

Sedbergh & District

LOOKAROUND

August 2011

Issue 291

Donation £1

Will all contributors please note that from this month, the only e-mail address that will be available for use is printed at the bottom of this page. If you submit anything to the previous address, it will not be received and

will not be included. We are sorry for any inconvenience that this may cause which is due to impending medical treatment. A continued thank you to everyone for their support.

Dennis & Jacky Whicker



AUGUST BANK HOLIDAY MONDAY 29th

- 11 am -

IDENT GALA

Behind Primary School and Memorial Hall

All proceeds for the upkeep/refurbishment
of the Memorial Hall Complex.

Much loved Annual Family Event, over 40 years of fun

Pot Smash - Egg Throwing - Pillow Fighting - Bouncing Castle
Skittles - Penalty Shoot-out - Play Your Cards Right - Tombola
Raffle - Sports for all ages - Wet Sponges - Dog Show
White Elephant & Book Stalls - Coconut Shy - Table Tennis KO

WI Teas - BBQ - Tea & Coffee - Sandwiches

FREE ADMISSION - DONATIONS WELCOME

Information from and offers to help to Sarah 25212/Jean 25269
Advert sponsored by Millbeck Camp Site and "Sarah's Care"

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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AUGUST 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 :-
George Capstick who is 9 years old on 15th August and
Jay Ferguson who is 10 years old on 29th August.

Please collect your vouchers from
Sedbergh Office Services
13 Kings Yard, Main Street,
Sedbergh

which can be used in any shop in
Sedbergh & Dent.

Apologies to little Theo Oversby who was listed as being 7 years old last month when he is in fact only 3.



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
1	Annie RAINFORD	5
3	Ethan LENNON	11
10	Luke TROUGHTON	6
11	Lewis SEDGWICK	3
11	Megan PEARSON	11
13	Mercedes TAYLOR	8
15	Eva HOGGARTH	5
15	George CAPSTICK	9
15	Ben THOMPSON	11
16	Alex COWIN	9
17	Lewis GARNETT	8
17	Megan McDOWALL	10
19	Michael CHARNLEY	5
20	Georgina BROWN	9
23	Finn THORNTON	9
29	Ellie MISSENDEN	8
29	Jay FERGUSON	10
30	Abbie WILSON	3
30	John SEDGWICK	7
30	Connor JOHNSON	9
Nonagenarian & Over		

PERSONAL & SMALL ADS £1

BAINES

Kim and David Baines would like to thank family and friends for making their **25th Silver Wedding Anniversary** party really enjoyable. Also thank you very much for all the cards and gifts received. A special thank you to Amy and Philip for their great performance singing and playing guitar. XXX

BAXTER

The family of the late Mary Baxter of Fleetholme, Lowgill, Kendal would like to thank all who attended the service, also to all who sent messages of condolence. We are grateful to Father Andrew, and for masses and prayers offered up for Mary, also to all who gave donations amounting to £488.00 for Derian House. Thank you also to Sedbergh Ambulance Service, Sister Laura and staff at Lancaster Royal Infirmary and J J Martin, Sedbergh for their considerate care and attention

ELLISON

All the Ellison and Souter family wish to extend their sincere thanks for food, cards, flowers, plants, poetry and letters. We have received many messages from Jack's numerous friends and acquaintances expressing their admiration, love and affection. It is a lasting tribute to an amazing son, grandson and nephew. Jack's family will be continuing his Firewood business and the telephone number remains the same of 25268.

MAYO

A Memorial Service in celebration for the life of Christine (Chrissie) Mayo of Bratt Barn, Cautley will take place at St. Mark's Church, Cautley on Friday 19th August at 2pm.

MOORE

Congratulations Stephanie Jane Moore on achieving a BA Hons Degree in Social Work. We are all proud of you. Love from Mum, Dad, Sam & Tom.

THORNTON

Happy 13th Birthday Joshua Thornton on 25th August 2011. Have a great day with friends and family. Love Nana Airey.

FOR SALE

'R' Reg Renault Clio 1.2. Taxed till October, MOT till November. £600. Tel: 07765 835192.

FOR SALE

4 second-hand panelled wooden doors 2' 6" x 6' 6". For collection Tel: Dick French 20436.

FOR SALE

Steinbergh Cubase LE4 Software version 2.0 Lexicon Alpha Desktop Recording Studio with U2 Midi Interface cable. Complete with Box, Manual and receipt. £50. Used once! Bargain. Tel: 07595 332746 for more information.

FOR SALE

Ion Film 2 Sd 35mm Film & Slide Scanner. Transfer your old slides & negatives to SD Card or computer. (I bought this Scanner for £109 this year and successfully transferred all my old slides which were 34-40 years old onto my computer in Digital form. Would be pleased to demonstrate and show results. Offers invited. Tel: Peter 21994.

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COUNCILLORS' CORNER

From Cllr Evelyn

I was delighted to be present at the South Lakeland District Council Cabinet meeting which approved the transfer of Joss Lane Car Park to the Sedbergh Parish Council on a 99 year lease. This means we can move forward to the next stage of the Townscape Project and make an application to the Heritage Lottery Fund for a grant to landscape the car park and regenerate the centre of town.

The SLDC congratulated the Parish Council on its professionalism and vision in conceiving and progressing the partnership which has produced the final plan. It was held up as an

outstanding example of localism in action which should provide a model for other communities. It was a proud moment for Sedbergh.

On a less cheerful note Yorkshire Dales National Park Authority has placed a notice in the Westmorland Gazette about the sale of the garden opposite the Community Centre, as it is required to do by law. As a District Councillor I will be objecting to the sale on the grounds that it is the only green space in the middle of Sedbergh which can be accessed by the public. Visitors picnic there, teenagers hang out there and the rest of us need a bit of green for our wellbeing. Negotiations over the sale of the Community Centre are still ongoing but the YDNPA has now put the building on the open market at a price of £192,500.

Another blow has been the decision by Sedbergh School not to renew the Parish Council's lease on the Loftus Hill Car Park next February because it wants it for a playground. Ian and I are having meetings with the Parish Council and Sedbergh School to see if we can identify other locations for car parking. With eight out of the 20 retail outlets in Sedbergh on the market we cannot afford to lose half our car park provision.

From Cllr Ian

Since the Japanese nuclear disaster I have become increasingly aware of the rapidly evolving situation at the Sellafield nuclear plant. Not only has it been recently designated as a site for nuclear newbuild but there is also currently a debate developing over

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the building of a second Mox plant at the site for the purpose of re-cycling nuclear waste from civilian reactors into plutonium for burning in fast-breeder reactors. This is very controversial in view of the fact that the existing Mox plant has been a total economic disaster costing the tax payer millions of pounds and resulting in the current above ground storage of 84 tonnes of unsold plutonium. Plutonium is one of the most deadly substances known to man. Miniscule amounts can kill if ingested. On top of all this a partnership under the title of Managing Radioactive Waste Safely (MRWS) is investigating the viability of West Cumbria as the site of an

underground repository for the safe storage of nuclear waste – which will need to be kept safe and secure for tens of thousands of years. Considering that Sellafield is literally only a few miles from here as the crow flies (or more pertinently as the wind blows) we need to be very concerned in the Sedbergh area over what is happening on what is increasingly being referred to as The Energy Coast. For some time now I have been bending the ear of SLDC's Environment Portfolio Holder, Cllr Clare Feeney-Johnson, asking her to arrange a visit to Sellafield for all District Councillors wishing to have a closer look at what is going on at Sellafield. This is now being

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Exhibitions in August
Visit our exciting new showings: John Cooke's **Recent Paintings & Drawings**; Katharine Holmes & Pip Seymour **A Splinter Struck off Winkill Rock** (paintings); Annie Harrison **(un)covering** (textile installation)

Workshops in August
Sat 13 & Sun 14 – Hooked & Prodded Rugs with Heather Ritchie £85 (£75 for Friends of Farfield)
Sat 20 & Sun 21 – Big Knitting with Ingrid Wagner £90 (£80 for Friends of Farfield) Knit a rug in 4 hours? Guinness World Record holding knitter teaches this fast-growing 21st century take on a traditional craft, addictive!!

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arranged. In addition Clare has asked me to represent her at future meetings of the MRWS Partnership so that I can have a closer involvement in planning for the future. For anyone wishing to know more at this stage I would encourage them to visit the MRWS website (www.westcumbriamrws.org.uk) for the up to date situation. The decision whether or not to go ahead with the underground repository is probably one of the biggest decisions to be made in decades and will have profound implications not only for Cumbria but for the whole of the rest of the country as well.

A little closer to home but another event likely to have long term consequences for the future of Sedbergh is the closure of the Loftus Hill car park referred to by Evelyn in her article. I have to confess to being very disappointed at Sedbergh School's decision not to renew the Parish Council's lease especially in the light of the vastly improved working relationships which have developed between the town and the school over the last few years. Let's face it, the futures of both are irrevocably intertwined and if the town suffers socially and economically as a result of the proposed closure then so will the school. There is a very fine line to be maintained in balancing the interests of the town and the equally legitimate concerns and aspirations of the school and I cannot help thinking that the school has misjudged it on this occasion. It is a decision that will win the school no friends in the town

and I do hope that for the sake of future relations the school will have another look at its decision. We need to work together for the benefit of all!

It will not have escaped the notice of many readers that next year will see the celebration of Her Majesty the Queen's Silver Jubilee. Communities throughout the country are already well advanced in planning Jubilee projects to commemorate the event. There is already talk in this area of being part of a chain of celebratory beacons but I, for one, hope that we can do a bit more than this. Something that will be a permanent memorial of the occasion. I have already floated this idea amongst Parish Councillors and also have a

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few ideas of my own. However at this point it is *your* ideas that I am more interested in. Why not let either the Parish Council or me have your thoughts on the matter. I am sure that between us we can come up with something really innovative and creative that would not only mark the occasion but also provide Sedbergh, Dent and Garsdale with a feature of lasting value for the future (maybe a beautifully landscaped Jubilee car park?!).

At SLDC's last Full Council meeting on the 14th July I asked the Portfolio Holder for Economic Prosperity, Cllr Graham Vincent, whether he agreed that the Sedbergh Townscape Initiative and the Kirkby Lonsdale

Love the Lune Project, both fully supported by SLDC, were prime examples of localism in action long before the Big Society was first mooted? He was happy to confirm that this was indeed so and added that both towns were models of local people taking responsibility for their own futures and being willing to do something about it! Another feather in our cap!

Don't forget that Evelyn and I may be contacted at any time on:

Evelyn Westwood:

evelyn@markwestwood.co.uk

Tel. 015396 20148

Ian McPherson:

ianmcperson24@hotmail.com

Tel. 015396 20648 ☀

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**COUNCILLOR CORNER
RECRUITMENT OF
FIREFIGHTERS:** As part of the ongoing Task and Finish Group I have had two very informative evenings, one at Sedbergh Station and one at Kirkby Lonsdale. It was really useful just to be there and to see what happens at Sedbergh Fire Station. I'm sure we have all driven past on a Tuesday night and wondered what our firefighters are doing on training nights. Thank you to everyone who I spoke to. What I heard was consistent and similar to what my three colleagues are hearing at their stations. Our retained firefighters are giving their time and commitment to provide a deeply

professional service. I am reminded that our previous council leader, Jim Buchanan, who died ten months into office used to say about some things, "Just do it". That is what I feel about some of the matters I am hearing about..

LOCALISM IN ACTION: The decisions of South Lakeland Cabinet last week concerning Sedbergh will affect us for the good for many years. When I, and then Paul Winn became your councillors we found, what we already knew that to provide anything for the town and parish we had to be supplicants to greater authorities. Yes, we had our Community Office but all the participants, the National Park, District, County and others saw

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it as a means for them to deliver THEIR policies, not ours.

Over the years, more than any other parish in South Lakeland, we have taken management of some of our most important local assets. I have been part of this change, sometimes deliberately, sometimes subconsciously but absolutely driven in my wish to see Sedbergh, Garsdale and Dent beholden to no-one. Firstly, and after much difficulty Loftus Hill became a parish car park. Then we re-opened the toilets there. Later we took over the management of Joss Lane Car Park, and eventually the market and the toilets there. We have also taken a more direct interest in the Tennis Courts at

Guldrey and fishing rights at the Clowes on the river Rawthey. It is right that we should now take a long term lease on Joss Lane Car Park, a lease which will see our successors through into the twenty second century. I am delighted also that we have taken over the cemetery, originally given to OUR community by Florence Anne Upton-Cottrell-Dormer in the 1890s.

The county too recognises the need, and the practicality of devolving control of the local roads network to local voices. It is not difficult to see the contrast as yet between these authorities and the current management of Yorkshire Dales. Sadly, their actions in Cumbria are

<p>Starters</p> <p>Prawn Cocktail & Marie Rose Sauce £5.50 Garlic Mushrooms on Toast £4.50 Pate with Garnish, Toast & Butter £4.50 Soup of the Day £4.50 Egg Mayonnaise £4.00 Garlic Bread £3.75 Grapefruit Cocktail £3.60</p> <p>Extra Special Main Courses all £12.95</p> <p>Loin of Pork in Cider & Apple Sauce Chicken with Basil, Port & Dill Sauce Venison Casserole Supreme of Pheasant Chasseur in Garlic, Madeira & Bacon Sauce</p> <p>Main Courses</p> <p>Mixed Grill £14.00 Sirloin Steak approx. 8oz uncooked £13.00 Barnsley Lamb Chops £12.00 Lamb Steak (8oz) Marinated with Wine, Rosemary & Garlic £12.00 Pork Chop in BBQ Sauce £10.00 Half Roast Chicken £9.50 Steak & Kidney Pie £8.50 Cumberland Sausage £8.50 Gammon & Pineapple £8.50 Roast Dinner of the Day £8.50 Lasagne £8.50 Chicken Kiev £8.50 Tuna Pasta Bake £8.50</p> <p><i>All the above are served with either homemade chips or boiled potatoes, vegetables of the day and garnish</i></p>		<p>THE HEAD AT MIDDLETON</p> <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <p>Menu</p> <p>Fish Dishes</p> <p>Salmon Steak with Parsley Sauce £11.00 Breaded Scampi £8.50 Breaded Haddock £8.50</p> <p>Vegetarian Dishes</p> <p>Stilton & Vegetable Crumble £8.50 Vegetable Lasagne £8.50 Broccoli & Cream Cheese Bake £8.50 Vegetable & Pasta Bake £8.50</p> <p><i>All the above are served with either homemade chips or boiled potatoes, vegetables of the day and garnish</i></p>		<p>Rice Dishes</p> <p>Chicken Tikka Masala £9.00 Chilli £8.50 Vegetable Tikka Masala £8.50</p> <p>Salads</p> <p>Cold Meat Salad with Roll & Butter £7.20 Prawn & Rice Salad £7.20 Ploughmans Lunch with Cheese or Pate £6.50</p> <p>Sandwiches</p> <p>Prawn with Marie Rose Sauce £5.50 Toasted Sandwiches - Ham, Cheese, etc £3.70 Ham; Beef; Tuna, Cheese & Tomato, etc £3.50</p> <p>Portion of Chips £2.50 Portion of Onion Rings £2.50 Mixed Side Salad £2.50 Portion of Mushrooms £2.50</p> <p>Jacket Potatoes & Pizza</p> <p>Jacket Potato with the filling of your choice from £4.50</p> <p>Freshly prepared and cooked Pizza from £4.50</p> <p>Extra Toppings 50 pence each Pepperoni, Onion, Ham, Tuna, Sweetcorn, Mushrooms, Mixed Peppers, Cumberland Sausage, etc.</p> <p>Also</p> <p>Garlic Bread £3.75 Garlic Bread with Cheese £4.50</p>	
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still driven by their aspirations for their authority. Absolutely the case has been made for the transfer of the National Park building from the park to representatives of the community at an amount no greater than that already offered. I am disappointed that they have chosen a fight rather than an agreement but I have no doubt that we will win.

THE LIBRARY SERVICE: There have been open meetings in every library in South Lakeland over the first stage review. That Sedbergh is in a stronger bargaining position than others because of the unique lease between Cumbria and Sedbergh United Charities remains a fact. For Dent the possibilities of library shelves within the village provides an opportunity to improve on the present, inadequate and perhaps outdated Library Bus service. For all the concern expressed everywhere these reviews do provide us with an

opportunity to improve our local service.

PLANNING IN THE LOCALISM ACT:

Roger Bird and I were involved in a Conservative Party project three or four years ago called Open Source Planning. This was to create a mechanism to provide a planning regime devolved to local communities. Because we have a Coalition rather than a one party government not all the aspirations have come forward, but many of them have. I will be spending a couple of days at a seminar next month to learn how exactly planning will work under the new Localism Act, and what we as a community need to be doing to gain the best advantage from the changed legislative environment.
Councillor Kevin Lancaster – 015396 20800, 07980 844 695,
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 Helen Winn, Rita Corpe and Andrew Maynard
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Accompanied by Mary Hamilton
 Artwork by John Cooke and Rita Corpe

*Donations will go towards Music and
 Art Projects at Dent C of E Primary School*

GARSDALE PARISH COUNCIL

Acknowledged at the last meeting of the council was the fine service over a period of years rendered by Michael Roper as Chair. Unfortunately, due to the pressure of work commitments, Michael has decided to stand down from that position though fully intending to continue involvement as a councillor. Tony Roberts was unanimously elected as his replacement.

Over the last few months a significant amount of work has been completed on the super-fast broadband initiative. The government's eStrategy has at its heart the development of a rural infrastructure with next-generation super-fast access. The Parish council, in partnership with their colleagues in Dentdale particularly Jock Cairns, David Pilgrim and Anne Fleck, have collaborated to ensure that Garsdale and Dentdale are at the pioneering and development forefront of this scheme. The instigation of *fibre GarDen* was a key element of

the work. At the time of the last Parish Council meeting news was imminent regarding the announcement of funding for the pilot schemes of which there is high expectation that Garsdale and Dentdale will be one.

Once the announcement is made, the next phase of planning will commence: there will be significant involvement and work demanded of the Parish Council in bringing the scheme to fruition. Garsdale Parish Council representation on the *fibre GarDen* board is through Tony Roberts (as Finance Director) and David Labatte. At the meeting of the Parish Council the considerable work and impressive expertise of Tony Roberts along with other Garsdale residents, John Colton and Stefan Kosciuszko, in bringing the initiative to the point that it is was duly acknowledged.

News of future developments, as well minutes of council meetings, will be posted on the Garsdale parish council website – www.garsdaleparishcouncil.com

Tony Roberts ☀

EMILY'S THANK YOU FUND

CREAM TEA AFTERNOON

2 - 5pm Saturday 13th August
 Tebay Methodist Hall
 Cake Stall ~ Tombola ~ Grand Draw at 4pm

Forthcoming Event
 A night of Irish Music with **Curtis Magee**
 in Newbiggin-on-Lune Village Hall
 Thursday 1st September 7pm.
 Tickets £12.50 includes Pie & Pea & Dessert.
 Tel: Joyce 017683 72990
 Tel: Helen 015396 24235

DENT PARISH COUNCIL

The July meeting discussed the Internal Auditor's report, changes to Dentdale's websites and heard about the level of timber extraction from the Cowgill plantation. A full account of the meeting is contained in the minutes, which will be published on www.dentdale.com (follow the parish council link) and which are obtainable as a hard copy on request from the parish clerk.

Website

The July meeting discussed the future of Dentdale websites following Neville Allen's decision to retire from running *dentdale.com* this autumn. Members paid tribute to the outstanding work Neville has done in

setting up and maintaining the site since it started, all of it for free. The council noted that a small community group is being formed to look at the options for replacing Neville's site with a community-based Dentdale website, and that, as part of the YDNPA/Dent Initiative, the National Park had allocated £1,250 towards establishing it. The council agreed to purchase a new domain name on behalf of this site, and to explore the implications of the change for maintaining the council's own web presence.

Timber Extraction

Following the discussion about the effects of timber extraction on the upper part of the dale at the previous

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meeting, the council was presented with more information as a result of the Clerk's enquiries. In 2011, 550 loads will be removed from Cowgill plantation; in 2012, 250 loads; in 2014/15, 400 loads and in 2016/17, 400 loads. Most, if not all, will be taken out through Garsdale, but in view of the proposed extraction at Hobsons Farm, Cowgill, it was agreed ask the site agent to minimise the amount of traffic using Dentdale.

Dentdale Show

The National Park will be more visible than usual at Dentdale Show this year. As well as a display stand showing some of the Park's work, the National Park Chairman, Carl Lis and

Chief Executive David Butterworth will be at the show to chat and answer any questions on National Park matters. This is all part of the YDNPA/Dent Initiative, a pilot project backed by £10,000 of YDNPA funding, where National Park officers are working with members of the Dentdale community on issues that meet the aims of both groups. More details of the YDNPA presence will be available at the show.

Audit Report

The report for 2010-11 by the Internal Auditor, David Ramsbottom, was presented to the council. It made two main recommendations, both of which were adopted by the council:

1. The council should regularly monitor its spending against the budget

2. If the council was without a parish clerk in future, members other than the Chair should take responsibility for the Clerk's duties.

It also recommended that the requirements of the council's insurers should be met by carrying out and annual inspection of the playing field goalposts, but since the report was published, the insurers no longer require this to be done.

Police Drop-In

The police drop-in session at Dent Stores now takes place between 12 noon and 1pm on the first Tuesday of each month. Please let me know if this new time causes any problems.

Devil's Own Rally

The council was notified that the annual Devil's Own Rally will pass through Dentdale in the early hours of 13/14 August. As usual, it will avoid Dent village, entering the dale from Holme Fell and travelling south of the river to Gawthrop. From there it will cross Barth Bridge, pass along Floods Lane and then travel up the full length of the Dale to Cowgill, Dent Head and the Hawes Road.

Road Resurfacing

County Councillor Kevin Lancaster informed the council that Cumbria Highways intend to undertake re-surfacing work on the road between Barth Bridge and Dent. This work may be started at short notice, and may result in the road being closed from time to time. More details will be posted in Dent village when they

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become available.

YDNPA Planning Department

Staff changes at YDNPA's planning department have resulted in overall responsibility for planning matters in Dentdale being transferred to Michelle Clowes, the Principal Planning Officer for the North Area Team. As a first step in building a better relationship between Dentdale and the planning department, Michelle will be coming to talk to the parish council at its September meeting.

Next Meeting

The next parish council meeting will be at 7.30pm on August 1st 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 ☀*

FAMILY MUSINGS

Last months contribution brought the most response any Musings has ever done except the one in 2001 about my mother and my trip out to Italy, mainly because I had mentioned something hubby and I have done, it has opened up many interesting conversations with a great many people including some who rarely talk to me. I am always happy to talk, as hubby says, I have the gift of the gab, and it is best to use ones gifts or they may expire, we wouldn't want that now would we? Just please folks don't shout at me, ok? Perhaps at times you feel you are not getting through but there is no need to raise your voice, maybe tiredness has come to roost with me, some days it is the next day before I get home from work and some days are hard so a little patience and we will get there.

At the moment it is true that I am a "bit missing" probably my teeth due to a sore mouth, and my witts need gathering up from time to time, what about yours?

Holiday beckons with our trusty caravan and hopefully a treat or two along the way, Mitts will be well looked after, it is hard to believe she will be seven years old this month, a much loved family member with some of the same characteristics as me, will let you work that out! A clue .. affectionate .. !

Hubby entertained two friends recently and one of them was quite overcome by all the lovely scenery around here, he is from Zambia and

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said it reminded him of home. A couple wandered up the drive one afternoon and asked to see the garden, they seemed genuine (you have to be careful these days) and enthused about the "cottage garden look" my hard work had created! I just smiled and said nothing but thought my lack of weeding and tidying up had paid off. We are eating Raspberries and Strawberrys from the garden and greenhouse daily, the peas are ready as are small courgettes and the currants. Nothing beats picking and eating your own home-grown produce, it doesn't get better than that! Enjoy your garden.

Sarah ☀

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TIM FARRON MP

The issues surrounding the future of 72 Main Street were covered in some depth in last month's Lookaround and I am sure that there will be further discussion in this month's edition. There is an impressive organisation building behind the campaign to bring the building into community ownership and so allow it to play an important part in the Townscape Project. I believe passionately in projects like this, communities taking responsibility for what goes on in their area and doing something about it. We are lucky to have several good examples of community projects in

our area and I done all I can to promote them in Parliament to encourage more communities around the country and to persuade the Government to help initiatives like this. Rest assured that I will do all that I can to support the plans and if that involves trying to persuade the YDNP to sell 52 Main St at a reasonable price and over a reasonable timeframe then I am on the case.

I was particularly horrified by the announcement that the building has been put on the market at a price just shy of £200,000. I don't really care if it is the "market price" for the building, it is a massive amount of money. Clearly there is a huge gap between

this and the £60,000 currently on the table. My worry is that the scale of the challenge involved in finding the money that the Authority are looking for may result in some people deciding to give up the fight before the battle has really started. In which case the authority have not just rejected the original bid but actually harmed the chances of the community case ever winning out. We cannot let this happen.

On a more positive note I learned, through a letter I received from Vince Cable and Ed Vaisey, the two Ministers responsible for improving the provision of broadband in this country, that Cumbria has been allocated nearly £17 million funding as part of a pilot stage for a project to roll out superfast broadband to rural communities. To get hold of the money Cumbria County Council needs to agree a plan with the authority responsible for the project. So it is over to the Council and the local broadband "hub co-ordinators" to pull together a plan as fast as possible. If you would like to be involved in this process and so ensure that your community benefits (I think there is a theme emerging here) then please do get in touch with my office.

Finally, I was flattered to be re-elected as the Chair of the Parliamentary Hill Farming Group. This is a group of MPs who take it upon themselves to represent the issues of hill farmers with Ministers, European bodies and any other group



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who can have an effect on the work of hill farmers. One of my first tasks will be to work with DEFRA and the NFU to conduct a survey amongst hill farmers to get a picture of how they feel about the recent funding changes and collect any ideas they have for how things can be improved.

If you have views on this or any other issue that you feel I should hear then please do get in touch as ever you can contact me by 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 ☀

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HEALTH CENTRE NEWS

It is heartening to see the walls of the new building going up with such speed; and the project manager tells us that they are running to schedule; aiming to complete the build early in the New Year. Our staff have already been down there this week for a site visit and their response was very positive.

Many thanks to our patient support group who have begun a series of fund raising events for the new surgery. They ran a very successful coffee morning last month at very short notice – thank you to all those who attended and to the organisers. Any ideas for further fund raising activities would be gratefully received – how about a Ceilidh?

We have just received a copy of our GP survey – you may have been asked to respond to this – it was a postal survey for all GP practices in England. One of the questions asked if you were able to obtain a consultation within two working days with a GP at your surgery. We were very alarmed to note that 1 in 5 of our patients responded in the negative to this. In offering an open surgery

every morning with the option of booking an appointment in this surgery we can virtually guarantee patients can see a GP the same day as long as they come into surgery by 10.30 am. Failing that we can usually offer an appointment within the next 24 hours if you miss the 10.30 deadline.

In addition, 1 in 8 patients said that it wasn't possible to book an appointment more than 2 days in advance. Our appointment book is open for the next three months and so appointments can be booked at any time in the future up to three months in advance. There will always be times when there will be a shortage of nurse appointments due to holidays – but we always try to ensure there are adequate appointments to see our Doctors and Nurse Practitioner.

These questionnaires are used as one of the measures to calculate our practice income. Unfortunately for the practice this has been reduced, which can affect the level of service we are able to offer. However, we know there are always areas where we can improve and we appreciate

BARBON SHOW

Barbon Manor Park
Saturday 20th August

- Sheepdog Trials ----- 8:30 am
- Sheepshow ----- 10:00 am
- Stick Show ----- 11:30 am
- Marquee Lunch ----- 1:00 pm
- Children's Sports ----- 2:30 pm

For further details
Tel: Pauline 015242 76214

the feedback especially as to how we might improve on the areas above.

I was interested to meet a patient this week who told me he was not registered with me and that he would normally see Dr Lumb – however he did not mind seeing me on that particular occasion as it was an open surgery. The historical list system whereby patients were allocated to a particular GP is no longer in operation in England. Although you may see a particular GP's name on your prescription, patients are registered with the practice and not a named GP. This gives patients the advantage of being able to see any clinician in the practice. Most Doctors including GP's are beginning to specialise in certain areas of care, thus conferring additional benefits for patients. It means they can access appropriate care to their problems more quickly. For example, I specialise in Women's Health and Dr Lumb in Minor operations and Joint injections. We accept that many patients prefer to stay with one Doctor or Nurse for continuity, and that it quite acceptable, although a down side to this is that it can lead to waits for appointments.

We have been looking at the provision of telephone consultations, and given that no clinician works full time in the practice, it can sometimes be difficult to arrange a same day phone call with the Doctor or Nurse of your choice. To try and improve the service offered we propose that a same day/flexible time telephone consultation may well be from any

<p>HOMESPUN FELLOWSHIP <i>Praise, Prayer & Testimony</i> Sunday Evenings 7pm "Rhumes" Dent LA10 5QJ 21st August ~ Mr Kelly France 18th September & 23rd October <i>Open to Everyone</i> Dentdale Christian Fellowship</p>

clinician, but if a specific Doctor/ Nurse Practitioner is requested then we will only be able to offer a phone appointment at some time in the future. This means that patients get exactly what they request; however there may be a time delay. All the clinicians here work in a similar fashion and have access to the full medical record-which should ensure a feeling of continuity.

And finally, hot off the press, congratulations to Dr Batty who has been appointed Doctor to Manchester City Football Club. The implications of this appointment to our practice have yet to be discussed; however we are very pleased for Dr Batty and wish him success in the future.

Dr Chrissie Hunt

(As a post script – I am very pleased to announce that I have been awarded a Masters Degree in General Practice from the University of Central Lancashire and have just attended my graduation ceremony at Preston Guild Hall this week. Thank you all for your support during the years that I was undertaking this degree.) ☀

DENT JUNIORS FOOTBALL CLUB (UNDER 10'S)

We began the season with a full squad starting off with pre-match warm ups against Kirkby Lonsdale and Kirkby Stephen giving everybody a run out before the league started.

The 11th September 2010 saw our first game as an under 10's squad playing at Kirkby Lonsdale against Kirkby Lonsdale Colts and Heathwaite winning one and losing the other. Some of the matches were cancelled due to bad weather but we ended up finishing 7th in the league and scoring a total of 61 goals.

In May we were invited to Kent Valley under 10's tournament where we won enough games to progress to the semi finals to be held at a later date in Kendal. We took a very nervous and excited squad to Castle Drive, they played Kendal Colts in a very nail biting semi drawing 0-0 at full time, during extra time Dent scored the winning goal putting them through to the final with a score of 1-0. After a quick turnaround they met Milnthorpe and District in the final going 2-0 up at one point but unfortunately Milnthorpe came back strong winning the game 3-2.

In June we went to Heathwaite Football Club's tournament at the Lakes School. After some fantastic football we again qualified for the semi finals winning again to see us into the final. In the final we were drawn against Walney Island, a very strong team and unfortunately we just missed out on lifting the cup by a goal, final score 1-0.

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We finished the season off with a Presentation Evening in the Peoples Hall. Trophies were awarded to Robbie Alderson – Top Goal scorer, Sam Gorst – Players player, Cameron Horner and Aaron Troughton – most improved player, Ruben Swallow – Managers Player and Omar Nour and Mike Storey – Training trophies. Well done to all the boys and all involved in a very successful season. The evening was rounded off with a Jacobs join and family bingo !

There will be an under 10's squad run by Steve Troughton (07773 417197) and under 12's run by Steve Alderson (07500 443859) starting the new season 2011/12. If anyone is interested in helping, being a part of this club or have children wanting to play please contact the above managers or Sue Fiddler (07765 835192). ☀

A PEACEFUL WORLD

A world at peace is something we all dream of. After World War II there were lots of tensions between the nations of Europe. Somebody in the beautiful little Welsh town of Llangollen had the idea that music might be useful in healing these wounds of war. Thus was born the International Eisteddfod of Llangollen. At its centre we find the message of PEACE.

Every year in July, we visit this festival and find it a true “mountain-top experience.” In a beautiful valley, rather like Sedbergh, lies a field containing a large canvas-covered auditorium which seats thousands, and to this lovely place come choirs and dance groups from all over the world. They compete against one another, the music and choreography are beautiful, and the standard very high indeed.

In the fifties a choir from Modena, Italy, came to Llangollen to perform, and a new world-class voice, that of Luciano Pavarotti, was discovered when a young Italian tenor sang a solo with his father’s choir. Now,

choirs from all over the world compete for the Pavarotti Trophy and the title, Choir of the World.

This year we heard groups from Lithuania, the Ukraine, the Philippines, Colorado, India, Kurdistan, Canada, Finland, China, Taiwan, Slovakia, South Africa, Korea and several other countries. This year’s Choir of the World was from the Adventist University of The Philippines. We witnessed the jubilation and euphoria when the trophy was awarded at the end of the Saturday evening concert.

But it is perhaps the atmosphere on the Eisteddfod campus (and within the small town) that lifts the soul most – people of all nationalities mingling harmoniously, many in amazingly colourful national costume. Political and religious divisions fade away. We see humanity as it should be – a world truly at peace – the human family united through music and dancing, a theme which came over loud and clear at the final service where Terry Waite was the preacher, and we heard prayers from Pakistan and a choir from Finland.

Nearer home, we heard a brilliant performance by The Cottontown Chorus from Bolton, Lancashire.

Nobody could have failed to be impressed. This very large all-male Barbershop chorus from “just down the road” (runners-up in their class) will be singing for us **here in Sedbergh on June 9th next year as part of our own Musical Festival.** Can’t wait!

George D Handley ☀

SEDBERGH HEALTH CENTRE

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

No Session in August
Tuesday 20th September
Wednesday 19th October
Thursday 17th November
No Session in December



JACK ELLISON

There's a gap in the hedge by the
roadside
As the dawn's creeping over Great
Combe
There are flowers on the verge by the
roadside
But ask not the question 'or whom?'

For we're proud of the life here in
Dentdale
And he was a part of that pride ;
But a gap's left in life here in Dentdale
Since the night that a lad's future died

There's a gap on the floor where
they're dancing -
Yes, something seems missing a
beat;
And the eyes that once thither were
glancing,
In sorrow now stare at their feet.

He would come on his bike or the
tractor
There up front as his friends would
expect,
But a good, generous heart is a factor
Cruel fate, alas, failed to respect.

When they cut down the trees that
were growing
On the fellside his digger was there;
They've replanted them since, without
knowing
There's a gap come that none can
repair

Should the old intake wall start to
crumble
When the ewes have gone up on the
fell
Other hands must just gap up the
tumble

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For he'll not be there walling as well.

Few logs are still left by the hearth
now

Whilst the flames flicker low in the
grate;

And there's no-one for clearing the
path now

Or the other jobs, all left too late.

When the rain's coming in in the
morning

And the bales are all ready to stack
It is then that the truth will be dawning
And the cry will go up 'But where's
Jack?'

The earth shall be moved with our
sorrow

So much hope now back-filled with
fresh soil;

When the team start again on the
morrow

May the memories lighten their toil.

Remember the warmth and the
laughter

The help that was there without fail;
And, be proud that whatever came
after

He was truly a son of the Dale.



AUGUST GARDENING

It seems that after a good growing season for shrubs, our Buddleias are going to perform very well this year. They were cut back hard in March to a height of about 18 inches – as they are every year - and have so far managed to put on about 5 – 6ft of growth, with numerous flower spikes on the top. My favourite *Buddleia* here is *B. 'Black Knight'* which has rich dark purple flowers, but the most prolific shrub is plain *B. davidii* (Butterfly Bush) which has mauve, heavily scented flowers which always prove to be a great attraction to butterflies, bees and hoverflies. *B. davidii* is named for Père David, a Roman Catholic priest whose travels in China resulted in the finding and collecting of several of our most popular garden plants. *Davidia involucreata*, commonly known as the Handkerchief tree, or Dove Tree for its large white bracts which hang down below the branches at flowering time, *Acer davidia*, a “Snakebark Maple” and the low growing, rich china blue flowered herbaceous perennial *Corydalis flexuosa* ‘Pere David’ are three of his other discoveries.

Some years ago I planted the earlier flowering *B. alternifolia* in one of our borders. This shrub has attractive arching branches with narrow silvery leaves and clusters of pale mauve flowers born along the length of the stems. It can be a difficult shrub to place as the stems spread wide within a few years and tend to crowd

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out other plants around. Pruning has to be done carefully to ensure that the elegant shape is retained, but the size is confined. As this plant flowers on year old wood, pruning happens after flowering - in late July or early August. I was saved the trouble in this garden as the whole plant succumbed to a cold wet winter before it got beyond manageable size. Although I am fond of the orange flowered *B. globosa* (incidentally, used as a herbal remedy for healing wounds, pain and digestive complaints in it's native countries of Chile and Peru), and the hybrid, yellow flowered *B. x weyeriana*, these two are slightly less hardy than good old *B. davidii* so would probably not enjoy a Firbank winter - hence I am spared the dilemma of having to decide where to put them.

Elaine Horne ☀

DENTDALE WI

July already, and we are more than half way through the WI programme. This month we held our Open Meeting which was followed by a Jacob's Join supper. Unfortunately, our speaker who should have been talking about the Cross Bay walk, was unable to attend due to family illness so we were delighted to welcome Chris Comerie who kindly stepped in at short notice to give a very interesting and informative talk on his experiences trekking and climbing in the Himalayan Mountains. Chris engaged our interest from the start moving quickly through the stunning slides. He told us he had been drawn into rock climbing from an early age learning the craft on his native rock faces in the Peak district. He has continued the hobby with a passion and dedication which was born out in the slides and his presentation. Chris has been on several trekking trips in the Himalayan Mountains and took us through the preparation, usually involving months of work which has to be time tabled so one would hope to arrive at the start with the very best chance for decent weather during the climb. He has climbed Kangchenjunga in Nepal, the third highest mountain in the world and the slides showed all aspects from preparing the precise weight of daily food parcels and packing into convenient sized drums for transportation, hiring the chain of Sherpas to carry all the gear and food, to sleeping on ledges and bivouacking and the final approach to

the summit. One bonus of climbing this mountain is the superb slides of the surrounding spectacular mountainous scenery he was able to take. Chris mentioned the disadvantages of the sport. The leeches, altitude sickness, the mud slides the avalanches the weight loss, lack of sleep, but they still do it!!!. Chris did say that as a climber, he knew his own body limitations and his climbs were preceded by altitude acclimatisation sessions before the serious trekking began! However, the sheer physical determination needed to push oneself on was apparent.

Chris finished with some slides of the Old Man of Hoy and him climbing Coombe Scar in the snow and ice earlier this year. It was a fascinating presentation and Chris's own enthusiasm was tangible.

As the meeting was an Open Meeting and we had a good number of visitors, the Business meeting was brief. However, with usual Dentdale WI efficiency our Secretary had lists and reminders for everything that was coming up in the next month or so for us to look at or sign while we ate our way through the delicious spread that had appeared as if by magic with each Member's contribution to the Jacob's Join.

Kate Cairns took home the first raffle prize of luxury food items and Catherine's shell was considered the best among the competition entries.

Next month we are out and about on our Summer Outing meeting at 9am Wednesday 10th August in Dent car park for the coach to take us to Ullswater. ☀

KILLINGTON W I

The afternoon WI for the entire district
Happy days are here again
The skies above are clear again
So let's sing a song of cheer again
Happy days are here again

Now tell me you're not singing!
For us at Killington WI it is a splendid time of year when we all relax and rejoice at our President's Tea Party. This year it was warm enough to sit out. Well, in the summer house at least. The company was splendid as we ate our sandwiches (prepared as usual by Joyce Bird), cakes (courtesy of Shirley Richardson), elegant bite-sized meringues (clever Wendy McLean made these) and not forgetting

luscious strawberries and cream! Washed down with lots of cups of tea – it could not be bettered, even by Buckingham Palace.

Thank you, once again for your hospitality, Shirley.

Now we look forward to outings in September. We can sit on the back seat in the coach and sing.

Remission for good behaviour in August!

Our next meeting at the People's Hall will be on September 13th at 2:00pm. Jan Hawkins will talk to us about the Air Ambulance service. (This is certainly the shortest report I have ever submitted. As they say, **"Small but perfectly formed!"**)

Wendy Fraser-Urquhart ☀

The logo for the Dentdale Show is set against a dark green background with a white border. At the top, the word "DENTDALE" is written in a white, serif font, with the letter "D" being significantly larger and more decorative. Below this, the word "SHOW" is written in a large, white, serif font. Underneath "SHOW", the text "AUGUST BANK HOLIDAY" is written in a smaller, white, serif font. At the bottom of the logo, the dates "27th & 28th AUG" are written in a large, bold, black, serif font. The logo is decorated with white and green floral and scrollwork patterns.

SEDBERGH WI

No report for a couple of months due to holidays, hospital visits etc. so a quick recap.

We hosted the Group meeting in May (for the seven WI's locally), everyone agreed that it was a very good evening; we were well entertained and fed. Our WI won the cup for the competition entry, put together by Jean Jones and Anne Petyt. Four members attended a Poetry and Plonk evening at the end of May, this was a chance to share favourite poems, ours and more famous poets, while enjoying a glass of wine and home made nibbles, this was the first time such an event was organised by the WI Federation, and it proved to be very popular and is likely to be held again.

Two carfuls of members went out to afternoon tea in the Lakes, in June, while the rest of us were away on holiday, or recovering from operations: Apparently the tea was very good, but several doggy bags had to be taken home (at that price nothing was to be left on plates!)

Our coffee morning, at the end of June was a great success making £292 profit. The cake stall was groaningly full, but was soon empty as enthusiastic shoppers made their purchases. We had so many helpers on the day that we even managed a sit down and a second cup of coffee during the morning.

Our walking group have been out

walking each month. The walk in June had to be changed due to heavy rain, the original 8 mile walk from Kirkby Stephen had to be altered to a shorter one; this month they are walking the Howgills. The group are also busy planning the trip in September, to a cottage just North of Scarborough: Last year we went for two nights but it just was not long enough so this year we have booked for four nights.

The book club still meets every month; we have tackled some interesting books this year which always leads to interesting discussion when we meet. We are very grateful to Christine for organising the group since it started 4 years ago, also thank you to Moira who has now taken over the role. We are anxious to see if we will continue to receive our book of books from the County library service, so far so good. We

have been reminded how important it is to use our library, apparently footfall has dropped and we have been warned that if we don't use it we could lose it.

Coming up in the next couple of months at our monthly meetings; on 10th August we have Jean Scott-Smith taking about Lake District Folklore and Superstitions, and on 14th September we have a social meeting with a continental Jacob's join when the theme will be holidays.

Come and join us, new members always made most welcome. LH ☀



MIDDLETON

CAR BOOT SALE

Monday 29th August

*In field adjacent to The Head
3 miles from Sedbergh on A683.*

Cars £6 ~ Vans £8

Gate opens 8:30

Sale 9am to 2pm

Proceeds towards

Community and Church Funds

NATIONAL CHILDREN'S ORCHESTRA

The National Children's Orchestra of Great Britain (NCO) Main Orchestra is to give a very special preview of their scorching Summer Concert in Powell Hall at Sedbergh School on Thursday 4 August at 7.15pm.

Local music lovers will be treated to a programme of rousing Latino pieces, under the baton of Venezuelan-born, guest conductor, Natalia Luis-Bassa.

Music from Mexico, Brazil and Argentina will ignite the school with Latin American spirit. Márquez's powerful *Danzón No. 2* will be played alongside Villa-Lobos' irresistibly fun piece, *The Little Train of the Caipira*, as well as some memorable dances from Ginastera's evocative *Estancia*.

14-year-old double bass player, Alistair Ryall, who is a member of the NCO Main Orchestra, says "*NCO has definitely been one of the most inspiring, influencing and best experiences of my life. I am looking forward to the Summer Course and Concert, which I know will be brilliant.*"

The concert, which also features Tchaikovsky's poignant *Symphony No. 5*, will showcase the exceptional talent of the NCO Main Orchestra. With no member older than fourteen years old, the professionalism and talent of these young players is a marvel to behold.

Tickets for the NCO Main Orchestra Special Preview Concert are completely free but must be booked in advance. Phone 01539 622 283 or e-mail eventsmanager@sedberghschool.org to reserve seats.

The National Children's Orchestra holds nationwide auditions every year to populate its five age-banded orchestras with the most gifted young orchestral players that the UK has to offer. 2010 saw a record number of children, over 900 hopefuls, audition for a place in the NCO's 2011 Orchestras, with over 480 being successful.

The quality of orchestral training provided to NCO members is unrivalled, with children being given the opportunity to take part in intensive residential courses where first-class musical training is teamed with lots of fun social activities.

The tutors for these sessions are drawn from major national orchestras and the best specialist music schools around the country. Each residential course culminates in a full orchestra concert performance, like the one being held at The Sage, Gateshead.

For further information contact: Katrina Kelly, press office, Tel: 01934 418855 or email: K.Kelly@nco.org.uk

THE COMMUNITY CENTRE AND TOURIST INFORMATION CENTRE

The building that houses our Community Centre and Tourist Information Centre is now advertised for sale by Hackney and Leigh of Kirkby Lonsdale. Guide price £192,500. The Yorkshire Dales National Park Authority will consider any bids at their December meeting.

The Sedbergh and District Community and Heritage Trust, the Parish Council and other organisations continue to do all they can to ensure that this building is retained for community use. To that end Members of the Park's Authority have been invited to an open afternoon at the Community Centre and TIC on Tuesday 6th September. The Members will be able to view displays showing how crucial this building is to Sedbergh and why we need to retain it for encouraging visitors to use the Park and for our own community use. They will be served with a Sedbergh quality cream tea! Whilst the Centre and TIC will be open during the afternoon the focus will be on giving the Members plenty of time and space to view the building and its uses.

The case for retaining the building for the community will continue to be put to YDNPA Members over the next few months. The main activity this month is objecting to the sale of the open space just west of the building.

The case for retaining the building for the community will continue to be put to YDNPA Members over the next few months. The main activity this month is objecting to the sale of the open space just west of the building.

This is the small raised garden shown in the picture above. You may already have had an e-mail from a friend about this. Very soon, if you have not already received it, information will come through your letterbox about how you can add your objection to the sale of the open space. It will also outline the other activities that are planned to save the building for community and tourist use.

It is the Members of the Authority who will decide the fate of the



building. Hence the planned activities are carefully thought out so as to politely inform and encourage Members to support our cause. We hope to persuade them that their current course of action is not in the best interest of either the Park or Sedbergh and its surrounding area.

The Trust and the Parish Council will continue to do our best for Sedbergh but we need your help. Please add strength to our cause by objecting to the sale of the open space.

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FOLKFEST

We have now had three Sedbergh Folk Festivals. Each one seems to have built on the success of the previous year and it goes from strength to strength. Of course, the weather for 2009 and 2010 FolkFests was wonderful and added to the enjoyment. Here at Underbank we could sit in our garden and look across a couple of fields to the distant tops of the marquees while enjoying the music as a faint soundtrack to our weekend.

This year was very different. The weather on Saturday, in particular, was awful. The festival field wasn't exactly a Glastonbury quagmire but it

was glutinous and, in places, badly churned. Andrew and Dorthe Pratt deserve much credit for the brave decision to stage the festival on their land. On Sunday evening I watched Andrew ruefully surveying what was left of his grass. I hope it hasn't put him off. It doesn't seem to have done so: the following week we had the highly successful Sedbergh Sports on what had been the festival camping field!

Not many people live closer to the festival site than we do and our view is that it is a great success. For me the highlight of the weekend was Andy Irvine on Friday night - just superb! But the festival was a great success too, not just for Folkies but for the community of Sedbergh. How nice it is to have a large event such as this where the people are friendly, peaceable and environmentally responsible - many hundreds of visitors around all weekend and hardly a scrap of litter left anywhere.

Congratulations to all the people who worked so hard to make the FolkFest such a fantastic event.

Ed Cullen. ☀

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KIDZONE EXPERIENCE

I went to Kidzone in early July – an orphanage for 22 girls in a very deprived area in the heart of the city of Nairobi, Kenya. Many Sedbergh residents know of the Sedbergh link with Kidzone. Christine Wood of King's Court has been involved with it for several years as her son Simon, a BA pilot, helped to set it up. Knitters (especially Kath Winn but many others too), made colourful blankets for the girls' beds a couple of years ago. They look very cheerful.

My objective on this trip was to teach the girls the descant recorder. Sedbergh people donated lots of recorders, and also quite a lot of percussion instruments – xylophones,

tambourines, shakers, and so on, and I took these with me. We became the Kidzone Band, and after only a week the children played in front of 800 people at the School Assembly. One 10 year old managed the Kenyan National Anthem by herself. The others played "Merrily we roll along", which just uses 3 notes on the recorder. Eight teachers also became enthusiastic players of the instrument, and a rota was set up so that the girls will continue with weekly lessons in small groups. Several of the girls wrote why they liked playing, saying "because it makes me happy". I did not hear any of them cry or whine in a whole week, incidentally.

So a big thank you to everyone who



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maw.bursary@sedberghschool.org



donated instruments, (especially Rose Pease), and also money. I was able to have 12 solid wood music stands made by the school carpenter, with the money people had given.

I will be keeping in touch with the orphanage – the teachers have email addresses, as does the director of the orphanage, Mary Kanini (a dry and witty character, and a highly organised woman). They need lots of things, and these can be delivered free of charge via the BA pilot network through Simon and Christine Wood. In particular the girls would like to learn to knit and crochet, and their housemother Florence is keen to teach them as she loves knitting, but

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they haven't any knitting wool.

The following can be left at the Community Office in the box on the landing marked "Kidzone, Nairobi": Knitting wool, needles (up to size 9), crochet hooks; Old clipboards; Recorders or percussion instruments (if any of these should be unsuitable for any reason they will be given to Sedbergh's charity shop, unless you indicate that you don't want this, in which case attach a phone number). The girls share one dormitory with 11 bunk beds. They have to do their homework or any other arts & crafts work on the stone floor as they have no tables. 15 stacking plastic tables and 25 stacking plastic chairs, which is what Mary would like, will cost the Kenyan equivalent of £300. Anyone who would like to help raise this money can give a cheque payable to "Sedbergh Friends of Kidzone Kenya". Please leave cheques in an envelope marked "for Kidzone, Nairobi" at Sedbergh Office Services, 13 Kings Yard, behind the Bull Hotel. Thank you

Helen Beare ☀

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PEOPLE'S HALL

Hall Redevelopment

The legal entity the People's Hall Redevelopment Limited, a company limited by guarantee, has now been registered. This entity and its trustees will allow the works to be carried out, when funds become available.

Old Tyme Dance

The sum of £430 was raised to be split equally between the General and Redevelopment Funds. Elspeth Griffiths writes:

It was quite like old times on the evening of Saturday 25 June, when Denis Westmorland came to play for the Old Tyme Dance in the People's Hall. Over eighty attended, many

from distant parts such as Garstang, Ulverston, Whittington, Shap and Hawes. Some had last been dancing in the Hall in the 1960s, and had good tales to tell of those early days in the Hall's career.

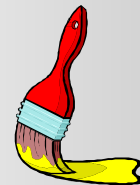
It was a wonderful atmosphere and the music of Denis Westmorland is excellent, so that even those who cannot dance enjoy the tunes and find their feet tapping.

The Jacob's Join provided by all those who attended was delicious and much enjoyed. It is always a source of amazement how well the food works out without any planning. To organisers who do not bake it is a boon. Many will remember the days, not long gone, when Margaret Mason

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DATES FOR YOUR DIARY

Friday 2 September 2011 at 7.30pm - A 6,000 mile bicycle ride

On Friday 2 September at 7.30pm, Hugh and Pauline Symonds will describe their journey by bicycle through Peru, Bolivia, Argentina and Chile in the People's Hall. Their trip will be illustrated with photographs, story and music. Admission £5,

licensed bar, proceeds to the Redevelopment Fund.

Saturday 8 October at 7.30pm – Dance with music by Roe Valley Band. A Jacob's Join & £4 admission.

Friday 28 October – Promise's Auction

Details in the September edition of Lookaround together with prospectus of promises.

Saturday 26 November – Café Cabaret

More in the October edition of Lookaround.

Friday 9 December at 7.30pm – Holly and the Ivy. A Touring Highlights music and song event.

<http://bit.ly/SPHblog> Dr Gina Barney, Hon Secretary 20790. ☀

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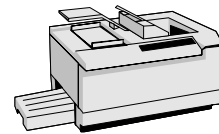
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THE WRITE IDEA

Poetry Events for Sedbergh Book Town

Poetry takes centre stage in Sedbergh in September with three events highlighting the interest currently being shown in reading and writing poetry.

On Wednesday 21 September the Lancaster-based poetry group '**Sixfold**' will present an evening of poetry at People's Hall at 7.30pm. The twin themes of the evening are 'Childhood & Parents'. The group comprises six of the most talented and widely-published poets and writers from the Lancashire/Cumbria border: their range of material covers

comic verse seasoned with light-hearted, serious and inspirational poetry about childhood and being a parent. Tickets cost £6.50 (£5 concessions).

Poets from Sedbergh and the surrounding district will be pleased to hear that a full-day poetry writing workshop is scheduled for Saturday 24 September when poet and novelist **Kathleen Jones** presents a day of writing exercises and challenges designed to encourage both new and/or established poets to create new work. Kathleen will be looking at memory and imagination as powerful resources for poetry. She will also be stressing the importance of close

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observation and discussing different ways of 'patterning' words and images to create structure in a poem. The workshop runs from 10am to 4pm in People's Hall. Tickets cost £12 (£10 concessions).

Duo Café in Main Street hosts a special **Poetry & Pizza Evening** on Sunday 25th September at 7pm with a special menu comprising starter, pizza and glass of wine/beer to accompany a selection of poems from the floor and a 50-minute set by special guest poet **Gerard Benson**. Gerard is a hugely entertaining performer having toured in the '60s & '70s with The Barrow Poets. He was the first-ever Writer-in-Residence at

the Wordsworth Trust and is the founding editor of the Poems on the Underground project in London. His poetry is very familiar to both children and adults and his latest collection, 'A Good Time' has recently been published. The whole evening – including the meal and entertainment – costs only £12.50 per person but book early as this is an event that is bound to sell out!

'The Write Idea' events are part of Sedbergh Book Town's regular events grant-aided by Arts Council England to encourage readers and writers. Full details are contained in the printed brochure which is widely available in the town. Tickets for all three events are available from the Sedbergh Tourist Information Centre, 72 Main Street, Sedbergh, Cumbria LA10 5AD. Tel: 01539 620125. tic@sedbergh.org.uk

You can also buy your tickets at the online box office:
www.sedbergh.org.uk/bookfestival/
Further information/photos etc., from John Rice, Book Town events organiser, Tel: 20929. Mob: 07969 411432. poetjohnrice@btinternet.com

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BEEKEEPING

Bees - driving us crazy!

In my last item on the subject, I expressed the hope that 2011 would be less challenging than 2008/2009/2010 had been for both bees and beekeepers. Some hopes! So far 2011 has been much like recent years - an excellent spring and then very 'changeable' weather, to inject uncertainty into our hopes for a good honey crop this year. And the bees seem to be getting their own back.

They have been behaving most oddly - swarming repeatedly without the usual warning signs - and then apparently giving up and absconding back into their own hive as if they were just out to take the air!! One of my hives has swarmed FOUR times in July, but they are all back in their hive again and working hard. They do indeed seem to have gone crazy.

When a hive swarms, the beekeeper

will always seek to gather the cluster that forms nearby into a skep, which can then be carried to his own or a friend's empty hive and rehived there. Most importantly he then checks that the parent hive is not harbouring one or more virgin queens who can head a second 'cast swarm'. If any are found, they can be removed and given to a friend who may have a 'queenless' colony, and all is well.

It seems that this year a lot of colonies have taken an unshakeable decision to swarm repeatedly come what may. But the curious thing is that many have then 'changed their minds', and instead of flying off to the 'new home' the scout bees have previously found - a deep hole in a dead tree perhaps, hopefully not into your shed or attic - then the decision process is somehow reversed and they all 'go back home'.

Most are aware of the beekeepers' saying about swarms - "A swarm of

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bees in May is worth a load of hay", "A swarm of bees in June is worth a silver spoon", but " a swarm of bees in July isn't worth a fly" (more crudely "let the b*****s fly"), but the latter doesn't seem to be working - they do not fly, just abscond back!! - crazy indeed.

Apart from the assumption that it is yet another manifestation of 'climate change', that the frequent weather extremes we are now experiencing are somehow distorting their normal evolved behaviour patterns, we are finding it very hard to explain. So the hope must be for a return to normal weather - many of us are spending every day watching our hives on hot

mornings, looking out for the excess activity at the front of the hive that presages a swarm. As always, ' we'll see', and try to avoid going crazy ourselves!

Malcolm Fraser-Urquhart ☀

DENT CoE FUN RUN

Joe Gardner won the sponsored fun run, held on July the 8th at Dent C of E Primary School, with a fantastic 51 laps, beating his previous year's record. It has been estimated that around £436 was raised for the school from this event. Thank you to everyone who sponsored the children.

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WEATHER

Well hardly "flaming June"! Although we only had 1 ¾ inches it rained on more days than not. Much was often light drizzle, which sometimes did not trouble the rain gauge. It was enough to keep it muddy. At the beginning and end of the month we had our warmest days with a high of 75.6F. It was also cool at nights with 3 nights dropping into the 30sF with a low of 37F. June was a breezy month, with all but 4 days registering double figures in mph wind speed, and a maximum gust of 20.1 mph on the 4th. For the first month of the year the wind chill was above freezing each night.

The baby swallows flew on the 6th

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June, D Day, but came back for a few nights to roost. The parents didn't waste much time as by the 23rd they had laid 5 more eggs! I find it absolutely incredible that something as small as a swallow can hatch from such a tiny egg, grow so quickly, fly so well straight from the nest and in a matter of weeks be off to Africa! If the activity around our feeding station is anything to go by most birds have done well so far. We have had young of chaffinch, blue tits, great tits, coal tits, house sparrows, goldfinch, robin, great spotted woodpecker, linnet, siskin feeding with longtailed tits around the garden. The linnets and siskins have been visiting the niger

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seed, both new additions to our list. The jackdaws have had a population explosion and most seem to breakfast at my expense first with the poultry and then they follow me to the sheep! Still very few butterflies are on the wing with the odd small white being the only regular. The mud meant that a second pair of swallows could build in our field shelter. It was fascinating to watch it constructed in layers, each one being left to dry with dry grass being incorporated as reinforcing material hanging on a post. My fancy pheasants, having finished breeding, are in full moult, perhaps a little earlier than usual. The cock birds, as their new feather grow,

look as though they have a beaded cape rather like some of the head gear of the pharaohs. Presumably because of the warm moist days we have not had much of either a June drop with the fruit trees or a June gap with the bees. The latter have been stacking in the nectar, hopefully from all the clover that is flowering, as this is a honey I like. The fine days at the end of the month brought out the contractors machinery with everyone, except me, trying to get some winter feed in store either as silage or hay.

Yellow Golden cock pheasant, Golden through wire, showing his new feathers. ☀



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YORKSHIRE DALES NATIONAL PARK

A new guide has been launched to help farmers, developers and householders choose the right sort of renewable energy for properties in the Yorkshire Dales National Park.

It contains advice and suggestions on the type of equipment and installation methods that will have the least impact on the special qualities of the National Park and, at the same time, will help people to reduce their carbon footprint.

The free guide has been produced by the Yorkshire Dales National Park Authority (YDNPA).

It focuses on the range of renewable

energy-generating technologies available to meet national carbon dioxide emission targets, ranging from solar powered electricity generation and double and secondary glazing to hydropower equipment and ground, air and water source heat pumps.

It is hoped the guide will be of use and encouragement to people wanting to:

- adapt existing properties to improve their sustainability
- ensure that the sustainability of new building development is enhanced by the use of renewable energy
- produce renewable energy, for both profit (including through farm diversification), and to help reduce national reliance on fossil fuels

More than 25 farmers and landowners have already had an introduction to the guide and been able to learn more about renewable energy and energy reduction schemes at an event organised by the YDNPA and the Yorkshire Dales Farmer Network at two National Trust farms on their Malham Tarn Estate on Malham Moor.

A similar event will be organised later in the year.

The guide – entitled ‘A Developer’s and Householder’s Guide to Energy Production in the Yorkshire Dales National Park’ – is available at www.yorkshiredales.org.uk/energyproductionguide. ☀



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DENTDALE MUSIC AND BEER FESTIVAL

It was my first experience of the Dentdale Music and Beer Festival and my family, guests and I really enjoyed ourselves. Despite the rain, which caused the very popular mud slide, there was an excellent turnout and visitor numbers were increased this year by a fantastic 30%.

The homemade, locally sourced food was absolutely delicious and extremely moreish! The widely varied menu of ales and accompanying bar accounted for everyone's taste. As did the music, there were some fantastic bands and solo artists. Also Dent C of E Primary School children did a great clogging performance that



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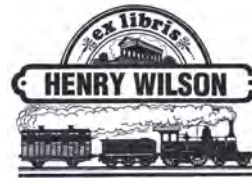
Tel: Lisa Tamlin on 015242 21331

was enjoyed by many proud parents and visitors alike.

The Pre-School tent did well with their toy stall, handmade jewellery stall and the much loved popcorn stall. So thank you from the Pre-School committee, to everyone who contributed over the last few months and helped on the day, it has meant that £688 including donations was made to help with Dent Pre-School funding.

All in all, the turnover for the festival was approximately the same as the previous year, which will be used to fund community projects. The weekend provided fun for all the family, a great festival atmosphere, and the whole weekend seemed to be enjoyed by all.

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SEDBERGH SPORTS EVENING

Friday 1st July saw the first of Sedbergh Sports but hopefully not the last! The weather was perfect after a few dubious days. This brought out lots of keen competitors and spectators to Buckbank Farm - home of Andrew Pratt. Many thanks for the loan of your field and your 'running around' after everyone!

The crowds were entertained by Sedbergh's answer to Peter Kaye (but much cheaper!), Jon Richardson. He had everyone in stitches with his wit and humour.

Children and adults alike enjoyed traditional sports such as sac, potato, tyre and sprint races. Others came to take part in the fell and handicap

races. Lots entered the egg throwing with great commentary from Jon.

Around the field Sedbergh FC and Cricket Club ran games for all to take part in. There was a BBQ and bar. The coconut shy was also well supported.

A massive thanks to Elizabeth Thexton from Barclays Bank, who helped man the gates, by her doing this Barclays matched the money taken on the gate.

The evening could not have got off the ground if it wasn't for the generous donations from local businesses (full list in SPS window). Everyone then 'mucked' in preparing the field, setting up tents and lending equipment and a grateful thanks to all

THE WRITE IDEA

**Poetry Events in
Sedbergh Book Town**

**Wed 21 September, 7.30pm, People's Hall
Sixfold Poets from Lancaster £6.50 (£5)**

**Sat 24 September, 10 – 4, People's Hall
Poetry Writing Workshop £12 (£10)
with poet & novelist Kathleen Jones**

**Sun 25 September, 7pm, Duo café
Poetry & Pizza £12.50 including meal
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those involved in this area.

We also need to say 'Thank you' to everyone who supported on the evening by paying to come in, having a burger or beer!

The evening seemed to go smoothly, the hours flew by and everyone left, some a little richer, some a little tired, but hopefully happy and ready to compete next year.

Howgill Harriers (who train on Thursday evenings) idea to promote traditional sport in the community became a reality and from that idea over £2,000 was raised to help buy Sedbergh Primary School some new outdoor equipment. ☀


Results Page 46

SEDBERGH FOLKFEST

We are writing to the Lookaround to say how much our family enjoyed Sedbergh Folkfest. It was a great weekend of music, full of character and atmosphere. Many thanks to the organisers for putting on such a well-run event with such a wide variety of music. Our memories of Judy Collins followed by a wild evening with 3 Daft Monkeys will stay with us for a long time. Thanks also to Andrew Pratt for allowing his fields to suffer, and to the helpers who worked so hard to try to keep everything moving through the mud. Let's hope the fields recover quickly so they can be used again next year.

Chris & Marion Wood ☀

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Sack Race- KS2	James Abbatt	Mia Walsh	Ruby Allan
Sack Race – KS3/4 Boys	Joseph Gorst	Wesley Brewer	Harvey Williams
Sack Race – KS3/4 Girls			
Sack Race – Men	Chris Milburn	Dan Mason	Spinner
Sack Race – Women	Janette Swallow	Sally Nelhams	Kim Ball
Flat Sprint – pre-school, Rec / KS1	Toby Greensmith	Maddie Walsh	Abigail Winn
Flat Sprint – KS2	Elliot Wren	James Abbatt	Melissa Sproul
Flat Sprint – KS3/4 Boys	Alex Fearn	Robbie Sproul	Harvey William
Flat Sprint – KS3/4 Girls	Katie Woof	Katherine Lawson	Sally Hanford
Flat Sprint – Men	Jon Richardson	Alistair Hanna	Thomas Gorst
Flat Sprint – Women	Janette Swallow	Sally Davies	Karen Brewer
Potato Race – pre-school, Rec, KS1	Pre-school James Moffatt KS1 Abigail Winn	Jasmine Sen Maddie Walsh	Isaac Brewer
Potato Race – KS2	Mia Walsh	Elliot Wren	Melissa Sproul
Potato Race Y5/Y6	Lewis William Alex Fearn	Imogen Burrow Liam Ball	Sam Gorst Robbie Sproul

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Potato Race – KS3/4 Boys			
Potato Race – KS3/4 Girls	Katie Woof	Katherine Lawson	Sally Hanford
Potato Race – Men	Sam Fisher	Peter Gorst	Stephen Cayley
Potato Race – Ladies	Sally Davies	Janette Swallow	Zoe Walsh
Tyre Race – KS3/4 Boys	Alex Fearn	Joseph Gorst	Liam Ball
Tyre Race – KS3/4 Girls	Chloe Kendal	Katie Woof	Sally Hanford
Tyre Race – KS2	Sam Gorst	Jay Ferguson	Abbie Allan
Tyre Race – pre-school, Rec / KS1	Fraser Sproul	Isaac Brewer	Joseph Werthington
3 legged race – primary mixed	Imogen Gorst Sam Gorst	Annabel Brewer Alisha Brewer	Brodie Swallow Ruben Swallow
3 legged race – secondary mixed	Joseph Gorst Katherine Lawson	Jay Ferguson Luke Gorst	Erin Proctor Chloe Kendal
3 legged race- adult mixed	John Thornton Mike Fearn	Sam Fisher Jim Fisher	Dick Gorst Janet Gorst
Wheelbarrow race U16	Alex Fearn Liam Ball	Annabel Brewer Wesley Brewer	Katherine Lawson Joseph Gorst
Wheelbarrow race Adult	Hanna Twins	Coops Ed Close	Peter Gorst Dick Gorst
½ mile handicap-children	Maddie Walsh	Erin Proctor	Harvey William
1 mile handicap – adult	Peter Gorst	Harvey William	Sam Fisher

SEDBERGH TOWN BAND

Town Band at the Sedbergh Folkfest

The Town Band were invited to perform in this expanding Folkfest on Sunday 26th June. Only in its second year since its move from Dent the week-end attracted some fifteen hundred campers and in all there were an estimated three thousand attendees over the three days of the festival.

Continuous rain and heavy human and mechanical traffic the previous day had rendered the site somewhat boggy, though Sunday's more clement weather had improved matters underfoot somewhat.

However boots or bare feet were the sensible chosen option for the festival goers though as performers the Band cut their usual immaculate figures in uniform and black shoes. It was one of those exceptional evenings when both humidity and temperature were high and jackets were gratefully discarded after the first number played.

The Band took over from a group comprising electronically magnified violin, guitar and double bass. Their pulsating and accelerating rhythms clearly captivated the large audience gathered and many were those who took to the floor.

They were a hard act to follow but the Band's total contrast and imaginative programme served to provide a further dimension to the festival's music. Familiar numbers from recent concerts were played

amongst which the jazz number 'Sugar Blues' featuring solo cornetist : Paul Grey, and the frenetic 'Amarillo', 'Great Balls of Fire' and 'Music to watch girls by' proved particularly popular with the audience. Each item was punctuated by a familiar folk number played on the bagpipes by Jim Dillon. For the final item Jim was joined by Tony Playfoot and they combined superbly to give a thrilling rendition of 'Highland Cathedral' stirringly backed by the full band.

The performance at the Sedbergh Folkfest was just one of a number of new experiences for the Band. The recent trip to Belgium now makes three countries visited - besides Belgium, Slovenia and Italy have provided exotic venues. The recent trip was such a popular success that it is intended to have a return to Ypres in 2013 having, hopefully, been successful is booking a slot to play at the Menin Gate. The Band played at a barbecue at Cautley, in mid-July and will provide the 'marching band' element of the Silloth Carnival in August. A Lion's Christmas Concert in Kendal will feature the Town Band and an appearance will be made in Keswick.

Besides the above additions to the Band's engagement calendar all the traditional activities will be seen - Christmas Concert in the People's Hall, late night shopping, carols in Kendal and Sedbergh.

Dr. Gina Barney's delightful garden at Cautley was the venue for a short

concert on Wednesday 13th June. At 7.30 the Band played their opening number, Alan Lewis's 'Tarka 1,2,3', and then paused whilst John Challoner welcomed all those attending. He proceeded in a few well chosen words to recall the Appleby migration of three years ago that was dreadful for everyone concerned and reminded us that the barbeque was to say thank you to the appointed and elected officers (CCC, SLDC, and police) for achieving what at the time seemed an impossibility - the more traditional experience of the last two years that had been pleasant for Cautley residents and travellers alike.

He thanked the Band for coming and Gina Barney for her hospitality and keeping the Campaign show on the road all this time.

The second half of the concert had to be cut short. Not totally characteristically the weather was superb - cloudless sky, no wind and warm. Ideal conditions one would have thought but sadly those conditions accompanied by attendant stock, a flowing stream and lush vegetation brought out the midges in clouds and reluctantly a premature end had to be called - even liberally applied 'jungle formula' was no match for these persistent irritants.

G.B.B. ☀

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REPENSHEK FAMILY SINGERS

There is a proverb I like: "A vision without a task is but a dream; a task without a vision is drudgery; but a vision with a task is the hope of the world." I reminded myself about this when I got the idea for a family singing event, and then planned the work that was needed to make it happen. Harmony singing provides an example of how differences can create a richer society, drawing them together in a common purpose with their different voices united in harmony. Add to this families singing together, and that hope for a better world becomes even stronger. The visit of the Repenshek family

singers to Sedbergh in the middle of July was a great inspiration to many of us. The family of six aged from 8 to over 50 became part of Sedbergh life for a week with visits to Settlebeck school, the Primary and Nursery Schools, the Parish church where they sang in the Sunday service, and the Family Singing events in Sedbergh library, Howgill Village hall, and the People's Hall where they met and sang with many local families. They also practiced some yoga in the Dent Mediation Centre, had a tour of our part of the Settle Carlisle railway, experienced some local fish and chips, sang with several local choirs and their children at concerts and

gatherings at Farfield (where they also were delighted to tour the Mill), Ambleside and Lancaster, and were warmly greeted by MP Tim Farron after visiting the Mayor's Parlour in Kendal. They even found time for a visit to the Beatles Museum in Liverpool (18 year old Neza sings and knows all the words to most of their songs,) The Tate Gallery, and Hadrian's Wall where they sang with Voicemale singers from Rothbury and met with George Handley's family in Haltwhistle.



They also showed great interest in many of our local institutions and discussed at length the Rev. Alan Fell's sermon about inner conflict, the philosophy described by Quakers we met at Brigflatts, and many other points of view expressed by people we met along the way.

Many thanks to everyone who helped and showed great hospitality to our visitors - especially George Handley, who provided accommodation and a warm hearted welcome for the family in his home; Susan Garnett who helped me with driving them from and to the airport; Lucia Marquart who drove them with me to Lancaster and

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Liverpool; Alison Brown and Maggie Cullen who kindly showed them round the two schools (which was of great interest to Mr and Mrs Repensek as they are both teachers - and to myself as I am greatly looking forward to our daughter Anika going to school here;) the Sedbergh Community Office who helped with funds for the family singing event; Sedbergh Library, Ken Pope, Amanda Wilson and Gwen for the small children's singing sessions on Saturday morning; Tony Reed-Screen and the Parish Church for making them welcome at the Sunday service; and my long suffering family who provided funds for transport and food during their stay, and put up with me working 18 hour days.

As always, one of the many values of hosting guests is that you get to see what is familiar through new eyes, and appreciate anew those things which you take for granted. I am left feeling what a wonderfully varied, thoughtful and warm hearted community we live in - surrounded by extraordinary natural beauty.

David Burbidge ☀

SEDBERGH & DISTRICT HISTORY SOCIETY

Visit to Bentham 6th July.

The two Benthams, High and Low, are half an hour from Sedbergh, but even further west in the West Riding, on the link road between Lancaster and the A65 at Clapham. They are separate parishes, but with a combined town council.

David Johnson, a retired head of Bentham Primary School and our guide, provided a booklet of photos covering 1880's - 1950's, illustrating the town's changes. His route followed the pictures. The Benthams, with one exception, have no pretence to architectural distinction, no grand design or impression to make, but were subject to change as economic conditions required, with the auction mart at its core, still busy after a century and a half. There are no traces of any early occupation, except a very primitive head and arms of a

small crucifix retained in one of the churches.

We started looking at a building in the centre of High Bentham which operated in the 19C, as a corn mill destroyed by fire 30 years ago and is now converted into an attractive flat development. Nearby we looked at the local alms houses, but complete re-modelling in 1998 had been a modern make over, so any historical features were gone. They were founded in 1726 by one of the Collingwood family of naval connections as a "hospitell for 12 decrepid housekeepers" .

Across the way the Grammar School was established in 1736 later taken over by the local authority under the 1870 Education Act. The original building a house in a walled enclosure had disappeared, the site expanding with new building and extensions, but soon, after being a location for education for 275 years, teaching will cease there when a new school building on another site opens. Mr. Johnson regretted that the limited area in front of the school was the only open space in the town for any public gathering, too small for the purpose.

Centrally positioned in the town was the Royal Oak, a coaching inn, a substantial building, but now minus sign, clock and coach mounting steps. A dozen miles from Lancaster, the inn was the first or last stop depending on direction of travel and is now incorporated into the auction business complex.

The railway reached Bentham in the



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1860's on the line between Bradford and Morecambe, its counterpart on sea. It attracted development along the inevitable Station Road between the railway line and the town with a hotel, shops with large display windows and a substantial area cleared and re-built in the late 19th and early 20th C.

Silk was produced on a large scale here at a mill by the River Wenning with another producing the same product in Low Bentham. The technique of weaving in a circle was refined to produce fire hoses and there developed a large business employing over 600 people producing fire fighting equipment. Even now, it continues as a substantial employer with export markets under the trade name of "Angus Fire Equipment". Its administration building is the former Victoria Hotel.

The tour moved onto Low Bentham to see the distinguished buildings of Norman Shaw architect of St. John's Church, and the adjacent rectory which later became Bentham Grammar School and Sedbergh Junior School, but which is currently obscured by scaffolding, as it moves to another educational phase as part of the Witherslack Group.

Of the Church, the tower and chancel arch is all that remains of any earlier structure demolished for the new in 1875. The rest is Shaw's design. He was a progressive architect aligned to the arts and crafts movement, apprentice to and teacher of other distinguished architects, "a cool headed Scot, of first rate ability".

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Amongst buildings of national significance designed by him are Scotland Yard in the metropolis and the Armstrong family residence, Craggside in Northumberland. The entrance porch, a later addition to the main work is very evocative of the period style and inside is a limited space, with the unity of an ecclesiastical building conceived and built in a single style with balanced proportions as opposed to those with changes made during different eras.

After a couple of hours learning of the Benthams and their history the similarities between them and Sedbergh were striking.

G Dalton. ☀

SHINGLES

Shingles is a disease of the skin involving the same virus as chicken pox. It mainly occurs in middle aged and older people and is thought that it can be triggered by stress or after a shock, such as a fall or bereavement. It involves pain followed by a rash which often appears in the belt area.

I was very interested to read, in the latest issue of "The Acupuncturist" about an Italian randomised controlled trial, comparing acupuncture with standard drugs for the treatment of shingles. The acupuncture patients had treatment twice a week for four weeks. Both methods were found to be effective with no significant difference between the two groups of patients.

My interest in the treatment of shingles began when I had shingles myself when I was in my twenties. This manifested as what seemed to

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be a mosquito bite (very strange, in January) accompanied by pain in the kidney area, which was bad enough to prevent me sleeping. I was living in Germany and I was told by my GP that I had "Guertelrosa" (pink belt) and given treatment on several consecutive days. This consisted of vitamin B injections into the site and I recovered completely in about a week. I now realise that I was very lucky (of course, I had youth on my side) and that the pain from shingles can go on for several months.

More recently, I have treated several people with acupuncture for shingles. I have learned that a very gentle approach is best: few needles and little stimulation, as pain from shingles is quite volatile and it does not take much to set it off. Usually four to six gentle acupuncture treatments have been enough to



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resolve the pain, even if the person has had the condition for some time.

On my study trip to China last year, I had the opportunity to observe acupuncture treatment of shingles at the Traditional Chinese Medicine Hospital in Hangzhou. I was fortunate to be with two doctors who spoke very good English and I was heartened to find that very often the treatment given in the hospital was similar to the treatment I would have given here in Sedbergh. Treatments for back pain, neck and shoulder pain, pain in the joints, facial paralysis and neuralgia, headaches, migraines and dizziness, for example were

similar to treatments given in this country.

Patients with shingles came to the hospital three times a week and I was surprised to see that the treatment involved very strong stimulation. Although I was generally very impressed with the standard of care at the hospital, the shingles patients did not seem to be experiencing rapid improvement and I still hold the view that in this case gentle treatments are best.

If you would like more information about any of this, please contact me. My telephone number is 015396 20972. *June Parker* ☀

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PHENOLOGY IN SEDBERGH?

My trusty old Collins Dictionary defines phenology as *the study of the times of recurrence of natural phenomena, especially of the influence of climate on plants and animals*. (However, my super-duper modern computer does not recognise the word and highlights it as a spelling mistake!)

Collaboration and data sharing between the many biological organisations around the world show that climate change is having an impact on our wildlife. For example, the dates for the flowering of trees and plants, the appearance of butterflies and moths, migration and

nesting patterns for birds are all showing trends of change.

Observations have shown that Swallows are arriving in the UK about 20 days earlier than they did in the 1970s. It is something we read about and occasionally think about happening, but this year the migrant Pied Flycatchers in Sedbergh provided real proof of climate change.

In 2007 the Sedbergh local support group of Cumbria Wildlife Trust regenerated a Nesting Box project for Pied Flycatchers, with around 30 boxes located in three woodlands around Sedbergh. Each year, an average of nine boxes have been used by Pied Flycatchers, with the

young being ringed in 2007 on 11th June, for the next three years on 10th June and this year, 2011, on the 9th June. In the past, only once has a whole brood fledged before ringing and in several boxes the young were too small to ring.

By 2nd June this year, 6 broods were ready to fledge and by 9th June there were only two complete and one partial broods left to ring, which means that 70% of the birds had fledged 7-10 days early. Looking back at previous records, the 'normal' hatching dates were around 25th May, but this year the eggs were hatching around 18th May, at least a week early.

Comparing these data with two similar locations in the Lake District, it seems that in Kentmere, out of 25 nests only 8% of them had fledged by the 10th June but in Selsides, out of 15 boxes 40% had flown. So why has there been such a drastic change around Sedbergh in just twelve months?

Maybe the Pied Flycatchers are breeding early to keep up with the plant and insect phenology, which can be a problem if they do not all advance at the same rate. For instance, there are data from Holland suggesting that the trees are in leaf earlier, the caterpillars on which the birds depend are available earlier, but the birds are not advancing their breeding fast enough to take advantage of them, causing a decline in the Pied Flycatcher population. Fortunately, this 'phenology mismatch' does not seem to have

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happened in Sedbergh this year.

Other changes noticed in the area this year have been very positive ones. Redstarts, Spotted Flycatchers, Cuckoos and Ring Ouzels seem to be more abundant even though they are on the decline in other areas of the UK.

All records sent to organisations such as the British Trust for Ornithology (BTO) from surveys and everyday observations are essential for compiling the data on climate change and wildlife populations. Have you seen any change in the distribution or breeding dates of your local wildlife and, if so, please inform me or the Sedbergh CWT group so that we can forward your information?

In memory of Colin Armistead who started the Nesting Box Project in the 1960s and who gave so much of his time and energy to wildlife conservation. Jackie Foott ☀

MRS MAGGIE CULLEN

Plenty of pupils have come and gone throughout the years, but head teacher Maggie Cullen has been steadily at the helm of Sedbergh Primary School for nearly 20 years. However on July 22nd 2011 she left to take early retirement.

Maggie was born in a small Essex village, met and married her husband Ed in 1973, before qualifying as a teacher in 1974. Her earliest teaching post was in an east Derbyshire mining village, where she taught for four years in this depressed area following the closure of the local pit. Ed and Maggie then moved to Nottingham, where they began their family. Following the birth of two sons, James and Thomas, Maggie became a full time mum. When the children were at an age to commence nursery and school, Maggie resumed her career, taking on a part-time job teaching special needs children in a local primary school and this soon became full time. The family moved to Sedbergh in 1988, when Ed got his first headship in Cumbria. On arriving in Sedbergh a temporary vacancy teaching juniors occurred at Sedbergh Primary School: this was further extended to full time in 1989 and eventually to Deputy Head in 1990. It was in 1992 that she became Head, supporting teaching in Reception.

Whilst much in education may have changed beyond recognition in many ways, especially the role of the head teacher, relating to children has always been the principal aspect of

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her job, working with them to bring out their talents and develop their potential. Meeting every eventuality with calmness and humour, this might have been put to the test during a lesson in Reception, where Maggie had carefully planned a great session on squirrels, with plenty of wonderful resources to look at and hold. Halfway through a sentence, in full flow, a hand went up, and, thinking this child has been so interested and keen to speak, we can only imagine the look on her face when the child blurted out'. "My dad says you should shoot the little b* * * * *!"

Despite the heavy workload of the modern headship, she has also maintained a part time teaching commitment. The other remarkable thing that has kept her dedicated to her role has been her endless energy and ability to meet fresh challenges, as the role of head teacher is not just

one job but a succession of many jobs.

Over the years Mrs. Cullen has had to adapt to many members of staff leaving, as well as the changes to her job, rebuilding teams more often than most football club managers! She has always encouraged and supported all members of staff to develop their own careers and allowed those in the early stages of theirs to develop their new skills and ideas, leading Sedbergh Primary School to its well deserved reputation for excellence, recognised by Ofsted who have twice awarded the school the highest accolade possible - outstanding, noting that she is an outstanding head, a most dedicated professional who is passionate about every single child who comes through the school. Under her influence, the school is held in high regard in the local community and has forged outstanding partnerships with other schools and agencies.

It is a credit to her professionalism that in all her years as head, she has rarely had a day's illness, and that despite flooding, heavy snow and even foot and mouth, the school has never been closed! Her only relatively lengthy period of absence was when she undertook a 2 week educational visit to Eritrea, working with colleagues from St Martin's College in order to develop teacher training. The first visit was so successful that they were asked to return for another two weeks in order to develop it further across East Africa.

A retirement celebration was held at



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the school on Wednesday July 20th, where Mr Alan Fell, a past chair of governors who had worked closely with Mrs Cullen for many years following her arrival at the school, presented a farewell speech, thanking her for her many years of service to the school and local community. An informal farewell assembly took place on the last day of term, when Mrs Cullen was presented with gifts, cards and a bouquet. Whilst children, friends and colleagues will miss her warmth, wisdom and direction, they wish her a long and active retirement, with time to pursue all her many and varied interests. ☀

NEWS FROM THE PEWS



Wow, we were so lucky with the weather for the Summer Fair. The previous day had been very wet but Saturday the 9th July dawned and there was no sign of rain. The sun worked hard all day giving us just the right conditions to make full use of the churchyard for the games and stalls. Our aim had been to have a relaxed, enjoyable, happy day; which we did, with the wonderful bonus of raising over £1600. Thank you everyone

who came to the Fair, those of you who helped in any way, those of you who shopped at the craft stalls, played the games, or enjoyed the food on offer, you made the difference to our event by being there, thank you.

As the money comes in, so it goes out! Just like keeping a house looking pristine, our church needs to be kept in good order both inside and out. As you can imagine there is always a list of jobs waiting to be done.

The church railings are now looking good thanks to Steve Chadwick who has given them a new coat of paint, working the job around the awful winter weather and very wet spring.

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Help towards this cost was gratefully received from The United Charities, Sedbergh Community Fund, Sedbergh Parish Council and Lookaround. You have probably admired our smart new gates, replicas of the old ones expertly made by Graeme Robinson with 80% of the total cost generously donated by The Yorkshire Dales National Park Authority.

Inside we have been busy too. The organ built in 1895 by Norman and Beard has had parts removed and refurbished. Back in 1987 the organ required major work to repair damage caused by water ingress from the roof. Most of this work was confined to the parts of the organ played from the keyboards, with relatively little attention paid to the pedal organ. As the pedal organ (that part of the organ played by the organists feet) became more and more unreliable remedial work was necessary and has been completed in the last few weeks. During this time all the valves that control the flow of air into the pipes were refurbished and the linkages replaced. This required the

majority of the pipes to be removed allowing access to the wind chests on which they sit and the removal of 90 valves, one for each pipe, to be re-leathered. Happily, Tony's feet are once again tapping on the pedals. Another job well done and crossed off the list.

As we heave a sigh of relief on completion of those jobs another list of things to do has reared its head. Church law dictates that every five years the architect has to make a thorough survey of the church fabric. This "Quinquennial Report" submitted to us recently identifies jobs which in themselves are not huge but added together amount to around £70,000. These are to be completed in the next five years. Work on the bells and in the tower has not got a mention on this list, but more on this theme next time.

*Susan Sharrocks & Tony Reed
Screen, Churchwardens*

PS We plan to host another Summer Fair on the second Saturday of July 2013 as next year we have the St Andrew's Music Festival to look forward to. ☀

SEDBERGH SWIMMING CLUB

Following our AGM on Monday 4th July we would like to report another successful year for the club. Children from year one right up to senior school pupil's taking their GCSE's have enjoyed the variety of lessons and fun sessions that we hold in the school pool on a Tuesday and Thursday evening and Saturday mornings.

This year we had successes with children taking their Silver and Gold challenge awards, no mean feat!. We would like to congratulate Ben Morgan, Sam leaver and Felix Roper for achieving their Gold Challenge and Briony Leddy, Megan and Bethany Handley, Adam Ross, Alex

Inman, Joe Gorst for achieving their Silver Challenge!

The senior class are also in training for their Life Saving Bronze Medallion. This qualification will enable those students to act as assistant life guards at the club and some pupils have done this as part of their GCSE PE exam.

We have also enjoyed the **adult swimming sessions**. These are well attended and more would be very welcome. It is a great opportunity to keep or get fit. Come along this year we will also be supporting the **Aspire Swim**. The challenge invites you to swim the distance of the English Channel (22 miles) in the comfort of your local pool. You can swim as an

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Omelette

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Cheese Savoury
Tuna & Red onion Mayonnaise

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& Goats Cheese
Seared Steak, Onion & Mushroom
Tuna Melt
Tomato & Mozzarella

restaurantmenu

samplemenuitems

To start

Ham Hock & Apple Terrine
toasted bread, salad leaves & truffle dressing
Pan Seared Queen Scallops
spiced shallot dressing
Smoked Haddock Fishcake
fried mackerel, fine bean & a red pepper coulis
Roasted Cherry Tomato Tart
roquefort cheese, rocket & balsamic dressing

Main

Twice Cooked Pork Belly
creamy mash potato, roasted shallot & pork jus
Roasted Duck Breast
orange mash potato, glazed carrot & juniper berry jus
Fillet of Cod
wrapped in pancetta, crushed new potatoes, confit
cauliflower with a red wine shallot dressing
Pan-fried Halibut
fresh noodles, lango bruschetta & tomato dressing
Wild Mushroom Risotto
char-grilled spring onion, parmesan shavings
& poached egg

We also offer a wide selection of daily specials & desserts. Please see in house for details.
The Bull Hotel was recently awarded maximum Food Hygiene Rating of 5 stars = Excellent
by South Lakeland District Council.

individual; team, family, school or club and you have twelve weeks to complete the distance and help raise money for people with a spinal cord injury.

We also have to congratulate Katie May for successfully qualifying as an ASA Swimming teacher last November. Rachel Bainbridge is also on course to qualify in the not too distant future. Well done them.

Looking forward to September 2011, we have decided to keep membership fees and lesson fees the same as last year. That is: Adult membership will be for the year £15.00 and junior membership £8.00. Swimming lessons for children are still £18.00 per term. Very

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competitively and realistically priced. We do not currently do swimming lessons for adults, but we could consider this if there is interest out there??!!!!

We will also be undertaking a sponsored swim during the next year on behalf of the Asthma Society. This is a chance for the children to see just how much money they can raise and how many lengths they can do. Beware parents and Grandparents; you will be surprised just how far they children can swim when they set their minds to it!!

Children at all stages from beginners upwards will also be working towards, waterskills or swimming challenge badges.

Dates for next year will be advertised in September's addition of the Lookaround and posters around Sedbergh and Dent.

Thank you once again for your continued support. Without which we simply couldn't provide this wonderful opportunity for the area. Thanks must also go to Sedbergh School for the pool hire.

Lynn May ☀

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TOWNSCAPE PROJECT

Sedbergh Success

The Sedbergh Townscape Project has received a great boost as a result of the decision by South Lakeland District Council to transfer Joss Lane car park on a 99 year lease to Sedbergh Parish Council. As Chairman of Sedbergh Parish Council I would like to thank SLDC for this far sighted decision which will contribute greatly to the plans for the economic, social and environmental improvement of Sedbergh.

This agreement has taken a long time to negotiate with a lot of people working very hard to achieve this breakthrough. In particular I would like to thank Jim Atkins for his tireless and good natured response to all the requests for him to research the issues and then for producing well reasoned arguments to support our case. Thanks must also go to our SLDC Councillors - Ian Mc Pherson, Kevin Lancaster and Evelyn Westwood who have all campaigned to persuade their colleagues of the justice of our case, as has our local MP Tim Farron.

The next hurdle is to persuade the

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Yorkshire Dales National Park that they should copy the example of SLDC in supporting the Townscape Project by recognizing the importance of 72, Main St to the future of the Town by ensuring that it remains as a community asset.

In order for this to happen your help is needed – we are asking as many people as possible to write to the YDNP to object firstly to the sale of the open space beside 72, Main St and then at a later date to support the case for the retention of the building. Information about all of this will be circulated to you and will be updated in future issues of Lookaround.

Hilary Hodge Chairman
Sedbergh Parish Council ☀

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FRIENDS OF DENT AGM

FOD held their AGM on June 29th and this past year has been a successful one for the FOD committee. Community support has been outstanding with both raising funds and help. The year has seen amongst others the Promise Auction, the Beetle drive and the most recent event, the Summer BBQ with sports which was held on July 1st. There was a great attendance and beautiful weather which meant around £337 was raised, money which will help to support the school. This year's Friends of Dent Promise auction will take place in November any donations would be gratefully

received and more information will follow soon.

Some of the items that the school have managed to buy are yoga tuition for pupils, BeeBot computerised toys and cassette player for reception, £4k towards the roofing works, free standing display boards, athletics equipment, a life-cycle rug, playtime equipment, ICT -computers and computer support, a portable projector for use in hall. Also, there is an agreement in place to buy a shed for the garden, planters and benches and some larger equipment for the field, which haven't been purchased yet. Reading bags are also funded for parents to buy.

At the meeting Helen Winn was elected as the new Chair and Thomas Hartley the new Vice Chair, with no change to the other roles. The committee would like to thank Thomas for his time as Chair and wish him well in his new role as Vice Chair. Finally many thanks were expressed to Julie Middleton for her years of service on the committee and as Vice Chair.

LM ☀

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ASKAM CONSTRUCTION

We are pleased to announce that Askam Construction have been awarded the contract to build the new Spar Convenience store, on the old Cattle Market site.

Works to the Health centre are progressing well and we hope to continue the good community relations so far achieved.

On site parking is being developed to accommodate this additional works and operatives are given site Inductions / tool box talks informing them of the standards we expect with regard to interaction with the local community.

With the summer holidays approaching , we have given a presentation and workshop activities to the Children at Sedbergh Primary School highlighting the risks of Children playing on construction sites and the hazard signs to watch out for.

The Children were extremely interested and attentive. Ms Livesey (year 3 Teacher) said: 'The Children have learnt a tremendous amount today about

safety which should prevent any accidents or Children getting onto the Site'.

We will endeavour to minimise disruption during the works , and would appreciate your co-operation in giving any feed back and informing us of any suspicious or out of hours activity.

The individual projects are being supervised by Askam Site Managers, if you have any issues you wish to discuss regarding the projects please give us a ring.

*Dave Patterson - Health Centre
07980 902761*

Ian Byrom - Spar 07909 902088 ☀



BOOKWORM

What I have been reading this month :

1. The Lost City of the Incas by Hiram Brigham (non fiction/history)

Published in 1952 there is an updated introduction but the 'story' of the discovery of Machu Picchu according to Brigham is unchanged. There are sections on the Incas - their origins, civilization and emperors; the search for the capital city of the Incas and the discovery of

the ruins of MP and its excavation.

Brigham's style is easy to read and understand whether tackling history, architecture or just 'exploring'. I found the book a great insight into the discovery of the Machu Picchi ruins in 1911 after huge difficulties. The city was hidden for centuries and is now a very popular tourist destination in Peru.

2. Engleby by Sebastian Faulks (fiction)

The book opens when Mike Engleby has just started university in 1970s.

Faulks develops this character into a compelling narrative that descibes his past (fatherless scholarship boy at brutal boarding school) and late blossoming of a journalistic career. An incident at university catches up with him, the outcome of which dominates the latter part of the book. Very skillfully written, intellectually precise and psychologically scary and sad.

3. Lady Hester : Queen of the East by Lorna Gibb (biography/non fiction)

Lady Hester Stanhope was William Pitt's niece who moved away from aristocratic life in England to an unorthodox, exciting life travelling in the Middle East. Written in a lively, well researched style with good emotional insights into the range of Hester's relationships eg lovers, Meryon the devoted physician, servants; it is a vivid portrayal of what was then a rarely visited area. Hester died in the Lebanon in 1839 in eccentric seclusion and poverty.

RM Bookworm ☀

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SEDBERGH ORCHESTRA

What a wonderful small town we live in! The BBC chose us for their series, "The Town that wants to Twin", some years ago because we have so much going on in a community of 3000 people. For many years we have had an excellent Town Band. A year ago, an excellent Sedbergh Orchestra was added to the list - about thirty musicians playing together and making an amazingly good sound. They played last month in St Andrew's Church, supported by a large and appreciative audience. The ages of the musicians range from teenagers to septuagenarians, and the skills of the players range from beginners to experienced amateurs. Nothing elitist about this - this is music for all!

The concert was varied and appealing - nothing too high-brow. Under the able direction of Peter Crompton, they played Beethoven's rousing "Coriolan" overture with its vigorous strings and dynamic wind, and the Symphony in D by Arriaga, a little-known Spanish composer who lived for less than 20 years at the beginning of the 19th century. The highspot of the evening for me was the first Saint Saens Cello Concerto of 1872. This was played with great panache, tremendous sensitivity and consummate skill by Daniel Crompton of Kendal, still a teenager but surely one with a brilliant future ahead.

I am not a regular orchestral concert goer but this for me was an outstanding evening - most of all because it showed yet again what

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This summer has seen me fully qualify as a Tutor of Complementary Therapies at advanced level, it has been a long process but a very enriching one and I really look forward to running various courses in due course.

I am running courses in Massage, Aromatherapy, Reiki & Karuna Reiki, Indian Head Massage and Reflexology; if any of these interest you, do please get in touch, 20890.

My client's are enjoying my new holistic centre and the feedback has been very positive, it looks straight up on to the fells and has a truly relaxing atmosphere with a stunning view, just what is needed when life is going full pelt.

Many enjoyed a relaxing day at the South Lakeland Age Uk event on the 29th June, thank you for all the kind comments and words of thanks, I look forward to seeing people at the event in Kendal on the 14th September.

Melanie Missenden ☀

ROYAL BRITISH LEGION

Sedbergh Branch

Our sincere thanks to the many helpers & providers at our recent Coffee Morning on 13th July and, above all, to those who came along to support us and spend money! It was a terrific success with lots on offer and we raised a record amount - £339.90p. This is an important event for our Branch and raises funds primarily for our three main charities:

The Royal British Legion Cumbrian Benevolent Fund, which aims to give instant access to funds for urgent cases within our County area.

Byng House on The Promenade in Southport – owned and run by The Royal British Legion and dedicated to providing holiday breaks for serving and ex-service personnel who would not otherwise be able to afford it. It caters also for the Carers of residents with disabilities and has recently started to offer exclusive breaks to families during the school holiday period.

Lister House in Ripon – also owned and run by The Royal British Legion, this is a care home for elderly ex-service personnel. It also has a day care facility with a physiotherapy unit for young, physically disabled soldiers.

Our Branch is able to champion these valuable facilities through your continued support. Thank you very much.

If you would like more information, or know of an eligible person who could benefit from any of the above, please contact Rose Pease – 21575.

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DENT ALLOTMENTS

On the 20th June the Annual General Meeting of Dent Allotments Association took place in the Reading Rooms in Dent, there were 14 members present with 7 apologies.

John Sugden (chairman) report how nice it was to be able to walk around the plots to see so many styles of work and the variation of products being grown, in just 2 two years of starting up.

The secretary confirmed all plots have been taken but a few plots need extra attention and he would make contact with the plot holders. Once again the Allotments supported the Open Garden scheme for the church funds.

The Treasure reported that funds are strong with over £1000 in the bank after a number of fund raising event over the year.

It was agreed to help to maintain the flower beds in Dent village and hold a number of social events during the next year.

It was decided to open a waiting list for the allotments as a few plots will

come vacant during the next few months. If anyone is interested in a plot they should contact the secretary at kensmith748@btinternet.com or telephone 01539625688.

Ken Smith (secretary) ☀

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DENT DALE

CHRISTIAN FELLOWSHIP

This event takes place in the informal setting of a home, on one Sunday evening a month at 7pm. See advert for details. We include prayer, praise and testimony and then share in a buffet supper. It is not church in the denomination sense, just people who love Jesus and want to meet together, everyone is welcome. it is very "homespun" and relaxed, there is no set programme. We invite you to come along and join us as we seek to learn more about being a disciple of Jesus in a changing world. Come with questions, come for prayer, come because you want to know more about being close to God.

*"Rhumes" Laning Dent LA10 5QJ.
(015396 25212) John & Sarah E
Woof. ☀*

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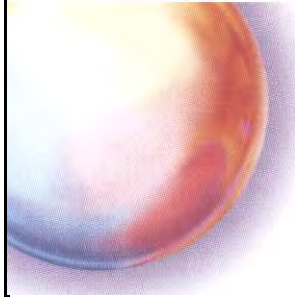
Are you struggling to come to terms with your situation? We know it seems such a long hard road to recovery!

We are a divorce care support group here to help you. We understand what you are going through.

A new 13 week course is starting on September 19th .We meet on Monday evenings from 7.30pm to 9.15pm in Carnforth at Hunter Street. There is no charge. We have time to discuss and share our experiences and watch dvd based material giving information and advice from Christian family and marriage counsellors, experts in their fields.

You don't have to be a Christian to come, and will find the resources and company helpful in both a practical and emotional way.

To contact us to show an interest, request a leaflet, or just to find out more information on our group:
Email : cfdivorcecare@live.co.uk or
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Under "find a group" postcode LA5,
Or Phone Sue Ellershaw 01524
730642. ☀



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Communications are all important and must be precise if they are to be of any use. When the German Coastguard operator received an English SOS message saying "We are sinking" He mistakenly replied "yes. and what are you (th)sinking about?!" From the youngest to the oldest there was something for all at the service in July. We heard an excellent talk from Stephen Wood, who told us of his life and what a difference having a personal relationship with God has made. He challenged us to examine our lives as to our relationship with God. The next People's Hall Service will be 7th August and **NOTE** 11th September, due to the Harvest Services being held at New Street Methodist Church on the first Sunday in September. All are welcome to come. ☀

DENTDALE SHOW

August 27th & 28th

We need more volunteers to help us with the show, it seems to be the same people running about the field not quite doing what they are supposed to, so your help will be very welcome.

We need help on running some of the games on the field and doing a few general tasks.

If you can help or have any suggestions about donations, please e mail matthew@lowhaycotebarn.com ☀

R.S.P.C.A.

Westmorland Branch

A big thank you to all who supported our street collection on a very wet June 25th. We collected £150 which will be used for the much needed care of animals locally. Thank you again.

*Pat Bainbridge
Christine Glynn* ☀

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MACMILLAN PROMISE AUCTION

The Promise Auction held at Country Harvest on 1st July to celebrate Macmillan's Centenary Year, was a great success. It was a fun evening which was very well supported by local people. There were over 50 lots auctioned ranging from jars of marmalade to website design. All the lots were sold and over £5,000 was raised, which was way above expectations. Many thanks to everyone who supported the event.

*Ann Bannister
Macmillan Cancer Support* ☀

DENT GALA

Do come and be part of our annual fund raising event for the Memorial Hall, (Sedgwick Room, Haygarth Room and Kitchen are what we fund raise for) and join in something which has been taking place for a long time. There will be an advert in here to get all the details but there is something for all ages at very reasonable prices. Vent your anger by throwing a cricket ball at pots and braking them, play various games to test your observation and skills, enjoy the BBQ, the WI Teas and new this year Bacon butties & sandwiches. Have a go at the penalty shoot out, Bat the Rat, Coconuts or join in the Races for all ages. Browse the books, try to win a bottle of wine, throw an egg, bash your nearest and dearest with a pillow or throw wet sponges at the Chairman! Try the Table Tennis or find what you have never known you needed on the White Elephant stall! It all starts at 11am on Bank Hol Monday in the yard and field behind the school. See you there! AND bring along your dogs, to enter the popular Dog Show. Also, Bouncing Castle

weather permitting, Raffle and Tombola. A great family event. Could you sponsor something and help us keep our costs down? or help for a while on the day? Display a poster perhaps? Please contact; Sarah on 25212 or Jean on 25269. ☀

SLOVENIAN STUDENTS IN SEDBERGH

Please welcome Miha Znidarsic and Miha Martinsek two students from Slovenia who I met with their parents in Zrece and are spending the summer working in Sedbergh. They have already thrown themselves into local life with Maja singing in the Parish Church choir (complete with choir robes,) both of them helping out on the Community Office market stall, joining the Settlebeck School outing to Edinburgh, the fundraising Alpaca races, and Jackie Foot's open house day - and still finding time to earn a few pounds gardening and decorating in local homes. I bumped into them yesterday having their photo taken with their arms around two women!



They are both very enterprising and hard working, and if you have any odd jobs (or longer work) which need doing I know they would be more than welcome the opportunity to do them for you. You can ring them on Sedbergh 22112. *D Burbidge* ☀

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DENTDALE OVER 60's

On July 16th the Dentdale over sixties club held a Strawberry Teas event at the Memorial Hall. It was well attended which is unsurprising as amongst other cakes, they were selling the most delicious scones with strawberries and cream! The other stalls had some great items including a variety of books, plants, puzzles and clothes as well as a tombola and raffle.

It was a very successful day, both financially and socially and the committee and Chairman were very grateful for the help, support and generosity which now means that they can look forward to a Christmas lunch on December 10th. Thank you again to everyone who came and supported the event.

LM ☀

SEDBERGH WANDERERS FOOTBALL CLUB

Not a huge amount to report on this month other than to remind you all that tickets for the Queen Tribute band are on sale now! This is taking place on Saturday 13th August in the People's Hall with doors opening at about 7.30pm. Tickets are priced at £10 each and are on sale from Premier. Alternatively, they can be purchased from Dan Mason, Luke Packham or I. This includes free entry into the disco afterwards which is otherwise priced at £3. The disco starts at approximately 11.15pm. There will be a well stocked bar selling a wide variety of drinks at reasonable prices (Cheaper than all the pubs anyway!). Please come

along and support the club as it promises to be a very good night and it is an alternative to the usual Saturday night out! We are also planning our next event in November, however, no further information is available to disclose on this just yet! More to follow on this next month. We put a lot of time and effort into organising these events, not just to raise funds for the club but to also give the Sedbergh public something different to look forward to! Your support is greatly appreciated and we look forward to welcoming you all to all of our future shindigs!

*Ben Close For and on behalf of
Sedbergh Wanderers Football Club*

QUIET GARDEN

Time to step aside from the bustle of life and be still in the presence of God. Thought provoking prompters are scattered around the garden, use them or not, refreshments available, all welcome.

See advert for details. 2-6pm Sat Aug 20th. "Rhumes" Laning Dent. (25212) ☀

BLOOMING GREAT TEA PARTY

A big thank you to all who helped and supported us on the 10th July. Our Tea Party at Ghyllas was a Blooming Great Success and with the addition of donations which have come in since the 10th we will be sending at least £1500 to MARIE CURIE CANCER CARE. This is a marvellous total and may put us amongst the highest earning tea parties in the North West.

Robin, Caroline and the Alpacas ☀

BRAIN CHILD

Some of you reading this article might know Viv Hailwood as the director of the Rose Community Theatre that has given Sedbergh many an evening of fun, over the years, with pantos and musical productions. Most years, around 50 children and young people are involved and enjoy the experience so much that they come back for more the next time!

But Viv also has a work role and it will come as no surprise, to those of you who know her, to find that it involves babies and children.

Over six years ago Viv left her successful primary headship to set up BrainChild. I will let her tell you about it:

In my many years of teaching, I always had a group of children in my class who I thought of as my 'strugglers'. They were bright, and tried hard, but life seemed so difficult for them and they were usually worn out by lunchtime. I had originally trained as a Speech Therapist and I have always viewed every child individually and I looked for the answer to their difficulties.

To cut a long story short, I began to search for solutions. Our school had become popular, particularly with children with Autistic Spectrum Disorder and Dyspraxia, who were well integrated into school life. Following a wide range of training, I began to develop a program for use in schools. Cumbria Children's Fund funded a project which showed its positive impact.

The BrainChild program has continued to develop. I have worked with many groups, including National Autistic Society groups of children and parents. Individual families come for help.

The children I work with have developmental difficulties - which are surprisingly common. These children have some aspects of their functioning still influenced by babyhood. It can be something isolated, such as bedwetting or writing difficulties or can affect the whole child. The program is physical and natural and shows parents a way forward with their child.

Whole families are affected by a child who has sleeping issues or emotional instability or fearsor all of those. To find out if BrainChild can help your child, look at the Checklist on the website.

The new BrainChild website will be online by October when the Online BrainChild Program will be launched. Individual assessment and a tailored program will be available for each child. In the meantime, you can find out more on our current site at www.brainchild.org.uk or contact Viv at viv@brainchild.org.uk or by text on 0781 377 2969.

BrainChild – Helping you to help your child.

If you might be interested in a part-time appointment working at BrainChild, contact Viv for details. We are looking for someone who will help run our office efficiently. Good IT skills are required and an interest in social media marketing would be useful. *VH*

COMMUNITY OFFICER REPORT

Scrap metal thefts are becoming a priority issue throughout the area and we ask people to remain vigilant. There have been a number of scrap metal thefts in our area over the past month, please report anything suspicious on 0845 33 00 247.

There has also been an incident of theft from a vehicle please do not leave valuables in a vehicle and ensure that all vehicles are locked and secure. For information on Farm Watch and Neighbourhood watch or to join the scheme please contact us on the details below.

There were only two calls for service with regard to the music festivals held at the end of June which considering the number of people attending both events was a credit to the organizers

The issue of parking has again been brought to our attention. Parking on pavements and on double yellow lines is unacceptable and vehicles will be dealt with appropriately. We ask people to consider others when they are parking, blocking pavements means that prams and wheelchairs often have to go into the road. Vehicles have also been seen parked on drop down curbs, blocking any access to the pavements for wheel chairs etc, this is not acceptable.

The problem profile for the Sedbergh area is anti social behaviour at the Peoples Hall in Sedbergh, patrols are regularly visiting the area at various times. Over the past month we have received a report of minor damage to the new weather proofing to the gazebo in the play park. This is an

SAM KONCZYNSKI



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07771 97 00 96

area where local youths can meet and have their own space. It is very disappointing that this damage has occurred, if anyone has any information regarding this or any other problems with antisocial behaviour in this area please contact the Police

Four students from Dent primary school have successfully completed there cycling proficiency course and students from Sedbergh primary will complete the course in September.

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 Tuesday of the month between 12:00 and 13:00 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 ☀*

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	KLC	0825	0858	M - F	564	KLC
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
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				
1300	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 :-

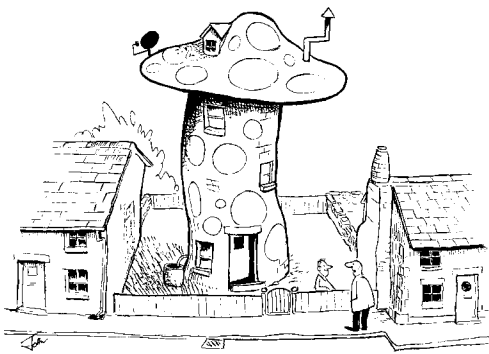
Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)

All times are from and to Thorns Bank

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	Library
1300	Every Tuesday	Knit & Natter	FM
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 (Frostrow) 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

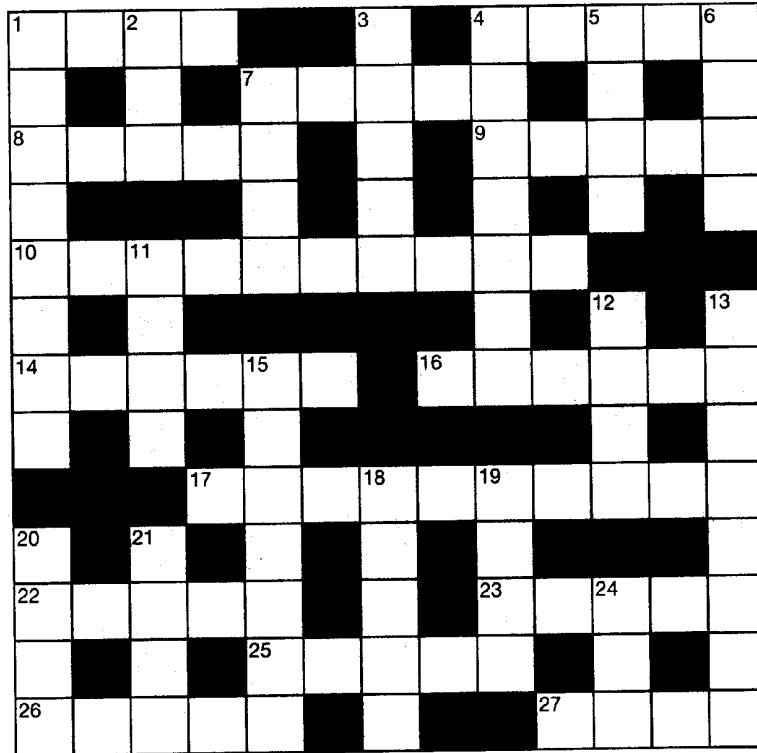
G O B L E T C R I N G E
 L A O U M N
 I M P R O P E R P O O H
 T G T E C
 T Y K E C A D O C K
 E R O U T I N E H
 R A G S L B I B
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 I S M I N
 D R A W A N N U L L E D
 A E R O B B
 S L U R R Y W A Y L A Y

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			5			3	2	
		6		3			8	7
	4				5		1	2
6	1		9				7	
4	5			1		2		
	2	9			3			
1					8			



I see that the YDNP have relaxed their building criteria!

7	2	5	3	6	1	9	4	8
6	3	8	7	4	9	2	1	5
4	1	9	2	8	5	3	6	7
3	7	6	1	9	8	4	5	2
2	8	1	5	3	4	7	9	6
9	5	4	6	2	7	8	3	1
1	9	7	4	5	2	6	8	3
8	6	2	9	1	3	5	7	4
5	4	3	8	7	6	1	2	9



ACROSS

- 1 Quartz (4)
- 4 Upward push (5)
- 7 Hissing bird (5)
- 8 Good, genuine (5)
- 9 Legal (5)
- 10 Mediocre (6-4)
- 14 Morsel (6)
- 16 Utter foolishness (6)
- 17 Irish novelist (5, 5)
- 22 Palace pet? (5)
- 23 Fragrant shrub (5)
- 25 Very poor (5)
- 26 Rush (5)
- 27 Road hump to control speed (4)

DOWN

- 1 Adverse, contrary (8)
- 2 Talk continuously (3)
- 3 Not drunk (5)
- 4 After the event (7)
- 5 Previously (4)
- 6 Bye-bye! (2-2)
- 7 Acquire, obtain (4)
- 11 Appealing (4)
- 12 Bloodthirsty (4)
- 13 Golf competition (5, 3)
- 15 Picture in the mind (7)
- 18 Roof overhang (5)
- 19 Month of the year (4)
- 20 New Testament book (4)
- 21 Vicinity (4)
- 24 Meadow, pasture (3)



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2011/11) <i>Self-Catering Sleeps 6-8</i>	20360
Mrs R J Garner.....	2 Millthrop, Sedbergh (2012/06) <i>Sleeps 4; 1D; 1D (Soda Bed); CH; L; NS; DW; CW</i>	01942 216058 07792 445257
Sycamore Cottage, Lunds, Sedbergh (2011/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs Durie	Crossthwaite, Garsdale, Sedbergh (2011/06) <i>Sleeps 6/7; D, F, T, CH, TVL, P, NS, DW, DR, CW</i>	07900 531043

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 & Frostrow

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@PEOPLESBALL

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.			29 0900 Car Boot Sale (29)	Middleton	
AUGUST			29 1000 Art Exhibition (19)	SSL	
1	1000	Exhibitions of 4 Artists	29	CWT Smardale Weekend	Smardale
1	1000	Trees of Life Exhibition (till Oct)	30 1000	Art Exhibition (19)	SSL
1	1930	Dent Parish Council	30 1400	Dry Stone Walling	DCMH
2	1400	Spinning Demonstration	31 1000	Coffee Morning StAS Missionary	URCR
3	1000	Coffee Morning Howgill Church	SEPTEMBER		
4	1400	Birds of the Dales	1 1000	Trees of Life Exhibition (till Oct)	DCMH
4	1915	National Children's Orchestra (6)	1 1900	An evening of Irish Music	NOL
4	1930	WIH Harps Northwest	1 1930	WIH Design & Creation of Handbags	HVH
5	0950	Dent Library Van	2 0950	Dent Library Van	Dent
6	1000	Stone Carving Workshop	2 1930	6,000 Miles on a Bike in S. America (59)	PH
6	1330	Lower Garsdale Walk	6	Open Afternoon	CO & TIC
6	1900	Flicks in the Fells (*)	6 1400	Spinning Demonstration	DCMH
6	1900	Dr Hamer Home & Away	7	SS Term Starts	
7	1030	Worship @ People's Hall	7 1000	Coffee Morning Dent Foot Chapel	URCR
7	1530	Gayle Ladies Choir	8 1200	Lunch Club	Red Lion
9	1400	Dry Stone Walling	10 1900	Flicks in the Fells (*)	PH
10 1000		Coffee Morning Garsdale Village Hall	11 1030	Worship @ People's Hall	PH
10 1400		Children's Storytelling	13 1400	WIK The Air Ambulance	PH
10 1915		WID Summer Outing	14 1000	Coffee Morning Audio & Large Print L	URCR
10 1930		WIS Folklore & more of the Lake District	14 1915	WID Help for Aids Orphans in Kenya	DMH
11 1200		Lunch Club	14 1930	WIS Social Evening & Jacobs Join	PH
13 1400		Cream Tea Afternoon (13)	16 2000	Music of John Denver	PH
13 1930		Music & Art (13)	18 1100	Quilting Dayschool	DCMH
13 1930		Queen Tribute Band + Disco	18 1400	Harvest with Rev C Harbach	GSC
14 1030		Pathfinder Course	18 1900	Homespun Fellowship (21)	Rhumes
14 1300		Weaving Demonstration	19 1900	Chamber of Trade	L
16 1400		Dry Stone Walling	20 1230	Health Centre Closed for afternoon	
17 1000		Coffee Morning North West Cancer	21 1000	Coffee Morning Barnardo's	URCR
19 1000		Art Exhibition (19)	21 1930	The Write Idea (44)	PH
20 0830		Barbon Show (20)	24 1000	The Write Idea (44)	PH
20 1000		Art Exhibition (19)	24 1100	Dentdale Monthly Walk	DMH
20 1400		In The Garden (20)	24 1400	In The Garden (20)	Rhumes
20 1400		Fun Afternoon & BBQ	24 1930	Encore Opera Group	StAS
21 1000		Art Exhibition (19)	24 1930	Harvest Supper	HJC
21 1900		Homespun Fellowship (21)	25 1900	The Write Idea (44)	Duo
22 1000		Art Exhibition (19)	28 1000	Coffee Morning Firbank Church	URCR
23 1000		Art Exhibition (19)	30 0950	Dent Library Van	Dent
23 1400		Dry Stone Walling	OCTOBER		
24 1000		Coffee Morning Beekeepers	1 0930	Multiple Sclerosis Table Top Sale	PH
24 1000		Art Exhibition (19)	1 1000	Trees of Life Exhibition (till Oct 6th)	DCMH
24 1400		Children's Storytelling	1 1900	Flicks in the Fells (*)	PH
25 1000		Art Exhibition (19)	2 1300	Knitting in The Dales	DCMH
26 1000		Art Exhibition (19)	4 1400	Spinning Demonstration	DCMH
27 1000		Art Exhibition (19)	5 1000	Coffee Morning Dentdale Methodist	URCR
27 1100		Dentdale Monthly Walk	6 1930	WIH AGM	FCH
27		Dentdale Show (19)	8 1000	MS Table Top Sale	PH
27		CWT Smardale Weekend	8 2000	Old Tyme Dance	PH
27		Alice in Wonderland (*)	9 1030	Worship @ People's Hall	PH
28 1000		Art Exhibition (19)	10 1000	SHS PTFA Jumble Sale	PH
28		Dentdale Show	11 1400	WIK Restoration of Historic Gardens	PH
28		CWT Smardale Weekend	12 1000	Coffee Morning Christian Aid	URCR
29		August Bank Holiday	12 1300	Knitting in The Dales	DCMH

COVER PICTURE

Holme Fell with Colin Barnet Bench

By *Stuart Manger*

If you have any photographs that you would like to see on the Cover, please send them via e-mail.

12 1915	WID Wild Argyll	DMH
12 1930	WIS Silk Road to Samarkand	PH
13 1200	Lunch Club	Red Lion
15 1400	SHS PTFA Jumble Sale	PH
15	Dent Pre-School Jumble Sale	DMH
17 1900	Chamber of Trade AGM	L
19 1000	Coffee Morning Garsdale Church	URCR
19 1230	Health Centre Closed for afternoon	
21	SS Half Term Starts	
23 1900	Homespun Fellowship (21)	Rhumes
28 0950	Dent Library Van	Dent
28 1930	HVH Domino Drive	HVH
28 1900	Promises Evening	PH
29 1100	Dentdale Monthly Walk	DMH
30	Clocks go Back	

NOVEMBER

1	SS Half Term Ends	
3 1930	WIH Fragrances	HVH
6 1030	Worship @ People's Hall	PH
8 1400	WIK AGM & Desert Island Discs	PH
9 1000	Coffee Morning Sed Bowling Club	URCR
9 1915	WID AGM & Members Evening	DMH
9 1930	WIS AGM & Jacobs Join	PH
10 1200	Lunch Club	Red Lion
12 1900	Flicks in the Fells (*)	PH
17 1230	Health Centre Closed for afternoon	
18 1930	WIH Domino Drive	HVH
21 1900	Chamber of Trade	L
25 0950	Dent Library Van	Dent
26 1100	Dentdale Monthly Walk	DMH
26 2000	Cabaret Evening	PH
28 tba	Promise Auction	PH
30	St Andrew's Day	

DECEMBER

1 1900	WIH Christmas Party	tba
2 -	Christmas Tree Festival	SMC
3 1900	Flicks in the Fells (*)	PH
4 1030	Worship @ People's Hall	PH

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC/S	= Dent Methodist Chapel/Schoolroom
FCH	= Firbank Church Hall
FM	= Farfield Mill
GSC	= Garsdale Street, Chapel
GVH	= Garsdale Village Hall
HJC	= Hawes Junction Chapel
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
NOL	= Newbiggin on Lune
PH	= People's Hall
SHS	= Settlebeck High School
SLSB	= South Lakeland Society for the Blind
SMC(R)	= Sed. Methodist Church (Room)
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

7 1000	Coffee Morning Ladies NFU	URCR
8 1200	Lunch Club	Red Lion
9 1930	Holly and the Ivy	PH
10 2000	Old Tyme Dance	PH
11 1030	Worship @ People's Hall	PH
12 tba	WIS Christmas Dinner	tba
13 1200	WIK 70th Birthday Party	tba
14 1915	WID Christmas Party	DMH
14	SS Term Ends	
21 1930	HVH Domino Drive	HVH
23 0950	Dent Library Van	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.

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

Evening surgery by appointment only –
Monday/Tuesday & Thursday evening

Updated June 2011

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 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