
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throughout the day*

MARCH WEATHER

An unbelievably dry month! In fact it was the driest March for at least 60 years or the driest on record depending which version you read. With only 1.2 inches it was certainly the driest March I've ever recorded! With 19 days with maximum temperatures over 50F it was also quite a warm month too but cool at nights with 13 days with below freezing minimum temperatures. The maximum temperature recorded was 64.4F on the 24th. The lowest minimum was 21.7F on the 8th. Nor did we have much in the way of winds, certainly not the usual March gales. On only 2 days did we have winds over 20mph with a maximum of 24.2mph on the last day. On only 4 nights did the wind chill not go below freezing so the lack of cloud cover allowed cool nights. Atmospheric pressure was high during the first and third weeks.

The warm dry spell was ideal for those who lambed during the month. It also helped with a growth of grass. This was obvious when the sheep were not totally cleaning up every last strand of hay. Hopefully we will have better grass growth than last year. March is quite a yellow month around the garden with the continued flowering of the daffodils and later with primroses and cowslips and at the very end of the month the first celandines. There has been increased bird activity around the feeding station and also on the nesting front with the crows, rooks and jackdaws very active. The blue



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tits have visited the nest boxes and the blackbirds have started building in the shippon. In spite of the dry weather it hasn't been difficult to keep patches of mud for the birds to use to build their nests. I saw my first swallow on the 28th of the month. This cock bird, usually the first to arrive, turned out to be "our" cock bird and he proceeded to roost in the dogs kennel each night! Pipisterelle bats have been active on the milder evenings no doubt chasing the flocks of midges that have appeared. One or two butterflies have been active as have the bees. The hives are quite well advance with capped brood in two and quite a lot of stored pollen.

TIM FARRON MP

As we know there are many ways in which things work differently around here, compared to the rest of the country. For me one of the important differences is the fact that I was elected by well over half of the people who voted in the last election. For the majority of MPs this is not the case. Most of them get elected into Parliament with more people voting against them than for them. This does not seem right to me and is the key reason why I support the change in the voting system that you have a chance to express your opinions over in the Referendum on Voting Reform on May 5th.

I believe firmly that the system we

have currently is in large part responsible for the expenses scandal we saw in recent years, people who do not need to have most of their constituents voting for them really do not need to worry too much about what the majority of them think. There are many arguments put around in favour of leaving our electoral system as it is: that the new voting system is too complicated, that it costs more, that it leads to weaker Government. Almost all of these are without much foundation and some of them are frankly patronising (how difficult is it to rank your choice for MP using 1,2 and 3 as opposed to putting a cross in a box?). Anyway you have your choice on May the 5th, please use it



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Perhaps you would like just a few hours during the week, week-ends or some evenings to fit around your other life commitments.

To find out more, please contact Michelle for an informal chat, she will happily detail all of our current opportunities and will answer any questions you may have.

We look forward to hearing from you

All positions will require a full satisfactory enhanced CRB application.

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maw.bursary@sedberghschool.org

wisely.

As a hard working MP with the support of more than 50% of my constituents as ever I have been putting in a lot of effort on your behalf and , as seems to be increasingly the case under the new Government , we have been seeing a reasonable amount of success. We have seen an extra £26 million in funding being given to the NHS in Cumbria, despite the pressures on Government spending. This makes it more likely than ever that we will be seeing the creation of a new radiotherapy unit in the Westmorland General Hospital. Incidentally, I was really pleased to be able to come along and see the official start of building work for the new health centre in Sedbergh. I think that when it is completed this will be a massive benefit for the town and something I am pleased to have played my small part in helping to make happen.

We have seen a u-turn on the plans by the County Council to close some of our bus routes, a Government inquiry has supported my concerns about the proposals by the banks to abolish cheques and about 1,500 people living in South Lakeland no longer have to pay tax as a result of the last budget.

However, there is still much work to be done so, with your support, I will be fighting the County Council's plans to reduce the library service (particularly the mobile library which visits many people in these parts of the Dales), the reduction in pay for Teaching Assistants, the ridiculously low incomes of farmers and even the

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BBC's plans to reduce the service we get from Radio Cumbria. The list goes on but I could do none of it without your support.

As ever I can be reached on these and any other matters by phoning 01539 723403, writing to Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

**SEDBERGH AND DISTRICT
SPRING SHOW**

Saturday 2nd April

Sedbergh and District's 15th Spring Show took place on Saturday with a bumper number of entries, especially in the Home Produce, Handicraft and Photography sections. The Primary and Pre School Children were very well represented with whole classes taking part in some sections.

Canon Alan and Mrs Naomi Fell opened the show then many enthusiastic visitors enjoyed viewing the exhibits, accompanied by music from Sedbergh Town Band.

The trophy winners were:

- Section 1 - Handicrafts Cup
Mrs Shelagh Cobb
- Section 2 - Hand made toys Cup
Mrs Sheila Ousby
- Section 3 - Flowers and plants Cup
Mrs Pat Ramsden
Mrs Jean Sowerby
Miss Emma Watton
- Section 4 - Garments Cup
Mrs Sheila Ousby
- Section 5 - Home produce Cup
Mrs Pauline Ramsbottom
- Section 6 - Art Cup
Mrs Moira Folks
Mr Bill Hasted

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- Section 7 - Photography Cup
Mr J M Hill
 - Section 8 - Children's Cup
Mr Derek Hayes
 - W Milburn & Sons handwriting Cup
Miss Leanne Postlethwaite
 - Cup for special effort
Miss Lily Davies
 - Roger Underwood Cup for most new
entries
Miss Lily Davies
 - Lookaround Cup for "Best in
Show" (Adults)
Mrs Pauline Ramsbottom
 - Lookaround Cup for "Best in
Show" (Children)
Mrs Margaret Milburn
chosen by Alan and Naomi Fell
 - W I Cup
Jay Kirby
chosen by Alan and Naomi Fell
 - Shield for the Overall Winner of the Show
Sedbergh W I
Mrs Margaret Fernhead
- A print out of all the winners is available from the *Lookaround* at Sedbergh Office Services.

YORKSHIRE DALES NATIONAL PARK

*Hudson House – future assured by
National Park Authority decision*

Members of the Yorkshire Dales National Park Authority (YDNPA) have abandoned plans to pull out of a contract that might have caused the closure of a community office in Swaledale.

The Authority currently rents space in Hudson House – the community office in Reeth – to run a National Park Centre (NPC) and Tourist Information Centre. The contract expires in January 2013 and the YDNPA proposed not to renew it as part of a drive to cut costs following a reduction in its grant from Government of nearly £1.9m (or 31 per cent) including inflation over the next four years.

The move was one of a raft of cost-cutting proposals in a draft budget that was put out for public consultation.

But Members decided to ensure the future of the office by renewing the contract and continuing the Authority's presence there.

The amount the Authority will spend on the NPC and TIC in Hudson House will be reduced from £28,000 to £20,000 and the money to continue operating from the building will be found by cuts to other budgets, Members decided.

Carl Lis, the YDNPA's Chairman, said: "We have listened to the concerns of people living in Reeth and further afield who value the community office as an important

facility in the town, and we have decided to try to find money from other projects so that we can renew the contract.

"Although there are problems with the performance of the National Park Centre compared to our other NPCs, we have been told that our involvement in the whole Hudson House venture is critical to the long-term survival of this valuable community resource.

"Obviously the decision will mean that we have to find savings elsewhere in our budgets, but Members decided it was a price worth paying."

"We asked people what they thought about our budget proposals and we have listened and acted on their responses. At a time when so many public services and facilities are under threat, it is important that we give as much support as possible to the communities within this beautiful National Park."

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SEDBERGH WI

As always, we have been busy enjoying ourselves during the past month. Linda led the walking group on a circular walk from Clapham visiting the Norber Erratics, too misty to see the best of the views, but always enjoyable to walk in a group. Anne Petyt and Denise Thomson represented us at the Reading Aloud Competition, they did not win, but they were winners to us. We entered the Sedbergh Spring Show and were delighted to win the WI Cup, also two of our members had a part share in the Floral Art Cup and the Art Cup.

In our book group we have just finished 'No, I don't Want to Join a Book Club' by Virginia Ironside, the main character was supposedly approaching 60 years old, but we felt that she sounded more like a urban 80 year old with her attitude to life.

Our Speaker at our meeting this

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BBQ

6:30pm

Saturday 28th May

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Sunday May 29th 11:00 to 6pm

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Sunday May 29th 7pm

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EVERYONE WELCOME

month was Enid Holmes, who gave us a very amusing talk on the life of Joyce Grenfell. We were delighted to welcome a new member, Sandra Gold-Wood, we hope that she will be very happy with us. Several members will be going to the Poetry and Plonk evening in Soulby, this is an opportunity to chill out and enjoy sharing our favourite poetry over a glass of wine.

Our next meeting in on May 11th, at 7.30pm in the Committee Room at the People's Hall, it will take the form of a Jacob's Join, visitors and prospective members are very welcome.

Linda Hopkins

MUSIC AT St MARK'S

The Cautley Festival of Flowers and Music, which runs from 20th -22nd May, includes several musical events as well as the glorious floral displays.

On Friday 20th May at 7.30pm you are invited to a concert of early and folk music entitled 'All in a Garden Green'. This will be given by Cornucopia, the Friday Consort and the Cautley Carollers. All the musicians involved live in the Sedbergh area and many of you will have enjoyed the concert they gave in the 2010 Sedbergh Festival. Between them they play an amazing variety of instruments, such as crumhorns, recorders, cornett, hurdy gurdy and more! Tickets are £5

(children free) which includes a glass of wine/juice (Available from the TIC or church members.)

Saturday is organ day, with six local organists each giving a 15 minute recital. These will be on the hour, starting at 11am and finishing at 5pm. The organ at St Mark's church is a small Willis 'Scudamore' pipe organ, with few stops but a bright tone.

On Sunday 22nd May the Festival draws to a conclusion with a 'Songs of Praise'. This will be a delightful selection of hymns and readings chosen by members of the regular congregation. In addition, the Howgill WI Singers will perform two songs by Vaughan Williams. Do come and join us, at one or all of the events!

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Sunday 29th and Monday 30th May

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10am start with 24 lads pulling a car 2 miles up the Greyhound.

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CHRISTIAN AID WEEK

in Sedbergh and District 15 -21 May

This year Christian Aid Week focuses on its work in Nicaragua to show the kind of lasting changes its support of community projects can bring to the lives of people involved

For the people of Jinotega, Nicaragua, coffee isn't just a caffeine kick – it's a means of transforming the lives of entire communities. By getting involved in Christian Aid Week, you can help to make this transformation possible.

Five years ago, Eladio Simeón Pineda's community was a group of poor farm labourers. Then Christian Aid partner Soppexcca (pronounced so-pecks-ka) offered them credit to establish themselves as coffee farmers and supported them to work together as a cooperative. Eladio and the other members of the La Paz del Tuma cooperative now hope that together they will transform their own

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community.

Even though the coffee farmers of La Paz del Tuma have only been working with Soppexcca for a short time, their lives are already changing for the better. The credit which Soppexcca gave to Eladio and the other farmers has been vital in getting them started. The cooperative has a community fund that will be used to achieve the dreams which Eladio and his fellow farmers once thought were out of their reach.

'I hope one day we will have a school on this land, clean water and latrines,' says Eladio.

Eladio knows that transformation is possible. He is driven by the example of a nearby community, where Gustavo Adolfo Talavera and the members of the Los Alpes cooperative have been supported by Soppexcca for 12 years. In that time, they have successfully worked to establish a school and a health centre for their community.

The hopes of the people of La Paz del Tuma are hopes held for the whole community. Eladio works every day towards his dream of a purpose-

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built school, clean water and latrines for all the farming families of La Paz del Tuma.

Soppexcca's support for coffee cooperatives like La Paz del Tuma and Los Alpes allows communities to see a bigger picture, full of possibilities for the future

You can be part of the story of transformation which is unfolding right now in Nicaragua.

- £14 could buy enough coffee seeds to plant a 0.7 hectare plot of coffee and start one farmer on the path out of poverty.
- £2,170 could pay for a processing plant, allowing farmers to process the coffee they have grown and

then sell it for a better price.

By getting involved in Christian Aid Week in your own community, you can help to turn the hopes of communities all around the world into realities. You can be part of a movement which is transforming lives.

In Sedbergh and District we actually get started with Christian Aid events on Saturday 14th May the day before the official start of Christian Aid Week which runs from the 15th to the 21st May. Our programme of events is as follows:

Sat. 14th May – Coffee Morning at Dent Memorial Hall from 10 – 11.30
Sunday 15th at 6.30pm – United

Service at St. Andrew's Church,
Sedbergh
The Christian Aid Shop in Sedbergh
URC Church Rooms
Saturday 14th – Thursday 19th
Saturday – 10.30am – 12.30
Mon, Tues, Wed – 10 am - 4pm
Thurs 10am – 11.30am
Tea & Coffee served each day.
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May, preferably before 10.20 am;
Mon. am. 16th May.
*Other items until Wed. am 18th May
*Sorry, no electrical goods.
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assistance if donated good as new
clothes are on hangers so they can
go on the rails. If you need help with
transport to bring goods please ring:
Kath Hannam on Sedbergh 20897
Help with the Shop door to door
collection would be greatly
appreciated. Please sign the list at
the back of the Church if you are
willing to lend a hand during the week
at the shop or phone Kath.
To find other ways of being involved
with the week visit www.caweek.org
or talk one of our local Christian Aid
committee members – each local
church has a representative on the
committee.
Giving to Christian Aid Week can
also be done by visiting www.caweek.org
or calling 08080 006
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CUMBRIA IN BLOOM

As some of you may recall I put out a request for volunteers for the above committee. I am pleased to say that we had a reasonable response. Unfortunately due to the death of my father followed by a replacement knee operation (which at the present time recovery if extremely slow) I have not been able to 'get up steam' to set things in motion. I did however write to South Lakeland District Council towards the end of last year asking if they would be willing to supply us with daffodil bulbs. Needless to say no reply was forthcoming which is disappointing because all the daffodils you see on

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the approaches to Sedbergh from a number of directions were all courtesy of S.L.D.C., a number of years ago and founder members of this committee, along with some willing helpers, planted them all.

We usually also requested from S.L.D.C., bedding plants which they have for many years supplied us with, but the plants we have received during the last two years have - to say the least - been poor and required plenty of t.l.c. before we could see which survived to be planted. This year we have not requested any bedding plants and through Lookaround we are asking if anyone would like to make a donation - in any form - to enable us to plant up the flower beds (Maybe you have surplus bedding plants who just need a good home)

As we are a small committee without the manpower to fund raise we have asked Sedbergh Parish Council if they would take over our existing funds (amounting to just over £99) and then each year allocate a figure which could be spent on the flower beds. As yet we have not received a reply to this request.

If you wish to know more or are willing to help in any way please contact myself on 20807 or Janet Benson on 20815. *Dorothy Blair*

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NEWS FROM THE PEWS



Spring is here. How fresh and green our churchyard is looking. The borders have been tamed; the lawn edges defined, new plantings are popping up here and there. Avoiding gravestones with a large lawnmower on an uneven surface cannot be an easy task, but our willing menfolk will be kept fit during the next few months as the grass grows and the mower is put to regular use. Our band of gardeners is par excellence. With grateful thanks for their labour we shall enjoy sharing the colourful scene with the visitors who stop and rest awhile on the benches in the sunshine.

The catering ladies have also been hard at work providing refreshments. They have been on duty at the popular Lent Lunches each Wednesday throughout Lent, plus two large evening services, one of which, the service of Confirmation, proved to be a most joyous occasion.

The dishwasher was well used following the Choral Eucharist when the choristers from the Royal School of Church Music took the major part. Supporters of the choir and congregation numbered in excess of one hundred.

Our biscuit makers must be recognized too, providing for these occasions and the coffee mornings. At times it is hard to tell which are

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homemade and which came out of a packet they are so perfect in shape and size.

Jessica and Craig Moffat had a lovely day for their wedding; we wish them a long and happy future together, and "happy frying together" too.

We celebrated Palm Sunday in style. With hearty voices we processed out of the south door, around the tower and back through the north door singing "Ride on, ride on in majesty" with our palm crosses held high. Well done to the choir who kept their timing just about right with the organ, even when out of earshot.

There is always plenty going on in church life, Easter is almost here, followed by "Ring the church with silver", with the chance to have teas, coffees and lunches and some socializing. Preparations are moving along for the Summer Fair in July and we should be happy to hear from anyone who would like to sell their crafts on Saturday 9th July at the church between 10.30am and 4pm.

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CUMBRIA LIBRARIES

Time for change? Ideas for the future of Cumbria's libraries

Cumbria County Council has launched the first stage in a conversation it wants to have with you, our residents, about the future shape of the county's library service.

As you may be aware, across the UK councils have been consulting with the people they serve about the future of library services. These consultations have frequently begun as a result of reductions in library service budgets which have prompted councils to consider the closure of branches.

In Cumbria councillors have chosen not to reduce the budget for the library service in 2011/12. However, with council budgets under pressure we must be confident that all services are delivering best value. Added to this is the fact that nationally and locally library visitor numbers have been dropping (a 20% decrease in Cumbria since 2005). We think it is time to change Cumbria's library service to reflect the needs of the

people of Cumbria better.

A public discussion booklet explains more about the review of libraries and summarises some of our suggestions for improvement. It also asks for your ideas and opinions on the future of libraries and gives details of a range of opportunities for you to get involved. This is available from Sedbergh Library.

We have also set up a dedicated consultation website where you can share your ideas and opinions with us and fellow residents. Go online to cumbria.gov.uk for more information.

We want to involve you right at the start, before the council has firm proposals and well before any decisions are made.

This first stage will last until 30 June. After that the council will review all the feedback it has received and take a decision as to whether to progress to a second stage of more formal consultation on specific proposals for change. This second stage will probably take place between September and November.

Councillor Gary Strong

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SPRINGTIME CAFÉ CONCERT

The evening of March 31st brought a new venture to Sedbergh – the Sedbergh Orchestra formed under the auspices of the Pepperpot Club. For the last few months the musicians, including several ‘graduates’ of the primary-aged Pepperpot Music Makers orchestra, have been rehearsing together with great enthusiasm and gave their first concert in the People’s Hall to a large and appreciative audience.

As the members of the audience arrived they were given a glass of wine or a soft drink before taking their seats at one of many tables decorated with flowers and nibbles. At 8.00 the Leader Val Snelling appeared, followed by the Conductor Peter Crompton and the concert began with the rousing March from Bizet’s Carmen.

Schubert’s Symphony No 1 in D major (composed when he was only 16!) came next and we soon became aware of how hard the players had been rehearsing. It was a delightful performance played with great feeling.

The short interval was followed by three young flautists who played ‘Three Little Maids from School’ extremely well (and attractively!). Mozart’s Divertimento K113 came next and by now the players were gaining rapidly in confidence and looked as if they were really enjoying themselves. The last item – the finale (The Dargason) from Holst’s St. Paul’s Suite was played with great gusto.

We had a short speech from the Conductor (who had kept us supplied with oral notes prior to each item) which included a request for suggestions for future items. Then the serious nibbles! A huge spread of delicious home made delicacies which came as a complete and delightful surprise.

A wonderful and very successful beginning! Many thanks were due to the Pepperpot Club and the various people who had made it all possible. We look forward to future concerts and trust that the intention of having them termly will be realised.

Joyce Scobie

**DENTDALE MUSIC & BEER
FESTIVAL**

24th – 26th June 2011

Join us in the picturesque village of Dent for the 3rd Dentdale Music & Beer Festival, a weekend of great live music, a celebration of the finest cask ales, a fantastic selection of locally sourced and cooked food, and a barrel-full of family entertainment.

Featuring free concerts from Dick Gaughan (Fri), Heidi Talbot, Boo Hewerdine, John McCusker (Sat), and Charlie Dore (Sun), and some of the best acoustic acts in the country including London's finest rockin' string band The Dog Roses, catchy indie/folk from Wilful Missing, and amazing singer-songwriter Holly Taymar. In all over 25 artists covering folk, blues, country, bluegrass, jazz and all points in between.

To quench your thirst our real ale experts have brought together 25 of the best cask ales from craft

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breweries in Cumbria, the North of England and Scotland. Featuring ales from our very own local breweries in Dent and Kirkby Lonsdale, the current champion beer of Britain Harvest Pale Ale by Castle Rock and back by popular demand, festival favourites Schiehallion by Harviestoun Brewery and Pale Rider by Kelham Island.

Once again our festival catering team have put together a mouth-watering selection of dishes featuring the best of Dentdale's local produce, with 100% of all our meats, cheeses, and bread being produced in the local area.

So come along and join us on 24th to 26th June for the perfect combination of live music, cask ales, and great food, plus the usual pub sessions, Appalachian and Morris dancing, stalls and childrens' entertainment. Camping available.

Dentdale Music & Beer Festival is a community-led, free-entry, not-for-profit festival. All proceeds go directly towards community schemes and local charities.

www.dentmusicandbeer.com

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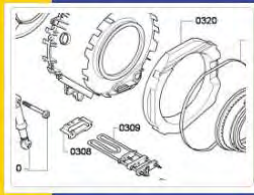
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HOWGILL WI

Spring was definitely in the air when we met at Firbank Church Hall for our April Meeting.

President Mary Silva gave a warm welcome to 17 Members and 2 Visitors. We were pleased to welcome Hilary Wilson visiting us from Appleby.

Congratulations to Sedbergh WI, Winners of the WI Cup at Sedbergh Spring Show.

The 2011 Resolution Short List has been announced "Proposed Mega Farms" and the "Closure of Local Libraries". Discussion and Voting will take place next month.

The next Howgill Hikers Walk will be on May 11th led by Bridget Postlethwaite.

Still on the theme of Spring, we spent a relaxing evening admiring the wild flowers around Sunbiggin Tarn, Judith Dunsford presented a Talk and Slide

Show focusing our eyes on Sunbiggin pasture where visitors come in great numbers to see the many species and abundance of plants which include a variety of orchids, lilies and pansies to mention a few.

Anita Carey thanked Judith for sharing her passion with us and encouraging us to go along with our flower books.

The Competition "5 flowers and 5 leaves" was won by Sheelagh Denniss with Jackie Hooley Second. Helen Beare went home with the raffle prize.

A quiz devised by Barbara Axford was won by Bridget Postlethwaite. The evening was brought to a close with refreshments and a get together on May 5th will meet at Howgill Village Hall when Chris Wright will be finding Arthur Ransome's Swallows & Amazons. New members and visitors welcome.

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YOUNG MUMS AT St. ANDREWS

The young mums group of St. Andrews Church, Sedbergh would like to give thanks to all involved in their recent confirmation conducted by David Hope, former Archbishop of York.

We have been on a spiritual journey over the past two years seeking answers which have been found by the kind, generous and patient guidance of Vic Hopkins and Alan Fell, to who we will always be grateful.

We give thanks for the ongoing support we have received from our families, friends and the church congregations, who have welcomed us with happiness and warmth. All joined us for the confirmation service which had a powerful impact and filled a church full of joy. One never to forget.

Anna, Sally, Jess, Lisa and Donna

DENTDALE MEMORIAL HALL

We had a good AGM and are now thinking about DENT GALA 2011, our Gala committee met on April 26th and then on June 6th in the Sedgwick Room at 7.30pm. All who are interested in the Dent Gala are welcome to attend these meetings. If you need any further info please contact me or Jean the Secretary.

Indoor bowling continues most Wed evenings and one Sat morning a month in the Hall, new folk always welcome.

We have a Liason meeting with the School in May and will be updated on the new roof & all the problems.

The Hall and Sedgwick Room are in use daily by local groups, we are investigating upgrading the kitchen, if you have any thoughts or suggestions do let us know.

Chair; Sarah 25212

Secretary; Jean 25619.

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MAY GARDENING

Early May is a good time of the year to create a new lawn, either from seed or turf, or to do some renovation work on an old one. The soil is warm and usually dry enough to make it easily worked, but retains enough moisture for speedy germination and rooting.

Good preparation is essential: the lawn will hopefully be in place for many years, so it is worth getting the right levels and eradicating as many perennial weeds as possible right at the start. Where strong growing weeds such as Ground Elder are present the most effective treatment is to spray with a Glyphosate based weedkiller, otherwise the weed will grow up very happily with the grass and use the new lawn as a springboard from which to leap into other parts of the garden.

The best lawn preparation involves digging over the whole site, raking as level as possible, treading down the soft soil to firm it, and then re-raking to produce the final smooth surface on which the lawn will grow. Be prepared to look ridiculous at the treading stage. You will have to waddle along, taking small steps, heels firmly down, to ensure that not square inch of soil is left un-firmed. Derisory comments from friends and neighbours are usually most successfully dealt with by inviting the onlookers to come and join in. They soon find other things to do elsewhere.

When growing a lawn from seed or



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turf choose the right type of grass for your situation. I usually go for something containing a dwarf Rye grass as this makes for a robust hardwearing sward. Always apply the turf or sow the seed directly onto the prepared soil. I have occasionally seen lawns grown on a layer of levelled builders sand. This is a quick and easy way to level a site but it invariably results in weak grass growth and a fine crop of lawn weeds, especially Dandelions, which thrive in the sandy layer.

Lawn seed is applied at the rate of 1oz (a handful) / square metre I find it best to mark the area out into strips using canes or string and then apply the seed whilst walking backwards down the rows. Gently rake the area over to cover most of the seed and expect to see the first results in 2-3 weeks.

Turf is best applied from a wide wooden plank which will spread the load over the newly prepared bed. Make sure that the turf edges are well butted up together as turf always shrinks after laying and will dry out very easily along any gaps. With good moist soil conditions new roots should grow within 3-4 days and you will soon have a fine new lawn.

Elaine Horne

GALA QUEEN 2011



I am a very active, social, genuine young lady who would be honoured and delighted to be given the role of Sedbergh Gala Queen. I have lived on a farm in Howgill all my life and most of my family live in and around Sedbergh. My interests include art, sporting activities, involvement in local events, and being with my friends and family. I am currently studying for my GCSE's and either on or above my predicted grades. I am studying the compulsory subjects English, Maths, ICT and Science also Geography, P.E, Catering and Art. I am hoping to achieve grade C's and above in all of my GCSE's.

I would like to take on the role of

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Sedbergh Gala Queen because I am involved in lots of local events where I am well known by the local community. I am an active member of Sedbergh Young Farmers and I work at Sedbergh School, I also try my hardest to attend as many local events throughout the year, such as; pantomimes, concerts, Bonfire night, Gala which I have attended each year, The Spring Show which I have entered in the past and I enjoy the Late night shopping at Christmas. In my local valley Howgill I have helped to raise money for the Church by doing a sponsored walk, also I have helped to raise money for Howgill Village Hall by helping and attending the duck race by doing side stalls. I also participate in Howgill, Garsdale and Killington's sports day. Overall I am a keen, well recognised person within the local community.

Angela Postlethwaite

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Jackie Foott was the speaker for April and managed to spread her enthusiasm for wildlife by engaging the audience in a group discussion about the wild plants and animals of the local area. Many of those present had spent their working lives or leisure time in the open air and had a great appreciation (and also some irritation) for the surrounding flora and fauna. This encouraged a lively and instructive discussion. Jackie also learned a thing or two especially about local pronunciation. For example do we all know what a mowdy warp is? Or how to spell it? Jackie ended the session with recordings of bird songs, some of which were correctly identified and all appreciated.

On May 17th the meeting will start with a short explanation of 'Lasting Power of Attorney' by a local solicitor. The main part of the meeting will be a quiz on 'The origin of common sayings' by Dennis Whicker. This will take place at the People's Hall and the meeting starts at 2.00 p.m. All new members will be welcome and transport may be available. Contact 01539742633 if interested. JL

DENT FLOWER FESTIVAL

Please see the advert in this Lookaround, it has all the details, times etc. We hope you will all come along and see the lovely displays, have a trip down memory lane, see people you knew in the past, perhaps see yourselves!

We are raising funds for the Chapel AND Dent Nursery and possibly another local cause, the Nursery need a piece of equipment and we will be giving some money towards that or perhaps even paying for it out rite.

There will be home made refreshments sold all day every day (if you can help with this in any way do contact me) inside and hopefully outside, there is no parking at the chapel, please use "Rhumes" drive/garden or the car parking up the road.

Programmes will be £1, otherwise admission is by the donation of your choice.

If you have memorabilia we could use please contact me asap, if I have asked you and you've forgotten it's not too late or if I haven't asked you, (sorry) and you have pictures etc which cover "In Living Memory" esp' christenings & weddings in the Chapels of Dent Dale, do get in touch. We are setting up on Friday 27th May so need everything by that morning.

We are going to have a fantastic weekend, don't miss it!

*Sarah E Woof. "Rhumes" Laning
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Local traders must agree to abide by the scheme's code of conduct which requires them to follow the letter and spirit of the law. With an increase in doorstep crime, it is hoped that BWC

will help protect older and more vulnerable adults at risk from rogue traders who may approach them in their homes.

Traders who are interested in finding out more about this scheme can log onto www.buywithconfidence.gov.uk or telephone (01539) 713594.

Likewise, customers who may know of a good local business, and would like to recommend them, can ring that same number.

In short, BWC offers benefits to consumers and businesses and its logo will be the one to look for when searching for a reliable local trader.

Jane Tideswell

Senior Community Support Officer

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GREASE

*An American Teen Romance
Blossoms at Settlebeck presented by
Settlebeck High School 6th, 7th and
8th April.*

We saw Grease on the first night so I confess I was expecting some minor mishaps. Were there any? Let me see ... an occasional over-long pause in the first few minutes while the young cast got into the swing. It was a pleasure to notice how they supported each other in those moments, and how quickly they picked up the flow again. There were one or two brief initial wails from the sound equipment, speedily corrected, and for the remainder of the performance the sound system worked so perfectly it was unnoticeable (no mean feat on the first night!) Most of the singing was very good, although I wished the chorus would have sung up more at certain points to support the lead singers – maybe first night nerves kept them quiet. It must be pretty hard to put on a musical with such a young cast – the songs are demanding even for older, more

practised voices. Maya Leighton, who played Miss Lynch, also sang beautifully from the musicians' corner to support Sandy, which was a thoughtful and effective way to enhance the performance.

Nick Inman, in the lead as Danny Zuko, successfully projected smouldering sex appeal with just the right amount of misunderstood vulnerability, whilst Amelia Hunter as Sandy was touching and infuriating as ingénue. Her transformation to 'rock chick' in the last scene was suitably (and humorously) startling. Between them, they occupied the stage confidently and the boy/girl relationship enactments were amusing, absurd and shyly romantic by turns.

The Pink Ladies, led by Betty Rizzo (a feisty performance by Imogen Clark) alternately comforted and clawed cattily at each other, and led the 'T Birds' up the garden path as only teenage girls can. The T Bird's gauche camaraderie (including a few realistically vulgar gestures!) and their well- accented dialogue made for excellent balance between the two

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groups. Adam Roberts' Kenicke balanced his laconic role as Danny's best friend with his (at first) apparently offhand relationship with Betty. He showed credible confusion and doubts about the perennial uncertainties which fears of teenage pregnancy bring, and he and Imogen together added deeper, more realistic notes to the romantic angst of the musical.

Teen Angel (Beth Hewitt) and Frenchy (Molly Preger) need a special mention for their 'Beauty School Dropout' number as does the cameo performance of the king of sleaze Vince Fontaine, played by George Brettle.

The supporting actors and chorus of singers and dancers performed enthusiastically and focussed so well on working together, it was a pleasure to watch. The song and dance routines showed careful choreography combined with energy and talent (and a lot of practice that must inevitably have been done before that first night!) There were some excellent dancers, who had the chance to show their skills off in the

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Prom sequence. The set was well managed, simple and effective, always carefully lighted and complemented by a moody and evocative backdrop design. The musicians, directed by Joanna Brennan, gave a faultlessly judged performance which never swamped and always supported the cast. The whole evening's entertainment ran very smoothly – the best evidence of all the hard work put in from everyone involved, and a credit to the producer and director, Gillian Rea.

Helen Bromley



In picture left to right: Beth Hewitt, Sam Iveson, Evie Rourke, Will Inman, Adam Roberts, Liam Ball, Nick Inman. In foreground: Amelia Hunter (on ground) & Imogen Clark.

Photograph by Derek Hayes

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MACBETH

BoF do Shak

On Wednesday, May 4th at 7.15 p.m. in People's Hall, there will be a free performance of a much-pared and edited version of Shakespeare's 'Macbeth' by Barrel of Fun Youth Theatre – the group based at St Andrew's Church. The show will last about an hour, be in BoF's customary 'in-the-round' format, and all proceeds from donations will go the People's Hall Fund.

This is a huge departure from the group's usual territory. In the past five years, we have done plays about teenage drinking, children coping with families splitting up, a children's crusade against the background of a

post-nuclear disaster, hilarious results in work experience by two incompetent lads in a hotel, and the regular weekly diet of often totally off-the-wall improvisations and formal scripts – that's what we've done. But Shakespeare? Their idea: give us a challenge, many of them said, so this is the challenge. In between frantic revision for AS levels, GCSE, the team have come together to rehearse with great good humour but also great seriousness.

The RSC it isn't, but as a way of getting feet wet in coming to grips with Shakespeare, definitely not as classroom slog, but as a theatrical experience, it's been an exciting ride. Come and see for yourself. *S Manger*

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SPRING SHOW PHOTOGRAPHS

I was interested to judge the photograph section again. I made a few comments on some entries plus a few general ones. However speaking to some of the entrants afterwards they hadn't seen these comments so I thought I would repeat them via Lookaround. I know most of the photographs were not taken originally for competitions but a few minor changes, either at the taking stage or in the processing stage, would make quite a difference. The simplest change would be to get in closer to your subject initially or to crop and enlarge in the computer. Generally landscapes benefit by having some point of interest, especially on the "thirds". Imagine your photo being divided into thirds both horizontally and vertically where these points cross are the major points of interest. Portraits, both of people and animal,

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definitely need to fill the frame. Speaking of animals lets get this one correct once and for all. All living things that we do not normally call plants are in fact animals. Now I now it is not quite that simple!! The Show, like many organisations, uses animals when it means mammals. The class "Animals and Birds" is a case in point as birds are of cause animals. There was quite a good photograph of a butterfly entered in the "coloured section". It would have done better in the animal section because insect are, of course, animals. I put a few of my prints out to try and show these points. If you wish to have a look at some photographs go to the Kendal Photographic Society website at www.kendalphotographicsociety.co.uk where you can go onto the gallery and see a sample of various workers and the recent winning images in our recent annual competition. If you are interested in possibly joining a club contact me on 21567 and I will send you next season's programme when I have finished it. *Brian Wright*



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BOOKWORM

What I have been reading this month

1. Adam Thorpe : 'Between each Breath ' (fiction)

A poor classical music composer Jack is married to very wealthy Milly. They live in a posh part of London and want children but it isn't happening. Jack goes on a trip to Estonia and has a secret 'fling' with

someone who turns up at his home 6 years later. Crisis occurs; and there are no winners. A story of betrayal, greed, new and old Europe and disintegration -very well written.

2. Hilary Mantel : 'Wolf Hall ' (historical fiction)

Slow gruesome start; the narrative then develops into another angle on the Tudors and Henry V111 in particular. Thomas Cromwell's life and the 'divorce' issue take up the main substance of this 650 pager. I found it confusing (many of the cast are called Thomas) and tedious a lot of the time but I persevered and felt fully versed in Tudor politics and the role of the church at the time when I reached the end.



3. Kate Fox : ' Watching the English' (popular science)

The hidden rules of English behaviour eg why do all conversations begin with the

weather ? and why is tea believed to have miraculous properties? are analysed by Kate Fox an Oxbridge anthropologist. You can dip into sections on why the

English are preoccupied with avoiding embarrassment, mobile phone etiquette, ineffectual moaning and the values of modesty, fairplay and courtesy. Quite interesting and the book certainly gets you people-watching !!

Bookworm RM

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CHURCHES TOGETHER

April was a busy month for Churches Together in Sedbergh and, by the time you read this article, we will have marked Holy Week and celebrated Easter with a full range of services and acts of worship in and around the town, including the open-air service in the Main Street on Good Friday and the Sunrise Service at the summit of Winder on Easter Sunday morning. More reports on these will follow in the June edition of Lookaround.

Plans are now well underway for this year's Holiday Club, the theme of which is 'Mission Rescue'. The theme charts the story of Moses from his birth right through his mission to bring his people out of Egypt and into the promised land. As ever, the club provides a mixture of fun activities, games, singing and teaching for children of primary school age and is a great opportunity for the children of the area to meet together during their summer holidays. Every year, the club is run by volunteers from across the churches in and around Sedbergh

and there is no charge for admission.

We are very grateful to the Community Fund who have provided us with another grant this year to cover the cost of materials and the hire of the People's Hall. The club runs from Monday 25th July to Saturday 30th July – please note that this is the first week of the school holidays, not the second as it was last year. Registration forms will be given out in the local primary schools as soon as they become available and will also be available from Sedbergh Office Services. Please register early to avoid disappointment as places are limited.

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CUMBRIA WILDLIFE TRUST

Victorian Naturalists

The Sedbergh and District History Society invited the local support group of the Cumbria Wildlife Trust to join them for a talk by Dr Trevor Pearce on "the heyday of natural history". Dr Pearce is Senior Lecturer in Animal Ecology at Lancaster University.

Apparently natural history became a national obsession in Victorian times. Many popular books were published containing sketches from zoos and hand coloured illustrations of various plant and animal species. These were often sold as individual prints later. These books, for example a five volume work on shells, were very

popular and encouraged their readers to go out collecting to the detriment of the many species they extolled.

Several modern authors have written about this period: Lynn Barber, David Elliston Allen and R B Freeman amongst others.

Several clergymen wrote popular natural history books at the time. The Rev. John George Wood produced 46 titles in the "Common Objects" series.

This popular hobby provided an escape to the country from the grime of the cities and the growth of the rail network gave easy access. It was healthy exercise and a cure for boredom. In the era of cheap and abundant domestic help, ladies had time on their hands to assemble

<p>bullhotel restaurant • bar • accommodation</p> <p>sample menu items</p> <p>To start</p> <p>Grilled Goats Cheese En Croute Devilled Lakeland Lambs' Kidneys Tempura Battered King Prawns Asparagus wrapped in Smoked Salmon</p> <p>Main meat game & poultry</p> <p>Pork Fillet, Apple & Black Pudding Wellington Confit of Duck Leg Orange Marmalade Brushed Duck Breast Chorizo of Chicken Cumbrian Reared 10oz Sirloin Steak</p> <p>015396 20264 reception@bullhotelsedbergh.co.uk bullhotelsedbergh.co.uk</p>	<p>spring menu 2011</p> <p>Functions, event & buffet menus available upon request</p> <table border="1"><tr><td data-bbox="710 1205 1029 1366"><p>country classics</p><p>Black Sheep Beer Battered Haddock Local Cumberland Sausage Ring Bull Hotel Burger Braised Lakeland Fell Lamb Shank Homemade Luxury Fish Pie Calves Liver & Onions</p></td><td data-bbox="1029 1205 1300 1601"><p>sides</p><p>All main courses can be ordered with two of the below:</p><p>Fondant Potatoes Hand Cut Chips Creamy Mashed Potato Mustard Mashed Potato New Potatoes Homemade Beer Battered Crispy Onion Rings Fresh Vegetables Cabbage Pierre Kauffmann Honeyed Carrot Ribbons Mushy Peas Rocket & Parmesan Salad House Salad Bread Basket</p></td></tr><tr><td data-bbox="710 1384 1029 1545"><p>vegetarian</p><p>Fresh Spinach, Goats Cheese & Mushroom Ravioli Spicy Mediterranean Vegetable Fajitas Creamy Leek & Mushroom Risotto Mediterranean Vegetable & Goats Cheese Tagliatelle</p></td><td data-bbox="1029 1624 1300 1691"><p>We also offer a wide selection of daily specials, sandwiches, snacks and desserts.</p></td></tr><tr><td data-bbox="710 1563 1029 1691"><p>seafood</p><p>Oven Roast Pave of Salmon Pan Fried Solway Caught Plaice Fillet Oven Roasted Cod Loin & Vine Cherry Tomatoes</p></td><td></td></tr></table> <p>Main dishes start from £8.95. All prices are inclusive of VAT at the national prevailing rate. The Bull Hotel was recently awarded maximum Food Hygiene Rating of 5 stars = Excellent by South Lakeland District Council.</p>	<p>country classics</p> <p>Black Sheep Beer Battered Haddock Local Cumberland Sausage Ring Bull Hotel Burger Braised Lakeland Fell Lamb Shank Homemade Luxury Fish Pie Calves Liver & Onions</p>	<p>sides</p> <p>All main courses can be ordered with two of the below:</p> <p>Fondant Potatoes Hand Cut Chips Creamy Mashed Potato Mustard Mashed Potato New Potatoes Homemade Beer Battered Crispy Onion Rings Fresh Vegetables Cabbage Pierre Kauffmann Honeyed Carrot Ribbons Mushy Peas Rocket & Parmesan Salad House Salad Bread Basket</p>	<p>vegetarian</p> <p>Fresh Spinach, Goats Cheese & Mushroom Ravioli Spicy Mediterranean Vegetable Fajitas Creamy Leek & Mushroom Risotto Mediterranean Vegetable & Goats Cheese Tagliatelle</p>	<p>We also offer a wide selection of daily specials, sandwiches, snacks and desserts.</p>	<p>seafood</p> <p>Oven Roast Pave of Salmon Pan Fried Solway Caught Plaice Fillet Oven Roasted Cod Loin & Vine Cherry Tomatoes</p>	
<p>country classics</p> <p>Black Sheep Beer Battered Haddock Local Cumberland Sausage Ring Bull Hotel Burger Braised Lakeland Fell Lamb Shank Homemade Luxury Fish Pie Calves Liver & Onions</p>	<p>sides</p> <p>All main courses can be ordered with two of the below:</p> <p>Fondant Potatoes Hand Cut Chips Creamy Mashed Potato Mustard Mashed Potato New Potatoes Homemade Beer Battered Crispy Onion Rings Fresh Vegetables Cabbage Pierre Kauffmann Honeyed Carrot Ribbons Mushy Peas Rocket & Parmesan Salad House Salad Bread Basket</p>						
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<p>seafood</p> <p>Oven Roast Pave of Salmon Pan Fried Solway Caught Plaice Fillet Oven Roasted Cod Loin & Vine Cherry Tomatoes</p>							

collections of seaweeds, shells and all sorts of wildlife. Much of this was displayed under glass domes or decoratively arranged in collages or even (as illustrated by Maggie Smith in "Downton Abbey"), worn on elaborate hats. They even made a modest contribution to literature on the subject. Margaret Gatty, daughter of Nelson's chaplain, produced a book on British Seaweeds in 1863. Pamphlets were issued on what to wear on expeditions. The protection of attendant gentlemen was essential. These fair creatures ravaged the shorelines using crowbars and other rock moving implements to collect their specimens.

The abolition of a tax on paper encouraged an even greater flow of mass produced books for example "A Year at the Shore" by P H Gosse which enticed even more eager collectors to the seaside. The collages and private exhibitions grew of pinned insects, birds eggs and many species now under protection by law.

A Victorian "David Bellamy" character was Frank Buckland, son of a clergyman. He had moved careers from surgeon to zoologist and was an unofficial publicity officer for London Zoo. He embarked on some interesting projects. He exported salmon eggs (from the Lune) to Australia, trout to New Zealand and cultivated oysters. He kept pet alligators, fed on puppies and mice and experimented with exotic additions to the British diet, for example, elephant trunk.

Clubs and societies of naturalists proliferated, usually meeting in pubs. The "Naturalist" public house in Prestwich for instance and the Black Cow Botanical Society. These meetings and various naturalist magazines provided an exchange of information on a wide range of subjects. These societies were cheap to join and inclusive. Mention is made of "the pleasure of women on summer field excursions" (in the nicest possible way one hopes). The Liverpool Naturalists Field Club had 700 members in 1867. Competitions were held for the greatest number of species collected on expeditions. There was frequently a ladies prize for the best wildflower bouquet!

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Improvements in photography and microscopy followed. Wildlife was studied at home and in hides in the field. More books were produced on how to do it all.

There were hazards for participants. Skua attack and crinoline entanglement were examples. William Williams, a famous botanical guide, met his end falling over a cliff. Advertisements for collecting equipment appeared in various publications. Climbing irons for egg collectors, blowpipes for shooting small birds, pin sticking gear for insect collectors young and old, books on taxidermy all encouraged collectors to deplete our wildlife reserves. Canon Tristram of Durham

Cathedral, "The Great Gun of Durham" eventually amassed 20,000 specimens of birds. He later became a Vice President of the RSPB. The Great Auk became extinct in 1840 but the lesson was not learnt.

Charles Waterton 1782-1865 was a noted taxidermist and eccentric. He survived plague, earthquake and shipwreck and is known for wrestling a South American alligator. He experimented with nature's poisons notably on a donkey which had to be revived by tracheotomy and bellows.

Nature was preserved for sentimental reasons but it was many years before the Fur and Feather Club became the RSPB.

Ladies were beginning to become

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better known as naturalist writers. Beatrix Potter, Theresa Llewellyn and Arabella Buckley all produced books.

With the era of Darwin came changing perceptions. Recognition of order and sequence influenced studies. Kew Gardens and London Zoo held many species. Could they all have fitted into the Ark? The study of fossils introduced evolutionary ideas.

Many naturalists produced works on what is now Cumbria. Mosses and ferns were popular topics. Collectors were paid to strip the countryside of ferns which then appeared in the ubiquitous collages, as pottery and glass decoration and even as miniature replicas of the Crystal

Palace. The Rev Hilderic Friend, a former missionary in China, ironically, died from prussic acid poisoning when attempting to make metal plates from ferns.

Later photographs of society excursions show fewer beards and more ladies. The conservation movement was beginning to grow. Meanwhile there had been an enormous loss of species in a period of about 150 years. However we have a valuable legacy in the many museums and collections, records and books of the time still available for study today.

Dr Pearce was thanked most warmly for a very informative and entertaining talk. *Susan Garnett*

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NEIGHBOURHOOD FORUM

North West Ambulance Service NHS Trust

Paul Bradshaw gave the Forum an outline of the background to the Service's plans to become a Foundation Trust.

Based in Bolton with regional offices in Liverpool, Preston, Manchester and Carlisle, North West Ambulance Service is the largest in the country covering 5,400 square miles and a population of 7 million. Its 5,186 staff handle around 1.1 million calls and from these they initiate around 900,000 responses per year from one of 114 ambulance stations. In addition to 24 hr emergency response, the service also provides patient

transport, major incident management and event support (e.g. football matches and major sporting events). The service aims to be about more than just getting to people quickly in an emergency. It is also about ensuring people are treated in a safe and clinically sound manner and having staff who are trained to the highest possible professional levels. This would mean patients receiving the most appropriate treatment and not just being taken directly to hospital if that was not necessary. Maintaining service levels in rural areas will be a key aim, however a review of facilities will be needed based on the suitability of premises and their location. New



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stations may be required to reflect current and predicted population centres.

Becoming a Foundation Trust will enable the service to build on the strong community links it already has and will give it greater financial freedom and the ability to plan more specifically according to local needs. It is a membership based organisation, with a Council of Governors appointed by the members and a Board of Directors, making a Foundation Trust directly responsible to its staff and the people it serves. The service is currently seeking feedback from the public, partner organisations and members of staff on these plans. A full copy of the consultation document can be viewed online at www.nwas.nhs.uk where you will find details on the various ways in which you can have your say and also how you can become a member of the new Foundation Trust. Alternatively call 01539 713419 to request a hard copy of the document.

Love the Lune

Claire Benson, Project Manager for Love the Lune, addressed the Forum, giving an outline of the project, and what it has achieved so far. Currently based in Kirkby Lonsdale, the project aims to link all communities along the Lune valley for the benefit of residents and businesses, by attracting more visitors and new businesses to the area thus increasing economic activity and making the area more sustainable. The many very small communities in the locality find it hard to be self



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sufficient individually but can thrive by combining resources.

The project is a Social Enterprise scheme where any profits generated are put back into the communities involved to help keep services alive.

Premises have been secured at 24 Main Street in Kirkby Lonsdale for 18 months and, alongside the Tourist Information centre, a "Made In Cumbria" outlet will open at the same location, to help generate further income for the project.

Through local consultation, nine issues were identified as priority areas for action, including provision of more activities for young people, better use of the Institute's facilities,

broadband access, sustainability of retail activity along with increasing the local tourism market share, green energy schemes and protection of the local scenery and environment.

Various steering groups are already at work looking at the provision of public toilets and how to reinvigorate the market in Kirkby Lonsdale. For full details about the project and how you can get involved by joining a steering group or becoming a volunteer then visit www.lovetheh Lune.com or call 0782100135

Sedbergh Townscape Initiative

This is a joint project involving Sedbergh Parish Council, the Yorkshire Dales National Park, Cumbria County Council and South

Lakeland District Council.

It stemmed from various issues, including traffic, parking and access to facilities, which either individually or collectively were beginning to have a negative impact on the quality and vitality of the town centre.

The first task for the members of the project board was to commission designs for the improvements to the whole town centre area and suggestions for solutions to traffic management issues. The draft proposals were presented to local people in December 2010, receiving a reasonable response.

The plan is that the bulk of traffic will be directed away from Main Street, with improved crossing places and

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remodelled junctions on other routes. The Joss Lane area will be improved as a central open space, likewise the area in front of the church.

Although much of the funding has been pledged it is intended that the planned scheme will be carried out in manageable phases as and when funding is made available, any necessary planning permission is gained and Highways works can be scheduled. The first actual phase of work, where all the street name plates will be replaced, will be completed very soon.

To view a copy of the proposals which were presented to the town visit: <http://www.southlakeland.gov.uk/pdf/final%20dec1.pdf>

Further details can be obtained by contacting the clerk to Sedbergh Parish Council on 01539 730597

Local Updates

Neighbourhood Policing Team John Stephens, Community Sergeant for Sedbergh, Kirkby Lonsdale and Milnthorpe, updated the Forum on the latest local issues. Thefts of fuel and scrap metal are on the increase; fuel suppliers can give advice on how to keep your fuel secure and any scrap should be kept locked away or disposed of promptly. For further advice contact the local Crime Prevention Officer, Terry Belshaw. Theft from vehicles continues to be a problem but is difficult to detect so remember to remove or lock all valuables away when leaving your car or van.

The Road policing unit is still actively monitoring motorbike activity

in the area.

Appleby Horse Fair

Sgt Stephens is also responsible for supervision of those travelling through the Sedbergh and Kirkby Lonsdale area on their way to and from Appleby Horse Fair. Measures for this year will be broadly the same as 2010 with a few minor adjustments.

Local Area Partnership

The Local Area Partnership offers great scope for local decision making on where and how available funding should be spent. Funding for the 2011/12 financial year has already been secured from South Lakeland District Council and a decision on the level of funding support from Cumbria County Council is awaited.

The next meeting of the Forum has yet to be arranged. Details will be posted on our website www.cumbria.gov.uk/neighbourhoodforums as soon as they are available and also circulated to those on our electronic mailing list. In the meantime, if you need to get in touch please telephone 01539 713405 or email: jeff.twedde@cumbriacc.gov.uk

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SEDBERGH BOWLING CLUB

In June 2011, the Bowling Club will be celebrating 100 years of existence. The following information has been compiled after much research by Kevin Lancaster and Elspeth Griffiths.

Kevin has found mention of a bowling green in Sedbergh in 1717 and it was situated in what is now known as Footer View Gardens.

As far as we can ascertain the first recorded mention of the idea of forming a club dates from a Parish Council Meeting of the 14th April 1906 when Warwick Pearson Boustead proposed and John Staveley seconded that Messrs W Gordon Bathgate, Thomas Punch

and John Bowness be appointed to a committee for the 'proposed bowling green'.

Mrs Upton Cottrell Dormer was approached about situating it in Queen's Garden; she was said to be 'quite in favour of this' and would assist the council in making a bowling green.

By the end of October no tender had been received but 'Mr Mawson or one of his men had been looking at the place'.

In a letter of 22nd February 1909 Mr Upton wrote to the Council: 'For the purpose of forming a club and making a bowling green I shall be pleased to give a piece of land at the back of Queen's Gardens 40 yards long by

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21 yards wide and would remove and re-erect the boundary wall round the additional ground free of cost'. This was considered a most generous offer and on the 8th March a Public Meeting was held at which it was unanimously decided that a Club be formed. Names had been collected of 95 willing to join and subscriptions were not to exceed 5 shillings a year. Mr Upton's offer was unanimously accepted.

The first meeting of the new committee was on the 29th March 1909 and it was resolved that it be made a 'Crown Green' of 9 inches and Mr H Metcalfe was instructed to take off the sods carefully and stack them as this turf was to be relaid. A letter had been received saying that there was no reason why, under Mrs Dormer's grant of land to Queen's Gardens, the Parish Council could not provide a Bowling Green nor why 'building for the more convenient use of the ground should not be erected on the new grounds ... granted by Mrs Dormer'. However, the dry weather meant that it was not possible to lay the sods and so the ground was to be sown with best lawn seed instead and, by the end of September, the Chairman reported that this had been done.

In April 1910 Mr Bathgate reported that a number of people would not subscribe until they saw what was being done but now that the green was practically made he did not think there would be any difficulty. The next month the Committee requested that play commence as early as possible.



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In June, 31 members had been secured and the Chairman asked that the green be opened for play on the 1st August. However, this did not happen and it is not clear why there was a delay in opening. In March 1911 at a special meeting of the Parish Council an application was handed in on behalf of the Bowling Club asking the Parish Council to let to the Bowling Club the land at the back of Queen's Gardens at a small nominal rent and the Club undertook to manage it and to keep it in order during the season. Resolutions were passed that the Bowling Club be let on a yearly tenancy with the Parish Council reserving the right to nominate six free members on proof they could not afford the fees; the annual rent was to be one shilling (5p), the agreement was drawn up and signed on the 29th March 1911. This is why we are celebrating the centenary of play this year. The signatories for the Club were L. S. Greenbank, D. Gillespie, G. Hall and T. B. Iveson. This was witnessed by John Haygarth Club Secretary who was also the clerk to the Parish

Council. An Ad Valorem legal stamp of six pence was stamped on the document and dated 29th November 1911. The Club holds a copy of this document.

Relevant Dates for the Club

By 25th November 1912 water was laid to the green (and presumably turned off immediately because of the danger of freezing!)

The formal conveyance of the land to the Parish Council by Mr John Upton was not confirmed until the 15th September 1913. It was a condition that this land could only be used as a bowling green.

In 1915 a Right of Way was granted from Station Road to the gate at the east side of the Green.

In 1917 the Club sent a letter to the Parish Council asking the Council's views on a question of Sunday bowling. They unanimously decided against it.

In 1919 Mr Hall proposed that the question of Sunday bowling be put to the Parish Council again. This was opposed by all members present except for Mr Hall and Mr Shepherd.

In March 1915 it was reported that like almost every other Club they had been affected by the war. No less than 13 had offered their services and of that number 9 were now serving their country and it was hoped that each one would return safely and that 'before long we might see them merrily trundling their woods across

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the green'.

By 1917 16 members had gone to war and one to munitions work. Two members had fallen, Sgt Mason and Cpl Park who was a keen player and a regular attendant at the green.

Sgt H L Mason was killed in action in France on the 8th October 1916. He was a member of the Duke of Wellington's Regiment, the son of Mr and Mrs J. Mason of Main Street, Sedbergh. He was aged 28. His name appears on the Thiepval Memorial as he has no known grave.

Cpl Herbert Park was drowned at sea on the 1st January 1917 when the boat HV Ivernia was torpedoed and sunk 93 kilometres from Cape

Matapan when she was carrying reinforcements for Egypt. He was a member of the Cameronians (Scottish Rifles). He was the son of Mr & Mrs Park of the Folly, Sedbergh. He was aged 24. He has no known grave and is commemorated on the Mikra Memorial in Greece.

The other members who served in the 1914-1918 war were :- Major Upton, Lt W Hague, Lt C E Taylor, Sgt B Horsfield, Pte H Bainbridge, Pte G Bainbridge, Pte T Cragg, Pte T E Dakres, Pte E Pennington, Pte C Sellers, Pte A Tedcastle, Pte F E Ward. Of these Privates Dakres and Cragg died in service of their country.

CUMBRIA WILDLIFE TRUST

It is not the farmers' fault. It really isn't. These days the farmers are between a rock and a hard place: the human population is thriving, despite the terrible efforts on the part of nature and of politicians to reduce it. We all need feeding and we all want to go into the countryside for refreshment; what's more we want cheap food and we don't want to pay to enjoy the countryside; all of this is changing things on the farm. Life there has to become ever more efficient; strolling about with a dog and a shotgun tends not to be seen as very modern or democratic, nor do most farmers have the leisure. This is a great pity. The quality of our countryside and the pleasure we get from it, whether we be tourists or farmers, depends on selective control. What we are experiencing outside nature reserves and kept sporting estates (of which there are fortunately still very many: a recent estimate put the total area at over 7,000,000 hectares in our islands) is survival of the fittest; which means survival of the predators.

Over the last 50 years there has been a 30% increase in broadleaved woodlands and currently the planting and restoration of hedgerows by farmers is running at 5,000 kms a year! Yes, we can point on the other hand to the increase in early cuts for silage and to the (ever-decreasing) use of herbicides and insecticides: all essential to the production of cheap food; but this is to attribute the loss of so much bird life glibly. Most of our local farmland is not subject to this

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and yet we all are aware of an impoverishment of our bird-life. We applaud the control of the Grey Squirrel ... rightly. It is not just that it is a foreigner and that we want to defend our native Red Squirrel against it. It is much more serious than that. Like cats, but even more effective, they can reach nests from ground level to tree tops, and they do. Combined with Magpies, Carrion Crows, Sparrowhawks and Kestrels (yes, I'm afraid so, much though we admire these handsome birds) they can effectively wipe out all the other bird species in the area.

All the hard work that is going into Grey Squirrel control is absolutely essential, and not just to preserve the Reds. We need, however, to extend our attention to the other predators, and not get too excited and pleased when we see lots of dashing hawks about. The pleasure that we get from the countryside is largely due to the presence of hosts of small song-birds. In parallel with the increase in Crows and such, there has been a marked decrease in the numbers of Skylarks, Tree Sparrows, Song Thrushes, Corn Buntings and

Bullfinches.

In an illuminating article (www.songbird-survival) Professor Roy Brown of Birkbeck College traces the inverse ratios of local populations of Skylarks and Wrens competing with Hedgehogs and Stoats, Blue Tits with Brown rats, Robins, Blackbirds and Whitethroats with Grey Squirrels, and all hedge-nesting birds with Cats.

What he doesn't explore might be more important for us in our glorious neck-of-the-woods: we need to find out what the ratio of Curlew, Redshank, Snipe, Golden Plover is to Foxes and Badgers, as well as Crows. (The Badger seems to be more a scavenger than a predator ... but the court is out; as its range

spreads in our uplands, it must inevitably find ground-nesting birds with eggs worthy of its attention)

What is certain, however, is that agriculture has a negligibly negative role in the richness of our surroundings compared with nature itself. There is no easy scapegoat. We must cast our net much wider and ask who will keep the open country outside the reserves and the game coverts: the Hunts, for sure, but they cannot control everything. Perhaps we can usefully build on the lead being given by Red Alert and related focus-groups. There are people out there who, if invited, would willingly go after the crows ... but who will invite them?
JWGC

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NORTH WEST COWBOYS

A joint team from Higginsons of Grange and Steadmans of Sedbergh were winners at the recent 2011 Guild of Q Butchers National Barbecue competition the "North West Cowboys".

The two businesses, both members of the Q Guild's North-West region, earned the title by winning the best pork award with 'Pork Stirrups' and best burger product award with 'Ranch Burger'. They also were awarded the awards for overall team Champions 2011

The products were named with a Wild West theme. The Pork Stirrups




were made from Chinese style twice cooked Belly of Pork and the Ranch Burgers were produced using Smoked Beef.

The contest was staged at Coniston Hotel, near Skipton. Judges were Jonathon Davies, winner of ITV's 'Britain's Best Dish 2010,' Jim Brown of Airdrie, Mrs Ethne Bannister of Coniston Hotel and food writer and editor Elaine Lemm.

The contestants taking part on behalf of Higginsons Butchers were Mark Porter, Simon Gray and Linda Whitton, with Garth Steadman representing his own shop.

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DENT BEETLE DRIVE

Friends of Dent would like to say a big thank you, for all the donations to the Beetle Drive, which was held in Dent Memorial Hall on the 5th of



March and also to everybody who helped on the night. Fun was had by all ages and every child who took part won a prize, many also walked out with a prize from the raffle too. However, first prize, a huge bunny which was almost as big as the winner, went to Sam Oversby, congratulations Sam! In total the event raised around £140.00 for Dent C of E.
Laura Mottershead

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**SEDBERGH & DISTRICT
 ART SOCIETY**

The Sedbergh & District Art Society celebrated its 40th Anniversary with a lunch at Thorns Hall on Friday the 15th April. Some forty members attended and after an excellent lunch in the comfortable ambiance of Thorns Hall we were treated to a most interesting talk by John Gilbert an Artist who for a number of years has been a judicial court Artist in the Derby shire and South Yorkshire Courtrooms, serving provincial newspapers and television.

John started by showing how a portrait develops, photography is not allowed and an artist has to request the Courts permission to sketch in court, should this not be permitted a good memory and anatomical knowledge of the head is essential so that a likeness can be prepared out of the Courtroom. He demonstrated using charcoal how to construct a typical face pointing out that the average face has similar dimensions i.e. the eyes are halfway down the head, the eye one fifth the width of the head and so on. This provided a basic framework on which to develop a likeness.

He then went on, with the aid of slides, to give an interesting insight into court procedure with some amusing and illuminating stories.

All in all an excellent Fortieth Anniversary, once again our thanks go to Sheila Hollaway for organising the event.

Ron Gerrard Chairman

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SEDBERGH SPORTS EVENING

Friday 1st July 2011 will see the first "Sedbergh Sports". The partnership of Howgill Harriers Running Club and Sedbergh Primary School is looking to bring about an evening of traditional Dales sports. The aim is to provide a fun community event that raises money for Sedbergh Primary School.

There will be a range of races for all age groups, from flat races to a challenging fell race, as well as fun events, such as sack races etc. The venue for the event is kindly provided by Andrew Pratt on the field that, the week before, will host the Sedbergh Folk Festival. The added benefit is that Killington Marquees will leave in place one of their marquees for the use of the Sports Evening. There will be a barbecue and a bar, plus tea/coffees.

The evening's proceedings will commence at 5.30 pm with children's races on the field, which is situated less than ½ a mile outside Sedbergh on the Cautley Road.

DENTDALE MUSIC & BEER FESTIVAL

Could you give an hour or two of your time to help with this year's Dentdale Music & Beer Festival? We need helpers in the kitchen area - preparing food, washing up, serving food; litter picking; stewarding; putting up the marquees and tents and keeping everybody happy with cups of tea and biscuits. The festival will take place during the weekend of 24-26 June 2011.

If you can help, please contact Joanne Burton on 015396 25537.



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Would you like to learn more about Crown Green Bowling? Come along to a free taster on Tuesday 17th May from 2 to 4pm or 6:30 to 7:30pm. There are Bowls to borrow at the Club, all you need is to wear flat shoes. Have some gentle exercise and learn a new skill.

If you cannot make this time, please ring Linda on 20279 to arrange a suitable time and date.

The Green is located at the rear of Queen's Gardens.

SCORES ON THE DOORS

Five Stars for The Bull Hotel

The Bull Hotel of Sedbergh, Cumbria, has been given a Food Hygiene Rating of 5 stars by South Lakeland District Council on 10th February 2011.

The Star Rating scheme is based on the Food Standards Agency Code of Practice. The Council's Food Safety Team developed the award following strong evidence that there is a public demand for this type of information to be made available. This scheme permits businesses to be benchmarked against the same criteria namely: hygiene, structural compliance and confidence in management.

The five stars awarded to The Bull Hotel denotes an exemplary improvement following the takeover of the hotel by hospitality group J&G Inns Ltd.

High standards of compliance with statutory hygiene obligations and industry codes of recommended practice were highlighted in addition to good confidence in management with well documented records on the preventative approach to food safety. Speaking on the report Manager Dean Hunter explained: "Awards such as this are just one way of bringing to light the hard work that goes on behind the scenes to ensure guests of The Bull Hotel have the best possible experience. It is testament to the hard work of all the team, especially Head Chef in the kitchen."

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ANNE PIERSON AWARD

Sedbergh Poet wins Anne Pierson Award

Grace Ormerod, Sedbergh Sixth Form student at Queen Katherine's School, Kendal, has just won the prestigious 2011 Anne Pierson Award for Young Writers in Cumbria at the Brewery, for her poem 'Home'.

It is a beautifully structured, nicely quirky, rhythmic debate about self and home, with touches of deft homage to earlier writers like Emily Dickinson and Basil Bunting. There is clever use of space and layout to underscore meanings and questions, and has an almost but not quite conversational tone:

I stand for

Myself

these four walls of

*listening, glistening slithers
of Time*

are not Me

the humble womb of brick is

not my soul

Grace's poetry life is not confined to the Anne Pierson Award. She battled her way through several rounds of the first ever highly competitive QKS Poetry Slam. Performing live and slugging it out in front of an audience of friends, rivals and parents - the audience itself has a major hand in deciding which poets goes forward! Jessie Coleman won out, but Grace Ormerod finished a fine second.

Lookaround would like to wish the talented Grace well as her poetry life develops.

Stuart Manger

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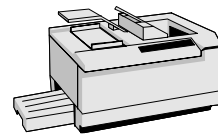
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LOOKAROUND REMEMBERED

Reading the article in the last Lookaround reminded me of the time when Dennis was transferred to work on the West coast of Cumbria in 1988 and Michael Rutter (who lived with his wife Joy at Burnt Mill) decided to become temporary guardian of Lookaround and somehow myself and Angela Jones, who was my work colleague and friend got 'roped' in along with Kath Hetherington of Scriptoria.

I transcribed all submitted articles onto the computer and Angela sold adverting space and then Michael put it all together. The night before it went to the printers always ended very late as we all met at Burnt Mill to put it to bed.

During that time Lookaround won an award presented by Voluntary Action Cumbria and Shell UK and as we were only keeping the computer warm until handing it back to Dennis and Jacky, we went along with Dennis and Jacky and attended the award ceremony at Hutton in the Forest, Penrith.

As you can imagine we were only too aware just how much work goes into producing Lookaround (more and more as editions get bigger and bigger) and so when I heard Dennis was coming back to Sedbergh (Jacky and the boys never left) I think I was as happy if not happier than Jacky.

Lookaround is a credit to both of you-well done *Dorothy Blair*
Also see page 74.

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Dent Parish Church needs volunteers for Churchyard grass cutting

With the help of the Parish Council, the PCC has purchased a new easy to use hover mower, which makes cutting the grass in the churchyard a lot quicker. Now we need volunteers to mow the grass! You can make a valued contribution to our community. A small team mowing every fortnight will keep our churchyard looking beautiful and cared for - can you help!

With all the work on the building there is no magic pot of money to pay for the mowing to be done - we now rely on the good will of the community.

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MOTHERING SUNDAY

worship@ people's hall

It was a beautiful day as the People's Hall filled with mothers and daughters- and fathers and sons to celebrate Mothering Sunday. There

was no service in the Methodist Church and we all gathered to hear Rev Tim Widdess speak and an informal time of worship and craft for the children. We were invited to make paper flowers and write our prayers for others on them and they were gathered together and placed in a large vase. The children gave out beautiful bunches of daffodils for the ladies to take home, with a warm feeling of a lovely time together!

Why not join us , the next ones will be 1st May and 5th June at 10.30am.
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HOWGILL VILLAGE HALL

A Big Thank You to all who supported the Domino Drive and Tattie Pie Supper at Howgill in March, £436 was raised toward the Hall refurbishment funds and thank you also to all who provided prizes, food and help on the night.

BUS TIMETABLE

The amended Timetable is included for May but please note that it could change again in the near future.

YDNP

housing development plan unveiled

A new document has been published to boost affordable housing in the Yorkshire Dales.

The Yorkshire Dales National Park Authority (YDNPA) has launched its new Housing Development Plan with the aim of delivering sites for affordable housing over the next 15 years.

The plan has already been amended following consultation on a draft document last summer and the Authority is now inviting formal representations in preparation for an examination by a planning inspector, probably early next year.

The plan allocates 34 sites for development, ranging in size from two houses up to the largest site – on the edge Sedbergh – for 30. Fourteen earlier sites have been dropped following local consultation, although four new ones have been added.

Peter Stockton, the YDNPA's Strategic Planning Officer, said: "If all 34 sites were developed, there would be enough land for 230 new homes. "The Authority would expect half of

these to be affordable homes to rent or buy, probably through the involvement of a local housing association. The other half would be open market housing, albeit with a legal agreement restricting their occupancy to households that need to live or work in the National Park."

Anyone with an interest in housing and local planning policy is invited to make representations about the plan in the form of a statement of support, a comment, an objection or perhaps all three.

The plan and its supporting documents are available for inspection on the Authority's website www.yorkshiredales.org.uk/housingdevelopmentplan or at local libraries and National Park offices.

A response form is available with the plan and should be returned by noon on May 16. The Authority will consider the representations received and decide whether it needs to make any further changes. The representations will then be passed onto a planning inspector who will hold a public examination and decide whether the plan is fit for purpose or not.

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COMMUNITY OFFICER REPORT

There have been further reports of heating oil being stolen in the South Lakes and in particular our area, please ensure that your fuel tanks are as secure as possible and we ask the public to be vigilant and report any suspicious vehicles or persons to the Police on 0845 33 00 247.

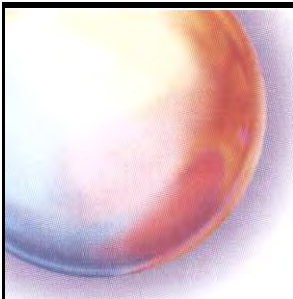
There was a report of a suspicious vehicle collecting scrap in the Dent area, the vehicle was described as a red van driven by a 50 year old scruffy looking male. It is important that suspicious incidents are reported as quite often this contributes towards crime prevention.

The issue of dog fouling has again been brought to our attention, particularly on Main Street. We would like to remind dog owners to pick up after their animals or they risk a fine of £75.

Please feel free to contact us on 0845 33 00 247 or email us on rachel.thomas@cumbria.police.uk or karen.dakin@cumbria.police.uk. Or alternatively you can speak to us during our regular drop in surgery at Sedbergh Library at the new time and date of the 3rd Saturday of each month between 10:00 – 12:30 or the first Saturday of the month between 10:00 and 12:00 at Dent stores. We are also at Gladstone house every other Friday from 13:00.

We would be pleased to meet you all to discuss any issues or simply for a chat.

*CSO 5206 Karen Dakin and CSO
5245 Rachel Thomas*



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0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1007 (C, H)	1049	M - S	564	KLC	1055 (C)	1128	M - S	564	KLC
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	A8	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	KLC
1310 (C)	1347	M - S	564	KLC	1425 (H)	1500 (L)	Sat	564A	A8
1545	1620	M - S	564	KLC	1610 (C)	1640	M - F	564	W
1708 (C, H)	CANCELLED				1625 (C)	1658	M - S	564	KLC
1827 (C)	1904	M - S	564	KLC	1745 (C, H)	CANCELLED			
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	KLC	0705	0740	M - F	564	KLC
1128	1202	M - S	564	KLC	0940	1007	M - S	564	KLC
1443	1505	M - S	564	KLC	1235	1310	M - S	564	KLC
1658	1732	M - S	564	KLC	1510	1545	M - S	564	KLC
					1800	1827	M - S	564	KLC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Cowgill					Cowgill to Sedbergh				
1330	1355	Wed	564B	W	0950	1015 (L)	Wed	564B	W
0940	1009 (DS)	Sat	564A	A8	1020 (DS)	1050 (L)	Sat	564A	A8
1500	1530 (DS)	Sat	564A	A8	1545 (DS)	1615 (L)	Sat	564A	A8
1645	1715 (DS)	Sat	564A	A8	1735 (DS)	1805 (L)	Sat	564A	A8
Last Update: May 2011									

L = Sedbergh Library

C = Via Kendal College

H = Via Westmorland General Hospital

DS = Dent Station

W = Woof's of Sedbergh

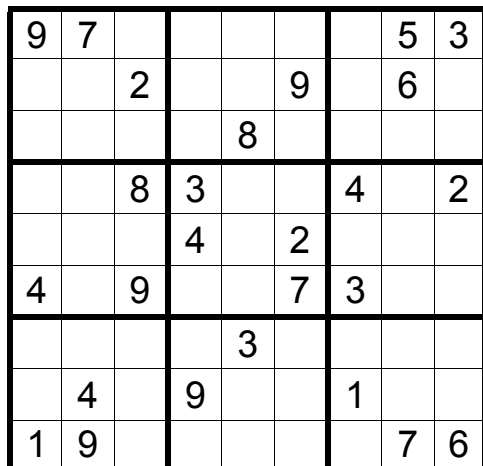
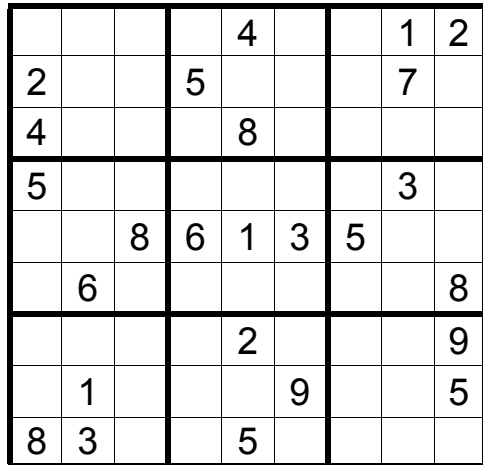
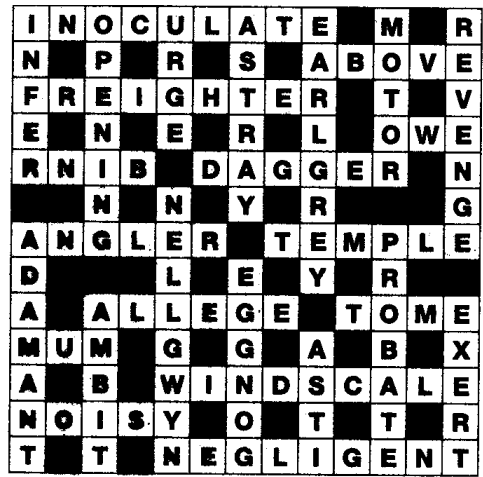
KLC = Kirkby Lonsdale Coaches

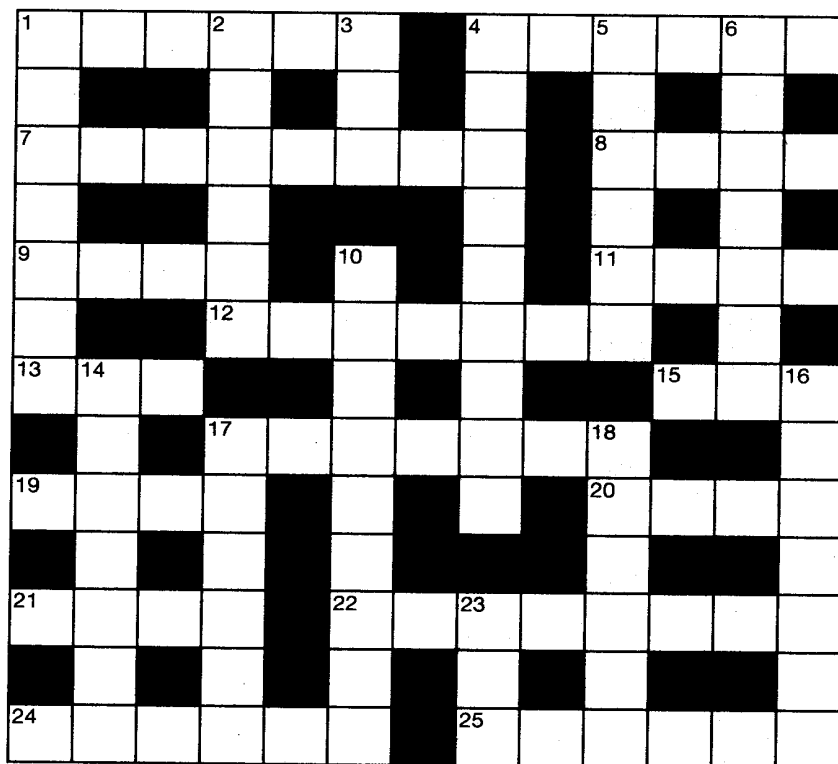
A8 = Apollo 8

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 0871 200 22 33 (Open : 7am - 8pm Daily)

All times are from and to Thorns Bank





ACROSS

- 1 Drinking vessel (6)
- 4 Cower in fear (6)
- 7 Abnormal (8)
- 8 AA Milne's bear (4)
- 9 Cheeky child (4)
- 11 Harbour (4)
- 12 Regular action (7)
- 13 University stunt (3)
- 15 Baby's protective cloth (3)
- 17 Belgian city (7)
- 19 Gulf country (4)
- 20 Hawaiian dance (4)
- 21 Sketch (4)
- 22 Cancelled (8)
- 24 Thick, slushy mixture (6)
- 25 Accost (6)

DOWN

- 1 Sparkle (7)
- 2 Greater in size (6)
- 3 Spinning toy (3)
- 4 Cut short (9)
- 5 Hinder (6)
- 6 Pasta dumplings (7)
- 10 Usual, habitual (9)
- 14 Naval officer (7)
- 16 Eventually (2, 3, 2)
- 17 Reply to a question (6)
- 18 Kim - - -, British spy (6)
- 23 Currently (3)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2011/09)	21529
	<i>ID(ES); IT(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2011/11)	20754
	<i>ID; IT; IS; TVL; CH; NS; NP*; P; DR</i>	
	Web Site: www.holmecroftbandb.co.uk	
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2011/12)	20309
	<i>F/D (4 poster); IS; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i>	
	e-mail: enquiries@theoldjoinery.com	
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2011/11)	20360
	<i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i>	
	e-mail: ali@interact.co.uk	
Miss S Thurlby	15 Back Lane, Sedbergh (2011/12)	20251
	<i>ID; IT; TVL; CH; DW; P; DR; VB</i>	
	e-mail: wheelwright.cottage@homecall.co.uk	
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2012/02)	21808
	<i>ID (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i>	
	e-mail: sangold.kwood@virgin.net	

CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2011/11)	20360
	<i>Self-Catering Sleeps 6-8</i>	
Sycamore Cottage, Lunds, Sedbergh (2011/09)		01969 667356
	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	
Mrs Durie	Crossthwaite, Garsdale, Sedbergh (2011/06)	07900 531043
	<i>Sleeps 6/7 D, F, T, CH, TVL, P, NS, DW, DR, CW</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; DA = Disabled Access
 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 & Susan Sharrocks 20754

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

Tess & Philip 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 & Frostron

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

www.sedberghchristiancentre.co.uk

WORSHIP@PEOPLES HALL

10:30 am Sunday 6th February
 10:30 am Sunday 13th March

Beth & Sandy Roy Tel: 20785

*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	=	£2.00
Postal Overseas	=	£3.00

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 14th December 2011

Entries marked (*) see Advert in previous Lookaround.				
MAY				
1	Dentdale Craft Tour (*)	DMCe	28 1100 Dentdale Monthly Walk	
1	1030 Worship @ People's Hall	PH	28 1030 Dentdale Flower Festival (28)	
1	Dentdale Walking Festival/Craft Tour	Dentdale	28 1830 Barbecue (A)	
2	May Bank Holiday		29 0900 Kites at the Castle + (29)	
2	Dentdale Craft Tour (*)	DMCe	29 1100 Dentdale Flower Festival (28)	
3	1400 Spinning Demonstration	DCMH	30 Spring Bank Holiday	
3	1700 Town Twining AGM	CO	30 0900 Kites at the Castle + (29)	
4	1000 Coffee Morning dent Methodist Chapel	URCR	30 1100 Dentdale Flower Festival (28)	
4	1915 BoFYT Macbeth (A)	PH	30 1900 Duck Race & Coffee Evening	
5	0700 Referendum & Local Elections	PH/DMH/GVH	JUNE	
5	1930 WIH Swallows & Amazons	HVH	1 1000 Coffee Morning Health Centre	URCR
7	1300 FM Auction & Table Top Sale (1)	PH	2 1230 HS Skipton Castle & Leeds Canal	LHCP
7	1900 Flicks in the Fells (*)	PH	2 1745 Killington Sports (48)	BFK
9	1930 Health Centre Update Meeting	PH	2 1930 WIH Members Evening	FCH
9	1930 Dent Parish Meeting	DMH	2 - 6 Appleby Fair	
10	1400 WIK Resolutions & Musical Quiz	PH	3 History of Middleton - WWI & WWII	MC
11	1000 Coffee Morning Firbank Church	URCR	4 History of Middleton - WWI & WWII	MC
11	1330 HS Holme Village (1)	LHCP	4 1500 Bowling Club Celebrations	QG
11	1915 WID Resolutions	DMH	4 1900 Flicks in the Fells (*)	PH
11	1930 WIS WI Resolutions & Jacobs Join	PH	5 SS Half Term Ends	
12	1200 Lunch Club	Red Lion	5 History of Middleton - WWI & WWII	MC
14-19	Christian Aid Week (14)	URCR	5 1030 Worship @ People's Hall	PH
14	1000 CA Coffee Morning	DMH	5 1300 Knitting in The Dales	DCMH
14	1030 CA Shop	URCR	6 History of Middleton - WWI & WWII	MC
15	1600 Messy Church (15)	SMC	7 1400 Spinning Demonstration	DCMH
15	1830 CA Service	StAS	8 1000 Coffee Morning WIH	URCR
16	1000 CA Shop	URCR	8 WIS Mystery Outing	
16	1900 Chamber of Trade	L	8 1915 WID Sedbergh Art Society	DMH
16	1930 Group WI Meeting	KLI	9 1200 Lunch Club	Red Lion
17	1000 CA Shop	URCR	14 1400 WIK Mums Junk	PH
17	1230 Health Centre Closed for afternoon		15 1000 Coffee Morning Barnardo's	URCR
17	1400 Crown Green Bowling Taster	QG	15 1230 Health Centre Closed for afternoon	
17	1400 SASL Lasting Power of Attorney + Quiz	PH	15 1815 HS Teamside, Kirkby Lonsdale	LHCP
18	1000 Coffee Morning Christian Aid	URCR	16 1830 CWT A Summer Bird Search	SS Busk Lane
19	1000 CA Shop	URCR	19 Fathers Day	
20	1000 Cautley Flower Festival (22)	StMC	19 1600 Messy Church (15)	SMC
20	1930 Festival Concert (20)	StMC	22 1000 Coffee Morning Garsdale Church	URCR
21	1000 Cautley Flower Festival (22)	StMC	24 Sedbergh Folkfest (54)	Cautley Road
21	1000 Meeting God (*)	Kendal	24 Dentdale Music & Beer Festival	Dent
21	1245 Sedbergh Gala (21)	Lupton Field	25 1100 Dentdale Monthly Walk	DMH
22	1000 Cautley Flower Festival (22)	StMC	25 Sedbergh Folkfest (54)	Cautley Road
25	1000 Coffee Morning WIK	URCR	25 Dentdale Music & Beer Festival	Dent
28	SS Half Term Starts		26 1100 Age Concern UK Happy & Active Event	PH
			26 Sedbergh Folkfest (54)	Cautley Road
			26 Dentdale Music & Beer Festival	Dent

*The S & D Lookaround is edited, published & distributed monthly by
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*The content of The Lookaround does not reflect the views of the Editor.
Whilst every effort is made to ensure that information is correct, the Editor cannot
accept any responsibility for any inconvenience caused through errors or omissions.*

*Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,
Green Door, Premier, Howgills Tea Room, Post Office and Dent Stores.*

COVER PICTURE

The Folly

By D J Whicker

29	1000	Coffee Morning WIS	URCR
JULY			
1		Sedbergh Wanderers Big Weekend	Sedbergh
1	1930	McMillan Promise Auction	CHI
1	1730	Sedbergh Sports	Cautley Road
2		Sedbergh Wanderers Big Weekend	Sedbergh
3		Sedbergh Wanderers Big Weekend	Sedbergh
5	1400	Spinning Demonstration	DCMH
6		SS Term Ends	
6	1000	Coffee Morning URC Church	URCR
6	1700	HS Bantham Village	LHCP
7	1930	WIH Open Meeting	HVH
9	1030	StAS Summer Fair	StAS
10	1030	Worship @ People's Hall	PH
10	1100	Cumberland CC v Bedfordshire	SS
11	1100	Cumberland CC v Bedfordshire	SS
12	1100	Cumberland CC v Bedfordshire	SS
12	1500	WIK Tea Party	Cautley
13	1000	Coffee Morning British Legion	URCR
13	1915	WID Open Evening	DMH
13	1930	WIS It shouldn't happen to a Nurse	PH
14	1200	Lunch Club	Red Lion

Regular Events/Meetings

1000	Every Monday	Free Entry to Locals	FM
1200	Every Monday	The Monday Club	SMCR
1315	Every Monday	Howgill Toddlers	HVH
1930	1st Monday	Dent Parish Council	DMH
1900	3rd Monday	Chamber of Trade	L
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	1st Tuesday	SL Carers Association	CO
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Group	PH
1930	3rd Tuesday	Ladies NFU	PH
1000	Every Wednesday	Coffee Morning	URCR
1300	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday	Brownies (term time)	SMCR
1930	Every Wednesday	Sedbergh Seniors	PH
1000	1st Wednesday	Age UK	CO
1930	1st & 3rd Wednesday	History Society	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh (Frostron) WI	PH
1930	1st Thursday	Howgill WI	FCH
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st & 3rd Thursday	Toy Library	PH
1200	2nd Thursday	Lunch Club	Red
1915	2nd Thursday	Royal British Legion	WHC
1930	Last Thursday	Sed. Parish Council	PH
1330	Every Friday	Dent Over 60's	DMH
1930	Every Friday	Monkey House Café	Library

14	1230	Health Centre Closed for afternoon	
16	1400	Dent Over 60's Strawberry Tea	DMH
17	1400	CWT Conservation in Dentdale	BFD
18	1900	Chamber of Trade	L
19	1945	Spooky Men's Chorale	StAS
20	1000	Coffee Morning Sedbergh Methodist	URCR
25 - 30		Holiday Club	PH
27	1000	Coffee Morning Dentdale Methodist	URCR
30	1100	Dentdale Monthly Walk	DMH

AUGUST

2	1400	Spinning Demonstration	DCMH
3	1000	Coffee Morning Howgill Church	URCR
4	1930	WIH Harps Northwest	FCH
6	1900	Flicks in the Fells (*)	PH
7	1030	Worship @ People's Hall	PH
10	1000	Coffee Morning Garsdale Village Hall	URCR

DIARY KEY

BF	= Brigflatts
BFD	= Biggarside Farm, Dent
BK	= Beckside, Killington
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CHI	= Country Harvest, Ingleton
CO	= Community Office, Main Street
CTIS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMCe	= Dent Meditation Centre
DMH	= Dent Memorial Hall
DMC/S	= Dent Methodist Chapel/Schoolroom
FCH	= Firbank Church Hall
FM	= Farfield Mill
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Middleton Church
PH	= People's Hall
QG	= Queen's Gardens
SHS	= Settlebeck High School
SLSB	= South Lakeland Society for the Blind
SMC(R)	= Sed. Methodist Church (Room)
StMC	= St Mark Church, Cautley
StAS/D	= St Andrew's Church, Sedbergh/Dent
STO	= Sedbergh Tourist Office, Main Street
URC(R)	= United Reformed Church (Rooms)
WHC	= White Hart Club
WIB	= Women's Institute, Barbon
WID	= Women's Institute, Dentdale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

015396 20218

015396 20239 24hr Prescription line

Surgery and Dispensary Opening Hours

**Monday – Friday 8am – 6.30pm
(Doors open at 8.15am)**

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.30am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Dent surgery by appointment only - Monday

**Workers surgery by appointment only –
Monday/Tuesday evening**

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday

afternoons **(By appointment only)**

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

**Please telephone the surgery to make
appointments for all the above clinics.**

See our website www.sedberghmp.nhs.uk
for further details

**When we are closed please contact CHOC
03000 247 247 or 999 if appropriate.**

Collinge Optometrist

Friday only

0900 to 1300 & 1400 to 1730 by appointment
only.

DENTAL SURGERY

Finkle Street ☎ 20626

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

Monday to Thursday 0900 - 1700

Friday (*Time changed 02/11*) 0830 - 1400

Saturday *

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 1000 - 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

☎ 01539 738772

www.cabsouthlakeland.org.uk/kendal.html

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

☎ 01539 795000 or 0845 6060265

Age UK SL @ 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

14 Long Lane

☎ 015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

MARKET DAY

WEDNESDAY

HALF-DAY CLOSING

THURSDAY