

Sedbergh & District

LOOKAROUND

February 2012

Issue 296

Donation £1

A warm welcome to 2012 and we hope that your year will be a Happy and Healthy one.

A big thank you to all the contributors and advertisers for making this issue one of our biggest

at 100 pages. Something tells me that all the issues in 2012 will be bigger than ever so please submit your contributions early to help with the end production.

Dennis & Jacky Whicker

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 1st February
Railway Navvies of Mallerstang
An illustrated talk about the myths and legends of the navy period in the Dale
Ian Murray




Wednesday 22nd February
Dent Memorial Hall

Packhorse Ways, Packhorse Days
An illustrated talk looking at the days when four hooves ruled the roads and fell tracks
Janet Niepokozyeka

All meetings in Settlebeck High School, start at 7:30pm unless stated.

Everyone is most welcome to attend any or all of our lectures

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



PENGUINS & POLAR BEARS
The filming of "Frozen Planet"
a talk by
Mark Smith (OS)

7:30pm Thursday February 9th
Queen's Hall
Sedbergh School
Tickets £8 from:
Sleepy Elephant Bookshop
Sedbergh 015396 21770
or online at:
www.sedberghbooktown.org.uk/webshop/

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

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FEBRUARY BIRTHDAYS

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

The recipient this month :-
Bethany Cousins who is 9 years old on 7th February

Please collect your vouchers from

Sedbergh Office Services
13 Kings Yard, Main Street,
Sedbergh
which can be used in any shop
in
Sedbergh & Dent.



NONAGENARIANS

We are 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	Harry BAINES	10
2	Amy JOHNSON	6
6	Lucy GIBSON	11
7	Bethany COUSINS	9
9	Nurgul SEN	9
9	Zak BAINES	9
11	Hannah KITCHEN	8
11	Lisa ALDERSON	11
12	Daniel HALL	6
14	Evie DEAN	4
19	Chloe COWIN	8
19	Abbie GAME	11
20	Kristian PRATT	3
22	Grace Louise HODGSON	3
28	George SMITH	2
	Nonagenarian & Over	

PERSONAL & SMALL ADS £1



BROWN/WALSHE

Congratulations Andrew & Kelly on the Birth of your beautiful little boy, Thomas on 24th December. Much love from Donna, Alistair,

Antony & Logan. XX

=====

PRATT

Following the sad loss of John, Carol would like to thank everyone for the cards, flowers and kind messages of sympathy. Special thanks to David Mason and Sue Sowerby, Canon A Fell for the burial and Service of thanks, Dr C Hunt & staff at Sedbergh Health Centre. Brian Goad and staff for their usual care and help, Dorothy for a lovely Tea. And thanks for all the generous donations given to Great North Air Ambulance.

=====

SCARR

It's A Boy. Eli Thomas Hugh Born on 10th November. Precious son for Will and Sam; treasured grandson for Tom and Eileen; special Great-Grandson for Grandad Hugh Watson. *(This appeared in the last issue but included the wrong details for I which I apologise and now include the correct information. Ed)*

=====

THURLBY

Happy Birthday Suzy on the **BIG DAY** on February 16th. Warmest Wishes form Helen & Denise.

THOMPSON

Carol, Geoff and family would like to thank all the kind people who sent cards and expressed messages of sympathy over the recent death of Geoff's Mum, Dorothy. Although she had only spent the last 14 years of her life in Sedbergh, the town's folk had shown her what a great place it is to live. The care that she had received from the Doctors and nurses at the Health Centre was excellent, as was the carers who came for a short time. A special thanks goes to Olive for her support and friendship and indeed all her friends at Frostrow and New Street chapels. Also thanks to Tim Widdes for his guidance and to Brian and Dorothy Goad for making Mums funeral go so smoothly and dignified. We'd also just like to say a big Thank You to all our friends who've been there for us and supported us at this sad time. Love and thanks to you all.

=====

WILSON

Happy 70th Birthday Ronnie from all your family and friends. Ronnie is 70! Come along to help him celebrate on Saturday 11th February at Dent Memorial Hall. Friends, relations and neighbours all welcome. Ronnie will be there from 2-6pm, feel free to come for as long or short a time as you can for a brew, cake and chat. Please no presents; donations if desired to be divided between all the Churches in Dentdale and Cowgill.

PERSONAL & SMALL ADS £1

FOR SALE

A computerised Cross-Trainer Exercise Machine in vgc - everything works. Easy to assemble, easy to use with manual. £80 ono. Tel: 07876 264981.

=====

FOR SALE

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=====

FOR SALE

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=====

FOR SALE

5 piece Beverly Club Drum Kit including all drums, cymbals, stands and accessories. Used by in good condition. £500. Contact Mark 07738 116971.

=====

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SEDBERGH YOUTH BAND

Tree Festival

A 'Christmas Tree Festival' was held in the Methodist Church at the beginning of December. The Theme for the Trees was 'Films' and twenty three wonderfully and imaginatively decorated trees were on show with a view to raising money from the sale of programmes and donations in the aid of North West Air Ambulance charity. Amongst them was an entry by the Sedbergh Youth Band appropriately entitled 'Brassed Off', a 1996 film about the troubles faced by a colliery brass band following the closure of their pit. The young musicians are to be congratulated on their splendid contribution to the exhibition.

Bus Shelter Music

On Saturday 10th December instead of their usual session in the United Reformed Church the Youth Band set up their stands at the Bus Shelter and under the baton of Carole Marsden they entertained shoppers and passers by with a selection of music from their expanding repertoire.

Donation

Following the Senior Band's concert in Kendal on behalf of the 'Lions' a donation of £200 has been given by them towards the purchase of instruments for the Youth Band. Sincere thanks are extended to the organisation.

G. Blackwell

FLICKS IN THE (DENT) FELLS

On Saturday December 17th the Memorial Hall became a cinema for the showing of "The Kings Speech". There was a well supplied Christmas Raffle with a lot of interesting prizes, a bar and tea and coffee and cakes all on sale. It was a very enjoyable night out and the income just covered the costs. It is hoped to show another film around the end of February.

Sarah Woof

ELF AND SAFETY

During the war the army used to carry out manouvers on Millthrop Fell I remember the Brengun Carriers lining up to wash their tracks in the 'Clatter Beck. as soon as they left we used to rush onto the fell to collect empty bullet cases for scrap, sometimes a blank was found intact the powder was removed to make a firework. A prized find was a thunderflash [an overgrown firework that resembled a stick of dynamite], the finder then had the doubtful privilege of counting up to ten before throwing it after us, we then became soldiers under fire. Thunderflashes could and did cause injuries.

Another prized find was a miniature parachute from a flare. This could be weighted, rolled up and thrown into the air for another short life, but the most prized find of all were live bullets. These could be clamped in a vice or in our case wedged in a wall and fired by striking the detonator with a nail thus putting sheep in danger from the pointed end and the striker from the detonator at the other

end. Even this was not dangerous enough. A fire would be lit and clips of five bullets thrown in while we took cover and tried not to lose count as they went off. Somehow we survived more or less intact.

So you see a game of football with a hard ball, conkers, snowball fights, or three legged races didn't seem at all dangerous!
Henry Sowerby

LADIES N. F. U.

Thank you to everyone who supported our coffee morning on the very wild and wet morning of December 7th 2011. Also to all the members who helped in any way. The total raised was £304 which is to be divided between Macmillan Nurses and the local Alzheimers Society.

The December meeting was on the 13th December with twenty four members present. Mrs. Sheila Capstick came along to demonstrate the art of making Marzipan Fruits.

We were all given a piece of marzipan then it was all hands on moulding and shaping various fruits, apples, oranges, bananas, pears and strawberries etc., which made it a most enjoyable evening.

The Christmas meal was later finalised for Tuesday 17th January at the Red Lion.

McMILLAN NURSES

Over the Christmas period, a Raffle was held in the Red Lion for McMillan Nurses and a total of £255 was raised for this good cause.

A big thank you to everyone that provided a prize and who took part.

COUNCILLOR CORNER

Father and I would like to thank everyone for their kind regards and sympathy following the death of my mother on 29 November. Also, I would like to thank everyone for their concern following my recent stay in hospital. It looks likely that the problem was caused by a growing intolerance to bread and wheat. Certainly I am feeling a lot better now I have removed them from my diet.

Turning back to local politics, one of

the big stories of the last eighteen months has been the Localism Act and the consequent changes to national planning policy. There has been some concern, particularly in the Daily Telegraph, once a Tory paper, about the new presumption in favour of sustainable development. Not all of it is soundly based. In fact the presumption in favour of development is a reworking of the situation which prevailed prior to the changes in the 1980s. To my mind it is at the very core of the proposal and if it does not go through then the whole change will be pretty well nullified. When the present situation was brought about, that an application will be determined according to the development plan, unless there are material considerations to the contrary it was intended to give certainty. Unfortunately the reality has been that it has taken power from members and given it to officers as they have the power in effect to determine what the development plan says.

What effect will the changes have on the existing Local Development Frameworks and allocations policies? In truth that will be determined in the courts but my guess is that there will be challenges even when allocations have gone through all the steps to implementation.

Last night we had one of the most interesting SLDC meetings of my time on the council. The subject was the

February Coffee Mornings 'Tales in the Market Cafe' will be held on



Wednesdays

Feb 1st * Feb 8th

Feb 15th * Feb 22nd

*** Feb 29th ***

in the URC rooms

Between 10 am & 12 noon

**Come along and enjoy
a little entertainment
with your coffee**



Plus Age UK will be there promoting it's fund raiser.

Bobble day

Entrance £1

Land Allocations element of the South Lakeland Local Development Framework. There were 100 members of the public and about a dozen public speakers present, all to a greater or lesser extent opposing some part of the allocation. This will now go to an examination before an inspector who will eventually produce a report.

However, just as significantly, confirmation of the Cumbria Wind Strategy was tacked on to the meeting. This was a grave mistake as I have no doubt that it was this Strategy which allowed Armistead to gain permission on appeal, contrary to the wishes of the vast majority of Lune Valley residents. Last night I led against this confirmation. Last year, when we were debating whether the Lune Valley should become part of the Yorkshire Dales many residents cited their opposition to wind turbines as a reason for supporting the proposal. I always said that that was not the right way and that the right way was to change the Wind Energy Strategy.

I was not surprised when the controlling group voted unanimously for the Land Allocation Policy. I have to say I was astonished that any of them would have voted for the Wind Strategy – in fact they all did. No doubt the unanimous opposition of the main opposition party on South Lakeland will already have weakened it a bit, but I felt that I was honouring an explicit and an implicit obligation to my electors when I voted against its

continuing.

Meanwhile, another inspector has begun his Examination in Public of the Yorkshire Dales LDF. I was not able to be there but those who were commented favourably on the brisk and businesslike manner in which he was conducting the meetings.

As you will be aware the White Knights group has been successful in purchasing 72 Main Street and it looks as if the parish will soon be the owners of Joss Lane Car Park. Yesterday afternoon we had a long meeting looking at the future of Loftus Hill Car Park and we are now close to having a proposal which I and most of my colleagues will be happy to be associated with.

Councillor Kevin Lancaster
015396 20800, 07980 844 695,
kjlanc@kjlanc.demon.co.uk,
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COUNCILLORS CORNER

From Cllr Evelyn

It's a huge relief that the Yorkshire Dales National Park Authority has agreed to sell 72 Main Street, which houses the Community Office, the History Society archive and the Tourist Information Centre, to the White Knight Company group of residents so the town has time to raise the money to buy the building for itself. The meeting on Devenber 13th at which the YDNPA member's agreed to accept the White Knight offer was a real cliffhanger. With the snow sweeping in from Siberia we didn't know whether we would actually get to the meeting or be stuck in a snowdrift in Garsdale. But

the weather was not quite as bad as forecast and we made it but the hail was rattling so loudly on the glass atrium of the meeting room that it was sometimes difficult to hear the speakers. The argument swung back and forth, some members resolutely against selling it at a discount, some passionately in favour, and it was not clear until the final vote of 16 to 1 with one abstention that we knew the building would be secured for the people of Sedbergh.

It was also a relief that we had a reasonable evening for Sedbergh's Christmas Late Night Opening. As long as I have been in Sedbergh the evening has been either bitterly cold - last year the band had to retreat

SAVE MONEY SAVE ENERGY EVENING

Friday 10 February

5.30pm - 9pm

PEOPLE'S HALL



Come and talk to tradespeople who provide and instal equipment such as solar panels, biomas boilers and insulation
AND see what local people are doing,
such as Settlebeck High School, the Beekeepers & the Allotment Holders

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For further details contact Janet Hurst

Mob: 07979 108680

e-mail: janethurst2009@hotmail.com

indoors for the carols because their instruments froze - or howling wind and rain. This year the rain stopped just in time and people were able to really appreciate the great street entertainment, mulled wine and hog roast as well as all the shops decked out for the festivities.

Looking forward to the New Year we have got funding from the Local Area Partnership for four new gazebos for the market which can also be hired out for other events. (If you want to hire one contact Andi Chapple at the Community Office). In February the Sedbergh Literary Trust will be holding a weekly Wednesday coffee morning at the United Reform Church

hall next to the market in Joss Lane with an event called "Tales from the Market Cafe". Local people will give a series of short talks on books which have changed their lives.

From Cllr Ian

Under normal circumstances the full Council of SLDC meets only about once every six weeks or so. In the next couple of weeks however we are having two meetings in quick succession. On the 18th January we are meeting to consider and adopt the Local Development Framework and the Allocation of Land documents which make provision for development in the District right up to 2025. The meeting on the 18th is a

Duo Café Bar & Bistro, Sedbergh

Sunday 12th February from 7.30pm

Informal evening with music and a short talk
Light refreshments served free of charge
Further items available to purchase
in association with Carnforth Free Methodist Church



vitaly important part of this process. To cut a very long story short (the Agenda in front of me is one and a half inches thick and comprises 327 pages) the proposed housing allocation across the whole of the District has been set at 6000 houses of which 35% will need to be affordable. Once approved by Council there will be a further six week consultation period and then the full documentation will go for Public Examination by a Government Inspector. I would strongly urge anyone interested in the fine detail to visit the Council's website (www.southlakeland.gov.uk) to view the documentation which has been posted there. Readers should note that this will *not* affect the Parishes of Sedbergh, Dent and Garsdale as being in the National Park they are subject to the YDNPA's own Housing Development Plan and which is this very month being scrutinised by a Planning Inspector during the course of a Public Examination. Planning is very much in the air at the moment with the National Planning Policy Framework also currently being the

subject of national debate. At the end of the day the main concern of course is to provide accommodation for local people at prices they can either afford to pay either by outright purchase or by way of rent.

The other Council meeting was on the 24th January when Members considered a referral to them by the Resources and Partnerships Overview and Scrutiny Committee of a Members Call-in in respect of proposed changes to the Car Parking Fees structure across the District. One particularly controversial aspect is the introduction of night time charging. As a member of the Overview and Scrutiny Committee I voted in favour of this referral as I personally was not particularly happy about what was being proposed. So it is now up to the full Council to decide whether to refer it back to Cabinet for further consideration. Watch this space!

Wearing my Yorkshire Dales Member's hat I had quite an adventure on the 10th January when I was asked to attend a meeting of Muker Parish Council to bring them

up to date with current activities in, and changes to, the Park Authority. After what I can only describe as a challenging journey from Nateby to Muker along Swaledale in the rain and mist I was warmly welcomed by four of the five members of the Council along with their Clerk in the Literary Institute (which had a wonderful log fire burning in the grate). The meeting began at 7.45 pm and I was kindly asked to go first in view of my journey back to Sedbergh.

I began by explaining the key issues currently facing the Authority namely: financial and administrative restructuring, the Housing Development Plan document, the

work needed to prepare a new National Park Management Plan and the Governance Review at present under consideration. I also highlighted the Authority's current priorities following our meeting on the 13th December and then went on to point out possible sources of funding for local and Parish Council projects. I emphasised the wish of the Authority to engage more proactively with local people and councils and especially to identify those areas where the Authority can help or work with the Parish Council more effectively. What I had to say was received very positively and I was assured that the current relationship between the Authority and the Parish

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Council was much better than it had been in the past not least because of the work being done by those Authority Members living in the area.

I was then asked questions about the following:

1. Would the Governance Review mean a reduction in Membership of the Authority? I explained that this was not a proposal currently on the table and that, indeed, if the proposed extensions went ahead this could mean more Members rather than less. I also went on to say that in future "Parish" appointments would probably be made by the Authority itself from *anyone* resident in the Parish on the

recommendation of the Parish Council.

2. This led on naturally to a question as to whether the proposed extensions would be likely to go ahead. I explained the timetable and said that a Public Enquiry looked inevitable in view of the objections from various public bodies. I also explained in a little more detail the proposals in respect of the Western and Northern extensions and the Orton Fells. It would be fair to say that there was not a ringing endorsement for the proposed designations! There was even a suggestion that Sedbergh itself and the Howgills should not be in the Park at all as it was not "proper Yorkshire Dales". I gently pointed out that Sedbergh was old West Riding, was part of the historic Wapentake of Ewcross and its credentials to be in the Park were as good as anyone else's! An interesting perceived cultural divide here perhaps?

The visit as a whole was very useful and gave me a further insight into how different each Parish Council is and that they have very different ways of working. By the time I left, the mist was coming down so I had an equally "interesting" journey home this time via Buttertubs and Hawes!

Evelyn and I may be contacted at any time on:

Evelyn Westwood Tel. 015396 20148

email evelyn@markwestwood.co.uk

Ian McPherson Tel. 015396 20648

email ianmcpherson24@hotmail.com

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THE COMPLETE SERVICE

DENTDALE WI

The Memorial Hall was buzzing for the first meeting of 2012 on 11th January. 17 of our members plus 5 visitors were enjoying recalling their memories from the past. There must have been some funny recollections as the laughter rang across the room. We had divided into three groups after the business part of the meeting and had about 30 minutes to chat and pick out some bygone memory. Each group then chose which ones to

recount to the meeting. There were memories from past days in Dentdale, funny stories about situations encountered at work and family memories. We were still recalling some funny incidents as we broke for tea and biscuits.

The evening had started in the usual way with the business from the institute and federation. However this meeting was to be full of promise as we had sent out invitations to the ladies of Dentdale to join us on this cold wet winter evening. We were able to tell our visitors about the forthcoming Federation Flower Festival in June at Kendal Parish Church to celebrate the Queens Diamond Jubilee. The members were busy collecting materials to make crowns for the flower displays. There were also plans afoot for Dentdale to host the Lune Vally Group meeting in May. Our president Catherine Sugden then gave us some facts and figures about the WI and encouraged both members and visitors to look at the archive material and photos on display.

The competition for the evening was 'guess that face' with members bringing in photographs of themselves in childhood. It was hard to put a name to some of the grey grainy photos. There was a tie for 1st place between 4 members The raffle prize of a beautiful bowl hyacinth bulbs was won by Catherine Sugden, who will be able to enjoy their perfume when they are in full flower and an early sign of spring.

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KILLINGTON W I

The Afternoon WI for the entire district.

And also as the Reader's Digest would say, "A Happy New Year to all our readers", though by the time you read this it will be one twelfth over!

At Killington WI we ended 2011 on a high note by celebrating our 70th birthday. We lunched at The Pheasant enjoying a Christmas dinner followed by a quiz (thank you Margaret Denton) and then a celebration birthday cake baked by Barbara Kooper and decorated by Pauline Ramsbottom. Our thanks to you both. Sadly however the occasion was marred by the absence of Shirley Richardson who had

suffered in an argument with some very vicious stone stairs, which had left her battered and bruised but luckily no permanent damage. Shirley, as retiring President, generously gave us each a lovely present of a roller ball pen with KILLINGTON WI 1941-2011, printed on it. Definitely a 'collectable' of the future! Our raffle for a super Christmas hamper was won by Joyce Bird who was able to go home and continue feasting. Members were also able to collect their copy of our celebration book and buy lots of copies for their friends.

[We hope that you have all seen our book, "OUR FAVOURITE RECIPES AND A LITTLE BIT MORE", and will

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 Free Entry to Gym members on
 production of their gym cards.

buy one if you haven't already done so. The "little bit more", has provided much amusement and the cover, a painting of Main Street by Hilary Moore, (many thanks) makes it a splendid memento of Sedbergh for locals and visitors alike. Barbara Leigh enlivened the book with line drawings, and the recipes have proved a popular mix. The book is available at the Tourist Information Centre, Sedbergh Office Services, Capstick's Insurance, and Leightons Hairdressers.]

We all went home very happy and ready to tackle the rigours of Christmas.

We started 2012 on a high note too. We were so pleased to see Shirley back with us and at last were able to express our appreciation of her long and happy time as our president. She was presented with garden tokens which we are sure she will find no

difficulty in spending. I was then delighted to receive the President's Badge from her and will do my best to do a good job. To put the icing on the cake Barbara and I were then given a beautiful plant each to thank us for our work on 'the book'. Thank you everybody – it is much appreciated. We whizzed through the business of the meeting and were then ready to be entertained by our speaker, Rev. Paul Sweeting, the chaplain of Sedbergh School. He was returning to us for a third time – that should tell you what we think of his talks! Having already taken us to the Falkland Islands and Ascension Island, this time we ventured somewhere even more remote and magnificent – the islands of South Georgia. This had been part of his parish when he was chaplain of the Falklands, South Georgia and Antarctica, the largest parish in the world! He hitched a lift to South Georgia on the Royal Fleet Auxiliary ship, Gold Rover, in company with the chief of WWF. I bet even David Attenborough would be jealous. Gold Rover was a tanker ship which accompanied HMS

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Glasgow, the ship on patrol in Antarctic waters. These are the roughest seas in the world as no land obstructs the wind and waves as they blow right round the globe. I remember teaching that these latitudes were known as 'the Roaring Forties, the Furious Fifties, and the Screaming Sixties', - rather descriptive names. Paul's voyage out to South Georgia from the Falklands, when he was travelling with the prevailing westerly winds, was relatively calm but returning in an easterly direction was very rough. Indeed the departure from the islands was rather precipitate as the weather was driving huge and dangerous icebergs into the bay at Grytviken, a former whaling station, where their ships were anchored. The captain thought it best to be off!

The pictures Paul showed us were thrilling – translucent blue icebergs against grey skies and sea; towering mountains, misty and snow covered, disgorging their glaciers into the sea; Shackleton's grave; wonderful wildlife, fur seals, elephant seals, penguins, and a nesting albatross only a couple of feet away. Indeed he likened it to the Garden of Eden, innocent and trusting creatures at every turn. Many thanks indeed Paul for this wonderful insight into an island on which none of us are ever likely to set foot.

Several of our members were not able to be with us today (yes, I am writing this on the actual day of our meeting! New Year's resolution?) . We send them our good wishes,

especially to Valerie.

Sadly they couldn't enjoy the tea and chat, nor triumph in the competition (for a Christmas card), nor win the raffle. Dawn Stevens did the former with a lovely cross stitch card embroidered by Valerie Cann, and Margaret Fearnhead did the latter, bagging a WWF calendar – very appropriate considering today's subject.

Our next meeting will be on Tuesday 14th February, at 2-00pm, in the committee room of the People's Hall. [Editor, please note – **DDTP**, and can anyone else remember what that stands for?] We shall have another illustrated talk and our speaker will be Judith Dunsford. We shall learn about **THE FLOWERS OF TARN PASTURE**, so dig out your botany books.

Why don't you roll along and join us?

Wendy Fraser-Urquhart.

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HOWGILL W.I.

Christmas celebrations took place at the Barbon Inn. Members and their guests enjoyed a festive meal. This was followed by our usual games of mystery dominoes when we all took home a prize. The competition for a decorated candle was won by Helen Beare with Barbara Axford second. An enjoyable evening was had by all

The first meeting of 2012 was held at Howgill Village Hall. Vice President Dilys McCaffrey opened the meeting by wishing everyone a Happy New Year. Twelve members and three visitors were present.

Speaker for the evening was our own member Helen Beare. Helen loves a challenge, on this occasion

taking herself off to Kidszone, an orphanage in a deprived area of Nairobi, Kenya. Her aim to teach twenty two girls the descant recorder. The result was amazing! After seven days the girls played together in front of eight hundred people at the school assembly, making the children more confident and happy. A fascinating talk enjoyed by all.

The competition for an item you would take on holiday was won by Sheelagh Denniss with Vera Hodgson second.

We meet again on February 2nd at Firbank Church Hall when the speaker will be Stuart Lambert from Kit Ridding. Visitors welcome.

Audrey Hoggarth

farfieldmill



Exhibitions in February

International Feltmakers Association - The Climate is Changing!

An exciting chance to see the work of 38 leading international felt artists.

Jamie Barnes - Building up to Something. Local Kendal man Jamie explores the architecture of houses and castles in Cumbria through print.

Christine Frost - Painting on Silk. A beautiful exhibition of silk paintings inspired by the lines and forms found in nature (from 13 Feb)



Half Term For Kids - Saturday 11th to Sunday 19th Feb

Bring the kids along for some half term creativity in the Spring themed craft room or let them roam the building in search of animals coming out of hibernation in our Spring treasure hunt.

Weavers Café Open daily 10.30 - 4, for homemade cakes and scones, lovely teas and coffees, snacks, lunches and daily specials. Weavers fabulous Sunday lunch is served 12 - 3 every Sunday, booking is advisable and don't forget to bring your own wine (no corkage), call 015396 21159 to book.

Farfield Mill is open daily 11 - 4, £3.50/£3, under 16's free. Weavers Café 10.30 - 4 (No entry charge)
Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org 015396 21958 reg. charity (no.1026293)

Don't Forget LA10 residents get free entry on Mondays!!

SEDBERGH WOMEN'S INSTITUTE

2011 finished on a high note with the members enjoying a Christmas lunch at Lindeth Howe. It was touch and go as the weather had been very cold and snow was threatened. Luckily on the day the weather was reasonable and everyone got to the hotel and home again safely. For the first meeting of 2012 members got together for a film show complete with popcorn and spent the evening watching the delightful feel good film 'My Big Fat Greek Wedding'. Some of us had seen it before but the enjoyment wasn't dimmed by a second viewing. After the film it was tea and cakes all round and hearty thanks go to Denise who made the delicious cakes.

All eleven members of the book club have been reading and reviewing, Purple Hibiscus by C N Adichie, a story about a girl growing up in Nigeria. While it is not a tale of

sweetness and light members enjoyed it and would recommend it as something that should be put on your reading list. The walking group are hoping for good weather as they plan to do a circular walk of approximately 6 miles, from Sizergh Castle. A trip out to Kirkby Lonsdale has also been planned by six of the members who have arranged to have a meal and then go to see a pantomime called Agatha's Little Secret. at the Kirkby Lonsdale institute.

Members are also looking forward to the February meeting when guitarist Andrew Folks will be entertaining the group. New members are always welcome, so why not give President, Linda Hopkins 21455, Vice Chair Anne Pitt 22095 or Sec Pat Ramsden 20828, a ring if you would like to find out more. Or just come along to the next meeting, 7.30 pm on Wed Feb 8th in the committee room at the People Hall. *Sandra Gold-Wood*



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YOUTH VOLUNTEERING

in Sedbergh

Some people in Sedbergh are working with students from Settlebeck School on community-based projects. Work is already underway and more activities are planned. All support is welcome.

Settlebeck School has always played its part in the community, and students have volunteered with the playgroup, toy library, meals on wheels, reading for the Audio Lookaround and organising an annual senior citizens party. This year the school has also introduced a course in Citizenship for Year 11s.

A group of people in Sedbergh saw the potential for students and the

community to work together on a variety of projects. So far we are:

- offering placements where students can experience the volunteering role
- developing a database of businesses who might be willing to offer work experience
- working with the school on a challenge to enhance an aspect of the community
- initiating plans for student visits to see how Parish, District and National Government works
- in discussions about the school sending a representative to the Youth Council in Kendal

All these opportunities will:

- support students' chances of employment and higher education
- enable students to gain experience of different kinds of work
- support their learning about the way communities work, locally and nationally
- empower them to make changes in this community

For the community the potential benefits are:

- a new generation of committed young people who get involved in their community
- a new generation bringing fresh ideas to the community

These will support the future of Sedbergh as a diverse, viable and exciting community to live in.

For more details on how you can support this initiative, please get in touch with me, Hilary Dixon (phone: 20280 or email: hilary@me-and-us.co.uk).

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Tales from the Market Café

Cartoonist & Writer **Colin Shelbourn**
talks about the books that have mattered
most in his writing life.

Wed 22 Feb, 7.30pm

People's Hall • £6.50 (£5 concs.)

Birds, Beasts, Bugs & Trees

In association with the Local Support
Group of the Cumbria Wildlife Trust,
Wild Life Poets present an Evening of
Nature Poetry.

Fri 24 Feb, 7.30pm

People's Hall • £7.50 (£6 concs.)

The Liars' League Presents...

Stories from new, established and local
writers brought to life by their cast of
amazing professional actors.
Writers write. Actors read. Audience
listens. Everybody wins.

Sat 25 Feb, 10am – 4pm

People's Hall • £5 (£12 concs.)

Aspects of Fiction

A prose writing workshop with the
acclaimed novelist & short story writer
Peter Hobbs, author of *In The Orchard*,
The Swallows.

Tickets from Tourist Information Centre. Full details about
all events, and online booking, at www.sedbergh.org.uk

TIM FARRON MP

Happy New Year. I know it seems like a long time ago now but I hope that you had a great Christmas and are well settled into 2012 despite the ridiculously wet weather we have been facing. Getting out on to the land must be a nightmare for farmers.

Given the Christmas break taken by Lookaround I have quite a lot to update you on so I will be fairly brief on a number of issues.

Let's start with the good news. I was so pleased that after all the work by lots of people, some of them very generous, the YDNP made the sensible decision and agreed to sell 72 Main Street to the community of

Sedbergh. I hope that now the building is effectively owned by the town many exciting uses will be found for it that really help the town to develop and prosper.

The campaign to get a radiotherapy unit to the Westmorland General Hospital is going well. At the last count we had over 8000 signatures on our petition which is brilliant. I have been touched by the number of people who have been prepared to share their stories of being treated at Preston or Carlisle Hospital. However, we cannot afford to be complacent, we need as many signatures and stories as we can manage so if you have not signed the

Sedbergh Bowling Club

A G M

*White Hart Sports & Social Club
Committee Room*

Thursday 23rd February

7:30 pm

Everyone Welcome



petition yet then please please do go to my website (www.timfarron.co.uk) and register your support. Also, please put the 3rd March in your diary as we are planning a march through Kendal in support of the campaign and we need as many people to come along as possible. Again if you check my website you will find more details.

The hospital has taken a lot of my time over the past few weeks as we hear more and more stories of the dreadful situation at the Morecambe Bay Hospitals Trust which runs the hospitals at Kendal, Lancaster and Barrow. There have been a succession investigations leading to highly critical reports on the treatment patients can expect to receive from the Trust. Several senior people have left but the Chief Executive remains and we have still to hear what the plans are to sort the problems out. I am holding a series of meetings with the trust and the CEO and have written to the Prime Minister to keep the pressure on to sort things out.

It was fantastic to learn that

Killington Sustainability Energy Trust had been successful in their application for funding to help in their plans to build a weir across the Lune to generate electricity. Chris Hulne, the Climate Change Secretary, was full of praise for their proposals to produce secure “home grown energy”. I shall do all that I can to help ensure that the plans come into reality.

Finally, I am working hard to try to ensure that Cumbria becomes the first rural area to have 4G, the next generation of mobile phone transmission. In theory 4G provides high broadband speeds without the need for an expensive new cabling. It seems to me that this can bring more benefits to rural areas than it ever will in cities where there is plenty of “fixed” network capacity.

As ever if there is anything I can do to help you then please do get in touch 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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DENT PARISH COUNCIL

The December meeting took decisions on grants to local organisations and the budget for the next financial year. The minutes of the meeting, together with a detailed breakdown of the budget, will shortly be published on www.dentdale.com (follow the parish council link) as well as being available as a hard copy from the parish clerk.

Budget

In setting the 2012/13 budget, the council considered the following:

- In the current financial year, the Council is expecting to draw on £3,615 from its reserves in order to balance its books, and this should be avoided next year.
- The payment of VAT has resulted in the car park's annual costs increasing by about £3,5000. This reduces next year's projected car park surplus to £2,005, below the £3,000 that the council considers appropriate.
- Any profits from the car park should be used to finance community projects and not to subsidise the council's running costs.
- Each year, the amount raised from the council tax, the level of car park charges and the amount budgeted for expenditure should all keep pace with inflation.
- The overall amount available for grants to local organisations



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Look out for Various events taking place during the year.

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- should remain at around £3,000.
 The council decided:
- to increase the precept in 2012-13 by 5.2%, in line with inflation. This will cost a Band D household an extra £1.93 per year, or 16p per month
 - not to charge residents for car park permits
 - to raise the short stay car park charge to £2.00, and to consider at the February meeting whether to extend the period from 2 to 3 hours
 - to keep the all day charge at £4.50
 - to increase the cost of permits for campervans, B&Bs, holiday cottages, second homes and business vehicles from £70 per year to £80, with effect from 1st January 2012.

Saturday Bus
 Before Christmas the council applied for a grant of £41,800 from the Dales Integrated Transport Alliance (DITA) to continue the Saturday bus service for another three years until Spring 2015, during which time it is hoped to make it

financially viable. The application has been considered by DITA, but a decision on it has been delayed until the results are known of a transport needs survey which they have commissioned for the whole Yorkshire Dales area. The present funding for the service, which the parish council raised from a number of sources, will run out in March, so if the Saturday bus is to continue it is important that we have a definite decision before then.

Grants
 The council awarded the following grants to local organisations:

Dent Pre-School Association	£350
Dent C of E Primary School	£300
Dent Reading Room	£350
Dent Over 60's	£200
fibre GarDen CIC	£300
Dent Football Club	£150
Sedbergh & District Community Office	£100
St Andrew's Church (Churchyard maintenance)	£400
St Andrew's Church (Clock maintenance)	£75

Reading Room
 The council heard that the Reading

Room had been successful in its application for a grant of £3,000 from the Hadfield Trust. This has allowed work to start on repairing the roof in readiness for housing the new Library.

Jubilee Beacons

The council has been asked if any local landowners would be prepared to light a beacon on their land on 4th June to celebrate the Queen's Diamond Jubilee, as part of a nationwide chain of 2,012 beacons. If you are interested, please contact the Parish Clerk on 21487 or dentparishclerk@live.com.

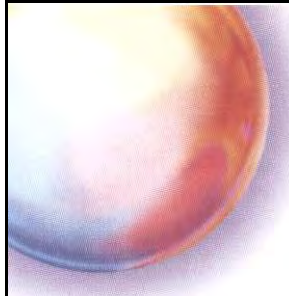
Bluetooth Point

As reported before Christmas in the parish newsletter, the National Park will be setting up a Bluetooth point at the entrance to Dent car park so that visitors can download information about both the village and walks in the dale to their smart phones. The council approved the installation of the necessary equipment for this, so that it can be working in time for the new tourist season.

Next Meeting

The next parish council meeting will be at 7.30pm on February 6th in the Sedgwick Room. It will be open to members of the public and there will be an opportunity at about 8pm for anyone to raise matters of concern. Future meetings will be on the first Monday of each month, unless it is a bank holiday, when they are on the second.

Jock Cairns, Chair Tel: 25655 Email: dentparishcouncil@btinternet.com



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LOOKAROUND

It may come as a surprise for some of you to learn that Lookaround is not just read in Sedbergh and District. Its circulation area includes places far, far removed from Sedbergh and District. Places such as Kendal.

Of all the stuff that comes through the letter-box of one household in Kendal, except for such items as notices saying 'Your Winter Fuel Allowance will be paid into your account within the next few weeks,' the Lookaround is one of the most welcome and eagerly awaited things to be found in that particular letter-box. The great difference between the two is that Winter Fuel only comes

once a year and is getting smaller whereas Lookaround comes eleven times a year and is getting bigger!

So, as an ex Sedbergh pat, why is Lookaround so important to me? What do I like about it? What do I always read? And, it has to be said, What would I not miss?

Its main importance is that it provides a link, keeps me up-to-date with people I knew when I lived in Sedbergh. There are of course a lot of people I've never heard of - and who will be grateful they've never heard of me - appearing in Lookaround's pages with a regularity that is verging on 'the monotonous', but I can honestly say I have never received an issue without some-one I

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OPENING HOURS

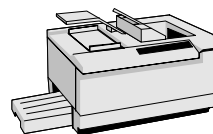
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know appearing in it some-where. So the first thing I look at is 'the Personals' - the hatched, matched and dispatched. At the rate I'm going, it won't be long before I can make an entry in the Nonagenarian bit — hopefully by the time I make it, Lookaround will be awarding prizes simply for 'getting there'.

Perhaps after 'the personals', my next favourite bit of Lookaround is The Crossword, so when I read Lookaround I go from front to back and then back to front!

I particularly enjoy the Bookworm Reviews, and can remember one book that was reviewed that I too had read. I thought it was wonderful but your reviewer was most scathing

about it, describing it as 'turgid, dull and boring' -just like me in fact.

One report I always read is that detailing the 'goings on' at Killington W.I - you couldn't make it up could you? And another report I never fail to read comes from a group who are not really sure who they are - SLSB or SASL -I read their report and think 'I can't remember that - was I there?'

What would I not miss? First of all, the droning page after page of 'political comments' - with their partnerships, initiatives, un-countable committees and meeting after meeting after meeting. One of my most treasured possessions is a notice - given me by Martin Dodds - which states 'God so loved the world

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that he didn't send a committee', but I digress.

And I'm sorry, but I'm not really into the 'Town Twining' nor the minutiae of the Town Band. However I do think their 'music making' is fantastic - it's just that their 'sound' does not come over very well 'in print'.

I did make a 'discovery' the other month and that is that there is a 'Secret Society' in Sedbergh - I kid you not. There was this article/report detailing an account of this Secret Society's latest meeting without a single name being mentioned. Who are these people I wondered? Completely nameless and totally anonymous - a very, very Secret Society - it turned out to be The Ladies' N.F.U!

Perhaps the thing I most value and am grateful for is that some tremendously thoughtful and kind person produces the Lookaround in LARGE PRINT - it is an absolute 'god-send' and if my understanding of its 'genesis' is correct, it was all the idea of 'one man'

and not a committee!, and I thank you most sincerely for my LARGE PRINT LOOKAROUND.

As usual, I have rabbitted on for far too long - maybe I've caught a non-political version of verbal diarrhea, but finally I want to go back a number of years - to October 1989 in fact when I 'featured' in the Newsletter as it was then. I wasn't so much a 'feature*' but rather more a 'cartoon character' drawn by the wonderfully talented Desmond Metcalfe (Des). In this cartoon I was 'portrayed' sitting on a beer barrel, smoking a fag, holding some cards in my hand with two other 'dubious types' and what looks suspiciously like some 'cash on the table' - ah well, thanks to Lookaround it's nice to know that some things don't change and many a true word is written in jest! - LONG MAY LOOKAROUND CONTINUE.

George Watson

If anyone would like to receive or you know of someone that would like to received a copy of Lookaround by either Large Print, Audio on Memory Stick or CD, please contact the Office.

Ed



PEOPLE'S HALL

Grand Cabaret Evening & Hog Roast

The idea for this event on 26th November came from our famous Sedbergh butcher Garth Steadman, who with his pals was reliving his (misspent) youth as a Hellion.

The Hellions were a group of enthusiastic Sedbergh teenagers, who got together to enjoy making music. Like other groups of the time they were gripped in the early 1960s by modern sounds that were happening on the music scene. The original Hellions members were: Garth Steadman (lead guitar); Alan Steadman (drums); Carole Haygarth (bass guitar); Dawson Douglas (rhythm guitar); Pete Day (lead vocals

and harmonica)

In 1968 they went their own ways – Garth into business, Dawson moved to Preston and Pete moved to Newcastle. Alan has played the drums with various bands ever since he started with the Hellions at 14 years old in 1964. He now plays drums for "Moonlight Shadow" who joined the evening as Special Guests.

The Hellions got together again about 21 years ago for Alan's 40th Birthday Party, for the 50th Anniversary of People's Hall and recently for a family event. It will be 43 years since they first performed together in Sedbergh.

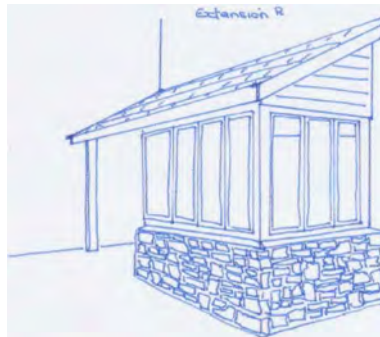
Apart from the Hellions the evening was also graced with other local

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talent.

The Fawcett Bushes: Roger and Judith Bush, who live at Fawcett Bank, Cautley, have been making music in Sedbergh, Dent and beyond for over 40 years. They got the name Fawcett Bushes as Gina invented it, when they went on holiday!

The Rawthey Rhythm is a small local musical group, whose members like to sing and play fun songs. The members that performed were: Ernie Hailwood (mostly banjo and ukulele); Keith Wood (trumpet and miscellaneous sound effects); Viv Hailwood (drums and other rhythmic things); with vocalists: Lou Hinson and Jan Harrison.

Kevin Kendal is a Sedbergh boy who used to sing and play with a group called "Sound". Well known for his appearances in the Sedbergh Pantomime, he sang two sets. The first set was with an acoustic guitar and the second was with the Special Guest group the "Moonlight Shadow".

The feast of food was a HOG Roast of hand roasted pork on a bun with stuffing and apple sauce accompanied by boiled new potatoes and salad, with a vegetarian option and to follow a selection of desserts.


This was a very enjoyable event with about 100 people in the room with dancing, etc. going on to midnight. A profit of £1,160.78 was made for the People's Hall Redevelopment Funds.

Particular thanks go to: Garth Steadman for organising the evening and supplying the hog. Martin Powell

and JMP Food Service for providing the salads and sweets and the Hilton family for food preparation. Ron Martin for organising the bar. For all the artists: Fawcett Bushes, Rawthey Rhythm, Kevin Kendal, Moonlight Shadow and of course the Hellions. Steve for lighting, Andrew and Ian Hutt for sound, Sandra, Anne, Elspeth, Gillian for dressing the tables, Sandra particularly as Maitre-D and Elspeth for FOH management and Gina for liaising.

As a post-mortem, it was commented by some folk that the £15 ticket cost was too high. However, others pointed out that an event of this type would normally cost £7.50, such as the Holly and Ivy event, and a two course meal for £7.50 was a bargain. Anyway the event was for charity. There were justifiable complaints regarding insufficient sweets being available and the vegetarian option being very pedestrian (both correct and we will do better next time). Attendees so enjoyed the evening that it has been suggested another one be held soon.

Dr Gina Barney

You are invited to celebrate the 

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NEWS FROM THE PEWS



2012 and the start of what promises to be a busy, challenging and rewarding year at St Andrew's, tinged with sadness too.

Before embarking on what is in the pipeline for this year I shall cast your minds back to the end of last year and fill in a few details from the services held over Christmas.

Kick starting Christmas week the United Carol Service proved a joyous occasion and tested our vocal chords. Our friends from the Methodist Chapel swelled the ranks of the choir, the lessons read by folk whose faces we know so well as we see them working in the businesses along Main Street every day. The collection

raised £96 for Christian Aid.

Canon Fell had written the Nativity play so beautifully performed by the Chameleons and BOF groups on Christmas Eve to a packed church of families and friends. Around £200 was collected for Lancaster and District Action for the Homeless.

The church silver sparkled on the altar table during the Midnight service on Christmas Eve and the main service on Christmas Day. The crib with its wonderful figures, the bright Christmas tree and the glorious flower decorations added to the ambiance of all the services.

A little girl called Ellie brought much to a recent Sunday morning service when she was baptized. Through her own initiative she asked the Vicar if he would baptize her a request he readily agreed to. Everyone in the church that morning wore smiles, just as they had the previous week when the Sunday School children went to

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the altar rail for a blessing wearing their Three Kings outfits, celebrating Epiphany.

It will be "business as usual" when workmen from Brown and Whittaker of Ingleton move into the church at the beginning of February. Screening off the East end 8feet high panels will attempt to keep the dust and mess transferring to the rest of the church as much as is possible whilst extending the raised area of the chancel into the nave, creating a new stone platform. The plan is for a new, moveable communion table to sit on the platform during services. This will be easily moved to one side when concerts and other performances are held. At the same time two rows of pews will be removed from the nave and some of the pews in the side aisles turned through 90degrees to face the new platform. A disabled ramp will be provided in the North aisle. New lighting and improvements to the existing lighting are planned to follow after Easter when this first flush of work has been completed.

During this time services will be taken facing the West end of the church. The communion table will be placed in front of the tower door and the congregation will sit on the red plastic chairs (we do have cushions) around the font. We shall use the piano for accompaniment, as the organ will be wreathed in plastic for protection.

The plans for this work are on display inside the church should you

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wish to see in greater detail. Unlike the work going on at the old Auction Market site you will not be able to look over the wall and see what is happening due to the presence of the screens.

The biggest change this year will be the retirement of the Vicar in June. Many of you will have known of Alan's plans but now it is official and his resignation has been sent. Finding a replacement seems a daunting task as Alan has served faithfully and sincerely amongst us for 26years. We have to agree that he is fully deserving of the chance to hang up his dog collar, perhaps swopping it for the dog lead belonging to Nero the family poodle, the two of them going for long country walks together in their new surroundings.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

**SEDBERGH & DISTRICT
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Lowther Castle and Gardens

The visit of Andrew Mercer, the Commercial and Project Director of the Lowther Castle and Garden Trust, drew a large audience. Mr Mercer gave a lively illustrated presentation of his experiences in managing this huge restoration project, remarkably his first.

Some background history: Edward I in 1283 granted hunting rights to the Lowthers which marked the foundation of the Lowther Estate. John Lowther, the 1st Viscount Lonsdale, rebuilt Lowther Hall on a grand scale in the late 17C and this has been handed down over the centuries to the present 8th Earl. The main body of the castle burnt down in 1725. The present structure dates from about 1814 and incorporated some stone from Shap Abbey. It reached its peak in 1903, but was abandoned in 1936 before being requisitioned by the army in order to develop a secret tank weapon for use in desert warfare. When it was returned to the 7th Earl he decided to dismantle it. Many people from far and wide gained bits of Lowther, some now being returned. Chicken and pig farming along with forestry were developed and the gardens abandoned.

English Heritage carried out emergency repairs in 1999 and in 2006 the Northwest Regional Development Agency recognised its potential to the local economy as a

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tourist attraction. The trust was established, grants obtained and in 2010 restoration plans were finalised and the project kicked off.

The gardens were established in the late 17c on a truly grand design. A remarkable etching dated 1700 gave an overhead view of the gardens at their peak as though taken from a hot air balloon! The same infrastructure of paths and long straight avenues has survived and now 130 acres are being tackled to re-establish their former glory. The long limestone escarpment facia is being rebuilt and a much older retaining wall, probably Roman, has been discovered. The ground is very fertile and the Japanese garden, the rock and rose gardens, some designed by Mawson, are reappearing. Extensive clearance of woodland areas is progressing. Two hundred 350 year old yew trees line ancient avenues. The apple and

pear orchards are being re-instated and the neglected grass progressively cut, although the discovery of some great crested newts has hampered this.

Of the grade 2 listed buildings the Earl's aspiration was to leave the castle facade as a monument; to rebuild it would be hugely expensive. The structure needed to be made safe however and £0.5m has been spent on scaffolding alone. So it is a balancing act as to what is affordable. The stable courtyard now houses a shop, a café and a sculpture gallery. The use of local craftsmen, along with apprentices has been a priority. Many local families have a personal history of ties with the castle and are being

very generous with information.

The 2012 season will see all these areas open to the public. The landscape is stunning and visitors will be allowed to freely wander in the grounds, to see all the gardens requiring over 2 hours.

This is very much work in progress and Mr Mercer's lively presentation was exciting and breathtaking; what a magnificent project this is for locals and visitors alike. In thanking the speaker Tony Hannam predicted a Society visit in the Summer Programme and was pleased to have noticed 24 summer houses scattered around the garden to provide shelter from the elements.

Tony Hannam

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TIMING IS CRUCIAL

During the winter, I like to read something "improving" and one of the books I chose this year is optimistically entitled, "The secret of eternal life". It is a translation of an ancient Chinese text and reflects a sophisticated world view, based on observation of natural phenomena.

I haven't yet learned the secret of eternal life (I'm still working on it) but I did learn that the Chinese love to use examples to stand for universal principles. For example the interrelationship of the active (Yang) and passive (Yin) principles which govern life as we know it are described as: "metal and wood jointed together", "tortoise and snake encoiled", "heaven and earth peacefully entwined", "crow and rabbit in a single burrow". This has made me think more carefully about some of the sayings we have inherited in Tai Chi. For example, "to

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move to the right first move to the left". After years of trying to follow this rule, it is now clear to me that it is but an example of a more abstract principle of movement.

Talking of movement, in recent years, I have seen a member of my own family becoming increasingly less mobile and trying to understand how such a process starts. It strikes me that there are two things that can happen to the way a person moves, which can only lead to future problems. The first is swaying from one foot to another while walking. In normal walking the weight remains central and the body twists about its axis as each foot in turn takes the weight. (Another example of Yin and Yang in action.)

The second thing I have noticed is that people attempt at the very difficult act of hauling the body along using the limbs (most obvious when going upstairs). The leg muscles are designed to move the leg, not to move the weight of the whole body. When we walk, it is as if the centre of gravity moves along and the legs simply move to support our weight. If you put your foot up a step and then

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attempt to haul yourself up, you will struggle. The weight should already be moving upwards and forwards as you move your foot, your front leg then momentarily supports your weight in the new position. So, if you can, avoid swaying and hauling.

We shall be looking at the way we move in more detail in the Spring Term Wild Goose Qigong class (Mondays 10.00, URC Hall). Also, alongside our usual exercises for good health, we shall be learning a short sequence particularly suited to the transition from winter into spring.

One of the things the "everlasting life" book made very clear, is that for good health it is essential to gear our level and type of activity to the time of year. The traditional Chinese calendar (of which we are only really familiar with the animals – the year of the dragon started on January 23rd), like the Christian calendar is partly solar and partly lunar. Midwinter, midsummer, the equinoxes and the beginnings of the four seasons divide the year into eight solar sections. Autumn and winter are regarded as relatively more Yin (passive) and

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spring and summer more Yang (active) and these eight points of the calendar are transitions. The 4th of February is the beginning of spring, a time to come out of the rest and recuperation of winter and move towards being more active. At the spring equinox on 21st March, the tipping point from Yin (passive) into Yang (active), we shall be moving into the six month period of maximum activity.

A similar analysis of time of day is also helpful. For example, midday is the point of maximum Yang. At this point the Yin starts to grow, reaching maximum at midnight. Having a short rest after lunch can support this process and thus improve the quality of sleep at night.

If you have any questions about the Chinese way to better health, please contact me. My telephone number is (015396) 20972.

June Parker

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ROYAL BRITISH LEGION

Thank you to everyone who has donated to Sedbergh and District branch of the Royal British Legion District's poppy appeal this year, initial estimate appears to suggest that for the first time we will have collected over £7,500.00.

Also gratitude of the Royal British Legion committee for all who worked for the success of the 2011 Poppy services, including Cannon Alan Fell, his elders and congregation, Jake and Grace Cowperthwaite for reading the names of the fallen so well, Tony Reed Screen Organist, Alan Lewis and his School Band, St. John's



Ambulance Brigade, the Scouts, Guides and Brownies, Standard Bearers and escorts, all who laid wreaths.

A big thank you also to the United Reformed Church and Alan Lewis and his Town band for the Band concert and service in the URC.

Lastly may we thank all who kindly donated time collecting and all who donated to the poppy appeal. Many a mickle makes a muckle.

You may or may not be aware that **all** the money from the poppy appeal goes to helping current and former service personnel. The cost of administration is covered by the

Membership fee (currently £13.00 pa. £1.00 of which is returned to the branch towards the cost of local administration). I understand that nationally The Royal British Legion spends more than £1,000,250.00 (yes one and a quarter million pounds a week on welfare.)

A new £8 million research centre has opened which will study the effects of roadside bombs on British soldiers.

The Royal British Legion Centre for Blast Injury Studies at Imperial College in London will also devise new equipment to protect personnel.

Improvised explosive devices or IEDs are the biggest cause of deaths and injuries to UK troops in

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Afghanistan.

Scientists at the centre will study the effects on the whole body of blasts "right down to the cellular level."

Blast simulator

Blast injury studies have been conducted at laboratories at Imperial College for some time, and the facilities there already include a blast injury simulator.

The centre also hopes to devise new combat boots which can transfer the impact of an IED from the heel to the shin bone, for example, which they believe could result in fewer amputations.

Improvised explosives are the leading cause of injuries and deaths to British soldiers in Afghanistan

The centre will also be investigating "blast lung", the most common cause of death among soldiers who survive the initial explosion. Symptoms include severe bruising, bleeding and damage to blood vessels in the lung.

The majority of the money for the new centre is coming from the Royal British Legion. The organisation believes technology is already saving lives, but that more can be achieved.

"People are surviving injuries they wouldn't have survived five years ago as a result of all sorts of improvements," said Chris Simpkins, Director General of the Royal British Legion.



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SIGHT ADVICE SOUTH LAKES SEDBERGH GROUP

For people with sight problems

A special party was held in January, replacing the function that should have been held in October 2011 and was cancelled. The celebration was the 10th anniversary of the Audio and Large Print Lookaround. Everyone who had been involved in the production of the audio version or the large print version was invited.

It was held in the United Reform Church room which was looking very smart and welcoming with its new renovations, décor and carpets. The chairman, Gordon Axford, welcomed everyone and congratulated Dennis and the team for all their enthusiastic work over the years. Gordon proposed a toast and the candles were lit on a lovely celebration cake. Dennis was asked to blow out the candles and he responded to the toast with a short account of the origins and history of the group.

Thanks were given to people and groups who had helped to start what was initially called the 'Talking Lookaround'. These included



Margaret McClure from Sight Advice South Lakes and John Ross and Bruce Carnaffin from the audio version of the Westmorland Gazette. Both Sedbergh School and Settlebeck School were remembered for all their involvement and support over the years.

It was observed that the visually impaired people of Sedbergh and district were unusually lucky in having both large print and audio versions of the local newsletter. Local newspapers with a voluntary audio team are not unusual but the production of a large print version is quite rare. The audio version involves many people in it's creation, but Dennis is entirely responsible for all

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aspects of the large print version, including contacting recipients, editing, production and delivery.

The party was hosted by the Sedbergh Group of Sight Advice South Lakes, most of whom are regular recipients of one or both of audio or large print versions. It was a pleasure to hear them speak of these publications in such glowing terms.

The technical group, Richard, Trish and Imo described the new electronic recording equipment and gave a demonstration of the recording process with Stuart Manger. In the demonstration, the articles which were recorded were rather unusual

with a surprising account of the weather –'an awful lot of it' and an outing of one of the W.I. groups. Apparently they climbed Cautley Spout wearing only bikinis and boots. There was also a poetic tale of a boy who lived in a maternity home and loathed the noise of crying babies, could not understand why on earth they were produced and was suspicious of how gooseberry bushes came into it.

Betty Harper was congratulated on her retirement from the audio group after 10 years service, and others were thanked, especially Elspeth Griffiths for her outstanding work in running the audio group. This was followed by a delicious finger buffet and a chance for everyone to catch up with each other.

The next meeting will be held in the People's Hall on Tuesday, the 21st February when the topic will be 'Reminiscences – good and not quite so good'. All new members will be welcome and transport may be available. Contact 01539742633 if interested.

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SEDBERGH & DISTRICT HISTORY SOCIETY



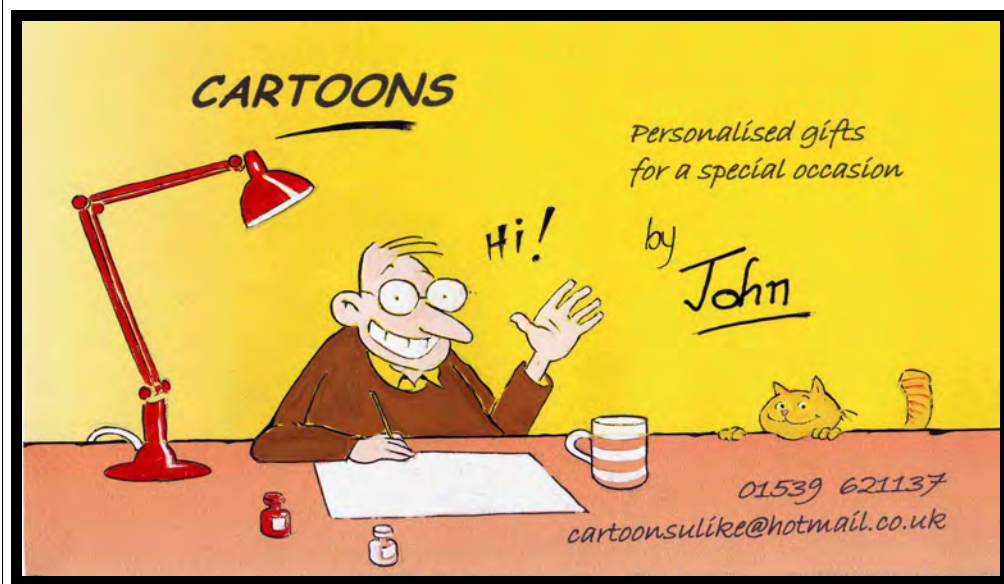
On 16th November, Mrs Susan Dench, formerly of Cumbria County Council Archives and currently President of Cumbria Family History Society gave a talk to Sedburgh and District History Society entitled, "Cumbrians on the Move". She based her talk on documents used in an exhibition at Carlisle Record Office in 2004, giving examples of people moving within Cumbria, from Cumbria to other parts of England and from Cumbria overseas. The examples were mainly from Cumberland but Susan had found a document in the Lowther archive which mentioned carriers going to Sedburgh and Dent

and she gave the copy of this to the Society.

Poor roads impeded travel in the past but the roads were improved after the 1745 rebellion and the coming of the railways made a big difference in the C19th. Susan listed the reasons why people might travel (such as for work, to school, for a health cure, on holiday, for military service, etc.) and gave many examples from documents.

Travel within Cumbria.

Examples of travel for holidays in the nineteenth century included letters describing a holiday at the prestigious and exclusive resort of Allonby. After the coming of the railway, Silloth too was developed as a resort and larger numbers of people went there. From Silloth it was possible to take day trips to Scotland, Ireland, and the Isle of Man. The Silloth Gazette listed people staying there and noted where they came



from. Most came from within Cumberland but some were from Yorkshire or Scotland.

Outside Cumbria

When people sought poor relief in a parish which was not their birthplace, a removal order would be made and a pass given to allow them to obtain food and shelter in the parishes through which they passed on their way home. Examples included John Borroskill from Bolton near Wigton who had fought with the Royalist army at various civil war battles all over the north of England but later, as an out of work agricultural labourer, sought poor relief in Yorkshire and was liable to be sent back to Bolton. In the late C18th Jane Miller was

found begging in Boroughbridge with 5 children and she was "removed" to her stated place of origin, Wigton.

Overseas

Many people migrated from the poorer areas of Cumberland to North America but an interesting example of a Cumbrian living in Europe in the C18th was Thomas Wilson of Bewcastle who was a merchant and ships chandler in Leghorn (Livorno) in Italy, a free port known as the "English Factory", where cargo could be landed and stored free of tax. Thomas' Will showed that his wife and family remained at Bewcastle but that he had at least two illegitimate daughters in Italy.

Judith Robinson

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CHRISTMAS & BEYOND

Well I hope everyone has recovered and settling into 2012. I recall the first event on the run up to the festivities was the Town Band Concert. I managed to get away with a bit of decorating and a little washing up and sat in the audience for the concert. It was a real treat. The Youth band have come on so well. Then it was late night opening. Not as cold as last year and well supported too. Then there's all the various Christmas dinners one gets invited too. I had already had three before Dec 15. I love Christmas but, and here comes the moan. It does rather seem to be all down to us girls. Alright, I'm sure there are many chaps who do their bit, even cook the dinner or the washing up. But hey ho, most of the cards are written, the food shopping done, the wrapping and purchasing of presents and all paraphernalia associated with the festive duties are generally taken on by the female of the species. Yes, I use the words 'taken on', because we could chose not to do it and perhaps that would be wise. Certainly a good few High Street shops and super markets would go out of business but what of the people who work in them and rely on their earnings to fund their Xmas bonanza. It's a merry go round. It's certainly was at our house over Christmas.

It all began on Dec 16 when son Jamie came with his partner Alison. We all shared a lovely dinner, exchanged presents, popped a few champagne corks and so it was one Christmas down and three more to

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go. Yes, I did say three.

It was the girls next, first our youngest daughter Paula, her partner, their two boys and their very large dog. They stayed from on the 18th to the 20th. While on the 21st it was the turn of our eldest daughter Jo and her two boy's, with Mummy Edna, (Keith's Mum) joining us on the 23rd. Phew we went as everyone left on Boxing day only to find that Katharine our middle one had decided to come a day early. Yes, off went, Jo the boys and Mummy Edna in the morning and I just had time to clear up, change the beds and have a cuppa before Katharine rolled up with her three girls. Lovely. She left on the 30th and Keith and I booked into a nursing home for a fortnight. Well we would have if we could have. However the ensuing peace was delightful. It may be a little late but....

Happy new year everyone!

Sandra Gold-Wood

DENTDALE CRICKET

Following my plea in December, I regret we only had one person respond. I appreciate that December is not a good time to think about cricket but the survival of cricket in Dentdale is very much in doubt and without your help, *IT WILL DIE*.

I am therefore repeating below my December article and hope that enough of you cricket lovers will come forward to save the day.

Nine years ago when I came to Dentdale, the above was the headline on posters for a meeting at the Sportsman. At the meeting there was an air of gloom. How can we continue? We don't have enough players to field a regular team. Fortunately they did continue into the next season and managed to attract enough new, mainly younger players to play most of their fixtures.

In 2010 and this year we have found it hard to raise a full team despite the

very best efforts of David Burton and Rob Mitchell. The poor summers have not helped, causing games to be called off.

We are now in a similar situation to 2002/3. As a passionate Yorkshireman, I cannot allow cricket in the Dale to die without a struggle, we are of course only on temporary loan to Cumbria.

We play twenty/20 friendly games on a Sunday afternoon 2 p.m. start at Dent Playing Field. Surely one of the most beautiful settings in the country. If the weather is good and both teams agree we may play 30 overs per side. You don't have to be a Boycott, Flintoff or Peterson, so long as you know which end of the bat to hold and enjoy cricket, come and join the fun on a Sunday afternoon. Ideally we need 6/7 players (age 15 to 50) happy to commit, on a fairly regular basis (we hope to play mid May to the end of August). If anyone would like to be team manager (playing or non playing) that would be perfect.

If you are interested or would like more information please contact John Hyde 015396 25503, David Burton 07531 1854600 or Rob Mitchell 07966 582663.

You do not have to live in Dentdale to join us and enjoy cricket in one of the finest settings in the country.

Please note Rob Mitchell's phone number is 07966 582663 sorry for my previous error.

PS. Is anyone interested in playing twenty/20 games on a midweek evening? If so please contact one of the above. This may be a way of saving cricket in the Dale. *J Hyde*

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THE ROSE COMMUNITY THEATRE

About this time of year (Jan), RCT members begin auditions and rehearsals for the forthcoming production. We're glad to say that Steve Moore will be back with the cast this year. However, Sue Richardson will be performing in a production of Gilbert and Sullivan's Ruddygore at the time of our show and sadly can't be with us. We shall miss her and also Jenny Lamb who has been in every one of the RCT's shows to date but is now away at University, as is Caroline Lamb, Zoe Craven, Megan Ingram and Robyn Lewes, all of whom have been a delight to the cast and the audience alike for so many years. On the bright side, we're very pleased that Judith Bush will be joining us for this year's production.

The RCT would also like to thank Martin Powell for his generous support last year. As well as sponsoring the production of 'Trouble at Farlung Mill', Martin also provided raffle prizes for each of the four performances.

And now to the show! This year, RCT are presenting 'Murder, Mayhem and Music Hall' an apt name chosen by the group's illustrious chair, Steve Moore (otherwise famed as Aphrodite!). The first half of the performance will be a one-act play, 'Murder at Milthrop Manor', performed entirely by members of our junior cast. The play will be followed by RCT's version of a traditional Music Hall. There will be no matinee this year but, in true Music Hall style,

the three evening performances will include abundant musical fun, frivolity and frolics on the stage, with an open bar for adults plus soft drinks and ice creams for children (served from Oh-Oh Antonio's ice cream cart). You'll be able to sing along with all the old songs including, Lilly of Laguna, Don't Dilly Dally, Hold your Hand out you Naughty Boy, etc and there will be plenty of entertaining surprises including, Maximilian Miller, Ernie Formby and much more.

Tickets will be on sale from March 1st. Performance dates are Thursday, Friday and Saturday, March 15th, 16th and 17th and the venue is the 'People's Palace' (otherwise known as the People's Hall!). There will be something for everyone and you are more than welcome to dress up for the occasion. We look forward to seeing you there.

Sandra Gold-Wood

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HAFFNER ORCHESTRA

Sedbergh is well represented in the Haffner Orchestra's concert on Saturday February 11th, at the Great Hall, Lancaster University when both conductor and leader have strong Sedbergh connections. The guest conductor is Justin Doyle, and the leader is Julian Cann.

Justin attended Sedbergh School between 1988 and 1993, and is now a professional conductor. He said recently that he was greatly inspired by Chris Tinker, then Head of Music, and Nigel Horsfall, who taught him cello. One of his favourite memories of Sedbergh School was of how he had to run up Winder as a punishment, and make a brass rubbing of the trig point. He made 20 while he was up there, and sold them to his pals.

He went on to study music as a choral scholar at King's College, Cambridge, and in 2006 won second prize in the prestigious Cadaqués Orchestra Conducting Competition with over 180 conductors competing. He was awarded the first Conductor Fellowship with the BBC Singers. He is now Musical Director of the King's Camerata and Da Chiesa baroque ensemble, and Principal Conductor of Manchester Chamber Choir, and conducts operas for companies including Eastern Opera, Opera North and English Touring Opera. He has broadcast many times on BBC Radio 3 including at the BBC Proms.

Justin is married to Bibi, an opera

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singer who has frequently performed with Opera North, and he now lives in Skipton.

Julian Cann is well known in Sedbergh, having lived in Sedbergh for 15 years. As well as freelancing with many orchestras both locally and further afield, he also leads the Lonsdale Ensemble and Stonebridge and Castalia string quartets.

He looks forward to three appearances at the Sedbergh Festival in June this year, with Stonebridge Quartet, pianist David Chapman and alone in a Bach recital. With the Pictish Players Scottish Country Dance Band he will be performing in Istanbul in February.

Julian plays for Sedbergh Cricket team and is an ex-captain; he now lives in Loftus Hill and has led the Haffner regularly for 8 years.

Helen Beare

PULSE COMMUNITY GYM

On behalf of the management committee, I'm very sad to report that the Pulse Gym in its present form will be closing on Feb 10. This is not the end of the Gym by any means as the management committee are doing all they can to find other premises. We tried very hard to find a way to continue at Baliol until the building was sold but in the end it proved to be out of the question. However hope springs eternal and we are at present in touch with the owners of the Bull Hotel who may have a space which could be converted for the gym to use. I must stress that this is a possibility not a certainty.

If you pay by standing order you should let your bank know that the payments to the Pulse must stop. If you pay annually then don't forget to cancel your subscription with your bank. We can do nothing our end to stop payments it must be down to you. Naturally we will refund any over payments given by mistake but this may take time.

Thanks go to everyone who past or present has worked maintaining and running the gym, especially you the members who have supported the gym over the four years it has been open.. A special mention I feel should be made for Andy Johnson who carried out inductions for us over a two year period. Andy has been unwell lately and I'm sure I speak for all when I wish him a speedy return to good health.

The gym might be down but, the Pulse '**Just for Fun**', Quiz is back.

Yes, Woody will be there to entertain you in his inimitable style on Feb 17 at the Peoples Hall beginning at 7 30 pm with bar of course. There will be the usual crazy prizes, a raffle and sing the next line to the song. Teams of no more than 6 people, entry £2.50 per person and on this occasion gym members well get free entry on production of their gym cards.

A Happy New Year to all our members.

Sandra Gold-Wood



DENT PRE-SCHOOL

Dent Pre-School would like to say a big thank you to everyone who has supported them over the past year.

Especially to those who have attended, helped and made generous donations towards fundraising events. And also a special thank you to individuals and other organisations that have kindly given donations.

The Christmas Fair had an overwhelming attendance which was reflected in the record breaking amount raised of £2,672.63.

Once again thank you everyone for your much appreciated support.

FARMERS WANTED

Dentdale and Garsdale farmers wanted for photography project

“Yorkshire Dales landscape, care of British farming”. That is one of the messages local photographer Mark Butler wants to get across in “Working the View”, which brings together the best views of the Yorkshire Dales National Park and the stories of the people who look after it and make it look the way it does.

The project is supported by the National Lottery through Arts Council England and will result in a book and exhibition recording the favourite views of the people who look after the Yorkshire Dales National Park. Mark is photographing the favourite views of the participants, and Sarah Butler (a London based writer), is capturing and putting into words their passion for the landscape, and how their work contributes towards it.

There has been a good take-up by farmers and organisations across the area, but no-one as yet from Dentdale or Garsdale. The project aims to get a spread of images across the whole area, so Mark would particularly like to hear from landowners, farmers, and estate owners/workers in these areas who feel they might like to contribute. The project website www.workingtheview.co.uk gives further details and a contact form is available there to get in touch.

Mark said “The National Park was established to protect the beauty of the area, but so much of that beauty

has been created by the impact of man on the landscape. I want to get as many different groups of people involved who have an impact on the area to share their viewpoints and experiences with me”.

Mark Butler

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WORSHIP@PEOPLES HALL

The 8th January was first service of 2012 at the Peoples Hall , and now we all know what was Sandy Roy's, favourite Christmas present! But as Sandy told the children the most precious gift of all was that God had sent his Son to love us just as we are. Stephen Woodhouse was the speaker and one phrase I keep remembering from his talk was that if we make ourselves the centre of our lives then our problems become the centre of our lives too We must put God at the centre and then all things fall into place. It was good to be back again . Why not come and join us now it's 2012, the next service will be on 5th February and then 4th March at 10.30am. The coffee will be ready! Sedbergh Methodist Church.

Rachel Pedley

FEBRUARY GARDENING

Now that the winter frosts, rains and gales have swept the gardens clear of deciduous leaves and revealed the bare “bones” of the structure of our borders, it is a good time to have a look around and see whether any unwanted plants are lurking there. The most usual interlopers in my garden (apart from the dandelions, creeping buttercups and other weeds) are tree seedlings which have managed to secrete themselves in amongst shrubs and in the midst of herbaceous plants in the mixed border. Those growing alongside bushes have sometimes managed to get away with two or three years growth before they raise their heads above the height of the “chosen” shrub and are revealed.

In my experience, the most common unwanted tree and shrub seedlings in local gardens are Ash, Sycamore, Sallow (Goat Willow) and Elder. The first two can be a real nuisance because they put down deep tap roots in their early years, often underneath walls, or beside paving, and these roots are hard to dig out

once they get a hold. Sallow has a much more spreading root system, so is easier to remove, but it does grow very quickly and searches out drains which it can invade and block with a fine mesh of branching roots. Elder is not generally difficult to remove as it has a fairly shallow, soft root system, but it is also fast growing and can overshadow its neighbours if not kept in check.

Those seedlings or young trees which are difficult, or impossible to dig out by the roots can usually be finished off by applying a dose of SBK Brushwood killer. Late February or early March is a good time of the year to choose as the sap is beginning to rise and the roots to begin growing. Choose a dry, frost free day to do this. Cut the stem of your unwanted seedling as close to the ground as possible and immediately paint the undiluted herbicide directly on to the cut surface. Large seedlings may need more than one application, but this method does usually work in the end.

Elaine Horne

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SEDBERGH & DISTRICT COMMUNITY OFFICE

Happy New Year

One of our functions is to help people stay informed about what's going on in the area. A new addition to the documents we hold is the Yorkshire Dales National Park Authority's latest version of their Housing Development Plan. It's got details of areas where new housing could be developed. The report (along with the Townscape Initiative report and much more) is in the Parish Council office here at 72a Main Street. We also have the forms for the Parish Council/SLDC shop front improvement grants – these are small grants to improve the look of your shop (if you have one). Application deadline is 1 March.

Other interesting material we currently have includes leaflets about a possible Credit Union for South Lakeland; credit unions are community savings and loan cooperatives which avoid a lot of the problems of big banks. They need people to pledge support to show the

FSA there is a demand for a one; please come and have a look and think about sending in the (non-binding) pledge form.

The Wednesday market has been building up quite well over the last year or more, and we are going to be making an effort to increase the number of stalls (and customers!) this month and next. Depending on the week, you will find fruit and veg, bread, cakes, pet supplies, fish, meat, eggs, Indian food, lightbulbs and light electrical goods on sale. Do come and have a look. While you're there, come into the Office to look at our sale of the eco-friendly cleaning products we carry – some of the more esoteric stuff sells slowly and we want to encourage people to try it. So please do!

Lastly, we can now take your CD and DVD discs (not the packaging, please) for recycling. We will be passing them on to the RSPB who have worked out something useful to do with them.

Best wishes, Andi Chapple

Daphne Jackson

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CAFÉ CHURCH

The first Café Church held in Duo was very good and there was a good turn out. We enjoyed refreshments and sang some worship songs.

I look forward to the next one on February 12th. *Georgina Devine*

NOVEMBER WEATHER

Another wet and breezy month yet fairly mild. In fact we only had 2 minima below freezing with a low of 28.8F. November started quite mild with a high of 59.7F. That same day the minimum was a very mild 54.5F! On almost half the days the temperature was still over 50F at midnight!! One interesting feature was that for half the month the wind did not blow from the north westerly quarter. The maximum gust, in this breezy month, was 28.6mph from the usual region. The rainfall added another 7 inches to the annual total.

The mild month was reflected in the fact that bulbs were well through, an odd buttercup and daisy in flower as well another flower on the Passion Flower not to mention the swarms of midges in the milder evening. The regular birds continue to visit the feeders but in reduced numbers. Where do they go I wonder?

SEDBERGH & DISTRICT ART SOCIETY

The speaker on 9th December 2011 was Anthony Barrow, who chose to demonstrate a still-life.

His dynamic personality set the scene for an entertaining session, which he promised would not last

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more than two hours, because he wished to retain spontaneity -and he certainly did that.

His choice of materials was gesso-coated 1400 gr. lining paper, acrylic paint, and large brushes. He had a useful tip - use plastic meat trays as palettes - after a build up of dried paint, simply peel the paint off and re-use the tray.

A large photo of a pile of fruit was his subject, which he thought of as a group rather than individual fruit, so he began, using a variety of colours, to scribble in an abstract background, using the negative shapes of the group. The fruits themselves were tackled with shape in mind rather than detail, noting the reflected colours from neighbouring fruit, using colour perspective at the bottom to lead into the painting, and dealing with shadow before texture.

Anthony emphasised the need to keep standing back to see his work from a distance.

It became obvious as he worked with immediacy that he was right when he said, "I just love painting".

Val Finch

THE PRESTON SAFARI

Having completed the 4000 mile Radiotherapy Safari to Preston I can confirm how tiring it is, at times you feel as if you are being punished for having cancer.

However let's not overlook the work done at Preston, the treatment is of the highest order, all staff are of the highest order, they are superb. The Rosemere Cancer Foundation is a charity that runs alongside the Cancer unit and provides much help and support outside of N.H.S.

Accommodation is provided free of charge for patients not willing or able to travel, help was given to bring chemotherapy to Kendal with £100.000 donation. The list is endless. Support for Rosemere can be support for Kendal.

For up to date information and entry details for Rosemere events, visit www.rosemere.org.uk or call 01772 522913 or e-mail info@rosemere.org.uk

Henry Sowerby

YORKSHIRE DALES NATIONAL PARK

Two dedicated volunteers are needed to help look after the beautiful Yorkshire Dales National Park for the next four years.

Caroline Spelman, the Secretary of State for Environment, Food and Rural Affairs, is hoping for applications to fill two vacancies on the Yorkshire Dales National Park Authority.

The successful candidates will be

involved in making decisions that will affect the future of the National Park.

Carl Lis, YDNPA's Chairman, said: "This is a fantastic chance for people to have a hands-on involvement in the management of the National Park, helping to look after this very special place and the communities within it."

In all, the Secretary of State will be appointing new members to five National Park Authorities – the Yorkshire Dales, the North York Moors, the New Forest, the Peak District and South Downs – and to the Broads Authority.

She appoints members to reflect the national importance placed on these bodies, with responsibility for conservation, recreation, planning, access, land management and resources as well as reflecting both local and national interests.

The appointments will begin in May, or as soon after as practical, and are initially for up to four years.

Applications are particularly encouraged from members of ethnic minorities, people with disabilities, women and young people and the closing date is Monday, February 13.

Application forms and further details are available at <http://publicappts.defra.gov.uk/> or from Chris Buxton at Natural England, Foundry House, 3 Millsands, Riverside Exchange, Sheffield, S3 8NH (telephone 0300 060 2745) or by email from boardservices@naturalengland.org.uk.

Nick Oldham



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DOCKER PARK FARM

Docker Park Farm at Arkholme continues to move slowly forward in our major refurbishment programme. Since John and Lisa Tamlin bought it a year ago, it has seen a significant investment of money, time and love! There is now a brand new animal barn (in which they are very cosy this winter!), playground, new go karts and all sorts of wierd and wonderful ride on toys for ages 1 through to 101... Our two storey undercover soft play area is starting to take shape and will either be open by the time you read this or very nearly ready. The new cafe and gift shop continue to offer a super place to have a run out for lunch or coffee and a browse at all the lovely things we have here (including paintings and felt work by local artists).

The animals continue to provide plenty of excitement for the children to come and see. We've had lots of new babies recently from piglets, rabbits, guinea pigs, chicks and, of course, we are not far away from lambing time which children - and adults - all love!

The two lakes here at the farm are a haven for wildlife, both have paths all the way round. A lone baby swan took up residence this winter so we have an unexpected addition to our family - it now waits for it's breakfast along with everyone else each morning! We hope to find out one day if "it" is a he or a she!

We're delighted to be able to say that our pork continues up to the standard we work towards. Local abattoir and butchers "Aireys" comment each time we deliver pigs to them that "it's the best pork we slaughter and butcher and the level of fat to meat is spot on". Aireys currently have some of our saddlebacks with them being made into hams and bacon which we will be selling shortly. Our pigs are happy and very well loved. We chose to witness the process at the abattoir to ensure we were happy with it and are delighted to say that Aireys is calm and quiet and our piggies are totally unaware and happy right to the end. We have "half a pig" boxes (butchered into joints, chops and sausages) available at different times

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Plans for 2012? The under 5 soft play area (separate to the new two storey soft play) will hopefully be converted so it's not only under cover but is entirely indoors so much warmer throughout the year. Work will start on repairing and restoring the magnificent old barn, a dedicated track will be made for the go karts and an on site class room is planned for school visits another busy year we suspect!!

The boarding kennels and cattery are busy and word has spread that we look after your pets as if they were our own and they have as little time in the kennels as possible with lots of lovely walks and love. Sadly, we can't walk your cats but they too get lots of love!

Keep an eye on our website www.dockerparkfarm.co.uk or ring us on 015242 21331 to see what events we have on or just come and see us!"

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KNIT 'N' NATTER

Very early in 2011, it was decided to try something a little different from weaving at Farfield Mill. Yes it would still involve wool, thread and needles.

So this is when Knit 'n' Natter was born. Bring your knitting, sewing, tatting or crocheting or just your self. Have a cuppa, a piece of cake and a good old natter. It works, we have ladies coming from the Kendal area too. We love it.



Since starting this venture we not only do 'our own stuff' but have knit about 400 'fish and chip' jumpers for babies in Africa, squares for blankets, premature baby garments and other small things for charity.

So we don't just Sit 'n' Natter but we do, we hope, make a small difference to other people's lives and enjoy ourselves at the same time.

During the Summer our group had many visitors stop by for a chat. 'What are you doing?', 'What a good idea', 'We could do with something like this at home'.

So if you are handy with needles or just like chatting and meeting people come and join us at FARFIELD MILL CAFE, TUESDAYS 1 o'clock till 3 o'clock. You will be very welcome.

Ann Allan

BOOKWORM

What I have been reading this month

The Swan Thieves by Elizabeth Kostova (fiction)

Man attempts to slash a painting in an American national gallery, remains silent and is ultimately referred to a psychiatrist. This is a superb plot blending mystery, art history and psychology and it is tantalizingly told by Kostova. On the journey the reader visits France, learns about French impressionism and the complexities of motive. It is an absorbing read on the impact of sadness, obsession, creativity and mental illness.

The Magnet North by Sara Wheeler (travel writing)

If you enjoyed Frozen Planet then this book will be of interest. Wheeler roves across the Arctic lands of Alaska, Russia, Canada, Greenland and Finland using all manner of transport entering the spirit of the landscape and lives of the people she meets who live there - often a mix of transient scientists and long established communities. Traditions and technology have previously clashed and there is the potential for more conflict as resource interventions and climate change impact on the Arctic environment and the people who depend on it for their livelihood.

At Home by Bill Bryson (non fiction)

Wrapped around the theme of Bryson's own home - a rectory in Norfolk - he writes entertainingly and knowledgeably on many aspects of

home life especially design and functions of rooms but inevitably covers associated topics of eg history of salt, servant duties, inventors of household items, architects. So a good source for quiz questions !Most of the time it is a fascinating dip-into read though probably doesn't need 632 pages. *RM Bookworm*

SUPPORT FOR THE SUPPORTERS

Perhaps you have read a bit further here out of curiosity, "support for the supporters" .. football fans perhaps or friends of a local school/group, in fact it is about those who look after a family member/friend unpaid (carers allowance allowed). South Lakeland Carers in Kendal is not a care agency but an organisation which supports Carers. One way it does this is by arranging Support Groups ie in Windermere, Grange & Sedbergh where carers can meet over refreshments and compare notes/ share ideas/have a change in routine, sometimes a speaker or demonstration.

The Sedbergh & Kirkby Lonsdale Group meets at present in the Community Office on 1st Tuesday monthly, 2-4pm and is open to all carers, also we are looking for people who could come and talk to us for about 15 minutes, sharing their experiences of caring or talking about local interest topics. If you could help in this way please contact local volunteer Sarah Woof or the SLC office on 01539 815970 or call in at one of the Sedbergh groups.

Sarah

HEALTH CENTRE

Will all patients please note that from the week commencing Monday 27th February, there will only be a skeleton staff at the Health Centre on Loftus Hill due to the move of premises.

The new Health Centre on Station Road is planned to be open on Monday 5th March when all services will have moved there.

Further details and conformation of Services will appear next month.

D J Whicker

HEAPS OF FUN

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THE WILSON RUN 2012

Sedbergh School's famous annual Wilson Run is planned to take place for the 128th time on Tuesday March 27th at 2:30pm.

Just over one hour later the first runner, typically from a throng of a hundred or so, should be rounding the Library corner into the home straight on Loftus Hill. The traditional route of the race is still followed after all these years, skirting the Eastern Howgills to Cautley, and then over wilder terrain on Baugh Fell to Danny Bridge and then back down the

Garsdale road into Sedbergh.

We are immensely grateful to all the farmers over whose land our runners pass, not only during the race, but on the preceding training days. These will be on 22nd and 29th of February, 7th, 14th and 21st of March, when the road to Dowbiggin is also used.

We have briefed all our pupils carefully about their conduct, safety and consideration of farmers' needs, most particularly closing gates, not climbing walls or dropping litter.

The School is very grateful for the help and co-operation of the local community in maintaining this long tradition and we hope that residents may wish to join us in watching the Race which starts at 2.30pm on Tuesday 27th March on Back Lane, Sedbergh.

For further information, please contact the School on (015396) 20535.

SEDBERGH & DISTRICT HISTORY SOCIETY

Lookaround

The Society would like to thank the anonymous donor who helped us to fill gaps in the series of *the Lookaround* stored in the History Room.

This series is still short of issues 1 - 15 so if any reader has any of these and would be willing to donate them to the Society it would be delighted.

Please either drop them off at the Community Office or collection can be arranged by telephoning 0153956 20677.

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COME IN FROM THE COLD!!

If you're lucky enough to have been born before 1952 Farfield Mill invites you to celebrate the installation of its new central heating system by switching off yours, to enjoy a two course lunch for Seniors on Mondays or Tuesdays in February for only £5.50 and, if you live in Sedbergh, free transport if you need it!! Because we go the extra mile . . .

Simply phone the café on 21159 between 10.30a.m and 4.00p.m. the day BEFORE you want to come (you could try on the day itself but we can't guarantee a place) book a table and give your name and phone number. Gentleman Jim, driver of the *Flying Shuttle*, will then ring you to arrange collection and the time you would like to return. Why not make it a foursome and he'll pick your friends up on the way?

If you'd like to look round this wonderful arts centre afterwards, entry is only an extra £1.50 (normal conc. price £3.00, unless it's Monday, when it's free to locals anyway). Otherwise, stay as long as you like, bring your knitting on Tuesday and

join our *Knit and Natter* group, or make it a celebration with a bottle of wine – especially if you're getting a lift! We provide the glasses and there's no corkage. Eight opportunities only, so if you're really keen get your friends organised now. What better way to beat the February blues!!

TALES FROM THE MARKET CAFE

If like me you miss the Wednesday Coffee Mornings during the early part of each year I have good news for you. You may have noticed that this is a leap year and believe it or not there are actually five Wednesday in February. I couldn't let an opportunity like that pass by and so five coffee mornings have been organised to fill those five Wednesdays entitled, Tales from the Market Café. From the title you may have guessed books are involved. Local and professional people have been persuaded, bribed and cajoled into giving short talks during these coffee mornings about their favourite book or books to entertain you.

The first one is set to take place on Feb 1st in the usual place, the URC rooms, usual time 10 am to 12 noon and at the very reasonable cost of £1 which includes your coffee and cake. The second one is on Feb 8th, followed by Feb 15th and Feb 22nd. While on Feb 29 the coffee morning will be in support of Kidzone but the format will be the same and Christine Wood will be sharing her favourite books with us.

Sandra Gold-Wood

SEDBERGH & DISTRICT ART SOCIETY

Due to the illness of the arranged speaker we were fortunate Ron Ablewhite was able to join us at very short notice. Ron gave an entertaining and informative talk and demonstration in watercolour. Having been a professional artist for 18 years we were able to learn a great deal from his experience and his portfolio of prints which he brought to show the range of subjects he enjoys to paint. He stressed the need for painters to enhance their observational skills and said sketching and painting should where possible be done from life, and photographs should be used only as reference and backup material.

As one of his highly detailed works would take too long to complete in a demonstration he chose a study of a winter tree with an ivy clad trunk.

He normally uses 300lb Saunders Waterford paper which does not need stretching, Artists quality Windsor and Newton paints and Proarte prolene brushes, mostly using a rigger which is a long bristled brush with a fine point.

Ron used a limited palette of yellow ochre, cadmium yellow, raw and burnt umber, light red and cobalt and ultramarine blue. He explained his technique carefully as he painted laying in a base wash in light tones and gradually building up the texture and form of the tree with darker tones and varied brush strokes.

Ron's talk contained a lot of information which was useful to all

levels of experience and ability.

The next meeting is the society's AGM on 10th of February and it is hoped there will be a good attendance of members.

Margaret Copestake

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SEDBERGH PLAYGROUP

Everyone at Sedbergh Playgroup would like to say a very big thank you to Jon Richardson and Adrian Nelhams who raised an amazing £714 for Playgroup, with their sponsored Cross Britain Cycle Ride!

On the 28th October 2011, they set off from St. Bees at 8.45am and cycled 135 miles, arriving at Seaham at 6.00pm, thus achieving their objective in an astonishing nine and a quarter hours!

Their tremendous efforts are so greatly appreciated.

We would like to thank also Mr. Alan Lewis and The Sedbergh School Cadet Band for their wonderful donation of £100, raised on the morning of 14th December 2011, when playing Christmas Carols in Sedbergh.

We are all extremely grateful.



NEIGHBOURHOOD FORUM

From the Meeting held in Kirkby Lonsdale on 22nd November

AGE UK SOUTH LAKELAND VILLAGE AGENTS

Penny Pullinger, from Age UK South Lakeland, started by thanking the Sedbergh & Kirkby Lonsdale Neighbourhood Forum for the grant it had previously awarded to enable the Village Agents to purchase large format games and an indoor curling set. She had brought some of the games to the meeting, including the curling set, and everyone was invited to have a go before they left!

Penny then spoke to the Forum about the Village Agent scheme and in particular about the work of the local Agent, Linda Greensmith who covers Sedbergh and Dent. Agents are paid for 10 hours work per week, but in reality most of them devote quite a lot more time to their work which breaks down into three main areas.

They are an excellent way of, at least partly, solving the issue of making contact with and getting information out to those in more

isolated rural areas.

The Agents first commitment is to work with any individual over the age of 50, and their families/carers who require help to access basic information on what services and benefits are available to them and which may help an individual enjoy a better quality of life.

Agents can also help with filling in forms but for matters which require more detailed knowledge or will take a considerable amount of time they can also call on the back up service of Age UK Community Officers based in Kendal, who will be able to spend more time working on an individual case.

The Agents second area of focus is to improve general well-being. This is done through support for individuals and also by organising groups that meet regularly such as lunch clubs and book clubs. There is in Sedbergh a regular tea club will be starting at the Bull. Age UK also promotes happy and active events such as Café D which is aimed specifically at supporting those with memory problems or dementia and their

carers. This meets regularly on Thursdays at the Institute in Kirkby Lonsdale from 2pm – 4 pm.

Although Age UK South Lakeland has now secured funding from various sources which will allow the Village Agent programme to continue for at least another 5 years, there is a great need for more volunteers to help out, especially with some of the activities, and, for instance, delivering magazines. If you are interested in helping out by volunteering then please contact the Kendal office on 01539 728118.

SEDBERGH & KIRKBY LONSDALE
LOCAL AREA PARTNERSHIP

The last meeting mostly considered Highways issues. Kevin Lancaster

has had a productive meeting with Steve Gibson and Keith Masser from CCC Highways team and most issues raised can and will be resolved sooner rather than later. A member of the audience queried the quality of some Highways work that had been done recently.

Aside from the Local Area Partnership, Cllr Lancaster has also been looking at directing funding to various local traffic issues such as “Not Suitable for HGVs” signs on the Barbon Road.

APPLEBY HORSE FAIR

Rob Kitchen, Streetcare Client Officer, from South Lakeland District Council is responsible for overseeing the transit of gypsies and travellers

WHAT'S ON at the

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through the Kirkby Lonsdale and Sedbergh area on their way both to and from the Fair. At a meeting held earlier on the day of the Forum, dates for the various measures to be put in place for the 2012 Fair had been agreed.

The Traffic Regulation Order will come into force on 27th April 2012. It will be applied to all vehicles whether they belong to a local resident or someone passing through the area. The posts will also be in place from 27th April. It is hoped they will be slightly less in number than last year as they will be spaced 10 yards apart although they may be closer together in key areas. The boulders will be put in place before the Bank Holiday weekend of 7th May.

Scrogg Bank and the other temporary sites in South Lakeland will open on 28th May. Cote Moor, which is in Eden, will not open until 3rd June but from 1.00 pm in the afternoon rather than 5.00 pm in the evening. On 7th June, the date the Fair starts, all the South Lakeland sites will shut. Scrogg Bank, and the other sites will re-open again on 11th June and will

shut finally on 17th June. This final closure will be strictly enforced, especially in the Kirkby Lonsdale area.

Bank Holidays for the Queen's Diamond Jubilee fall on 4th and 5th June just before the Fair starts. Anyone planning a special event in the area of the A683 over this period who thinks that their traffic/parking may be affected by additional traffic for the Fair should contact Rob Kitchen at

r.kitchen@southlakeland.gov.uk

Any queries arising either before or after the Fair can be raised through the Respect Group which is a subgroup of the Local Area Partnership – your parish/town council clerk can advise who to contact.

A drop in session to publicise the final arrangements for the transition through South Lakeland of those travelling to the 2012 Fair will be held immediately prior to the next Neighbourhood Forum meeting. Information will be placed in local press, and on relevant websites, and will also be communicated through Parish Councils.

NEIGHBOURHOOD POLICING TEAM

PCSOs Karen Dakin and Rachel Thomas cover the Sedbergh & Kirkby Lonsdale area for the Kendal Rural Neighbourhood Policing team. The current community priority and a focus of police time is Anti Social behaviour around the People's Hall in Sedbergh. The most recent incident involved criminal damage after the



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5th November Bonfire and Firework Display.

During 2011 all Police forces in England and Wales will be changing their individual non-emergency numbers to a single, easy to remember number: '101'. This will eventually replace the current 0845 33 00 247 number - indications are that Cumbria Constabulary will be able to use '101' from 12th December 2011 but continue to use the '0845' number until the change is widely publicised.

BROADBAND

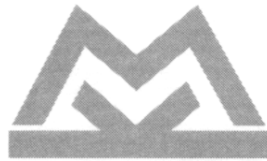
Jock Cairns from Dent is the local area's Broadband Champion for the Connecting Cumbria project. Cumbria County Council has

delayed the announcement of the preferred supplier for faster broadband services in the county until January 2012.

Improvements to the availability of broadband in rural areas is the main focus, with the project reviewing the best ways in which this can be achieved. There is still concern that the target speeds are unimpressive and unambitious and will still be much slower than the EU target of 30 megabits.

GRANT APPLICATION

An application from Dent Memorial Hall Trustees was heard and supported with an award of £1000 being made.



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KIDZONE

After a drive down the muddy roads of Eastleigh, Nairobi, with potholes the size of large ponds two feet deep or more, past the stench of burning rubbish at the roadside, we arrive at Mary Happy School surrounded by its high walls topped with broken glass. Again I go through the small door in the strong metal gate and up the flight of chipped stone steps to the two converted classrooms which are home to the 23 Kidzone girls.

The knitted square blankets on the double bunks brighten the rooms. They now have colourful stacking chairs and tables for meals and homework. But, as the girls get bigger space is very limited and we hope

they will soon be able to move into a new building. Finchley Catholic High School have begun raising funds for it. Unfortunately much more is needed than we could raise in Sedbergh with our 'Coffee Mornings'!

Sofie tells me how much she enjoyed her Birthday Party this year. Josephine and Askar talk about Helen Beare's visit and how they love playing the recorder. Mary Kanini, the Manager, later arranges for them to play to me. They still play well even though they have not had as much help from the teachers as we hoped. Helen is looking into ways they might get some regular teaching and practice.

Jo Lyons, a volunteer from Simon's

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menu

lounge menu
sample menu items

Homemade Soup of the Day
Bull Hotel Burgers
Chicken Fajitas
Lamb Shank
10oz Sirloin Steak
Smoked Salmon Salad
Grilled Goats Cheese En Croute
Omelette

Cold Sandwiches
Ham & Cumberland Mustard
Smoked Salmon
Roast Lakeland Beef & Horseradish Cream
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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.

restaurant menu
sample menu items

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



parish in Potters Bar, has come with money she raised for outings for the girls. So we visit the Railway Museum and make several visits to the swimming pool with swimming lessons. Ann, Josephine and Sophie can now swim a width of the pool, and several others are almost there. Twice we go to City Park where small monkeys roam free and snatch food from visitors when they get the chance. We see a family feeding one with slices of bread from a loaf, until another monkey comes up and snatches the whole loaf, wrapper and all! Another one runs off with the ball the girls brought with them.

One day we go on the Safari Walk in the Wildlife Park, a wooden walkway

high above the ground where we can observe pygmy hippos, crocodiles, rhinos, baboons and zebras. The girls eagerly read the signs about all the animals. We have a moment of alarm when a baboon, about four feet tall, strides along the walkway rail near us. Then he jumps down! The girls all scream and run. Fortunately the baboon is more frightened than they are and runs off. We have a word with them about wild animal etiquette!

On this visit I have two main aims, firstly to properly catalogue and set up the Gloria Dawkins Library for the girls, and secondly to teach some of the girls to knit, with the wool and needles donated by Sedbergh people.

The Library has been used for storage due to lack of space, sacks of rice, cans of cooking oil as well as old exercise books and assorted toys clutter the shelves and floor space. We are allowed to remove a redundant sink from the room and replace it with shelves whilst the food goes to a new cupboard just built in the kitchen store. Helen Beare's



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great-niece Lucy, an eighteen year old gap year student has come with me and is a great help in reorganising the 600 or so books. We start to catalogue them in sections by author, and show Ann, Askar and Josephine how to continue. These three girls are very capable and have already started a simple borrowing system. We decide to keep jigsaws in the library so they are accessible, also colouring books and videos.

The girls love knitting. We start them off with just 12 stitches, the three youngest only 4, so they can make a multicoloured scarf for a doll, or a small bag. Askar makes hers about 4 ft long and wears it herself! The young ones, Carol, Patricia and

Winnie, make their rather wavy 4 stitches into bracelets. We don't have any short needles left for Patricia so we start her off with 2 pencils! She manages! I had no idea there are so many ways to get a knitting stitch wrong! The girls are really keen. Some of them even bring their knitting with them to the swimming pool!

The girls now go to their relatives in holiday time, this is Kenyan government policy, the aim is to get them to leave children's homes and go back to family. They have now traced relatives for all the girls. The most remarkable story is Jane's. She and her mother lived on the street and when Jane was 6 she was taken

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to a children's home, losing touch with her mother. This was in 1998. Her home was closed in 2005 and she came to Kidzone when it opened. She is now 18 and a boarder at High School where she does very well. In the meantime her mother has been given some training and with another woman runs a small clothing stall in the Mathare slum, where they rent what they call a house but we would call a corrugated iron shack. Jane and her mum have been reunited and Jane is so happy.

There is a younger Jane at Kidzone and her picture appears on the cover of 'The Recorder Magazine', winter 2011. This is a national publication and Helen Beare has written an article about her week at Kidzone in July when she taught the girls to play the recorder, and give a concert in front of the whole school. Quite an achievement! A copy of the magazine can be seen in Sedbergh Library.



Please continue to donate any spare double knitting wool, not anything thinner, thanks. Kath Winn has now knitted 23 blankets! Sedbergh ladies have knitted a pair of brightly coloured legwarmers for each girl. Any **simple** patterns and **short** needles up to size nine would also be useful and can be left at the Community Office. Anything we cannot use will go to the Charity Shop unless the donor requests otherwise.

Sandra Gold-Wood is organising a Coffee Morning for Kidzone at the URC rooms on Wednesday February 29th. The main objective is to raise money for a spin dryer which is much needed for bedding in the wet season. This year has been very wet.

I was unable to visit Nyumbani this year as they had a measles outbreak at the home. I had a long chat with Protus, the manager, who tells me the older girls are all doing well with their courses and some now have jobs. My booklet about these HIV+ orphans is now on sale, price £2, at Sedbergh Office Services. All money goes to the charity.

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CUMBRIA WILDLIFE TRUST

Re-introducing species into our countryside. Our duty ... or ... let bygones be bygones??

Wolves in Cumbria's forests?
White-faced darters in Foulshaw Moss?

We all probably regret losing species from our countryside but should we make positive efforts to reintroduce them back again? Is it worth the effort (and money) to carry out the process successfully? Essentially the reason that species move out of an area, or even go extinct, is down to habitat change or loss. Red Squirrels have become rare (although happily making a bit of a comeback locally) due to a mixture

of factors such as the arrival of the non-native Grey Squirrel and its associated virus that Reds are not resistant to, allied to a loss of much woodland. When we include the interference of humans such as inappropriate killing of birds of prey and climate change, then it is not surprising that many species are being lost from our countryside.

One Cumbrian case study is the reintroduction of **Water Voles at Warcop**. Loss of riverbank habitat and competition from the introduced mink has caused populations to plummet. Cumbria has one natural population near Alston, but despite wide ranging surveys all over the rest of Cumbria, no other population has

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With huge uncertainty in many areas of the world and financial armageddon around the corner if the Euro collapses, it is no wonder that many people are reluctant to consider anything other than pulling back and watching and waiting for the developments to happen.

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been found. Cumbria Wildlife Trust has sponsored a reintroduction programme of voles into Warcop on the MOD estate. The land managers agreed to modify the habitat to improve the potential for success – this work included ditch restoration and pond clearance. The animals had to be collected from the South of England, and then bred to a suitable population size and carefully (and slowly) allowed to acclimatise to their new surroundings. Lastly they had to dig their way out of soft-release cages, taking up to several days, then they had to negotiate extensive ditches and a network of pools and lakes to establish a territory. It is too early to tell if the population will establish itself but early signs are hopeful.

Another Cumbrian project forming part of the Cumbria Biodiversity Action plan, has been the reintroduction of the **White-faced Darter into Foulshaw Moss**. This rare species of Dragonfly only exists in ten locations in England, so any extra populations would be very valuable. The decline of the species in the UK has mainly come from the significant loss of its lowland raised bog habitat, as a result of afforestation, commercial peat-cutting for garden compost and lack of sympathetic management. Early signs this summer were promising with adults emerging from the introduced larvae and eggs.

A rather sadder tale is the case of the **Red Kites introduced into Grizedale Forest**. This species was

very successfully introduced into southern England with sightings now becoming common. However in Grizedale two of the 60 birds released over the first two years of a three year project have been found shot dead. The first batch of 30 were released in 2010 and 20 survived the first winter, in line with natural mortality. Since the two shot birds were found in distinctly separate areas, it is possible that there are people who still believe that they represent competition to human rights to shooting and hunting, despite it being clearly established that they are scavengers rather than predators.

What of the future? Beavers have

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been introduced into Scotland on a five year trial to see if they not only can survive but can improve the habitat that they live in by creating a new pattern of wetlands which will support many other species eg otters, as well as contributing to flood relief. However are we ready to reintroduce Wolves? On the plus side they would contribute to the population control of the red deer and to the tourist industry but on the downside, they will kill some farm animals and people still have an engrained fear of them (Little Red Riding Hood). They have been reintroduced into Yellowstone but there is still controversy and the Federal Government are considering

allowing them to be hunted out despite initially agreeing to their successful reintroduction in the 1990s.

Undoubtedly we will see many other species disappear from our countryside as man's influence continues to modify our environment. Along with many other problems, prevention is better than cure so we must look after the species we have, rather than have to go to the vast effort that is required for a successful reintroduction.

Look out for details of a local CWT talk in February on the re-introduction of Red Kites to Grizedale.

MP Ripley

FAMILY MUSINGS

All the decorations have been packed away, the ones our children made years ago, my mothers little basket decoration she was given as a child, the Santa with my name on his tummy, new and old all packed away until December. Because we have a bigger TV we had a move around in the living room, still not sure about where it is so probably move again but as long as Mitts can find a chair to curl up in she is happy. With all the wild weather I have wondered in a morning if all will be well or might we have moved in the night! The biggest disaster is my Twisted Hazel which has almost blown down, just need a dry day to chop off the stems to use with Peas later in the year.

Walking towards my rather mucky car recently the thought crossed my mind that we have something in common, we both, (the car and me) look much better from the front, turn us round and the view is not so great. Stopped once by the Police and asked to clean my rear number plate means that that certain part of the back of the car does get a regular clean.

My resolves this year are mainly of the creative variety, having enjoyed making wool pompoms for decorations and home made chocs for presents this is spurring me to make a Rag Rug and possibly rag rug pictures as no-one will walk on those. Writing is high on the list and a novel is underway, short stories will be winging their way to magazines as

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you read this, as long as we have persuaded the new laptop to link up with the printer and work! What about you? What resolves have you made? Call them resolutions if you like, it doesn't make them any easier to keep. Visiting Cornwall & Wolfampcote are high on the list, I may NEED to go for a "creative" break to get the inspiration flowing ..?

Enjoy whatever you are doing and when it is something you really cannot enjoy then call a friend, that also is high on my list this year, although some of our friends have stepped out of our lives over the last year, unable to understand why hubby and I did some of the things we did, especially when we obeyed what God was telling us to do and left the Church we belonged to and joined another. You know something, hubby and I didn't understand it all we just trust that God, knows what He is doing, and are so blessed by God in many ways. AND we are still around, come and talk to us about the "why and what and how God speaks today" if you want to, our door is always open, talking is not something we, especially me have a problem with!

Enjoy your Pancakes. Soon be Easter.

Sarah

THE WRITE IDEA

Literary Liars visit Sedbergh

The year is up and running and fireside writers are busy telling their tall tales – indeed some of them will be telling downright lies when the most innovative live fiction event in the north comes to Sedbergh – an evening with the infamous **Liars' League!**

And local writers are being encouraged to write their own stories for the next series of Sedbergh Book Town's **The Write Idea** events as one of the projects involves writing a story for the League to perform. The group consists of a team of professional actors and they are looking for stories of 800-2,000 words on any theme

which they will then rehearse and perform for an audience at the People's Hall. It's a unique opportunity for local prose writers to hear their work being performed.

This winter selection of events starts with **Tales from the Market Café** on Wednesday 22nd February at 10am in United Reform Church when the writer & Westmorland Gazette cartoonist **Colin Shelbourn** talks about the books which have made the most lasting impression upon his life. Organised as part of the new-look for Sedbergh's Wednesday Market, this 'Morning Coffee, Cake & Company' event has an admission charge of only £1.

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7.30pm) at People's Hall, you can hear the **Wild Life Poets** read a selection of nature poems under the title of **Birds, Beasts, Bugs & Trees**. Wild Life Poets came together at a workshop in Kendal and this is their first opportunity to present an evening of their poetry to a local audience. Presented in association with the local support group of the Cumbria Wildlife Trust, this event will be one of several which will be taking place across the county to celebrate Cumbria Wildlife Trust's 50th anniversary in 2012. Tickets cost £6.50 with concessions at £5.

The notorious **Liars' League** take the stage at People's Hall at 7.30pm

on Friday 24th February to present a selection of stories brought to life by their cast of amazing professional actors. The Liars' League set up its northern wing in 2011 after ten glorious years of tale-telling and fiction readings in London. Tonight they bring the best in thought-provoking and original new short fiction to Sedbergh – so just grab a seat, make yourself comfortable, and enjoy – after all, this is what literature is really all about... writers writing, actors reading, audience listening and everybody wins! Tickets cost £7.50 with £6 concessions.

So if you'd like to write a new story, or if you have a story already written,

and you'd like it considered by Liars' League, send it in a Word document to poetjohnrice@btinternet.com and it will be forwarded to Liars' League for consideration.

As ever, Book Town intends to support and encourage local writers and as story making and narrative writing feature highly in this selection of events, it seems only right to encourage the prose writers in the area. On Saturday 25th February Book Town will present a full-day prose writing workshop when the highly-acclaimed novelist & short story writer **Peter Hobbs** presents *Aspects of Fiction*, a workshop and discussion group that examines the key components of fiction - character,

landscape, narrative, style - and how these work together to create engaging, convincing prose.

Peter Hobbs is the critically-acclaimed author of *The Short Day Dying*, the winner of a Betty Trask Award and shortlisted for the International Impac Dublin Literary Award, the John Llewellyn Rhys Prize, and The Whitbread First Novel Award. He has also published a collection of short stories, *I Could Ride All Day in My Cool Blue Train* which was longlisted for the Frank O'Connor International Short Story Award. His most recent novel, *In The Orchard, The Swallows*, was published by Faber in January 2012. Peter is an experienced creative writing tutor who runs regular workshops for the Arvon Foundation.

The prose writing workshop runs from 10am to 4pm in People's Hall and writers of all levels are welcome. Tickets: £15 (£12 concessions). Limited numbers, advance booking only.

'The Write Idea' events are part of Book Town's regular programme of book-related events grant-aided by Arts Council England. Full details are in the printed brochure which is widely available in the town. Tickets for all events are available from **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/

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YORKSHIRE DALES NATIONAL PARK

Hedge layers show off their talent

Expert hedge layers have been demonstrating and sharing their knowledge and skills with those that are relatively new to the art at an annual event in the Yorkshire Dales National Park.

More than 20 hopefuls battled it out in December for the top titles in the fourth Yorkshire Dales Annual Hedge Laying Competition, which was held at March Hall in Dentdale.

The event was organised by the Yorkshire Dales National Park Authority (YDNPA) and the Lancashire and Westmorland Hedge Laying Association in partnership with the Friends of the Lake District as part of the Association's Lancashire and Westmorland Grand Prix.

Paul Wilkinson, the YNDPA's Area Ranger for Cumbria, said: "In total there were 22 contestants all working well under wet, cold and windy weather conditions, to produce laid sections of hedge in an excellent condition.

"In addition to the competition, an element of training in the craft of hedge laying in the Lancashire and Westmorland style was introduced for the first time this year as part of the Rural Skills Cumbria 'Work the View' programme, which funded the day.

"Two professional hedge layers were on site to show people interested in learning the skill how it is done.

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"Our thanks go out to all of those people involved with the event, especially our hosts at March Hall and judges Edmund Capstick and James Middleton for their most valued contribution to the success of the day."

The Rural Skills Cumbria project is part funded by the European Agriculture Fund of Rural Development: Europe investing in rural areas.

The prize winners for each category were:

Championship – 1. Robert Bell, 2. Peter Gibson, who is the country's Supreme Champion, 3. William Hodgson.

Open – 1. Max Roclawski, 2. Hadrian Higginson, 3. Heath Charnock.

Novice – 1. Craig Procter, 2. John Gibson, 3. Jon Oliver.

Junior – 1. Matthew Atkinson, 2. Martin Woof 3. Jack Carradice.

The best hedger on the field was Robert Bell and the best re-growth from the 2010 event was won by Mark Lavender.

Nick Oldham

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SEDBERGH TOWN BAND Christmas Concert

The Annual Christmas Concert was held in the People's Hall on Tuesday 6th December. Snow that caused the concert to be postponed last year looked to be putting in a repeat performance on Monday but a milder airstream fortunately caused a comprehensive thaw.

The structure of the concert followed that developed in recent years - both halves exhibiting a selection of carols and traditionally themed popular Christmas music - thus, for example,, 'Rudolph the Red-nose Reindeer' was sat alongside 'O Come All Ye Faithful.'

On completion of their first half of the programme the senior band gave way to the Youth Band whose performance demonstrated dramatically the advances made in both repertoire and playing accomplishments. As they finished to enthusiastic applause, Santa Clause put in an appearance, the raffle was drawn and the audience refreshed themselves with Mince Pies and tea or coffee.

The pattern of the first half was repeated after the interval though now the audience were strongly encouraged by masterly compere, Stuart Manger, to join in singing the carols. After a tentative start and

following good natured cajoling from the compere, the audience developed their confidence and gave hearty renderings of 'Silent Night' and 'O Little Town of Bethlehem.'

Sustained applause after the final number on the programme, 'Rocking Around the Christmas Tree,' elicited an appropriate encore, 'We Wish You a Merry Christmas.' The National Anthem brought an end to a most enjoyable and well supported evening.

Carols 2011

Starting at the Birdcage, Kendal on Saturday 3rd December, carols were also played at Asda, Morrison's, Sedbergh Festive Evening, the Band's coffee morning in the URC, the Sedbergh pub's, and finally on Christmas Eve at the Sedbergh 'Bus Shelter.'

President's Cup and Silver Plate

At the end of the first half of the Christmas Concert the President's Cup, awarded to the member of the Band who is judged to have improved most significantly over the course of the year was presented by the President, Douglas Thomson, to trombone player Lancaster RGS pupil Tom Rozenweig. Tom is the ninth Band member to receive the award, a cup to be held for a year. He is accompanied in the Band by his mother Laura (Euphonium) and sister Caroline (Horn).

Jenny Storer is to be congratulated on being awarded the Silver Plate awarded to the outstanding player in the Youth Band. In fact she also plays her Tuba with great aplomb in

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the Senior Band as well.

Family Festival Evening

As last year the Band's playing at the Festive Evening took place in the warmth and shelter of the United Reformed Church. Although it is clearly preferable to play outside in Main Street the vagaries of the weather are such that some protection is necessary. Rain is an obvious impediment but extreme cold is even worse - lips can too easily get attached to mouth pieces with very painful and musically debilitating consequences when pulled apart.

A selection of carols was played, many of them 'request numbers' coming from the transitory audience

comprised of festive evening goers who dropped in to hear what was on offer.

Programme for 2012

Even in early December the programme for 2012 is taking shape with a mixture of definite engagements and a few possibles.

The year starts with the Annual Dinner to be held towards the end of February in 'The Red Lion.' Events away from Sedbergh could include joining up with the Ulverston Brass and Choral Society, Silloth Bank Holiday. Grasmere Rush Bearing and participating in the Kirkby Stephen Festival of Brass. Formal concerts in Sedbergh will follow the pattern of recent years: A Spring Concert, a concert of part of the Sedbergh Music Festival, the Annual Remembrance Day Concert and the Christmas Concert. Other appearances will be at the Spring Show and the annual Gala as well as carols at various locations.

It is highly likely that the programme will expand if later requests come in that can be accommodated within what is already shaping up to be a busy schedule.

Thanks from the Band

The Band would like to extend their thanks to the many people and organisations that are so essential to its existence. Generous grants and donations have been received enabling the stock of music and instruments to be maintained and increased. Particularly generous is the assistance given by Sedbergh School in allowing the Band the use

of the Sedbergh School Band Room for all the rehearsals. Similarly we are grateful to the United Reformed Church for hosting the Saturday morning Junior Band Sessions. The 'Lookaround' continues to publish our adverts and articles that enable us to keep our supporters well informed. Many establishments allow our posters advertising events to be prominently displayed: the Information Centre, Premier and Green Door have generously acted as sales points for concert tickets. As always various ladies have given invaluable service at concerts and last but far from least, our thanks go to the wonderfully supportive audiences.

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**SEDBERGH ORCHESTRA'S
'SPRINGTIME CLASSICS'
CONCERT**

The next Sedbergh Orchestra Concert differs from the previous ones in various respects. The first thing to note is that it will be taking place on a Sunday, not on a Thursday as has been the custom. You will see elsewhere in *Lookaround* that St Andrew's Church is currently having internal alterations to make it more user-friendly for concerts and in particular in readiness for the forthcoming Sedbergh Festival in June. This means that our concert, planned for Thursday March 1st, cannot be in the Church, although we shall still be able to have our regular Thursday rehearsals as usual in the Church room. Fortunately, the Thornely Studio, adjacent to Guldrey Lodge, is able to accommodate the concert, but on Sunday, March 4th instead and so we shall have our 'Springtime Classics' concert there on that date.

There is a freshness about truly Classical music which seems to be particularly appropriate for Springtime. This is the first occasion when all the music we shall be performing is from the Classical era. The composers represented are Austrian and their lives spanned the years from 1732 to 1837. The programme starts with Mozart's Overture to the opera 'Cosi fan Tutte'. (The whole opera is being performed soon at The Theatre by the Lake and a Pepperpot group is going to see it on February 28th). Next will be the

Trumpet Concerto by Johann Nepomuk Hummel. In this, our conductor, Peter Crompton, will be the soloist and, in true classical style, he will direct the orchestra from the trumpet - a new experience for us. Hummel was a good friend and an almost exact contemporary of Beethoven. Although he is rather overshadowed by Beethoven, his concerto is a fine work which is very jolly and well worth playing - and hearing!

Unusually, there are two soloists in this programme. Rebekah Hendrickse, a 'graduate' of the primary-age Pepperpot Music Makers orchestra and more recently a student at Settlebeck High School, is now in the sixth form at Queen Katherine School, Kendal. She will play the beautiful Andante in C for flute and orchestra by Mozart.

Lastly comes Symphony no.101 by Haydn. This has a nickname, like so many of Haydn's 106 symphonies. Written towards the end of his life, when Haydn was in London, it is called 'The Clock' because of the repeated 'tick-tock' which is a feature of the second movement.

The concert is very reasonably priced at £6 and those aged 18 and under come free. Tickets can be bought or reserved in advance by phoning 015396 21196 or emailing yantethera@gmail.com. Otherwise tickets will be available at the door on the night.

We look forward to seeing you at The Thornely on March 4th!

Shirley Smith

PEOPLE'S HALL

Redevelopment News

In September we reported in Lookaround that the Fundraising Sub Committee had been able to raise £50,000 for the sports changing facilities. Since then we have been reviewing our ambitious plans.

We do not seem to have any great expectations of obtaining major lottery funding or any other significant monies until the Olympics have come and gone. And the economic climate is obviously not good. So the Planning Sub Committee has been looking at other (cheaper) redevelopment options.

In November we reported in Lookaround that we were drawing up

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plans for the refurbishment of the changing rooms. We found that the current size of the building is too small to achieve modern sporting standards for two sets of sports changing rooms. This gave us the lower cost idea to expand the lower level footprint towards the road by 25 feet or so. Once this was suggested we decided there was space on top of this lower extension to place a brand new ladies and gents' toilet facility at the main hall level. The entry to the back of the hall would then be through a spacious lobby area and the toilets would be accessible from the main hall.

So what goes around comes around. This is where it all started five years ago – new and improved toilets!

So how to fund this?

The Fund Raising Sub Committee has recently been able to secure matched funding from the Bradbury Trust of up to £150,000. The rub is the "matched" part. Even some of the sports funding, mentioned above, is matched funding. We do have some monies in our redevelopment account

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raised from the small and larger fundraising efforts already made by us all over the past few years, but not enough. And of course we will start more fundraising activities. The Parish Council have also offered support. Watch this space.

Holly and Ivy event

The "Holly and Ivy" event held on 9 December 2011 was poorly attended (not helped by the weather and illnesses), but very enjoyable for those who did attend. We made a small profit of £38.80. This event was intended to be a social event, rather than a fund raiser and thus achieved this end. Thanks to all who helped, especially to those who made the hall so attractive.

People's Hall Dance

The dance on 10 December 2011 was very successful with a good attendance of about 84 people. Kenny Bell excelled himself. A useful profit of over £400 was made. Many thanks go to all who helped, especially Imogen Hutt and Dorothy Calkeld.

DATES FOR YOUR DIARY

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Tyme Dance:- Music by Roe Valley

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SEDBERGH & DISTRICT COMMUNITY FUND

The next meeting of the committee to consider applications to the Fund will be at the end of February, and the deadline for receipt of applications at Sedbergh and District Community Office, 72a Main Street, Sedbergh LA10 5AD is Monday 20 February. The Fund is open to applications from any properly-constituted local organisation, not just charities, but is not open to applications from individuals. To get a copy of the criteria and application form, please drop in to the Community Office, write in, email office@sedbergh.org.uk or phone 20504.

*Andi Chapple
(Secretary to the Fund)*

YORKSHIRE DALES NATIONAL PARK

Sedbergh building sale welcomed

Development plans for Sedbergh were given a boost on December 13th after Members of the Yorkshire Dales National Park Authority (YDNPA) decided a vital town centre building should be sold to the community.

The Authority voted to accept an £80,000 offer from a local consortium for 72 Main Street, which houses a community office, information centre, the local History Society archive and other facilities.

Local community leaders told the Authority that buying the town centre property was an integral part of the Sedbergh Townscape Initiative (STI) as it would 'unlock' opportunities to obtain funding.

The Authority decided to sell the building and the open space next to it after its budget was cut in the Government Spending Review, forcing a raft of savings including redundancies.

Originally the Sedbergh and District Community and Heritage Trust wanted to buy the property but could only to raise £30,000.

The situation prompted a world-wide response, according to the Authority's Chief Executive, David Butterworth.

"Obviously we were acutely aware that the proposed sale on the open market caused some concern among some groups and organisations in the town" he said.

"However, we did everything we could to help the Trust raise sufficient

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cash to buy it – giving it first option on the purchase for 12 months, and then delaying the sale to give it even more time to raise the money.

"There has been a diverse response to the sale proposal, with letters coming in from as far away as Australia and France, and the Members' decision today clearly shows we have listened to what people have said.

"We had budgeted for a £130,000 income from the sale of the property so we will obviously have a £50,000 shortfall that we will have to make up with savings elsewhere."

The building has been bought by the White Knight Group – a local

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consortium that has undertaken to sell it on to the local community when funding can be obtained.

Authority chairman Carl Lis said: "I am very pleased that the building will be going back to the community, allowing the town centre development to go ahead.

"Despite some erroneous and unjustified comments about the Authority by a few individuals – who have used this matter as an opportunity to attack us – I really must praise the majority of respondents who have really impressed me how positively they have engaged with us in trying to find a mutually beneficial solution to this

matter.

"We really have tried to do everything we can to help. The Authority always tries to carry out its work in a way that will assist the economic and social well being of local communities and I'm glad that the sale has seen a satisfactory outcome for everyone concerned."

(Congratulations to all those involved for an excellent result for the town. Ed)

CHRISTIAN WOMEN'S GROUP

Aglow International

Aglow began in 1967 with four women in America who expressed a desire to meet together as Christians without denominational boundaries.

The meeting drew more than 100 women and it didn't take long for women who attended that first meeting to invite their neighbours and friends to other gatherings. As the word spread, new groups began springing up around Washington State and within months, groups formed in other states.

Today, Aglow spans the globe! And it continues to reach out to women of every creed, colour, and culture, and, through women, to families worldwide. Over 4,600 Aglow groups meet worldwide, about 68% of them are outside the U.S.

The Kirkby Lonsdale Group meets in the Institute at 7pm for supper and a talk once a month on the first Tuesday. If you are interested in attending or require any further information, ring Margaret on 015242 71062.



SEDBERGH SPRING SHOW

Saturday 31st March 2012

Sedbergh's 16th Spring Show takes place on the last Saturday in March, and we are hoping for a bumper entry this year.

If you did not have a chance to browse through the schedule printed in the last edition, don't despair, look out for full schedules and application forms, which will be readily available from Sedbergh shops from the beginning of February.

There are classes to appeal to all, from beading to bread making, floral art to flapjacks and painting to pies. All ages are catered for so what are you waiting for? – Get creative.

Further information from: Margaret Milburn – Chairman Tel. 20610 or Linda Hopkins – Secretary Tel. 21455.

Linda Hopkins



CUMBRIA IN BLOOM

Now we are at the start of a new year our very small team is looking for more volunteers.

You do not have to commit yourself to spend many many hours gardening, weeding, sweeping etc., etc., it is just as and when you can lend a hand. You do not have to be a gardener, just someone who is willing to meet now and then to keep the flower beds/tubs looking at their best. We are a small friendly bunch who try and make light work of the gardening and make it more like a social gathering with a bit of gardening thrown in.

If we were able to gather enough volunteers we may just think about entering the Cumbria in Bloom competition. (I did not say we would - we just might think about entering)

Please give it some thought and if you would like to join us either give me a ring on 20807 (Dorothy Blair) or 20815 (Janet Benson)

ZUMBA GOLD

Tuesday's 5:15-5:45pm - The lower impact version of Zumba fitness. This class is suitable for the active older adult, people who are new to exercise and women who are returning to fitness after having a baby. Do you want fitness as a regular part of your weekly schedule? Then Zumba Gold is the perfect fit it's a Latin based dance fitness class that feels friendly and, most of all, FUN!

HOME GROWN MARKET

If you produce something you make at home, or grow in your garden, ie Jewellery, Soap, Bread, Jam, Crafts ie Cards, decorations, or flowers and or veg and you would be interested in having a stall at an indoor Market in the Memorial Hall in Dent from time to time, would you please contact Sarah and John Woof on 25212 as soon as possible.

This is NOT for commercial enterprises or people who already have an outlet for what they produce, it is for the folks who make things at home/grow things at home and at present have no means of selling them. Once we know the level of interest we can sort out the finer details and the dates but are thinking of a Saturday monthly from April and seeing how it goes. We want to enhance village life and not do anything detrimental to it through this. Please also contact us if you have concerns over this idea.

Sarah Woof

1st SEDBERGH SCOUTS

We would like to say a big thank you to everyone who used the Scouts Christmas Post service in 2011. Over the three week period we delivered nearly 1,300 cards and made just over £260 for Scout funds – money which will help to finance the programme of activities planned for this year.

A special thanks to the Green Door, Premier Stores, Morphet's Garage, Sedbergh Office Services and the Community Office for accommodating

the post boxes and to all the Scout families and supporters who undertook to deliver cards in very wet conditions and at such a busy time of year.

David Lomax

SEDBERGH SWIMMING CLUB

The Session Times for the Club at the Pool are as follows:-

Junior Lessons: 6:30 on Tuesday and Thursday.

Adult Recreational: Tuesday 8.00 - 8.30 and Thursday 7.30 - 8.30

All Ages: Saturday 10.00 - 11.00.

EDITORIAL

By now, you would have read the Personals on Page 5 and noticed that there was not one Message for a Loved one for Valentines Day. Have we lost that loving feeling? I did put in a reminder in December. Maybe the Christmas Spirit is still with us!!

Just after Christmas, we had some atrocious windy weather and during that time, the Lookaround sign which hung outside the Office went missing. If you find it, it would be appreciated by being returned.

Thank you for all the Christmas Cards and Greetings that we received at Lookaround. Two special ones were from Zdenka, the Twin Town liaison and Mag. Boris Podvrnik, the Mayor of Zrece in Slovenia.

As usual, we have a mass of entertainment and events lined up for the whole year, just a reminder to let me have the Dates for the Diary, especially the ones in Dent.

Best wishes to you all.

Dennis J Whicker

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NOVEMBER WEATHER

December weather: I thought it was time to start building an ark! The rain continued to fall in buckets full ending with a total for the month of 11.5 inches!! On only 3 days did the rain gauge not record any precipitation and I reckon it was frozen up! This made the annual total 69.37 inches!! Of this total 44.9 inches had fallen between August and December! Everyday the maximum gust was in double figures with a high of 31.3 mph and all but 2 days were from the North West. The first half of the month had very low atmospheric pressure reflecting the winds. Temperatures varied with the maximum for the month being on both Christmas Day and Boxing Day at 51.4F!! On only 6 nights did the minima fall below freezing with a low of 24.3F.

Everywhere was a sea of mud. Livestock had difficulty keeping clean even after they had been cleaned out. Bulbs are well sprouted and several shrubs were showing signs of green, the viburnum was flowering. Rabbits

are still plentiful around the garden and field and no sign of myxomatosis. Both fox and badger are regular visitors. The regular visitors at the feeding station have been joined by a family of long tailed tits.

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NEIGHBOURHOOD FORUM

The next Neighbourhood Forum to be held on 1 March 2012 at Casterton Village Hall. From 6.30pm there will be an opportunity to view and comment on plans within South Lakeland for the Appleby Horse Fair 2012, with an opportunity to talk to the agencies involved. The Local Policing Team will also be on hand to discuss any local concerns; these will help to set their priorities for 2012.

The Neighbourhood Forum will start at 7.30pm and is an opportunity for you to get involved in issues affecting your area, and to get information about local services. Tea and coffee refreshments will be served prior to the forum.

Alison Love
Area Engagement Officer

FARFIELD MILL

A Royal Progress

It would have been impossible for those who held a public meeting many years ago, concerning the rescue and restoration of Sedbergh's Victorian woollen mill, to imagine the wild scenes of celebration on Saturday, 19th November 10th as Farfield reached its 10th year as an arts and heritage centre, with many hats thrown in the air and not recovered.

Queen Victoria, accompanied by Mr John Brown, was greeted by hundreds of her subjects, many of whom had travelled to the mill courtesy of Mr James Merchant's Flying Shuttle. Her Majesty was particularly delighted to be present, as Farfield had first opened in the year of her Jubilee and had woven the blankets for her horses ever since. Assisted by her Member of Parliament, Mr Timothy Farron, she cut the celebratory cake, designed by three pastry cooks from Kendal College, and spoke movingly of Farfield's role in the current Depression, remaining as one of Sedbergh's major employers, though, as our picture illustrates, admonishing two unfortunate children who had left the cleaning of the wheel-pit to join the celebration. 'We are not amused'.

Queen Victoria and Mr Brown talk to three of their subjects & MP Tim Farron.

Moving on, Her Majesty enjoyed a glass of mulled wine and mince pie and was regaled by Master Singer David Burbidge and his choir, with

beautiful and melodic songs from Europe. After visiting the exhibition of birthday cards painted by many local children she attended a performance by Spellbound Players, particularly admiring the performance of Mr Graham Dalton, the mill owner, in a stirring scene where he berates the workers for their laziness and failing to wash twice weekly.

At the conclusion of her visit Her Majesty was invited to choose a gift from the unique, hand made treasures on display. It was with some surprise to the watching multitude that she selected a small linen cloth, printed with the Rules of the Mill. Fearing that was too cheap a gift Mr David McDowell, weaver, sprang from the crowd, knelt and presented Her Majesty with a beautiful hand-woven blanket, which he had produced on the original Dobcross looms. Touched by his gesture, she graciously accepted his gift. A fitting end to a most splendid occasion.

Royal Lookaround Correspondent



BUS TIMETABLE

Please note that a new Bus Timetable is now in operation and effective from this month and appears on Page 94.

**SEDBERGH WANDERERS
FOOTBALL CLUB**

On Saturday 17th December, we held our final event of 2011 in the form of a Christmas themed fancy dress disco. As has been standard for all our disco's recently, there was a brilliant turnout with about 130 people in the hall, many of whom were dressed up in costumes ranging from Christmas presents to Jesus via an inflatable Turkey, shepherds, elves and of course, Santa Claus. The winner of the best dressed competition was Ben Maunder who had dressed up fantastically as a Christmas Cracker. Ben won a bottle of wine from the bar and no doubt the respect of his fellow party goers! The whole evening was enjoyed in good spirits with many beginning to wind down ready for the Christmas holidays and there was a great atmosphere in the hall. It really is satisfying for us as a club knowing we are contributing to people's enjoyment by putting these events on. They cannot be so successful though without the support from the locals so, again, we would like to offer our thanks to everyone for this continued support, we cannot stress how much we appreciate it. One point worth making just for clarification is the age policy. 16 and 17 year olds **are** allowed in to the discos but obviously cannot drink anything alcoholic. We use a wristband system so bar staff can identify those over 18 and those under 18. There was some confusion at this event with a few 16 and 17 year olds not coming after

thinking they would not get in. So another event is out the way and some more much needed funds have been raised but what next? Well, after its success last year, we are pleased to announce that we will be holding Ladies Night again. This will take place on Saturday 7th April 2012 in Queens Hall and tickets should be available by the time you are reading this. Please see our advert on Page 60 for more information. We are also in the early stages of planning our big 'fun day' which will take place sometime next summer, dates are yet to be confirmed. This will consist of a day of fun and games on the field with stalls and entertainment for the whole family as well as a barbecue and bar. The day will finish off with a live band in the hall in the evening followed by a disco. There will be more information on this over the coming months. 2011 has been a good year for the clubs entertainment arm with 2 new events in the form of the Ladies night and the wine and savouries night. These are now likely to be regular fixtures in our events calendar as they were both successful and offered up something a little different. We head into 2012 with fresh enthusiasm and lots of new ideas floating around in our heads so we hope to be able to continue putting on top notch shindigs for your entertainment and we hope to continue seeing you all enjoying yourselves at one of these do's in the very near future.

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

**DENTDALE
CHRISTIAN FELLOWSHIP**

We met in early December so as not to clash with any Carol services, and Chrissie Cooke led us through a meditation prepared by her mum, Heidi who was ill and could not be with us. Then we sang carols before sharing supper together. This year we will be gathering on the 4th Sunday evening of each month at 7pm and would love to see you. Nobody will ask you any questions or wonder why you have come, we expect nothing from you, will not want to "sign you up to anything" so why not come along and join with us? You will find us welcoming and quite normal, whatever normal is!

Perhaps someone to talk to would be a help to you, or to know someone is praying for you would encourage you, just get in touch, all in confidence of course. We will be having people to speak to us and it will be about what God is doing in their lives but this can be very interesting, sometimes we sing other times we just relax and listen to worship songs, really no pressure to "do" anything except rest in the presence of God. Sometimes events like this, and the Cafe Church you may have heard about are good "stepping stones" for people who want to learn a bit more about God or who think "there's maybe something in it after all, all this God stuff". Friendly and informal. And free. Sarah & John Woof. "Rhumes", Laning, Dent, LA10 5QJ

Sarah Woof

FRIENDS OF DENT

Promise Auction

The annual Promise Auction held by the Friends of Dent has once again shattered all expectations by raising a staggering £5072 for Dent C of E primary school. The committee would like to express their thanks to all who gave promises, The George and Dragon (who kindly provided the venue and a delicious buffet), David Hunter (auctioneer) and all the people who bid on the night.

Laura Mottershead



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Howgill Lane, Sedbergh LA10 5DQ

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Sedbergh Office Services ☎ 015396 20788
www.peopleshall.org

LADIES N F. U.

The Christmas meal at the Red Lion was on Tuesday January 18th, when twenty eight members enjoyed a delicious meal served by Carol, Jonathan and staff.

A letter was read out inviting members to Carnforth Ladies Charity Night in March.

The February meeting is on Tuesday 21st with Vicky Cowburn, Project Linus U. K. Any new members are always welcome.

PARKING ON MARKET PLACE

Information has been received at the Lookaround Office that Fixed Penalty Tickets are being issued for cars parked by the Lych Gate of St Andrew's Church.

This has always been a parking area and it would interesting to know what the Offence is and why it is an offence now but never before. If it is not a parking area now, there is nothing to indicate this. In fact, the markings for the whole area are in such a poor state of maintenance that any Tickets issued for the area would be invalid.

There is no footpath in there so it cannot be an obstruction to pedestrians. There are no Double Yellow Lines there so that is not it and if it is an offence to obstruct the area, then the Market Stall Holder must be issued with the same Fixed Penalty for displaying his wares there every Wednesday.

D J Whicker

DENT PRE-SCHOOL

Christmas Fair

On December 4th the Dent Preschool Committee held a Christmas fair at the Memorial Hall. There was a tremendous turnout for the homemade produce and wreaths and whilst adults drank their mulled wine the children had lots of games to keep them entertained, whilst they eagerly awaited the arrival of Father Christmas. The raffle held some very generous offerings and there was a good variety of gifts on sale for those Christmas shopping. Thank you

everyone who came to support the evening and of course to the committee members for all of the effort that went into creating this extremely successful event which managed to raise a whopping £2677 for the preschool funds.

Laura Mottershead

FLICKS IN THE DENT FELLS

As you will see in the advert in this Lookaround, the Memorial Hall Trustees are arranging another Dentdale Flicks In The Fells on Saturday 25th February in the evening. "Made In Dagenham" is the film this time, by popular request.

There will be refreshments of various kinds and a raffle, doors open 7pm for prompt 7.30pm start. Those people who have expressed an interest in helping on these nights are asked to please contact Sarah Woof asap on 25212. Do come to the film and bring others, these evenings are very pleasant and on your doorstep!

Sarah Woof

CAFÉ CHURCH

Café Church will take place at Duo Café, Bar & Bistro on 12th February 2012, from 7.30pm.

They will be informal evenings with a short talk and some quality music. These events will be hosted by a group of local Christians associated with Carnforth Free Methodist Church, aiming to offer encouragement, hope and support to the community. Everyone welcome.

For more info, contact Andy and Tina Woof on 01524 730259.

GARSDALE CAROL SINGING

Despite a variation of weather from howling gales to shooting stars, we managed to complete three nights Carol Singing.

I would like to thank all those who supported us and gave so generously. Also thank you to those who left their warm homes and braved the weather - without you there would be no Carol Singing. Last, but by no means least thanks go to 'Auntie Agnes' for once again providing us with a warm kitchen and welcome refreshments!

The final total raised for Action for Children amounted to £355. Thank you all, and may I wish you a very Happy, Healthy and Peaceful 2012.

Mary Airey

DIAMOND JUBILEE MUSIC FESTIVAL

This year's Music Festival, 3 – 17 June, will celebrate Her Majesty's Diamond Jubilee with an exciting programme ranging from Tasmin Little, the world renowned violinist, who will perform her solo repertoire "The Naked Violin" to the Cottontown Chorus, winners of the Gold medal at the British Association of Barbershop Singers four times in the last six years, who will also be joined by Eu4ia, a ladies' barbershop quartet. Many locally based musicians who have performed in earlier Festivals will be returning and our own Town Band and Orchestra also feature in the programme. Young musicians will include our own Peppercorn concert, students from Chetham's who have

featured in every Festival and Tahira Osborne, an outstandingly talented soprano currently studying at the Royal Academy of Music and holder of the Kathleen Ferrier Society Bursary. The climax of the Festival will be a performance of Mozart's Requiem conducted by Jeremy Jackman, for ten years counter-tenor with The King's singers and now Director of the English Baroque Choir. I hope this has whetted your appetites. The complete programme is on the Town website. Festival brochures will be circulated in early April.

Tony Reed Screen

PHOTOGRAPHY EXHIBITION

in Duo Café

Duo Café in Main Street is known not only for its fine food and refreshments but also for its regularly-changing programme of small-scale art exhibitions. Having recently shown the images which appeared in the Sedbergh 2012 calendar, the café's new mid-winter exhibition is now on show and features a selection of Black & White framed photographs of the people, landscapes and seascapes of the Scottish islands.

The images are by Briggflatts resident John Rice and are taken from his book *The Dream of Night Fishers: Poems & Photographs of the Scottish Islands* published by Scottish Cultural Press. The photographs include views of Orkney, South Uist, Mingulay and the Isle of Barra as well as portraits of the fishermen and crofters of the Hebrides.

John Rice

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72 MAIN STREET

Just in case you have been holidaying on the moon for the last two months we should start by saying that in mid December the Yorkshire Dales National Park agreed to sell 72, Main Street (the Tourist Information Centre and Community Office) and the adjacent open space to the Sedbergh White Knights for £80,000. The sale is expected to be completed by 31 March this year.

The Sedbergh and District Community and Heritage Trust is now planning a programme to raise the money to purchase the building from the White Knights. It has four years to raise the money but intends to work hard to complete the deal as quickly as possible, and would welcome suggestions and involvement from members of the local community, businesses and local organisations.

The campaign will be formally launched in March. We are putting a carefully planned fundraising strategy in place for a successful launch including such minor details as the creation of a separate bank account and design of a gift aid form.

In the meantime I hope you will join with us in thanking the White Knights for saving this building for the community and be as excited as we are about the potential 72 Main Street offers as a community information, activity and development centre.

*Trustees of the Sedbergh and District
Community and Heritage Trust.*

COMMUNITY OFFICER REPORT

There have been 2 reported burglaries to properties in the Sedbergh area over the last month please report anything suspicious to the Police on the new non-emergency number 101.

There has been a number of reports of thefts of diesel in the South Lakes area. Again please report any suspicious vehicles or behaviour to the Police on 101.

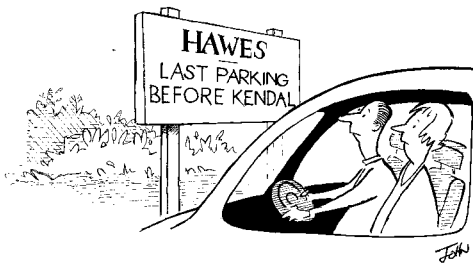
CSO 5245 Thomas will be leaving us from the end of January after 4 years as a CSO working in the Milnthorpe area before moving to Kirkby Lonsdale and Sedbergh.

Please feel free to contact me on 101 or email me on karen.dakin@cumbria.police.uk.Or alternatively you can speak to me during my regular drop in surgery at Sedbergh Library at the new time and date of the 3rd Saturday of each month between 10:00 – 12:30 or the first Saturday of the month between 10:00 and 12:00 at Dent stores. We are also at Gladstone house every other Friday from 13:00.

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

CSO 5206 Karen Dakin

Regular Events/Meetings		
1900 4th Sunday	Dentdale	
1000 Every Monday	Free Entry to Locals	FM
1000 Every Monday	Wild Goose Qigong	URCR
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
0930 Every Tuesday term time only	Casterton Baby and toddler Group	CS
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
1430 1st Wednesday	Cream Tea	Bull
1930 1st & 3rd Wednesday	History Society	SHS
1915 2nd Wednesday	Dentdale WI	DMH
1930 2nd Wednesday	Sedbergh 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



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

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	564B	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	564B	A8
1545	1620	M - S	564	KLC	1610 (C)	1640	M - F	564	W
1827 (C)	1904	M - S	564	KLC	1625 (C)	1658	M - S	564	KLC
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				
1330	1425	Wed	564B	W	0950	1015 (L)	Wed	564B	W
0940	1009 (DS)	Sat	564B	A8	1020 (DS)	1050 (L)	Sat	564B	A8
1500	1530 (DS)	Sat	564B	A8	1545 (DS)	1615 (L)	Sat	564B	A8
Last Update: February 2012									

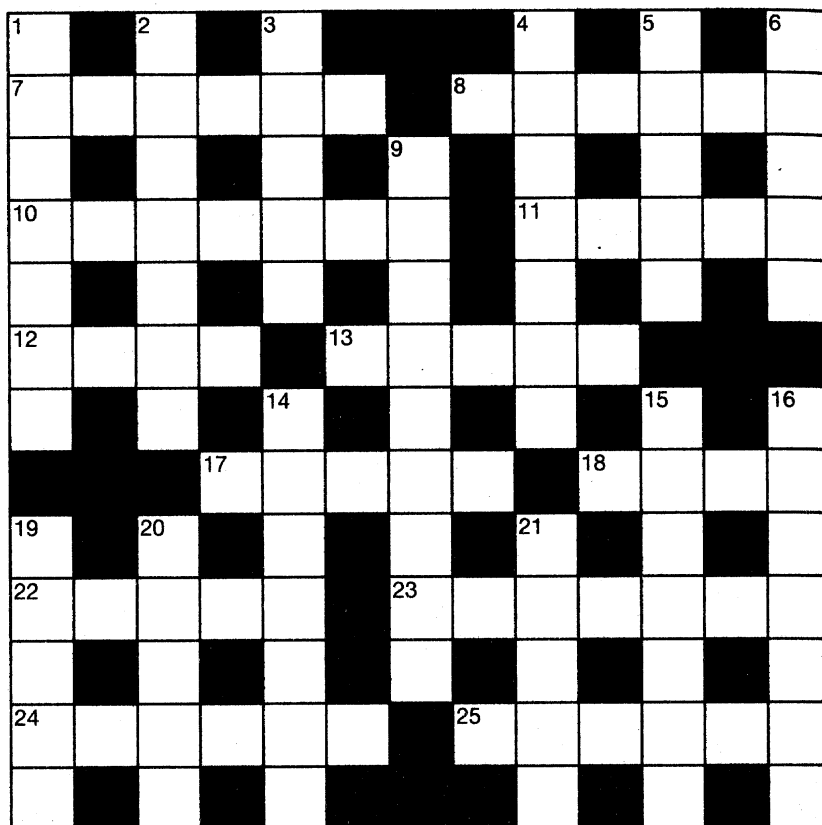
L = Sedbergh Library
 C = Via Kendal College
 H = Via Westmorland General Hospital
 DS = Dent Station

W = Woof's of Sedbergh
 KLC = Kirkby Lonsdale Coach Hire
 A8 = Apollo 8

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

All times from Sedbergh are from and to
 Thorns Bank unless stated (L)

For Comprehensive up-to-date information ring :-
 Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)



ACROSS

- 7 Emblem (6)
- 8 Slip away (6)
- 10 Landlady (7)
- 11 Yearn for (5)
- 12 Animal of the cat family (4)
- 13 Sheltered place (5)
- 17 Keep score (5)
- 18 Elizabethan collar (4)
- 22 Dish (5)
- 23 Crush (7)
- 24 Seasoned stew (6)
- 25 Picture made from stones (6)

DOWN

- 1 Road surfacing material (7)
- 2 Funny (7)
- 3 Group of witches (5)
- 4 Defame (7)
- 5 Javelin (5)
- 6 High body temperature (5)
- 9 Set up (9)
- 14 Prudent (7)
- 15 Digit (7)
- 16 Transgression (7)
- 19 Steeple (5)
- 20 Bitter (5)
- 21 Japanese bed (5)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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
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

CAMPING, CARAVANNING & SELF-CATERING

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	Crossthaite, Garsdale, Sedbergh (2011/06) <i>Sleeps 6/7; D, F, T, CH, TVL, P, NS, DW, DR, CW</i>	07900 531043
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2011/11) <i>Self-Catering Sleeps 6-8</i>	20360

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

~~~~~  
**DENTDALE**

**CHRISTIAN FELLOWSHIP**

Rhumes, Dent LA10 5QJ  
Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

*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@peopleshall**

10:30 am Sunday 6 November

10:30 am Sunday 11 December

**Beth & Sandy Roy Tel: 20785**

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CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00

Wednesday 19.30

Rev. G Jones Tel: 01539 722079

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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
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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.

COVER PICTURE

Barbondale

By Henry Sowerby

11 1915	WID Gardening - C & P	DMH	12 1200	Lunch Club	Red Lion
11 1930	WIS Recording Oral History	PH	16 1900	Chamber of Trade	L
12 1200	Lunch Club	Red Lion	18 1000	Coffee Morning - TBA	URCR
16	SHS Term Starts		19	SHS Term Ends	
18 1000	Coffee Morning - TBA	URCR	25 1000	Coffee Morning - TBA	URCR
23	St George's Day		AUGUST		
25 1000	Coffee Morning - GVH	URCR	1 1000	Coffee Morning - Howgill Church	URCR
MAY			1 1430	Cream Tea Afternoon	Bull
1 1900	CWG Pat Wright	KLI	8 1000	Coffee Morning - GVH	URCR
2 1000	Coffee Morning - TBA	URCR	8 1915	WID Open Meeting + Jacobs Join	DMH
2 1430	Cream Tea Afternoon	Bull	8 1930	WIS Making Marzipan Fruits	PH
7	May Bank Holiday		9 1200	Lunch Club	Red Lion
8 1400	WIK Taste .n. Try	PH	15 1000	Coffee Morning - NW Cancer	URCR
9 1000	Coffee Morning - TBA	URCR	22 1000	Coffee Morning - Beekeepers	URCR
9 1915	WID Resolutions	DMH	DIARY KEY		
9 1930	WIS Resolutions & Jacobs Join	PH	BF	= Brigflatts	
10 1200	Lunch Club	Red Lion	BVH	= Barbon Village Hall	
12 1000	Christian Aid Week	URCR	CDC	= Community Development Centre	
12 1230	Sedbergh Gala	Lupton Field	CO	= Community Office, Main Street	
14 1000	Christian Aid Week	URCR	CTiS	= Churches Together in Sedbergh	
15 1000	Christian Aid Week	URCR	CVH	= Casterton Village Hall	
16 1000	Coffee Morning - Christian Aid	URCR	CWG	= Christian Women's Group	
17 1000	Christian Aid Week	URCR	CWT	= Cumbria Wildlife Trust	
21 1900	Chamber of Trade	L	DCMH	= Dales Countryside Museum, Hawes	
23 1000	Coffee Morning - TBA	URCR	DCP	= Dent Car Park	
29 1900	CWG Jim & Cynthia Wilkinson	KLI	DMH	= Dent Memorial Hall	
30 1000	Coffee Morning - WIK	URCR	DMC/S	= Dent Methodist Chapel/Schoolroom	
JUNE			FCH	= Firbank Church Hall	
1	SHS Half Term Starts		FM	= Fairfield Mill	
3 - 17	Diamond Jubilee Music Festival	Sedbergh	GSC	= Garsdale Street Chapel	
4	Spring Bank Holiday		GVH	= Garsdale Village Hall	
5	Queen's Diamond Jubilee		HS	= History Society	
6 1000	Coffee Morning - WIH	URCR	HVH	= Howgill Village Hall	
6 1430	Cream Tea Afternoon	Bull	JLCP	= Joss Lane Car Park	
12	SHS Half Term Ends		KLI	= Kirkby Lonsdale Institute	
12 1400	WIK St Helena, Remote Atlantic Island	PH	KVH	= Killington Village Hall	
13 1000	Coffee Morning - TBA	URCR	L	= Library, Main Street	
13 1915	WID The Meaning of Surnames	DMH	LHCP	= Loftus Hill Car Park	
13	WIS Mystery Outing	???	PH	= People's Hall	
14 1200	Lunch Club	Red Lion	SHS	= Settlebeck High School	
14 2000	Pepperpot Concert	StAS	SLSB	= South Lakeland Society for the Blind	
20 1000	WIS Coffee Morning	URCR	SMC(R)	= Sed. Methodist Church (Room)	
17	Father's Day		StAS/D	= St Andrew's Church, Sedbergh/Dent	
23 2000	Olde Tyme Dance	PH	SSTS	= Sedbergh School Thornley Studio	
27 1000	Coffee Morning - Garsdale Church	URCR	STO	= Sedbergh Tourist Office, Main Street	
JULY			URC(R)	= United Reformed Church (Rooms)	
4 1000	Coffee Morning - URC	URCR	WHC	= White Hart Club	
4 1430	Cream Tea Afternoon	Bull	WIB	= Women's Institute, Barbon	
10 1400	WIK Tea Party	PH	WID	= Women's Institute, Dentdale	
11 1000	Coffee Morning - Royal British Legion	URCR	WIH	= Women's Institute, Howgill	
11	TBA WID Summer Outing	TBA	WIK	= Women's Institute, Killington	
11 1930	WIS It Shouldn't happen to a Nurse	PH	WIS	= Women's Institute, Sedbergh	

PUBLIC INFORMATION

Sedbergh Medical Practice

015396 20218

015396 20239 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.30am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Dent surgery by appointment only - Monday

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 & Mr B Houghton

Monday to Thursday 0900 - 1700

Friday 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