

Sedbergh & District

LOOKAROUND

March 2012

Issue 297

Donation £1

By the time you read this 'small' edition of Lookaround, we would have experienced many types of weather BUT Spring is just around the corner.

With the warmer weather comes walks in our beautiful area so please

remember the Country Code and keep all dogs on leads, especially near livestock, take your litter home and leave gates and farm boundaries as you find them.

Dennis & Jacky Whicker

16th SEDBERGH

SPRING SHOW

Saturday 31st March

People's Hall

Doors open 1-00 pm

1:15pm Official opening By John and Ada Beck

2:00pm Town Band plays

4:00pm Presentation of Prizes

Afternoon teas and refreshments

Entry-£1. Children free.

Schedules & Entry Forms in many shops.

Last date for your entries – March 24th.

**SEDBERGH'S OWN SHOW
FOR THE TOWN AND THE LOCAL COMMUNITY**



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

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

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

Table of Contents

Advertising Rates	77	Diamond Jubilee Queen Victoria	53
Bed & Breakfast	76	Diamond Jubilee Dent	66
Bus Time Table	71	Diamond Jubilee Sedbergh	66
Cartoon	74	Family Musings	7
Crossword	75	Gala Group	68
Groups	72	Gardening	56
Places of Interest	-	History Society Railway Navvies	14
Religious Services	77	History Society Stone Circles	44
Regular Meetings	74	Howgill Elephants	68
Sudoku	74	Kidzone Orphanage	70
72 Main Street	57	Letter to Tim Farron MP	50
Acupuncture Week	46	News from the Pews	51
Art Society	31	Parish Council Dent	20
Bookworm	17	Pandacol Dogs	54
Bowling	64	People's Hall AGM	68
Christian Aid	65	Piano Music Recital	58
Churches Together	64	Rose Theatre	37
Community Development Centre	55	Slovenia Trip	52
Community Office	67	Sports Evening	66
Community Officer Report	70	Stop Press	69
Coppicing	32	Thandi	40
Councillor Corner	12	Tim Farron MP	48
Councillors Corner	8	Township Project	18
Crook Cairn	69	Tractor Pull	68
Cumbria in Bloom	69	Weather	63
CWT Penguins and Polar Bears	60	WI Dentdale	28
CWT Red Kites	34	WI Howgill	23
Dent Football Club	65	WI Killington	25
Dent Memorial Hall AGM	69	WI Sedbergh	24
Dent Preschool	69	worship@peopleshall	67
Dentdale Christian Fellowship	69	YDNP Photo Competition	38
Dentdale Run	65	Zebras	59
		Zebras Table Top	69

Table of Adverts

Able Memorials	29	June Parker	47
Andrew Alan	12	Kay Whittle	55
Austin Brown Computing	17	Kevin Bateman	14
Brian Goad	14	Kitchen Installations	41
Bull Hotel	27	Malcolm Sedgwick Carpenter	20
Capstick Insurance Agent	52	Mel Cragg	61
CDC	25	Middleton Head	13
Chair	43	Middleton Landscapes	53
Chris Whelan Estate Agent	48	MK Conversions Builders	35
Cobble Country Estate Agent	26	Nicky Ross	56
Coppicing	32	Oliver Higginbotham	33
Cross Keys Hotel	40	Oliver Higginbotham Logs	47
Cumbria Stoves	31	On A Roll	28
Daphne Jackson	59	Other Options	45
Dawsons Coal Yard	42	Paul Hoggarth	70
Duncan Law	54	Paul Winn Electricals	46
Edwin Middleton	64	Pendacol Dog Training	54
Ellison Firewood	57	PH	53
Farfield Mill	18	Philip Horner	64
Garsdale Design	59	Richard Hoggarth	19
Gary Allan	44	Roger Winn	54
Gavin Charlesworth Wood Supplier	22	Sam K	62
George & Dragon	21	Sam Knowles	9
George Baines Builders	37	Sedbergh Office Services	63
Graham Moffat	56	Sedbergh School	60
H&M Craftsmen	6	Sheila Shuttleworth	79
Hay For Sale	6	Stefan Kliszat Decorator	34
Hay for Sale 2	39	Stephenson & Wilson	6
Hayton & Winkley	6	Stephenson Dampproofing	58
Heaps of Fun	50	Stramongate Printers	36
Holme Farm	16	Thai Buffet	10
Home IT Assistance	49	Tilk Wilkinson	28
House to Let	10	Wenningdales 1 Home	51
Ian Higginbotham	7	Wenningdales 2 Heritage	58
Irvings Joinery	67	White Rose	8
John Douglass Mortgages	53	White Rose Cafe	55
Josephine Lade	68	Yvonne Cervetti	57
Julie Noble	51	Zen Cabins	23

MARCH BIRTHDAYS

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

The recipients this month are:-
Alisha Brewer who is 11 years old on 1st March

Jessica Labatte who is 11 years old on 27th March

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



NONAGENARIANS

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

Day	Name	Age
1	Alisha BREWER	11
4	Beatrice DEIGHTON	7
5	Willow ASHWORTH	5
5	Ethan CLARK	9
6	Cameron HORNER	10
7	Melissa HARTLEY	11
8	Tess PRALL	11
9	Aaron CAPSTICK	12
11	Grace CAPSTICK	8
10	Alana WILLIAMSON	7
12	Ruby ALLAN	9
12	Evie STANLEY	4
12	Edward DEIGHTON	5
12	Kate BROOKSBANK	11
13	Isabel JOHNSON	2
13	Emily BAINES	7
13	Sam LABBATE	8
14	Kate THOMPSON	10
17	Freya GARDNER	3
17	Fiona HOGGARTH	4
18	Danny HUNTER	7
20	Holly HAMLETT	5
27	Sophie WHITE	2
27	Zoe COWIN	6
27	Jack GARNETT	6
27	Jessica LABBATE	11
29	Zara GORNALL	3
29	Ellie-Ann STAINTON	3
30	Daisy ALLAN	1
	Nonagenarian & Over	
3	Jack CAMPBELL	97

PERSONAL & SMALL ADS £1

COWARD

Margaret would like to thank relatives and friends for visits, gifts and cards during her stay in RLI and Abbey Rehab, also since she arrived home. All very much appreciated and very sure it aided the recovery.

=====

HODGSON

Thank you to all staff at the Langdale Unit (South) WGH, and family, friends and neighbours for their care and many visits, cards and gifts during my recent stay. Your kindness has been very much appreciated. Ruth.

=====

LONGLANDS

A belated Happy **First Birthday** to Lois Ava-Mae for 7th February 2012. All our love and best wishes from Nan XX, Grumps X & Auntie Rose XX

=====

FOR SALE

Twin solid Pine beds, mattresses, pillows, quilts and covers - as new. £150 ono. Tel: 015396 25592.

=====

FOR SALE

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=====

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=====

WANTED

Animal lover to housesit for the occasional week or two and potentially later in the year for a longer period. Stay, free form bills in our lovely Dales farmhouse and keep our animals company. dawn@redeyoff.com or contact through Sedbergh Office Services.

=====

WANTED

The Dentdale Choir seeks a Musical Director from September. Details from Linda Fawcett 015396 25470 or e-mail linda.fawcett@tiscali.co.uk

=====

THANK YOU

Thank you to blue Star Taxis for finding my step stool which had been mislaid in a car park in Kendal. Georgina Devine.

PERSONAL & SMALL ADS £1

S.L.H. EXCHANGE WANTED

1 or 2 bedroom flat or bungalow in Sedbergh. Exchange for large 2 bedroom ground floor flat in quiet area of Milnthorpe. New kitchen and bathroom, private garden. Tel: Mrs M Mitchell 015396 20174 or Liz 07805 036662.

=====

FOUND

Ladies Watch found at Red Gill Beck near Cautley Spout on 28th December 2011. Please contact the Community Office 015396 20504.

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 015396 20954
 07790 946578

FAMILY MUSINGS

What terrible icy conditions last month, hubby suggested I stay home on that really bad icy Thursday, after all as one family member commented, I had a car accident in the middle of summer on a dry sunny day, better not let me out on the ice! When my employment included helping with support for Young Carers, ie children and young people who cared for their parent or helped care for a sibling or other family member or who didn't have a normal childhood because of a caring situation, it also included trips out to very exciting places like Alton Towers. The trip that made the most impression on me was to that theme park, each adult had 3 youngsters in our care and whatever rides they went on we had to go with them. On paper that sounded fine. In reality it became the most frightening thing I have ever, ever, done!

My "boys" wanted to go on the Log Plume, so did the others, Sam, my "boss" seemed a bit concerned as to would I be ok but of course I didn't know what lay ahead, ignorance really was bliss, so I said oh yes, no problem. Now, I don't like water, am not keen on boats esp small ones and esp' getting in and out, so of we went. Suffice to say I just shut my eyes, hung on for grim death and prayed it would all be over until we passed under the cold shower, which of course I could not see with my eyes closed so it made me jump. We got of that, my legs let me down and I was in a soggy heap on the ground



unsure whether to laugh or cry when they suggested The Runaway Train, Sam assured me this was much more gentle. Perhaps she thought it best or maybe she didn't know any different, we set of very gently with time to see the passing scenery, I began to relax .. it was a false sense of security. Soon we were hurtling along at breakneck speed, first leaning right, then left, then Oh no! Upside down! Sam turned round to see me holding onto the bar with both hands, my head back, eyes shut and mouth formed in a scream. And that was not the end of it .. a very memorable day!

One trip was to Ice Skating but I made sure I was outside the Rink, looking after shoes and coats and bags, now that is a job more suited to me. Visiting one of the Tea Rooms in the Crooklands area last year the waitress looked familiar, yes, one of the young carers of old, and still speaking to me. My own offspring may well feel agrieved as I never went on rides with them, it was Dad or each other, I kept my feet firmly on the ground!

Keep safe. More next month ..

Sarah

COUNCILLORS CORNER

From Cllr Evelyn

This month I have been making arrangements with South Lakeland District Council for a visit to the March Cabinet Meeting for a group of year 11 Settlebeck pupils as part of the Citizenship studies course. All Council and Cabinet meetings are open to the public except when confidential issues are being discussed. There is a public participation item before the start of the official business when members of the public can address the council, make a presentation or deliver a petition. To help the students I am also writing a short guide (one side of A4) on how local democracy works in

Cumbria and how the District Council is organised. If any Lookaround readers would like a copy just contact me.

It is a strange turn of events that just as Sedbergh's new, state-of-the-art, twenty-first century health centre opens its doors that another vital contributor to the health of the town's residents, the Pulse Community Gym, has closed. Over the past five years hundreds of members, ranging from 16 year-olds to fitness fanatics in their eighties have worked out, pounded the treadmills and lifted weights at the building in the Baliol school grounds. But despite months of searching for new premises, nothing suitable has been found and the gym has had to



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close, for the moment anyway. It will be some time before the school is even put on the market: the Secretary of State for education has to agree to the sale and that that could take months. So there is little prospect of the gym continuing its tenancy under a new owner.

The nearest gym facilities are now more than 10 miles away at Kendal or Kirkby Lonsdale. So it is not easy for people in Sedbergh to follow the Government's advice is that adults should do at least 150 minutes a week of moderate-intensity aerobic activity and muscle strengthening activities on two or more days a week. This, we are told, can reduce

the risk of stroke, diabetes and cancer by 30%. But more than that a commitment to regular exercise means people take responsibility for their own health – its all part of the healthy living package of the 5-a-day, limiting alcohol, not smoking and so on. In a town like Sedbergh, where the weather puts a damper on outdoor activities for months at a time, we desperately need an indoor facility where people can take exercise.

Recently I was in a hospital out-patients' department. In the foyer was a large poster promoting the Red for Heart campaign. All around were people, both staff and patients, who

can only be described as pretty large. In front of me in the newsagents a big woman was spending £15 in one go on snacks and chocolate bars. For late breakfasters the coffee shop offered such delights as triple chocolate muffins, double iced Danish pastries and filled baguettes a foot long. Somehow we seem to have got our priorities wrong. If any Lookaround readers know of suitable premises in Sedbergh for a new Pulse Gym please contact Sandra Gold-Wood or me.

From Cllr Ian

I read with interest George Watson's article in last month's edition of the Lookaround. George is a former resident of Sedbergh who now lives in Kendal. His article was a review of those items in the Lookaround which he enjoyed reading and those which he did not. Amongst the latter were those features which he graphically described as "political comments" – droning page after page with their partnerships, initiatives, un-countable committees and meeting after meeting after meeting. I sympathise with him. However I hope that he will

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also sympathise with me when I say that the only thing more boring than reading about meetings can be attending them! That is a price that politicians and those in public life pay for the privilege of serving their local community and sometimes being able to make a difference. I exaggerate of course. Not all meetings are boring. Some are exceptionally interesting and stimulating. For me the meetings which I most enjoy are the SLDC Planning Committee (whose decisions can make a very real difference to peoples' lives for better or for worse), meetings of the Yorkshire Dales National Park Authority which deal a lot with the environment and sustainability in which I have a great interest, meetings of the Sedbergh Townscape Project Board which is working hard to improve the quality of life in the Town, and the Group set up to deal with the issues which arise from the annual Appleby Fair and which has been instrumental in bringing about a radical change to the difficulties which arose prior to 2010. Meetings which don't grab the attention quite so much are meetings of SLDC Full Council which tend to be about confirming decisions which have already been made elsewhere (though there are exceptions – see below), some (but by no means all) Parish Council

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meetings and those meetings where people drone on at length because they appear to have no home to go to!

The SLDC Council meeting on the 18th January was one of those exceptions which proved the rule. There was an extremely lively debate over the Cabinet's decision to introduce evening and late night car parking fees into Council run car parks across the District and to charge the standard rate for this until 10pm. To cut a long story short the Council decided to refer this decision back to Cabinet with a recommendation that from 6pm to 8am there should be a flat rate only fee payable of £1 and that parking permits for this time period be available for the whole of the year at a price of £50. Cabinet subsequently confirmed this decision. So a good example of where a matter fully thrashed out in Council can make a difference.

I mentioned in my last article that the Yorkshire Dales Housing Development Plan (which affects us in Sedbergh & District) was currently undergoing examination by an Inspector. This for the time being is complete and the Inspectors preliminary conclusions came before a meeting of the full Authority on the 14th February. Members were extremely disappointed to learn that the Inspector intending excluding sites earmarked for affordable and local market housing development in Aysgarth, Low Row, Thornton Rust and Muker and Members registered

their disapproval by unanimously passing a motion calling upon the Inspector to think again. In the places I have mentioned there is a strong need for affordable housing and local people have strongly expressed their desire that it be provided. Another case I'm afraid where a regionally or centrally based Planning Inspectorate feels it knows better than local people what is needed in their area. Upper Wensleydale is a world away from DEFRA in Whitehall.....

I do hope that George Watson has not found this article as "missable" as previous ones!

Evelyn and I may be contacted at any time on:

Evelyn Westwood:

e-mail evelyn@markwestwood.co.uk

Tel. 015396 20148

Ian McPherson:

e-mail ianmcperson24@hotmail.com

Tel. 015396 20648

SEDBERGH METHODIST CHURCH

Guild Anniversary Services

Sunday 11th March

10:30 am & 1:30 pm

with Preacher

Mrs Liz Whitfield

from Wray

A warm welcome to everyone

There will be a Jacob's Join
lunch between Services,
to which everyone is invited.

COUNCILLOR CORNER

At the end of January we had a second contentious SLDC meeting, this time about the charging regime for car parks run by the district. Again we split on party lines, the controlling group favouring charging for night time parking. Initially they wanted to charge full rates from 6.00 pm to 10.00 pm and then £1 over night. Eventually they reduced this to £1.00 from 6.00 pm to 8.00 am. They also decided to charge disabled users. Of course, it is easy for an opposition to oppose car park charge increases, but an alternative, doing away with "pay on exit" on Westmorland Shopping Centre car park and reverting to the normal ticketing regime used on every other car park would fully cover the costs of not implementing those two measures.

Once again, I think it shows how right we were in Sedbergh to secure control of our own car parks. In a way we do charge for over night with the higher rate local permit, but I am pleased that at our last meeting of Sedbergh PC we were able to agree unanimously not to implement the new SLDC charges – assuming they pass the budget.

Of course, we still have the issue of the future of Loftus Hill. Sedbergh School has moved a long way since this first became an issue about twelve months ago. We are still having meetings and I hope we will be able to go forward together, school and parish with a proposal which will neither reduce car parking capacity in the centre of town nor inconvenience car park users. As ever there are still

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the issues of financing any changes and securing the car parks for the town for the future – we would not want another generation of parish councillors to face the same problems as us fifteen or twenty years down the line.

After a long period of relative silence there has been some mention of the library service reviews. Our leader, Eddie Martin has made the very fair comment that because the library service is such a small part of the county budget there is no point in making disproportionate savings. Here, I think doing away with the library bus, valued as it was, was the right step and look forward to the new arrangements being made in Dent; potentially a much improved service.

I can well remember in 2001 at the height of foot and mouth disease Tim Collins MP and his staff working night and day to secure animal movement licences for local farmers. Last Wednesday, I had an early start, Penrith Auction Mart at 8.30 am – not as a farmer but as a member of a county council "task and finish" group looking at the county's animal health

service. Animal Movement Licences and other animal health matters are still costing the county £470,000 per annum to administer. This is refunded from the Revenue Support Grant but that income is set to fall rapidly over the next couple of years. We were at Penrith, meeting with invited auction mart staff to hear their views of the service provided by the county, and their thoughts for the future. They made many cogent remarks as to how security could be maintained at much reduced costs and less inconvenience for livestock owners. In the end, it is not surprising that an auctioneer should comment that a healthy auction mart sector is essential for the county's

livestock industry, but as a farmer, and as your representative, I could not agree more.

Thursday 3 May will be Election Day for one third of South Lakeland District councillors, including the seat which I hold. As most of you will be aware I will be standing again, on my record as a local person, working for local people throughout the area. Therefore, because of the rules of election expenses neither I nor my opponents will be writing articles for the next couple of months.

Councillor Kevin Lancaster
015396 20800, 07980 844 695,
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SEDBERGH & DISTRICT
HISTORY SOCIETY
'Railway Navvies of Mallerstang'
As the subtitle to Ian Murray's illustrated talk held at Settlebeck School on 1st February stated, it was 'an attempt to sort myth from reality': as I'm sure the large audience who had assembled would agree by the end of his interesting and informative testament, his attempt had succeeded.

He began by declaring an interest. He himself was the great great nephew of one of the original 'navvies' who had worked on the building of the Mallerstang section of the Settle-Carlisle line during its 6

years of construction in 1870-76; also, he now lived in one of the cottages which formed the original Castle Inn, built in 1870 close to Pendragon Castle and within walking distance of one of the two main camps (on Birkett Fell and at Aisgill) erected to accommodate the bulk of the influx of workers. With such strong geographical and familial ties, including previous generations involved in railways and the local Baptist Church, Mr Murray had been keen to investigate the general reputation of railway navvies as being a lawless breed who wreaked havoc on local communities.

Such a negative picture must have derived in part from the well documented goings-on - including disease, murder and horrific accidents - further down the line in and around the shanty towns which sprang up during the construction of Ribbleshead Viaduct and Blea Moor Tunnel. Mallerstang, too, had its share of tunnels, cuttings, embankments, bridges and viaducts as the line had to be cut on the west flank of the valley at a ruling gradient

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of 1 in 100 from Aisgill summit at 1,169 ft. northwards down towards the Eden valley at Appleby. From the 'evidence' of various books (by Mary Thompson, John Hamilton and Margaret Shepherd among others) the incursion of the navvies ('mostly miners from Ireland and Wales') had had a 'baleful effect' on the dale through incidents of theft, assault, manslaughter, accidents and tragedies. Furthermore, their behaviour was described generally as 'drunk', 'quarrelsome' and 'objectionable'; forcing one local farmer, apparently, to keep his teenage daughter safely indoors for the full 6 years' duration of the line's construction!

As Mr Murray then proceeded to demonstrate, his study of census returns, parish records, the local press and court reports revealed a somewhat different and certainly more positive picture. In the early part

of the 19th century prior to the building of the railway Mallerstang's largely agricultural population had varied between 314 and 204. By 1861 it had increased slightly to 231, but the 1871 census saw it more than double to 586 (representing 36 counties of origin as opposed to 4 previously - but no Welsh and only a couple of Irish) before dropping back to 270 by 1881. This influx had to make do with just two inns and one grocer's shop (at Outhgill). 91 of just over 200 navvies were housed at Birkett Moor, 60 at Aisgill and 62 spread elsewhere among the community, but even in the camp huts each group had its own housekeeper (often a man) and family unit to create some social cohesion. Yet there was, inevitably, some degree of lawlessness: one man from Waitby stole a shovel; after one drunken fight in a field behind the Castle Inn one worker died from his injuries; another

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labourer had his leg crushed by machinery and died; one navvy fell to his death in a cutting at night. A memorial stone in Mallerstang Churchyard commemorates those who lost their lives.

But the longer term consequences were positive. The wages of the farm workers improved in competition with those of the navvies; many 'off-comers' (the largest group having come from Yorkshire) settled in Mallerstang to make the valley more cosmopolitan and outward looking, with resultant agricultural benefits; perhaps surprisingly, the navvies had shown firm religious beliefs (72 out of 106 baptisms 1870-76 were

associated with them), particularly the Baptist Church, laying down a strong infrastructure which is still effective today (viz. the missionary chapel at Nateby).

Thus Ian Murray showed conclusively that, as far as Mallerstang was concerned, the well-managed influx of migrant workers, most of whom were from nearby counties, over that 6-year period of railway building became a long-term force for good: the 'navigators' (originally immigrants brought in for 18th century canal building) had integrated well into that peaceful valley.

Michael Beecroft

BOOKWORM

What I have been reading this month :

The Trinity Six by Charles Cumming (fiction)

Was there a 6th member of the Cambridge spy ring along with Philby etc ? Was there an equivalent grouping at Oxford University ? This compelling spy thriller follows lecturer Dr Sam Gaddis in search of a sellable book theme to solve his financial problems. Clever and authentic there is suspense on every page. Russia and MI6 murder people to hide the secret that Gaddis stumbled across and is on the verge of solving and he is threatened, betrayed and hunted down along the way. A superb read.

Snowdrops by A D Miller (fiction)

A white spring flower or a corpse emerging from the Moscow thaw ? Nick, a late thirties British lawyer, working in 'new' Russia is willingly seduced and conned by Masha who he met on the Metro. This is a vividly drawn and well observed picture of modern Russia - eg corruption, nightclubs and vodka. Nick gets involved with 2 legal deals one at work (an oil development on the North) and one in his personal life (property transaction for an old lady) that seemed Ok ; but they unravel and Nick has to return to the UK. Memorable characters and 'life-in-the-Moscow-winter' details.

RM Bookworm

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TOWNSHIP PROJECT

A further meeting of the Project Board took place on 15 February and was attended by representatives of the Parish Council, Chamber of Trade & Business, the Community Office, the Sedbergh & District Community and Heritage Trust, officers of South Lakeland District Council, the Highway Authority and the Yorkshire Dales National Park Authority together with local Councillors.

The main purpose of the meeting was to review progress to date and to agree on the next steps. A useful discussion took place on a range of matters, including, street and highway signs, possible means of improving pedestrian safety on footways,

various parking issues, and progress on a DEFRA 'Rural Growth Network' grant in relation to the Community Office building.

The meeting also noted the recent English Heritage designations within the town. Both the war memorial and the Victoria Cross are now grade II listed buildings, whilst Queens Gardens has been entered in the Register of Parks & Gardens of Special Historic Interest. The latter is particularly noteworthy as such a designation is uncommon.

The Final Report of the Townscape Project (May 2011) recommended a number of proposals to improve the appearance of the town and to promote business and trade,

farfieldmill



Exhibitions in March

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. Beautiful silk paintings and wall hangings inspired by the lines and forms found in nature.
Sally Bamber & Jo McGrath - The Two of Us. Two Cumbrian artists portray owners and their animals - and the relationship between the two!



Sat & Sun, 10 & 11 March - Two Felting workshops £35/£30 each with leading felt artists Julie Coghlan and Jane Crowe. Saturday - Felt Jewellery for beginners. Sunday - A Felt Beret in a Day in a colour of your choice for beginners/intermediates. 10% OFF for BOTH workshops! 015396 21958 to book your place.

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including a scheme for re-forming the garden area adjacent to 72 Main Street at street level to create a more accessible area for all. This would not only provide an attractive open space but act as a pedestrian 'refuge' and a traffic-free space for community events and possibly market stalls. The proposal is designed to improve the setting of the Community Office and Information Centre and would better integrate Joss Lane car park and Main Street. The scheme would also incorporate improvements to the appearance of the car park by the introduction of some landscaping, screening of the recycling containers, better surfacing, signs and lighting.

However, the scheme is only presented in outline form in the Final Report and, in order to undertake public consultation, a more detailed layout plan and good quality perspective drawings are required. The Project Board therefore, agreed that funding be sought to engage an architect/urban designer for this purpose. It is important that public support is secured before the scheme

progresses to the stage of planning applications and bids for funding to the Heritage Lottery Fund.

In the meantime, the Highway Authority will arrange for the removal of the unsightly 'Restricted Zone' signs and will confirm which other redundant signs and poles may be removed (and others repaired or replaced). The Authority is also looking in detail at possible ways of widening the footway and/or introducing traffic calming in the vicinity of 10 Main Street – a matter that is now urgent with the opening of the new medical centre.

Discussions will also take place with the YDNPA and other interested parties, including the Chamber of Trade & Business, regarding the design and content of a new 'welcome' sign at the entrance to Main Street (replacing the 'Restricted Zone' signs).

Please call at the Community Office if you wish to know more about the work of the Townscape Project or have a look at the Final Report on the Sedbergh Parish Council website www.sedberghparishcouncil.org.uk

DENT PARISH COUNCIL

The February meeting accepted a grant to support the Saturday bus and to establish a future community bus service. It also extended the validity of the short stay car park ticket to three hours, and accepted funding for a frontage improvement scheme for shops and other businesses. The minutes of the meeting 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.

Bus Services

The future of the Saturday bus from Dent Station to Sedbergh and Kendal now looks assured for the next three years. The parish council's application to the Dales Integrated Transport Alliance (DITA) for a grant of £41,800 has been approved in principle, and £18,300 will be made available in the first year. Philip Ayers, a long standing part time Dent resident who runs a community transport scheme in Sussex, has put in a lot of work to ensure the bid's success, and he explained the details of the proposal to the February

council meeting.

From April 1st a new timetable will be introduced with more journeys and better connections with trains at Dent station. This will mean it will be much easier to use bus and train to spend a full Saturday in Leeds. In addition to an improved Saturday service, the funding will be used to put on buses at other times, starting with a Sunday service this summer to connect with trains from Preston, Blackpool, Leeds and Carlisle.

So not only is the immediate future of the Saturday bus secure, there are also opportunities to improve local bus services for Dentdale, Sedbergh and Garsdale more widely as part of the Sedbergh and district transport hub that DITA are supporting for the area. However, a condition of this funding is that in the longer term a community bus service with suitably trained volunteer drivers is set up to provide these services, and so the next task will be to try and find a group of people from Dent, Sedbergh and Garsdale in order to bring this about.

If you think you might be interested



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Winter Gritting

Following the parish council's efforts in securing extra grit bins for the dale, one or two residents have reported problems both with frozen grit and with the gritting programme for the dale's roads. The parish council has passed these on to Cumbria Highways.

If you are aware of any further issues with gritting, it is best to notify them directly to the Highways Hotline on 0845 609 6609, but it is also very helpful if you inform either Ken Smith (tel: 015396 25688, email: kensmith748@btinternet.com) or the

Parish Clerk (tel: 015396 21487, email: dentparishclerk@live.com) so that the parish council can judge whether to make a coordinated response as well.

The parish has also received three tonnes of grit for use on untreated roads. This is half the amount given last year and some local farmers have been invited to collect it from the car park for use on roads in different parts of the dale.

Accidents in Deepdale

Adverse driving conditions during the cold weather in February with a build-up of ice on the road surface resulted in several road accidents on the descent into Deepdale. The council asked Cumbria Highways for

THE GEORGE AND DRAGON **DENT**

are doing food all day including breakfast buns from 10.30am and afternoon Lite Bites and Cream Teas for the weekend of **Dentdale Run 9th-11th March**, with the actual run starting at 1pm on Saturday 10th from Dent.

Also the same over the

Easter Weekend from Good Friday till Easter Monday

with Fish and Chips all day on Good Friday.

Childrens Easter Egg Hunt in St. Andrews churchyard Dent from 3.30pm **on Easter Sunday** followed by the Easter Bonnet competition with age groups from 1-7yrs and 8-15yrs.



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www.thegeorgeanddragondent.co.uk



emergency signing to protect the public while winter conditions prevail, and this has now been provided.

Car Park Short Stay Tickets

The council accepted the recommendation of the car park committee that the length of time visitors can park on a short stay ticket should be increased from the present two hours to three. This will allow them more time to explore the dale and make use of local services.

Frontage Improvement scheme

The parish council has agreed to administer a South Lakeland grants scheme for local businesses to improve the appearance of the frontage of their property, and the parish clerk is contacting businesses

to ask them if they would like to apply for a small amount of funding. If you would like more details of the scheme for your business, please contact the Parish Clerk on 015396 21487, or at dentparishclerk@live.com.

Next Meeting

The next parish council meeting will be at 7.30pm on March 5th 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 will be on the second.

Jock Cairns, Chair Tel: 25655 e-mail: dentparishcouncil@btinternet.com

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HOWGILL WI

We couldn't fail to notice the smell of cooking from the back of the hall during the business part of our February meeting.

All was revealed when the speaker Stuart Lambert of Kitriding farm near Kirkby Lonsdale invited us to sample a variety of sausages with a taste for everyone, from the traditional pork to today's flavours and exciting ingredients.

The evening continued with an interesting talk on all aspects of farming past and present. Stuart also talked about Butchery, outlining products available at the Farm Shop. A Gift Shop and Tea Room on the farm offers a friendly and peaceful

environment where you can choose from high quality locally produced food. We went home with a freebie for the freezer. Vera Hodgson thanked Stuart for entertaining us and teaching us so much.

Time was then spent discussing ideas for our 60th Anniversary which will be held on June 7th at Firbank Church Hall.

President Mary Silva is to attend a course at Denman College later in the year. Members noted dates of interesting events from the Federation Newsletter. Two members will attend the half yearly Council Meeting at the Town Hall on April 30th.

Anita Carey confirmed our Summer

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SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 7th March
Curiosities of Cumbrian
Churches
Trevor Hughes

Wednesday 21st March
The Ancient Kingdom of
Northumbria
Sheena Gemmell

Saturday 24th March
Annual General Meeting
Followed by Jacob's Join

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

Outing will be on June 29th taking us possibly to the Lowther area. Vera Hodgson was the winner of the competition for a recipe using sausage with Helen Beare second. Anita Carey went home with the raffle prize.

The next meeting will be held at Howgill Village Hall on March 1st. A Tour of the Yorkshire Dales (slideshow) with Malcolm Petyt will ; provide the entertainment. Visitors are welcome to come along.

A. Hoggarth

SEDBERGH WI

Last month Sedbergh WI welcomed the return of Andrew Folks who

played and sang many memorable tunes. The PH committee room took on the atmosphere of a continental café with soft lights, wine and nibbles. Yes, we ladies certainly know how to live.

The meeting planned for March is different in two ways. Firstly it is an open meeting which means you can bring a friend or even a husband, (yours if you like). Secondly the venue has been moved from the PH to the Methodist Hall due to rehearsals for the RCT annual show. The speaker will be Andrew Lowe who will be giving a talk and slide show on Lakeland Churches. Andrew's presentations are always very professional and hugely enjoyable and this will be his third appearance. This month the book club enjoyed a real page turner by Wilkie Collins, entitled 'The Woman in White'. This book was described as being the first and most influential of the Victorian genre that combined Gothic horror with psychological realism, scary stuff!

The walking group are gearing up for a circular walk around Scout Scar starting and finishing at Kendal golf club. As always new members are welcome. A pleasant evening in equally pleasant company is just a call away so why not ring either President, Linda Hopkins 21455, Vice President Anne Pitt 22095 or Sec Pat Ramsden 20828. The next meeting on Wed March 14 is at Methodist Hall and will begin at 7.30 pm. The cost is just £3 and will include refreshments.

Sandra Gold-Wood

KILLINGTON WI

The afternoon WI for the entire district

Hello George, and thank you! - though I don't understand why you say, "You couldn't make it up could you?" However, please don't let on how much I paid you!

Now **AN IMPORTANT REMINDER** for all members and prospective visitors. Our next meeting on Tuesday 13th March at 2-00pm will be held in the Methodist Church Room. If you go to the People's Hall you will find yourself pantomiming instead of walking along the Great Wall of China with the rest of us. Pat Ascroft will lead us as she has been there before. Pat is a regular speaker on our WI

circuit and always good value for money. She does all sorts of exciting things, - driving across Lancashire and Cumbria in a carriage, - acting as a steward when the Commonwealth Games were staged in Manchester, - cycling across Cuba, - to mention just a few. Clearly she intends to wear out rather than rust away. Do come and help us to oil her bones.

One of the lengthiest parts of our meeting this month seemed to be 'Apologies for absence'. We hope that all who were not with us have either now returned home (perhaps having enjoyed that Sedbergh-scarce commodity 'winter sunshine'), or are now recovered from various ailments.



Sedbergh Community Development Centre

Workshops & Courses March to June

Subject	Tutor	Day	Start	Times	Wks
Yoga Taster FREE	Fran Fryer	Thu	29-Mar	18:00 19:30	1
Yoga	Fran Fryer	Thu	19-Apr	18:00 19:30	12
Pilates	Teresa Hill	Mon	16-Apr	16:30 17:30	6
Rag Rug Workshop	Pamela Bolton	Sat	28-Apr	10:00 16:00	1
Landscapes Pictures in Felt Workshop	Debbie Lucas	Sat	19-May	10:00 16:00	1
Exploring Colour in Paint, Any medium	Frances Winder	Sat	26-May	10:00 16:00	1
Painting Kirkby Lonsdale's Landscape	Jill Pemberton	Sat	26-May	10:00 16:00	1
Start Digital Photography	Chris Wood	Wed	18-Apr	19:00 21:00	6
Seaside Photography Day (Morecambe)	Frank Balaam	Sat	26-May	10:00 15:00	1
Buy & Sell on eBay	Chris Wood	Sat	26-May	10:00 15:00	1
Keep Up Your Italian	Catherine Bond	Thu	19-Apr	10:15 12:15	6
Creative Writing	Janni Howker	Fri	20-Apr	13:30 15:30	10
Dry Stone Walling Weekend (Sat & Sun)	Oliver Higginbotham	Sat	21-Apr	10:00 16:00	1
Lowland Navigation Day (Dentdale)	Tim Deighton	Sat	24-Mar	10:00 17:00	1
Upland Navigation Day (Dentdale)	Tim Deighton	Sat	21-Apr	10:00 17:00	1
Feel Confident on the Fells (Langdale)	Tim Deighton	Sat	26-May	10:00 18:00	1
Healthy Mediterranean Cooking	Nela Geuer	Sat	18-Apr	10:00 15:00	1
Easy, Healthy, Inspired Summer Cooking	Nela Geuer	Sat	16-Jun	10:00 15:00	1

All courses are in Sedbergh unless otherwise stated

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(Sorry George – the list is too long to name them all but they do exist!). Anne Jones is currently in South Africa and has taken out with her South African Rand (about £550 worth) which we have raised during the year to pay for the feeding programme which Killington WI has organised and funded for several years at the school linked to the Thandi project. We love knowing that every penny is spent where it should be – no administration charges here!

An interesting suggestion has come down from headquarters –that every member should be named somewhere in the minutes this year. It was suggested at our meeting that

instead of noting absentees we should name all those who are present! Suffice it to say that this was not “looked on with a favourable eye**” by our minutes secretary. Happily our numbers were bolstered by welcome guests, Cathy and Hilary, from Pinfold.

We spent quite a time batting around ideas for our annual outing and Susan is now busy making firm arrangement for Thursday 21st June 2012. **DDT**** We are already looking forward to some Federation outings. Four of us are going to Newcastle to see/hear the Royal Shakespeare Company perform, “The Taming of the Shrew”. (Yes, Barbara –I know it

isn't, "Kiss me Kate"!), and three are going to a literary lunch at the Belsfield Hotel in Bowness. I think we have to take sarnies to Newcastle but we won't rustle the wrappings during the quiet bits.

Nothing new in the WI News took our fancy but it really was a splendid issue because it had a photograph of all of **us** in it to celebrate our 70th birthday. (We used to be conceited but now we are perfect!).

Susan, who for many years has devised our programme, is always very skilled at bringing brightness into the dull days of winter. This week we enjoyed a colourful slide show of the beautiful flowers of Tarn Pasture. This is the area around lovely Sunbiggin

Tarn, some 3½ miles north –west of Ravenstonedale. Here the pasture, mainly on limestone, is traditionally managed. In winter sheep graze and then, later in the year cattle eat down the coarser vegetation thus maintaining a rich and special plant community. A wide range species occur in these 400 acres. Our speaker Judith Dunford from Orton has been roaming these pastures since her Grandma used to take her when she was a little girl. She has identified and photographed 123 different species of flower, and in addition to this there are many grasses, mosses, and liverworts. Thank you for sharing your expertise with us, Judy.

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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
Cheese Savoury
Tuna & Red onion Mayonnaise

Speciality Ciabattas
Bacon & Brie
Open Roasted Mediterranean Vegetables
& Goats Cheese
Seared Steak, Onion & Mushroom
Tuna Melt
Tomato & Mozarella

restaurantmenu
samplemenuitems

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

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

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

Tea, as usual – super. I particularly enjoyed Avril’s savoury scones and now have the first recipe for our next book. Finding enough “funnies” will be more of a problem. Incidentally, we have decided to go for a second printing before the tourist season. The raffle was won by Mary Cargill which was serendipitous as she was in desperate need of a new address book. The competition for ‘a postcard from abroad’ was won by Pauline Ramsbottom with a triple length card – fold before posting!

Now, nearing the end, (I crossed out ‘finally’), another reminder - Sunday 1st April at Preston Patrick Memorial Hall, from 9am to 1pm – Table Top Sale. Dawn and her team of Anne Jones, Margaret Fearnhead, and Barbara Leigh will be manning a stall to refill our Thandi money box. I can remind you again in the next Lookaround but it doesn’t give you very long to read it.

* I’ll give a prize for the first person to identify the source of this quotation.

****DDTP** – Day, Date, Time, Place.

And finally, everybody, especially Killington WI members, get busy with

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lots of entries for the **Spring Show, Saturday March 31st, 1-0pm, People’s Hall.**

Wendy Fraser-Urquhart

DENTDALE WI

There was an excellent attendance at the February meeting on one of the coldest nights of the year so far. The agenda was quite full and wide ranging. We heard more information about the Federation Jubilee celebrations and Flower Show at Kendal Parish Church to be held at the end of June. Dale Smith has been keeping an ear to the ground on our behalf at briefing meetings. Our contribution it seems, will be to make some decorative crowns. Two craft meetings to make the crowns have been planned for 1st March in the Sedgwick room and 13th March at the home of Thelma Belfield.

A couple of new ideas were put forward to the members. Firstly, the idea of forming a Dining Club. Well, judging by the interest shown, we shall be hearing details of the first outing for this new venture very shortly! Secondly, the question was

asked as to whether we should revive the WI market stall at our meetings. This will be an outlet for members to sell home baking or produce with 10% of selling price going to WI funds. The first stall will start next month.

Work has been ongoing revising the Dentdale Guide, compiled by Dentdale WI and which has sold well over the years. A new print run is in hand, and we hope to sell through Dent Stores and Stone Close Café.

Ahead on 10th March is the big community effort to raise money for the school through the Dent Run. As usual, members volunteered to make cakes and prepare and serve refreshments on the day.

Looking forward to the Summer when Dentdale will be hosting the group meeting in the Memorial Hall on Monday 21st May when well known speaker Dulcie Lewis will give her take on "Down the Hatch"

Our speaker for the evening was Lucy Sandys-Clarke our local blacksmith.

"There has been a forge on the same site in Dent since 1640" writes Lucy on her website, and she says she is proud to be part of the ongoing tradition. We were all looking forward to hearing the way her career has worked out so far. She is one of a relatively few female blacksmiths and she points out that the traditional art of shoeing animals is not carried out

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by her at the forge. *By hammer and hand all crafts do stand* is the blacksmith's motto and this ancient craft relies very heavily on the main tools of the forge, namely the anvil and selection of tools, hammers and chisels not forgetting of course, the charcoal fire which at different temperatures, will make the iron malleable enabling the blacksmith to alter the structures using the anvil as a work bench. She mainly works on privately commissioned pieces, handles latches, hinges etc. which she personalises to her client's requirements as far as possible We were shown slides of recent commissions including a bird table made for Tatton Garden Festival

Japanese garden. She mentioned that she had taken inspiration from Ruth Hodgson's garden next to the Forge where she had noticed the shape and form of an iris. The piece was really exquisite.

The competition had been for an article made of metal and there was a really good entry. Lucy chose a piece exhibited by Thelma Belfield for first place.

Jenny Pilgrim went home with the raffle prize. Next Month's meeting is on the 14th March when the Speaker will be David Alison giving us an illustrated talk entitled "Tracks North." Visitors and new members always welcome.

Pat Allen

Anne Applin & Geoffrey Pratley

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**SEDBERGH & DISTRICT
ART SOCIETY**

The Society held its AGM on 10th February in the URC Rooms. Due to the icy weather only 15 members attended and the Chairman, Ron Gerrard, welcomed those who managed to get there. In his annual report he thanked the committee for their continuing work and mentioned the loss of Ian Dunn, a well known member of the Society.

Helen Shields said the exhibition was a great success in spite of the current economic climate but stressed that the joy of painting should inspire members, rather than the desire to sell their work. Sheila Hollaway gave a resume of the Friday meetings, which were well attended and mentioned the possibility of a Saturday workshop. Several members expressed interest. Due to the success of the Society's calendar Sheila and Derek have agreed to organize another for this year. Derek Hollaway reported that the Society had several new members and that the finances were in a healthy position.

Hilary Moore said that the portrait group continued to be enjoyed and thanked the hosts and sitters for making this possible.

Election of Officers: Ron Gerrard stood down after serving many years as Chairman and Ruth Gamsby was elected to replace him, with Ron taking Ruth's place as Vice President. Other members of the committee continue with an additional member, Mike Morrision.

AOB: Members were asked to contribute paintings to an exhibition at Garsdale Village Hall in May (details from Ruth Gamsby) and they were also asked to enter for the Spring Show. Members wishing to display paintings in the Community Office are invited to contact Audi Chappie, the Manager, direct.

The Society always welcomes new members and the subscription remains at £10. The next meeting of the Society is on 9 March when Matthew Elwood will speak on Tales of Illustration and the City. The Friday meetings and the Wednesday painting group meet in the URC rooms.

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WORKING WOODLANDS

The beauty and benefits of coppicing

This April, the Coppice Association North West (CANW) is filling Farfield Mill Arts and Heritage Centre, near Sedbergh, with innovative and traditional woodcrafts for an exciting and interactive event – ‘Working Woodlands: the Story of Coppice’.

Coppicing – cutting broadleaf trees at ground level – results in numerous new tree shoots re-growing again and again from the cut stump. It’s totally sustainable and has a huge impact on wildlife, encouraging seeds to germinate, and insects and birds to flourish in the sunny glades created. Its benefits extend to people, too,

providing employment, training and learning opportunities for all ages.

This month-long event at Farfield Mill is a celebration of what coppicing offers, with daily demonstrations of coppice crafts, such as wood turning, wood carving, chair-making, basket-weaving and hurdle-making, and an invitation to have a go –including adult workshops and activities for children every day of the Easter holidays.

Sam Ansell, CANW Secretary and independent coppice manager, says: “We want people to come along and experience the excitement and creativity of working with green wood, find out more about coppicing – and

get stuck in!”

Complementing the hands-on activities, the formal galleries at the Mill are hosting a large exhibition of 2-D and 3-D artworks – from woodland-inspired paintings and prints by well-known local artists, to beautifully hand-crafted items resulting from coppicing, such as furniture, fencing, sculpture, basketry and cleft gates. Also on display are coppice products and tools, many of which are available to buy.

Local artists whose work will be on display include Tina Balmer, Sally Bamber, Fiona Clucas, Judy Evans, Brian Fareday, Richard Foster, Martin Greenland, Laura Pendlebury, Eva Ullrich, Charley Whinney, Beverley White, Alan Stones, Rebecca Payne and Janette Phillips. Woodland craftspeople displaying their work include Paul Girling, Owen Jones, Phil Bradley and many more.

Old coppice woodland, especially in the south of Cumbria, was once worked extensively for a host of important products: charcoal for iron smelting and gunpowder; wood props for iron mining; oak for shipbuilding; oak bark for leather tanning; and wood for barrels, brooms – and bobbins, which may well have been used at Farfield Mill. Throughout this long history of coppice management, the woods provided employment for much of the rural community, until the fifties, when plastics replaced many of the traditional coppice trades.

Today, coppicing is experiencing a welcome revival. Increasing numbers

of people are keen to work in the woods, and a number of traditional and innovative products are back in demand – including hazel hurdles, oak bark for tanning, and garden sculptures. All of which is good news for woodland and good news for wildlife.

“CANW was set up to raise awareness of coppicing, coppice crafts and good woodland management”, says Twiggy, CANW Chairwoman. “We run events and workshops, and get together regularly for discussion, training and support – and we’re always happy to welcome new members!”

Thanks to the efforts of a small number of dedicated workers, the Bill Hogarth MBE Memorial Apprenticeship Trust also runs courses – training and inspiring coppice workers for the future.

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CUMBRIA WILDLIFE TRUST

Red Kite Re-introduction in Grizedale Forest.

The local support group and friends were very happy to welcome Iain Yoxall, Forestry Commission Wildlife Ranger, to our February meeting. Iain has been responsible for the re-introduction programme based at Grizedale.

The red kite has a distinctive cruciform shape and forked tail. It is a foxy brown with white wing flashes, a pale head and black wing tips.

Historically the kite was most numerous at the time of the Norman Conquest. Both Chaucer and Shakespeare have referred to it. It was protected during the 15th century as it did much to cleanse the streets of rubbish but as towns grew, and sanitation and hygiene improved, the kite began to suffer persecution. A major factor was the 1566 Act for the

Preservation of Grayne a curious title since many of those on the list had no interest in grain, for instance:

for the Heade of any Byrde which is called the Kings Fyssh; one penny; for every Iron (Sea Eagle) or Ospreyes Head Fower pence; for the Heades of everie Fox or Gray (badger) twelve pence. and so on including the red kite, squirrels and herons.

The parish bounty hunters had to present the heads of the kill for payment to 'two honest and substantial persons', elected annually.

Unsurprisingly numbers of many species declined rapidly. The natural curiosity of the kite didn't help! Red kites were extinct in Cumbria by 1809, in 1900 in England and Scotland and 1920 in Wales. Recently they have been on the amber list of threatened species. With

the coming of the Wildlife and Countryside Act (1981) it is now an offence to "recklessly disturb" the birds and their nests. They must be ringed and registered if in captivity.

They compete with buzzards and ravens for carrion. They are happy in a wide range of landscapes and prefer a mosaic of habitats. They can occasionally take small mammals up to the size of a baby rabbit.

Invertebrates and human waste are also on their menu. They have small feet not capable of killing and a 3' to 6' wingspan.

They breed at about two years and have a distinctly untidy nest lined with all sorts of waste and debris. 2 to 3 eggs are laid in April/May and the

young are fledged at around 7 to 8 weeks. Unlike other raptors they are independent of their parents only 3 to 4 weeks after leaving the nest.

However they are gregarious birds, nesting in communities, playing and foraging in groups. The kite will only defend an area of about 200 yards around its nest while foraging up to 3 to 4 miles away when breeding. In winter they can roam much further. A Grizedale kite was discovered shot in upper Dentdale about 20 miles away. The young can disperse over greater distances and can be away for 2 days or 2 years before returning to their natal area. Some show no inclination to go anywhere. A Scottish bird made a return rip to Sweden. They then



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tend to breed near where they hatched themselves.

The rate of expansion of the species is slow. They can fall victim to predators, goshawk, eagle owl and eagle. Poisoning and shooting still takes place with some loss from collisions with power lines and vehicles.

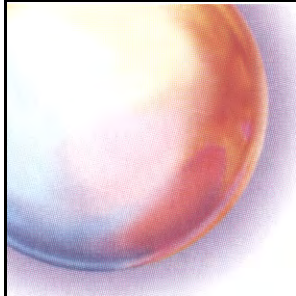
Re-introduction is governed by strict guidelines set up by the International Union for the Conservation of Nature. For it to take place there must be a former natural occurrence, an understanding of the factors causing extinction, a suitable habitat and a suitable source of birds. Grizedale is the only area in the north west. It is important to have community support and their involvement and education play a large part in the programme.

Certain procedures must be followed before release. After the establishment of a steering group including conservationists and community leaders, licences have to be obtained, the birds undergo veterinary screening (worming, delousing, blood tests etc.) and wingtags and transmitters are attached. 90 birds have been released over three years with 7 deaths: 4 from natural causes, 2 shot and 1 poisoned. Some of the 2010 birds have returned and it is hoped that they will breed.

Please report any sighting of red kites to Iain at Grizedale. His contact details are:

iain.yoxall@forestry.gsi.gov.uk
01229 862014 or 07867501391

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ROSE COMMUNITY THEATRE

Here we go again with number eight. The Rose Community Theatre along with the Rose Youth Theatre present Murder, Mayhem and Music Hall. The young people are doing very well learning they parts and dances while us adults always take that bit longer. Ernie is busy sawing wood for scenery, ice cream carts, beach huts, a wheel of death and the odd rabbit hutch. While Sandy and Gordon are swinging the tunes Steve

Moore and Dennis Whicker have gone into to a Rocky style training regime to ready themselves for their parts. Some of the younger cast members are doing their best to grow moustaches in pursuit of their art. As for me, I've already got one. And while I work my way through the costumes list Keith tries to find our bed through an miasma of frills and flounces. But with the willing help of the good ladies of Sedbergh things are coming together. My thanks go to all the very kind people who have once again depraved the charity shop of curtains to help fed my ever hungry sewing machine. Lesley Alban and her super band of make up ladies are gearing up to provided all the wrinkle filler and slap needed to turn us into our chosen characters. Many of the old songs have caused amusement among the cast especially the younger ones and it shows just how much the language has changed and evolved over the last 100 years or so. Having said that we have worked very hard to avoid adhering strictly to Historical accuracies as always. This time there will be a bar with beer, wine and even a bite to eat in true Music Hall style. Tickets available at from Sleepy Elephants and other shops in town see posters. Thanks go to all our regular sponsors especially Roof Box company who have supported us on may occasions over the years. Don't forget you are welcome to dress up in keeping with the occasion and you never know you could well win a night out with the Sedbergh Mashers. Sandra GW

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**YORKSHIRE DALES
NATIONAL PARK**

New competition to capture the beauty of the Yorkshire Dales

Amateur and professional photographers are being invited to enter their favourite snapshots of the Yorkshire Dales National Park in a fantastic, free competition.

Pictures can be submitted in any of four categories and there are some must-have prizes waiting for the lucky winners – including being featured in a public exhibition.

The competition aims to find what people think are the most important qualities of the National Park. And they are being invited to back up their visual entry with a brief written

summary of their thoughts on what the area should offer for residents and visitors alike in years to come.

Kate Green, Communications Manager at the Yorkshire Dales National Park Authority (YDNPA), said: “We want to find out what people value about the National Park now and what they would like it to become in the future.

“The photos can portray either the positive or negative aspects of their favourite things in the National Park. For example, if you enjoy far-reaching views, you could submit a snapshot of a sweeping landscape, or you could send in an image of something that is obstructing the view and you think is an issue that needs

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addressing.

“In the accompanying text you have the chance to explain why you sent in the photograph and tell us what you think those charged with caring for the National Park should do to keep the area special for you.”

The competition – called ‘Your Yorkshire Dales National Park: a snapshot’ – will run until November 9 and the photos can be of any subject matter in the categories wildlife and habitats, people and places, fun and adventure, and farming, tourism and other employment. They must have been taken within the National Park boundary.

The winners will be announced on November 23.

Any entries submitted by 30 April will also be used to help shape the next National Park Management Plan, which will set out what the YDNPA and other organisations will be doing to look after this fragile and sensitive landscape and to support its local communities in the future.

More information about the competition – including how to enter – is available on the National Park Authority website at www.yorkshiredales.org.uk/your.

There will be both an adult and an under-18s overall winner. Each will win:

- a prized spot in the Your Yorkshire Dales National Park photo exhibition at Dales Countryside Museum in Hawes next February
- a framed copy of their image for them to keep
- their picture featured in The

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The top five photos (including the overall winners) will be turned into a postcard that will be sold at the National Park Centres and will be featured on the Authority website at www.yorkshiredales.org.uk.

The top 20 photos (including the overall winners) will also appear in a new National Park Management Plan to be published in 2013. The Plan will outline the long-term vision for the National Park and set out the specific things that will be done over the next five years.

Carl Lis, the YDNPA’s Chaiman, said: “We are expecting sackfuls of entries because people have such strong feelings and passion about this beautiful National Park.

“We’re eager to see all the different things people value about the Dales – whether that’s the landscape, the wildlife, the people, or something entirely different – and then, through the National Park Management Plan, develop ways to respond to these views.”

THANDI

(yes we're still here)

It's some time since we updated everyone on events around the Thandi community in South Africa and its nearly twelve months since we were last there.

During our absence the crèche has gone from strength to strength, increasing in numbers – although maybe too many babies – and the staff are all continuing their teacher training and computer skills courses. The only down side is that we still have no funding from the South African Government. We anticipated receiving 12 Rand , around £1.00 per child per day, since the opening of the crèche, which would have greatly

contributed to the staff salaries, the cost of telephones and insurance.

However despite our efforts and those of others we have received nothing. But we continue to push on this front but its difficult trying to do this from outside South Africa.

Helen and Keith Wilberforce, who are now Chairman and Treasurer of our Trustees spent time there in January with another volunteer, Sue. They put a great deal of effort into trying to talk to various government officials to get this funding but South Africa civil service works in slow and mysterious ways. So we continue our fund raising and sponsorship schemes here in the UK to help fund the crèche. Sadly this holds us up

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from pursuing other plans like the fire engine and equipment so badly needed by our small but dedicated fire department.

Our feeding scheme continues to thrive thanks to the efforts of Killington WI and Anne Jones who overseas this on her annual trip to the project.

We thank the knitters among you who continue to support us with all sorts of items and there are several people busily sewing together "Dorothy bags" which we fill with useful items and hand over to new Mums when they leave our maternity ward.

As mentioned earlier Sue a new volunteer spent most of January in South Africa. Following her visit she has put together an information pack for prospective volunteers- which gives advice on accommodation, transport, suggested dos and don'ts and other generally helpful information.

In February Jean James a volunteer from Carlisle spent three weeks working with the project. Border Television and the Cumberland News have followed her progress. Whilst there she submitted a blog to the Cumberland News which has since gained support via Facebook and Twitter. The following is her blog of the first of two days early into her visit.

MONDAY, FEBRUARY 6...

Already I have visited the day hospital, hospice, crèche and a township (that's what we call shanty towns). I have met so many

wonderful positive people, all with the same aim, to help at least one person among millions who are suffering.

The poverty is unbelievable, yet these people are so accepting of their fate. The Lord is mentioned a lot. The Lord will provide, the Lord will look after us, how exactly I don't know. But they certainly have a beautiful gracefulness about them.

The hospital was full to bursting with people who had waited since early hours and may not get seen all day. I was the only white person there but felt no fear. These souls aren't looking for trouble, bless them they have enough of their own.

The very poorly infected patients wait outside so their germs may blow

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away - even if it is raining, which it has these past few days.

The staff in the TB clinic work from sheds they call the dog kennels, tiny huts, they are literally sitting on top of each other and there are samples everywhere. And they weren't wearing gloves! Posters on the wall advise patients to spit into their hands and not the pavement so as not to pass TB on, then what they do is rub it into their clothing. Hands, I have since realised, are used as tissues, hankies and baby wipes.

When I arrived at the crèche, the children were sleeping on plastic cot mattresses on the floor, head to toe, literally, one toddler had his foot on a tiny baby's head. There was an

obvious lack of basic baby essentials. I thought of the baby bag I use for my grandson, full of all essentials necessary for us. It weighs a ton. None of them exist here.

In the crèche I was carrying a tiny baby who kept sneezing and had a runny nose so I asked for a tissue. After a look of panic between the three staff, I was given a face cloth that was from the baby changing area and had been used to wash bums!

I live and learn.

Today I went loaded up with boxes of tissues and when baby was sick, the staff member came and rubbed it into the babygrow with her hand then wiped a toddler's nose with her hand and rubbed it into its jumper. Talk

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about cross infection.

During the early hours this morning I put together an Infection Control Course for the staff, who will all attend. Hey, one can only try. I fed a four-month-old baby mince and potatoes. No money for luxuries such as baby blended food here. I was terrified it would choke.

These babies and children are so gorgeous, I struggle to not sneak them out with me. They have a smile that opens your heart and brings tears to your eyes as you know how poorly some of them are.

Tomorrow, I am reading English to the older children at the crèche - 11-year-olds read four year old books - then I'm going to a care home in a town nearby to have a look around. Be prepared, I tell myself.

The crèche is amazing, it's like a mirage amongst so much devastation. It's a way out of poverty hopefully for these children as they get an education and their parents, or siblings if parents have died, are able to seek work. No work, no money, no food as there are no benefits here.

Yesterday, I went down a dirt track to a farm stall/cafe. I was served a scone on a green tin plate which had definitely seen better days. None of the crockery was matching but hey, it's Africa and I no longer care.

On a more positive note, the scenery is amazing - such wonderful sights to be seen. The mountains are similar to the Lake District, except they are full of baboons, porcupines and snakes. I hear the baboons at night time but have not yet had the

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pleasure of meeting one face to face, which I am told will happen!

Some mornings there is a strong smell of burning and a covering of ash from the natural fires which constantly start due to the heat, 38 degrees today.

I have days planned to work with the district nurses from the hospital and also from the hospice in the townships.

We will be helping the end of life Aids, TB. and cancer patients.

Hope all's well with you and you are enjoying your life? How can we not?

We have spent so much time working with this project. We forget what its like to see and work there for the first time.

As you read this we are back in South Africa having travelled with suitcases full of romper suits, baby clothes, children's clothes and large lego blocks. Sincerely hope we left enough clothing for ourselves when we left last year - and that it still fits!,

Thanks to you all for your continued support.

(In the next issue of Lookaround, the blog for Tuesday will appear. Ed)

Alan & Chris Clowes

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SEDBERGH & DISTRICT HISTORY SOCIETY

On 18th January Dr Tom Clare addressed a full turn-out of the Society (along with many welcome visitors) on the topic of 'Stone Circles and Burial Cairns'. Tom is a former Cumbria County Archaeologist, as well as Senior Lecturer at Liverpool John Moores University, a local politician and a previous Mayor of Kendal. His research specialisation in prehistoric monuments has resulted in a recent book on the topic (T. Clare (2007) '*Prehistoric Monuments of the Lake District*' Stroud: Tempus Publishing).

The talk was wide ranging and beautifully illustrated with colour photographs of Cumbrian monuments. First he discussed the types of monuments that are still found in the landscape. Henges are among the oldest consisting of circular ditches with upcast and with or without standing stones. Prime examples are King Arthur's Round Table and Mayburgh Henge near Eamont Bridge. Other monuments included circular burial mounds with

curb stones (such as the ring cairns at Levens Park on the banks of the River Kent) and stone circles such as those found at Castlerigg near Keswick and Swinside on Black Combe.

While there are many theories as to why the monuments were built in the first place (ranging from celestial observatories, through calendars, to burial grounds and to meeting places) Tom encouraged the audience to remember that the C21st landscape in which we view them is very different to that when they were constructed. While views from (and of) some monuments today can be spectacular, at the time of their construction the areas around them were typically far more wooded restricting visibility considerably.

While the monuments can have many different forms the do share at least some characteristics in common. Prime among those is that they are generally circular in shape. In addition many, though not all, appear to show evidence of a previous circular wooden structure that was then replaced by stone. This

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I look forward to seeing you very soon, Melanie

raises the possibility that, the smaller ones at least, may have evolved from circular wooden buildings. In addition, most were in close proximity to water, springs or tarns (though in the Lake District it is hard not to be!), many are built on platforms or on a created level surface, and most have an orientation (based on clear entrances or sighting stones) aligned on the rising and setting of the midwinter and midsummer suns. It was also clear from the size of some of the stones used in their construction that cooperation of many individuals would have been needed to erect them. One stone at the Long Meg monument, for example, has been

estimated to weigh 35 tons and would have needed around 300 able bodied people to move it, requiring a coordinated community effort and probably strong tribal leadership.

Although there were few examples of prehistoric monuments close to Sedbergh (Middleton Hall area being an exception) an intriguing C18th reference to a stone circle at Rawthey Bridge was raised. Tom admitted that he could find no trace of the stones, but I suspect many members of the audience were inspired to go searching for it, and other early monuments yet to be discovered in our own back yard.

Graham Hooley

ACUPUNCTURE AWARENESS WEEK

The week 25th February until 2nd March is the very first Acupuncture Awareness week. If you buy your Lookaround promptly, you will have just two days to be acupuncture aware – so make the most of them!

I want to mark this special week by writing about the features of acupuncture which most endear me to it. Firstly, in common with other complementary treatments, such as massage and reflexology, acupuncture is very benign. These treatments, while they have the potential to bring substantial benefits, are extremely unlikely to cause any long-term damage. Acupuncture is proven to be very safe – in fact it is one of the safest medical procedures available in the UK. Occasionally a patient will feel a little light-headed after treatment and sometimes even

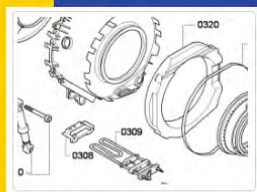
a needle as fine as those used for acupuncture (typically about one fifth of a millimetre in diameter) may cause a small bruise. The needles are sterile and used once only, so there is no risk of cross-infection. Any side effects are minor and resolve themselves without further treatment.

For my own health, when considering treatment options, I have a policy of trying the treatments likely to do the least harm first. For example, for carpal tunnel syndrome or knee pain, I would try acupuncture and osteopathy before I would consider having an operation.

My interest in complementary health began about ten years before I began my acupuncture training in 1997. My father, who was an industrial chemist developed first diabetes and then heart disease. As a chemist, he liked testing his blood and urine for the sugar content and moderating this

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with the use of insulin. He also took several types of medication for his heart and was interested in the chemical effects. His passion in his retirement was archaeology and I watched as, in the space of a few years, he went from striding across the moors to look at iron-age remains to being unable to walk along the road immediately after eating a meal. I began to feel that the chemical way may not be best and began to look for alternatives, for myself and my family. My mother is now 85 and takes no long-term medication.

For me, acupuncture represents a potentially effective method of treatment, which leaves no chemical trace in the body. With this, I am not suggesting that acupuncture can treat fully developed diabetes or heart disease. I am suggesting it is something which can be used much earlier in the disease process to help the prevention of chronic disease.

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In my other practice in Lancaster I have treated a number of women between the ages of 25 and 45 whose symptoms could be traced back to the treatment, over decades, of painful periods with either contraceptive pills or painkillers. Their symptoms included migraines, chronic fatigue, cystitis and other painful conditions of the lower abdomen. All of these women were helped by a course of acupuncture treatment, which enabled them to either reduce painkillers or stop taking oral contraceptives. Acupuncture is very useful for treating menstrual problems and is almost certainly more benign than taking long-term medication for symptoms. I would like to suggest that women might consider acupuncture when problems begin, rather than allowing a chronic situation to develop.

Conventionally in China, acupuncture is used for health maintenance and people visit their acupuncturists four times a year, at the change of the seasons. This is the best use of acupuncture, to treat small changes in the body (in particular using pulse and tongue diagnosis) before they manifest as recognisable diseases.

For further information, please contact me (015396 20972) or visit www.acupuncture.org.uk.

June Parker

TIM FARRON MP

Firstly, a date for your diaries and one coming up pretty soon. Please do come along and join us on Saturday March 3rd at 12.30 in Abbott Hall Park in Kendal as we prepare to march through town to present our petition for a radiotherapy treatment centre at the Westmorland General Hospital. We have over 8,000 supporters for our campaign and it would be the best possible way to ensure that all those voices are heard if as many of them as possible marched with us up Highgate to congregate at the top of Finkle Street (at the Birdcage) and show our support as the petition is handed over to Professor John Ashton, Cumbria's Director of Public

Health. Please, please do come along and if, for some reason I cannot imagine, you cannot make it then please do support the campaign by signing the petition (you can do this by simply emailing me at tim@timfarron.co.uk and saying that you support the campaign).

The service provided by the hospitals in this area has been taking up a lot of my time recently as we have had a succession of damning reports into the care provided by the Morecambe Bay Hospital's Trust, the body that runs Lancaster, Barrow and Kendal hospitals. This has culminated with MONITOR, the body that regulates and monitors hospital trusts, "parachuting" in a new

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Chairman to the trust charged with sorting out what appear to be largely management issues. If you take the time to read through the various reports from MONITOR and the Care Quality Commission (another body charged with monitoring health service provision in England) you will, I am sure, be as depressed and angered as I have been by what appears to be a number of tales of appalling mismanagement that have, without doubt, cost the lives of many patients. I will continue to be very actively involved in the process of sorting this mess out and ensuring that our local hospital in Kendal gets the resources it needs. A new radiotherapy treatment unit would be a great start but sadly there is so

much more to do.

The other organisation that I have been putting pressure on has been Cumbria County Council, nobody appears to have thought that their handling of road gritting during the recent cold snap was impressive. They claimed to have been in much better shape than in previous years but I saw no evidence of this. I had to get out with my snow shovel to help clear the paths around MIlnthorpe.

Finally thanks to everyone who came along to meet with Nick Cotton, Evelyn Westwood, myself and the rest of the local LibDem team the other day as we conducted a street surgery. As I say repeatedly, it is through meeting with people on occasions such as this that I stay in



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touch with what I need to focus my time on.

If you did not manage to come along and see us on the 18th and have something you would like me to focus on then please do write to me, Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or email me at tim@timfarron.co.uk.

Thanks for your support and looking forward to seeing you on the 3rd.

Tim Farron MP

Dear Sir.

I am writing to take issue with your observation in the December issue of Sedbergh Lookaround stating that second homeowners were being subsidised because of the 'loophole' through which they get a discount on their SLDC council tax.

Let me state at the outset that as the owner of a 'second home' in Sedbergh, I recognise the privilege of being able to spend up to three months a year in such a lovely friendly and welcoming community. I am therefore more than happy to contribute to the local economy.

However, ignoring the pejorative

wording of your statement it really does not stand scrutiny. The actual discount amounts to just 10% of the council tax charge. Even if the average discount were £150 pa this would only add up to an extra £4.5m in an SLDC expenditure of £810 m! In our case the discount is about £139 per annum so it is not the actual amount that concerns me but rather the accusation of being subsidised.

A cursory look at the SLDC expenditure shows that well over 60%, £285m goes on social services. As a council taxpayer in another area I certainly do not benefit in any way from this nor do I benefit from the £355m spent on education. Clearly in these two instances the boot is on the other foot and I am actually subsidising the local community.

Nevertheless what is really irritating is that this distortion is just a facile attempt by you as a politician to score easy points with the local electorate by targeting a group who have no democratic voice in how the money they contribute to the your constituency is spent.

The USA fought a war of Independence over the principal of 'no taxation without representation'. If you are successful in having the subsidy' repealed will you be then be making representations in Parliament that 'second home' owners paying the full council tax should have the right to vote in local government elections for this council?

I will of course be copying this letter to Lookaround.

Yours truly

Dr Peter S Wood

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NEWS FROM THE PEWS



No turning back now, the men in hard hats are transforming the parish church; work on the chancel extension is in full swing whilst a drainage problem is being dealt with at the same time on the outside east wall of the building.

It is still very much “business as usual”, except the congregation are facing the west end of the church sitting on plastic chairs with the piano accompanying the singing instead of the organ. Because we are sitting closer to the warm air coming from the heating unit, and closer together because of the smaller space, there is a resultant special ambience.

Four months old Jade Erin was beautifully behaved throughout her recent baptism, except for a little cry of protest when she was actually blessed with the water just as each

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one of us would protest with the shock if we weren't expecting coolish water to “christen” us.

Some dates for your diary:

Do remember to come along on Wednesdays during Lent for our friendly Lent Lunches served from 12noon until 1pm when homemade soup and chat will be on offer for the princely sum of £3. Proceeds of the lunches are always sent to a charity.

Mothering Sunday on 18th March at 10.30am. Children, large and small please bring your mums.

Friday 23rd March 7pm at the People's Hall for the Annual Parish Meeting of St Andrew's, St Mark's and St John's churches. Surely the best bargain in town; meat and potato pie and if you have room left, puddings to suit every taste - again for £3. All members on the church electoral role are invited to attend the business meeting that follows. For catering purposes we do need to know numbers. You will find the booking forms in church nearer the time.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

LAST CALL FOR SLOVENIA

I will have to book flights soon for our proposed visit to Zreče, our twin town in Slovenia 21 to 28 October 2012.

Our draft programme is as follows:

21st October Jet2 flight to Venice

Marco Polo. Transfer to Zreče.

Accommodation in the Hotel

Smogavc. (4 star ensuite)

Prices:

Double Room 29€ per person

Triple Room 25€ per person

Single Room 45€ per person

Tourist Tax 1.20€ per person

Dinner (not always needed if we have lunched elsewhere!) €10

Excursions:

The Byzantine church of Ptujška

Gora and Ptuj Castle then Maribor (European City of Culture 2012)

Postojna Caves and Predjama Castle (built into another massive cave and with an intriguing history!)

Ljubljana and Bled Lake and Castle. (The architecturally superb capital and Slovenia's scenic jewel.)

A local half day trip to local sites of interest including Rogla and its infamous toboggan ride!

There is much to explore in your own time around Zreče and its surrounding forest clad hills. Also some cafes and coffee/hot chocolate/cake houses for extra sustenance. As ever we can be assured of a very warm welcome. The autumn colours are fantastic!

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28th October Transfer to Venice.

Jet2 flight to Leeds Bradford

In 2010 the total cost was just under £600. We can assume a 10% increase although I am hoping for a cheaper flight if we can book soon enough. The cost of excursions and transfers will depend on the number participating so persuade your friends! The exchange rate will also affect the cost. (1 Euro = 0.83 GDP 19/02/12)

I already have a list of interested persons so please confirm as soon as possible if you wish to be included in the party.

Susan Garnett 21138
msg@wardses.org.uk

DIAMOND JUBILEE

Elsbeth Griffiths and Diane Elphick have come together to produce extracts about Queen Victoria's Jubilee and will appear over the next few months.

JUNE 11, 1897

It has been decided to have a bonfire on Winder on the 22nd, so that Sedbergh may be numbered amongst those already announced for the county. In 1887 one was lit on the top and between thirty and forty could be counted by those who climbed up to witness it. The Rev J. H. Mackie and Mr T. Greenbank are the hon. secretaries for making the necessary arrangements.

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PENDACOL DOG GROUP

Some of the Pendacol Dog Training members, who meet on Tuesdays at The Peoples Hall, attended their first show of the 2012 season on the 4th February. The Open Show held at Myerscough College near Preston was one of many licensed events in the competition obedience calendar during the year. Open and Championship shows are held all over the country almost every weekend.

The training club was started in June 2010 by Dave & Penny Banks, who moved to Sedbergh almost 5 years ago. Dave has been in obedience since 1964 and is a

Championship Obedience judge and B.I.P.D.T. Grade 1 Instructor. His wife, Penny, started in 1984, is an open show judge and Championship Obedience handler. Between them they have had a total of 12 dogs, all of them have competed in obedience.



The club members were naturally pleased with themselves as they collected 6 places and a special rosette (for best crossbreed) at the show and have already started to train for the next event. They will be entering more shows in the future.

If you are interested in joining the group with competition in mind please call Dave on 01539 621500 for details or just come and have a look (without your dog in the first instance). to see what we do.
Dave Banks

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Courses and Workshops for Spring

We have a number of new things coming up in Sedbergh over the next few months which we hope will interest you.

After much looking around we have found a new teacher for evening **Yoga** classes. As a starter Fran Fryer will be running a **free taster** session on Thursday 29th March at 6pm. She will then run a full course starting on 19th April. The classes will be for all ability levels, with beginners being especially welcome. So please come along and give the taster a go. Our **Pilates** classes will also be continuing.

We will also have a series of art & craft workshops namely: **Exploring Colour in Paint** with Frances Winder, **Landscape Pictures in Felt** with

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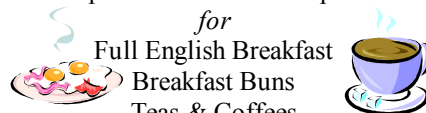
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For full details see our advert elsewhere in this issue or look at our website at **www.sedberghcdc.org.uk**

Hope to see you soon

*Chris Wood,
Sedbergh CDC, 015396 21031*

GARDENING

Writing this article, as the garden, and all that is in it, is covered in an extraordinary layer of black ice, it seems almost impossible to believe that in a few weeks time most of the herbaceous perennials in my garden borders will be bursting into growth. Many perennials are very easy to propagate at this stage. The new shoots have lots of growth potential and will quickly grow new roots from cuttings taken now.

Wait until the new shoots are about 2-3ins (5-8cms) long and choose healthy, thick new stems to use as propagation material. Cut the shoots as near to the base of the stems as possible, dip them into hormone rooting powder and dib them, an inch deep, into a pot full of multipurpose compost, making sure that they are equally spaced, with an inch or so gap in between them, and are as near to the edges of the pot as possible. Water the pot well from above to settle the compost around the stems, drain for 10 minutes, and place into a polythene bag so that

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lush leafy cuttings are kept within a protective atmosphere. I usually inflate the bag, by blowing into it, and secure the top with a bag clip so that the sides of the bag are held away from the delicate leaves. Place in a warm, light place for 3-4 weeks by which time new roots should have begun to grow. Keep an eye on the moisture inside the bag, and if it seems to be too full of condensation, remove the bag and exchange it for a new, dry one. Once new roots have formed, cuttings should be potted up into individual pots, watered well, and grown on for a few weeks before they are ready to be planted out.

This propagation method is very successful for Phlox, Delphiniums, Veronica and Campanula, and also works well for half hardy plants such as Dahlias.

Elaine Horne

72 MAIN STREET

Behind the scenes a great deal is happening with regard to the purchase and management of 72 Main Street – our Community Office, Tourist Information Centre, History Archive, and much, much more.

We have established a Fundraising Task Group with representatives from the Community and Heritage Trust, The Book Town Ltd, The History Society, Sedbergh Parish Council and local businesses to direct the fundraising activity. Communication links have also been established with other organisations in our community. If further organisations or individuals would like to be more involved we will be please to hear from you. The infrastructure for giving is being created, including a separate bank account, gift aid and a dedicated website with opportunities to

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contribute to the fund through online PayPal, credit and debit cards.

The Sedbergh White Knights are continuing to press for the building to be sold into their care as soon as possible. With the help of Yorkshire Dales National Park Authority we envisage this will be completed during March or April.

Please continue to watch this space and look out for further details in and around the town. We will need your active support and participation to complete the transfer of the building from the White Knights to the community, and to ensure that it continues to play a central role in the life of Sedbergh and the surrounding district. The April edition of Lookaround will contain a further update on the project's progress.

Douglas Thomson – Chairman of Sedbergh and District Community and Heritage Trust.

Graham Hooley – Chairman of the Fundraising Task Group

Mark Westwood – Secretary of the Sedbergh White Knights Ltd

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PIANO DUO RECITAL

and a Piano Duet Recital Course

Recently I was surprised by an email which came out of the blue from Anne Applin, half of the piano duo which is giving a recital in the Queen's Hall on Friday, March 30th; their programme is advertised elsewhere in this edition of LOOKAROUND. The recital will open the proceedings of a non-residential weekend piano duet course run by Anne and her playing partner Geoffrey Pratley, both well-renowned concert pianists and piano tutors. If you are interested in the course - applications are welcome from individuals as well as pre-formed duos - it is not too late to enrol, so please make contact by phone or email (015396 21196 or yantethera@gmail.com) and ask for an application form. The course will be taking place at Sedbergh School, just as the Easter holidays begin. It

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so happens that friends of ours have attended similar piano duet courses and much enjoyed being tutored by Anne and Geoffrey. Through this link, Anne contacted me to suggest that, if we would like to help with advertising the recital and the course, the Pepperpot Club could benefit from the recital's proceeds. This seemed like a generous offer, hence the advert and this short article.

Here are a few quotes to whet your appetite :

"A distinguished duo partnership since 1990, Anne and Geoffrey bring to the art form a wealth of experience in accompanying, chamber ensembles and teaching as well as broadcasting and publishing books of their own arrangements for piano duet. Through recitals, master-classes, courses and duet-days they explore the treasure chest of music for four hands on one piano, (and for two pianos when available) bringing a fresh interpretation to favourite pieces, less familiar works and items in a lighter mood. As well as original duets, composers' own arrangements for four hands of their compositions for other instrumental combinations is

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a particular interest. Researching and discovering new (and also long-forgotten) repertoire is an important part of their programming for concerts, which bring the excitement and delights of four hands on one and two pianos. In 2005 they gave a series of recitals on board the QE2 during her round-the-world cruise. Since then they have been invited to play on several other cruises.

"Their concerts are tremendous - so musical, really full of energy and wonderful repertoire."

"We have been on many courses with Anne and Geoffrey. They never disappoint. They are fantastic tutors, wonderful pianists and lovely people into the bargain. We'd recommend them to anyone with an interest in playing the piano duet repertoire - and in finding out just how much of it there is out there!"

Please don't forget the Sedbergh Orchestra Springtime Classics

Concert on Sunday 4th March at 8.00pm at the Thornely Studio, Guldrey Lodge.

Shirley Smith

ZEBRAS

What's it all about?

Zebras Baby and Toddler Group meets every Wednesday afternoon during term time at Sedbergh Methodist Church Hall between 1.15pm and 3pm. The cost is £1 per child and 50p per adult. Children under 12 months are free.

There is a safe baby area, crafts and activities. There is also juice, fruit and biscuits with tea and coffee for the adults.

It's a great opportunity to socialise with other people while your children play in a safe and fun environment.

Group Leaders Danielle Jones and Donna Gardner both live in Sedbergh and have children who attend the group.

So don't be shy, everybody is most welcome. Come along and enjoy the fun. If you would like to know more about Zebras please give Donna a ring on Sedbergh 20570 or Danielle on Sedbergh 21422.

Daphne Jackson

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PENGUINS AND POLAR BEARS

At very short notice the local support group of Cumbria Wildlife Trust was able to persuade Mark Smith to come and talk about his experiences as a film cameraman on the television "Frozen Planet " series. As Mark is an Old Boy of Sedbergh School, the School very kindly hosted the event.

The Trust is celebrating its 50th birthday this year so we hoped to raise much needed funds to help with its work. As all tickets were sold within a very short time we were assuming this event would get the year off to a flying start!

Unfortunately our particular bit of the planet was especially frozen that evening with a coating of ice on

absolutely everything making it very difficult for many to reach the venue. Those who did manage to get there were treated to a fascinating behind the scenes view. Mark showed several clips of film that didn't make it onto the small screen probably because they were too scary! One wonders what the life expectancy is of a wildlife cameraman! Mark spent more time on location than any other cameraman on the project, four months in the Antarctic filming penguins and two in the Arctic interacting with polar bears.

On arrival at a remote hut on Svalbard, the crew discovered that the bears had got there first, breaking in and devouring amongst other



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We may have a job to suit you, such as Matron/Housekeeper, domestic cleaners, pastoral care assistant, catering, laundry assistant & administrators.

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

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

We look forward to hearing from you

All positions will require a full satisfactory enhanced CRB application.

Call Michelle on 015396 20303 or email at:
mws.bursary@sedberghschool.org

supplies, a sack of coal, copious amounts of fuel and cooking oil and several rolls of gaffer tape. These particularly omnivorous bears were a bit over-familiar as well. They stepped carefully over the trip wires, settled down to snooze by the hut and banged on the window with their huge paws. One

memorable clip showed a human fist trying to scare the bear by hitting the same window with a bear paw retaliating and only a sheet of Perspex in between. Mark told us that 95% of bears avoid humans, 4% kill them



and 1% couldn't care either way. These characteristics are not immediately obvious. A male bear can reach 12 feet in height when standing on its hind legs. Mark showed us some footage of bear trophy hunting in the past. Hunters were shooting over 100 bears a month 50 years ago with shot gun loaded traps accounting for many more.

Further footage showed exploration of the bear's winter den, a series of carefully crafted passages and chambers with huge claw marks on the hollowed out sides and roofs. The crew emerged to find an outraged mother bear advancing. Unfortunately their weapons had been left with their

motorised sleds beyond her. Only a flare gun was to hand and after some fumbling with frozen fingers this was primed and shot missing the target but enough to make her retreat.

Four months were spent at the opposite end of the planet filming the return to breed of the Adelie penguins. Exceptionally high winds made filming almost impossible. Tea poured from a flask to a mug proved a challenge as the liquid disappeared horizontally before it got there. The semi-detached toilet (interior at around a constant -30°) had to be entered from out side and it was

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always a concern that it might have migrated elsewhere during occupation. The all weather "indestructible" tents supplied to the expedition were totally shredded by the wind. Despite these extremely inhospitable conditions some unique filming of penguin habitats and behaviour was accomplished. What is not apparent on the small screen is the extreme smelliness of the penguin roosts. Besides the expected waste there is a carpet of dead penguin carcasses. The Adelie isn't a very nice variety of penguin. It has a harsh call and several nasty habits. They attack and kill each other's young and try to do the same to the human ankle. We saw again the

footage of the criminal penguin pinching stones from another's nest. The Emperor penguin by comparison is more genteel. It maintains a dignified but observant distance and has a much more melodious call.

Mark started his talk with the assurance that a wildlife cameraman's job was not a glamorous one. Long hours (weeks?) were spent waiting for the right shot. Our local battle with sheet ice paled in comparison to his everyday working conditions!

The Trust is very grateful to Mark for finding time to visit Sedbergh and to the Headmaster for hosting and facilitating this memorable evening.

Susan Garnett.

Sedbergh Office Services

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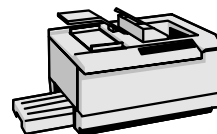
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JANUARY WEATHER

A wet and windy month with which to start the New Year. On 5 days there was no reading on the rain gauge, and I suspect on some of these days it was frozen so could not function! The total rainfall for the month was 6.63 inches. On only 4 days did the maximum gust not reach double figures. The highest gust recorded for the month was 29.5mph again from a westerly direction. The wind chill was below freezing on every night but one! Atmospheric pressure was generally low reflecting the windy month. Temperatures were varied with the coldest periods in the middle and at end of the month. A maximum of 50.2F on the 3rd and a minimum of 25.0F on the 14th were the extremes in temperature.

Birds seem to be fewer in number visiting the feeders at the moment. However one possible explanation occurred rather dramatically one day. Activity was fairly normal when a sudden swoosh caused panic as a kestrel crashed into the feeding area. In its panic to escape a blue tit bounced off a car parked on the drive to be picked up by the opportunistic kestrel without even slowing down! The cock great tits and blue tits are singing to mark their territories; blackbirds are visiting their old nest sites in the shippon. I have cleaned out and repaired a couple of the nest boxes which the blue tits use each year. I have also sent in my records



friends of farfieldmill of WINE TASTING EVENING

Friday 13th April

7:30 to 10pm

People's Hall

Come and enjoy an interesting and relaxing evening, tasting and learning about half a dozen wines from all over Italy.

The night will also include a chance to sample some typical Italian foods, a quiz and a raffle.

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for nests last season and also filled in, on line, the garden bird watch figures. We also spent a pleasant day out at Leighton Moss but the ice meant birds were not very near to the hides. We did see many ducks and saw a bittern and egret fly past. We spent a rather more successful day, photographically, at South Lakes Wildlife Park, taking up their offer of free entry during the winter. Once they got warmed up, literally, the lemurs put on a fair show. We were very impressed by the condition of all the animals.

BOWLING

Indoor bowling continues in the Memorial Hall in Dent on at least two, usually three Wednesday evenings a month and one Saturday morning a month, some of us are very good, some mediocre and some need our eyes testing. The main thing is we all ENJOY our sessions. An important part of them is the cuppa and cake break where we chat and catch up on the news.

On the Saturday mornings we are open to non-players and serve a variety of coffee and tea etc along with home made cake and we have a raffle, all proceeds after expenses are for the Memorial Hall funds. Do pop along, to watch or play or have your say!

For further details; contact Sarah (25212) Jean (25269). (Gentlemen and Ladies welcome, children too but sorry not Dogs!) Oh! Wednesdays at 7.30pm and Saturdays at 10am.

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CHURCHES TOGETHER

There are various Churches in Sedbergh who meet together quarterly to plan joint events in the community. The most recent meeting took place in February. It was agreed that the joint Christmas events had been a success. Plans are now being made for future events. These include the Good Friday service outside the URC and Easter Sunday sunrise walk to the top of Winder. There is also going to be a walk and bonfire to mark Pentecost which this year falls on Sunday 27th May. This took place for the first time two years ago and was well supported. It is open to all, whether you attend a Church or not. Nearer the time there will be posters and more information about the route. Of course the annual holiday club for primary school children will be taking place in July and this year will have an Olympic theme. Also present at the meeting was Fran Parkinson who spoke about the Café Church which ran at Duo in January and February. This may become a regular occurrence if it proves successful.

The Churches Together Committee

DENT FOOTBALL CLUB

The committee would like to express belated thanks to everyone who donated to and attended the Annual Bonfire. A great night was had by all with delicious refreshments and a fantastic firework display. A profit of £50 has been donated to the North West Air Ambulance.

DENTDALE RUN

One of Dent C of E School's largest fundraising events, the annual Dentdale Run will take place on Saturday the 10th of March. The race is now in its 28th year and is supported by its main sponsor, Dentdale Brewery and receives the huge support of other local businesses as well as a number of local people and organisations who provide catering and marshalling. Commencing at 1pm, the run is just over fourteen miles and takes place around the lanes of Dentdale. Entries are invited from affiliated and non-affiliated runners.

Free car parking, showers and plenty of refreshments will be available to runners. Trophies and prizes will be presented, immediately after the race in the memorial hall, to the top runners in several categories including, ladies, teams and veterans categories.

On this day the village itself and the surrounding roads will be very busy especially between 12pm and 3.30pm with around 500 runners setting off from the village at 1pm. I would like to ask that if anyone is moving livestock or expecting large deliveries on this

day could they please try to avoid these times. Spectators are very welcome on the day or if you wish to enter then you can obtain an entry form from www.dentdale.com.

*Scott Thornley, Secretary,
Dentdale Run Committee*

CHRISTIAN AID

in Sedbergh and District gear up for 2012

Coming out of winter hibernation (or something akin) the Christian Aid committee is about to become active with the year's events beginning with our March Coffee Morning on the 14th in the URC rooms, Sedbergh.

As you begin your Spring Cleaning and root through your odds and ends don't forget that we will again be running our Christian Aid 'Shop' during Christian Aid Week which starts in our District on Saturday 12th May running through to the 17th or so and look forward to helping you clear those no longer needed belongings. We are a flexible bunch of folk.

The focus of this year's week is on communities in Sierra Leone and is concerned with the challenge of giving the tools to help people in poverty to get out of it, which is the main objective of Christian Aid. The people of Sedbergh and District have always been tremendous in their support of Christian Aid and those of us on the committee look forward to your ongoing help in this year's activities.

*Rev'd. Anne Pitt
on behalf of the committee.*

DIAMOND JUBILEE

Plans are in hand in Dentedale to celebrate the Diamond Jubilee of Her Majesty the Queen . So far we are working towards an off-street "Street Party" for the children on Sunday June 3rd starting at 3pm, we hope local businesses will be able to help financially also individuals. Tables and chairs will be loaned by the Memorial Hall. The Football Club will help with moving them (thanks). On Saturday morning an Exhibition of Royal Memorabilia will be set up in the Sedgwick Room at the Hall and will open early afternoon with afternoon tea being served in the Hall (times to be confirmed) there will be a small charge made.

What would the teenagers like to do, and when? (The Hall is booked Sat morn, Sunday from 6pm and all Monday by other organisations which we will work around). Please contact us with ideas, offers of help etc. These celebrations are for THE WHOLE DALE!

Would the group you belong to like to "do" something to help? Have a chat with Sarah Woof or Gary at the George & Dragon.

THE DIAMOND JUBILEE MUSIC FESTIVAL

After eighteen months of planning the Festival is almost upon us and preparations have started in earnest. In my last article I mentioned that the climax of the Festival would be a performance of Mozart's Requiem conducted by Jeremy Jackson. On

Monday 27 February Deryck Cox started the ball rolling in the Parish Church at 6.30pm with a sessional rehearsal for altos and basses. Further rehearsals are planned for 12 March, sopranos and tenors; 19 March, altos and basses; and 26 March, sopranos and tenors. Rehearsals will re-commence after Easter on a frequency to be decided on earlier progress. There are still a few vacancies left in all departments and we would welcome new voices especially tenors. If anyone wishes to join us please contact me on 21081.

The website has been updated and there is now much more information about individual programmes and performers, and ticket purchase and catering arrangements.

Tony Reed Screen

SPORTS EVENING

Howgill Harriers and Sedbergh Primary School have once again teamed up to host the second Sedbergh Sports Evening on Friday 13th July at Buckbank Farm. The Gates will open at 5pm and the races will start at 5:30pm.

With the Olympics in the summer, we thought it a great idea to bring the Olympics to Sedbergh before the launch of the London version!!

So get your training started ready to enter a variety of traditional Dales sports races as well as the unique, spectacular Fell Races. Last year was such a huge success and we raised a significant amount of money for Sedbergh Primary School. This year, we hope to do even better.

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WORSHIP@PEOPLES

"There's a seaside resort called Blackpool that's famous for"
more than just fresh air and fun, or so we found out on Sunday morning at the monthly Methodist service at the Peoples Hall! A member of the Central Methodist Church, in Blackpool, Stuart Furnival, where our own Tim Widdess was the previous minister, came and shared with us how they had been led to set up the Comfort Zone project. This has provided for many years not only a drop in centre for soup, food, drinks and somewhere warm to go, and people to chat to, but every week hands out up to 70 food parcels to people who are finding it difficult to make ends meet. It was a moving and inspirational talk and showed what can be achieved when a local need is addressed with commitment and concern. The worship group led the worship, and

we watched a video showing people from many different parts of the world enjoying, yes really enjoying, worshipping God! You will be made welcome so why not come and join us at the next one on Sunday 4th March at 10.30am or as well on 1st April, you may even enjoy it !!

Sedbergh Methodist Church

SEDBERGH & DISTRICT COMMUNITY OFFICE

Without wanting to sound like a stuck record, may I just mention how worthwhile the Wednesday market is? Most of the stalls are on Joss Lane car park, but there is also the fruit and veg stall in front of St. Andrew's Church. There is an increasing range of stalls to choose from, and most stall holders are there from 8.30 so people who have to get off to work can do their shopping first. If you have a business idea, getting a market stall is a very cheap way of testing it and seeing what people like, how much they will pay, and so on. We can supply the stall itself and any tables you need. Contact the Office for more details – please note you'd not be able to sell something that's already there.

We still take ink and toner cartridges for recycling, but please note we can't do anything with Epson ones – no-one can recycle them, so they would just get thrown away. And again, if you are interested in volunteering for the Office or the community charity shop, we are interested in you so please get in touch.

Best wishes, Andi Chapple

HOWGILL ELEPHANTS – HELP!

When “Sleepy Elephant”, opened in Sedbergh, as a long time user and fan of Wainwright, I said to myself, “I thought he said ‘sleeping elephants”, but no matter. This month (February) on the Sedbergh Calendar, John Rice has entitled his photograph, “The Howgills, “Wainwright’s Sleeping Elephants”. When I saw that my curiosity was reawakened. I have searched through all my guide books for the reference. In the book “Walks on the Howgill Fells”, I have found only this quotation, “.....often likened to a huddle of squatting elephants”. Does anyone know if and where there is another reference to these large creatures?

Wendy Fraser-Urquhart

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PEOPLE’S HALL

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Notice is hereby given that the **Annual General Meeting** of the People’s Hall, Sedbergh will be held in the People’s Hall on 2 April 2012 commencing at 19.00 to hear the Chairman’s and Treasurer’s reports of the past year’s activities and to elect the Management Committee. All

residents of the Parish of Sedbergh over the age of 18 are entitled to attend. A meeting of the newly elected Management Committee will follow the AGM.

AGENDA

1. Welcome
2. Apologies
3. Minutes of meeting held 4 April 2011
4. Matters arising
5. Chairman’s Report
6. Treasurer’s Report
7. Election of Management Committee
8. Close

Dr Gina Barney, Hon Secretary

TRACTOR PULL

On Easter Sunday 8th April, 60 lads pulling a 6 ton tractor plus a large support team will be travelling from Station Road, Sedbergh to Netherfield Cricket Club, Parkside Road, Kendal leaving Sedbergh approx 9.00am. Anyone using the road that morning, please be patient, especially when we tackle the Blackhorse Hill. All monies raised from the pull and afternoons activities will be shared between the late footballer/manager Nicky Dent’s wife Kelly and two kids plus motor neurone disease.

With thanks. Caspa, organiser

GALA 2012

Sedbergh Gala will be held on Saturday 12th May on Lupton Field. The theme for this year is **60 Glorious Years.**

Gala Group

DENTDALE MEMORIAL HALL

Would Hall Trustees and members of the public please note that we have *CHANGED* the date of our AGM to Wednesday APRIL 25th 2012, 7pm in the Sedgwick Room. We are very sorry we cannot meet on March 21st as planned. If you turn up in March you can join in the Bowling!

Sarah E Woof (Chair of trustees)

CROOK CAIRN

Between 16th and 19th February part of the cairn on Crook was dismantled and the stones thrown down the slope. This is the second time recently this has happened. After the first time the National Park Ranger organised a working party to repair the damage. Does any Lookaround reader know who might be dismantling the cairn and why?

June Parker

DENT PRESCHOOL

The Dent Pre School Committee held a Jumble sale on the 18th of February at Dent memorial hall. An estimated total of £515.01 was made for the Pre-school, so a big thank you for everybody's continued support, for all the great donations and of course to those who attended.

ZEBRAS

The Baby & Toddler Group are holding a Craft and Table Top Sale on Saturday 28th April from 10am till 2pm in the Methodist Church Schoolroom.

If anybody would like a Table @ £5, please call Donna on 015396 20570.

CUMBRIA IN BLOOM

Now is the time when we start work in our gardens and decide what we want to keep, get rid of or simply split as the plant is taking over. If anyone is wanting a new home for their unwanted plants then the above committee would like to hear from you. We are always on the lookout for more plants (and if possible at very little or no cost) so if you so want 'rid' then we are willing to take them off your hands.

Simply give me (Dorothy) a ring on 20807 or Janet on 20815. (The more plants the better).

**DENTDALE
CHRISTIAN FELLOWSHIP**

In January our speaker was Mr Stephen Wood who shared his testimony of how God is working in his life and encouraged us to be bold and talk about our faith and Jesus and the Gospel. Then we shared a meal together and chatted about all manner of things. We meet on the 4th Sunday monthly at 7pm and all are welcome. Very informal & friendly.

John & Sarah Woof.

STOP PRESS

Just prior to going to print, we learnt of the circumstances of the collapse of Elspeth Griffiths, the 'Jewel in the Sedbergh Crown' and one of the most hard-working persons that any of us have ever known.

By the time you read this, there would have been many developments but our thoughts and prayers are with her family.
D J Whicker

KIDZONE ORPHANAGE

Kidzone is the name of the orphanage in Nairobi which several people in Sedbergh support. The 22 girls there have learned to knit this year, and are very enthusiastic. They are now making their own blankets. We send things out to the girls via Christine Wood's son Simon, who is a BA pilot, so they therefore go free of charge

This month we are collecting the following things to send out to the girls, so that they can knit more exciting things:

- Double knitting wool (not thinner)
- Easy knitting patterns (suitable for children or beginners)
- Fancy buttons
- Pieces of felt
- Descant recorders
- 1 x pair concert cymbals

If you have anything you'd like to give, they can be left in the box in the Community Office (in the corridor). (If

anything donated, proves not to be suitable, it will given to Sedbergh Charity Shop, unless you tell us differently)

Many thanks.

Helen Beare and Christine Wood

COMMUNITY OFFICER REPORT

There has been an increase in the number of reports of heating oil thefts in the South Lakes area and a report of diesel theft, please ensure that your oil tank is secure and we ask the public to be vigilant and report any suspicious vehicles etc to the Police on 101. There have been a number of suspicious incidents reported over the last month which have been followed up, this all helps towards crime prevention.

There has also been an increase in reports of metal thefts in the South Lakes area. There have been a number of suspicious incidents reported over the last month which have been followed up, this all helps towards crime prevention.

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 on the 3rd Saturday of each month between 10:30 – 12:00 or the first Tuesday of the month between 12:00 and 13:00 at Dent stores. We are also at Gladstone house every other Friday from 13:00.

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

CSO 5206 Karen Dakin

**Paul
Hoggarth**



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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)

Organisation	Update	Contact	Tel:	015396
Allotments Association (Dent)	08/09	Mr Smith	Dent:	25688
Allotments Association (Sedbergh)	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Sedbergh)	10/08	Mr Wheatley	07816	437500
Beekeepers Association (S & D)	01/09	Mrs Whitton	015242	72004
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)	01/09	Mr Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club (S&D)	01/09	Mr Hinson	Sed:	20118
Caving Club (Kendal)	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/10	Mr Chapple	Sed:	22045
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	01/09	Mr Beck	Sed:	20336
Cricket Club (Dent)	01/09	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	01/09	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	09/10	Mrs Sugden	Dent:	25303
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent School (Friends of)	01/09	Mr Hartley	Dent:	25317
Dog Training (Sedbergh)	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/08	Mrs O'Neill	Sed:	21958
Firbank Church Hall *	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders (Dent)	01/09	Mrs Pilgrim	Dent:	25589
Football Club (Dent)	01/09	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	06/09	Mr Kirby	Sed:	21214
Gala Group	04/10	Mrs Usher	07837	978626
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Garsdale Ladies Group	09/08	Mrs Ramsbottom	Sed:	21013
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions (Dent)	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Schoolroom	01/09	Mrs Stainton	Sed:	20665
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050

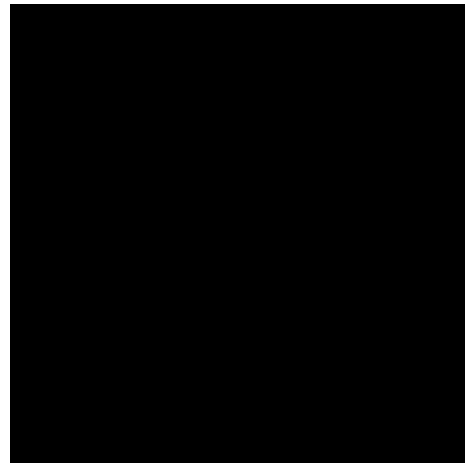
Kent Lune Trefoil Guild	01/09	Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	01/09	Mrs Escholme	Sed:	20376
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Methodist Church Hall	01/09	Mrs Jackson	Sed:	20530
Over 60's (Dent)	02/09	Mrs Burrow	Dent:	25203
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council (Dent)	09/10	Mrs Fletcher	015242	72768
Parish Council (Garsdale)	01/09	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	10/08	Mr Robertshaw	01539	730597
People's Hall	01/09	SOS	Sed:	20788
Pepperpot Club (Sedbergh)	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground (Sedbergh)	10/09	Mrs Rice	Sed:	22100
Playgroup (Sedbergh)	01/09	Mrs Gunning	Sed:	20226
Playing Field (Sedbergh)	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group (Sedbergh)	02/09	Mrs Foott	Dent:	25453
Residents Association (S & D)	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	01/09	Mrs Storey	Sed:	21593
Sight Advice South Lakeland	01/09	Mr Axford	Sed:	21019
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Slimming Club	01/09	Mrs Uttley	01539	722568
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Toy Library	11/09	Mrs Osborne	015242	61029
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	02/11	Mrs Smith	Dent:	25688
Women's Institute (Howgill)	01/09	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute (Sedbergh)	12/10	Mrs Ramsden	Sed:	20828
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	12/09	Mrs Wilson	Sed:	20238
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	03/09	Mrs Woof	Sed:	21644

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect,
please supply details to the Lookaround Office

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	Zebbras 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

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



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



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

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**

~~~~~  
UNITARIAN & FREE

CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00

Wednesday 19.30

Rev. G Jones Tel: 01539 722079

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Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£2.00
Postal Overseas	=	£3.00

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

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

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

DIARY OF EVENTS

Dates are held up to 7th December 2013

Entries marked (*) see Advert in previous Lookaround.		21 1930 HS Ancient Kingdom of Northumbria (24) SHS	
Coffee Mornings marked TBA have not yet been booked.		21 1930 Dentdale Indoor Bowling DMH	
MARCH			
1	St David's Day	24 1000 Dentdale Indoor Bowling DMH	
1 1830	Neighbourhood Forum CVH	24 1030 URC Jumble Sale URCR	
1 1930	WIH Yorkshire Dales HVH	24 1900 HS AGM & Jacobs Join (24) SHS	
1 2000	Pepperpot Concert StAS	25 Clocks March Forward	
2 1030	Women's World Day of Prayer (*) SMC	28 1000 Coffee Morning - NW Cancer URCR	
2 1900	Women's World Day of Prayer (*) SMC	28 1200 Lent Lunches StAS	
2 1930	Domino Drive & Tattie Pot HVH	28 1930 Dentdale Indoor Bowling DMH	
3 1230	Radiotherapy March Kendal	30 SS Term Ends	
3 1900	Flicks in the Fells 'A Game of Shadows' PH	30 SHS Term Ends	
4 1030	worship@peopleshall PH	30 1045 Guided Walk round Kirkby Lonsdale KLTIC	
4 1400	Zumbathon (*) PH	30 1930 Piano-Duet (30) SSQH	
4 1945	Sedbergh Orchestra (*) SSTS	30 1930 KVH Domino Drive KVH	
5	New Health Centre due to open	31 - 29 The Story of Coppice (32) FM	
6 1900	CWG Linda Robinson KLI	31 1200 Spring Show (1) PH	
7 1000	Coffee Morning - GVH URCR	31 1400 KLGC Jumble Sale (31) KLI	
7 1200	Lent Lunches StAS	APRIL	
7 1430	Cream Tea Afternoon Bull	1 - 29 The Story of Coppice (32) FM	
7 1930	HS Curiosities of Cumbrian Churches (24) SHS	2 1900 People's Hall AGM PH	
7 1930	Dentdale Indoor Bowling DMH	3 1900 CWG Maureen Clayton KLI	
8 1200	Lunch Club Red Lion	4 1000 Coffee Morning - D & S Oral Society URCR	
10 1300	Dentdale Run Dentdale	4 1200 Lent Lunches StAS	
11 1030	Guild Anniversary Services (11) SMC	4 1430 Cream Tea Afternoon Bull	
11 1330	Guild Anniversary Services (11) SMC	4 1930 Dentdale Indoor Bowling DMH	
13 1400	WIK PH	5 1930 WIH Gardeners Calendar FCH	
13 1930	Domino Drive FCH	6 Good Friday	
14 1000	Coffee Morning - Christian Aid (14) URCR	7 1900 Flicks in the Fells PH	
14 1200	Lent Lunches StAS	7 2000 Football Club Ladies Night (38) SSQH	
14 1915	WID Tracks North DMH	8 0900 Tractor Pull to Kendal Station Rd	
14 1930	WIS Lakeland Churches SMC	9 Easter Monday	
15 1900	Murder, Mayhem & Music Hall (15) PH	10 1400 WIK Tourist in Slovenia PH	
16 1045	Guided Walk round Kirkby Lonsdale KLTIC	11 1000 Coffee Morning - TBA URCR	
16 1900	Murder, Mayhem & Music Hall (15) PH	11 1915 WID Gardening - C & P DMH	
17	St Patrick's Day	11 1930 WIS Recording Oral History PH	
17 1000	Coffee Morning - Pepperpot Club (17) URCR	12 1200 Lunch Club Red Lion	
17 1900	Murder, Mayhem & Music Hall (15) PH	13 1930 FoFM Wine Tasting Evening (63) PH	
18	Mother's Day	16 SHS Term Starts	
18 1400	Messy Church SMC	18 1000 Coffee Morning - StAS Missionary URCR	
19 1900	Chamber of Trade L	18 1930 Dentdale Indoor Bowling DMH	
21 1000	Coffee Morning - URC URCR	23 St George's Day	
21 1200	Lent Lunches StAS	25 1000 Coffee Morning - GVH URCR	
21 1400	SASL A Quiz PH	25 1900 DMH AGM DMH	
		28 1000 Zebras Table Top Sale DMC	
		28 1000 Dentdale Indoor Bowling DMH	

*The S & D Lookaround is edited, published & distributed monthly by
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The content of The Lookaround does not reflect the views of the Editors.
Whilst every effort is made to ensure that information is correct, the Editors cannot
accept any responsibility for any inconvenience caused through errors or omissions.
Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,
Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

COVER PICTURE

Vicarage Lane

By Stuart Manger

Spring Show Inserts

By Wendy Fraser-Urquhart

28	2000	PH Dance with Kenny Bell	PH
MAY			
1	1900	CWG Pat Wright	KLI
2	1000	Coffee Morning - TBA	URCR
2	1430	Cream Tea Afternoon	Bull
2	1930	Dentdale Indoor Bowling	DMH
3	0700	Local Elections	
3	1930	WIH Eden Valley	HVH
5	1900	Flicks in the Fells	PH
7		May Bank Holiday	
8	1400	WIK Taste .n. Try	PH
9	1000	Coffee Morning - TBA	URCR
9	1915	WID Resolutions	DMH
9	1930	WIS Resolutions & Jacobs Join	PH
10	1200	Lunch Club	Red Lion
12	1000	Christian Aid Week	URCR
12	1000	Dentdale Indoor Bowling	DMH
12	1230	Sedbergh Gala	Lupton Field
14	1000	Christian Aid Week	URCR
15	1000	Christian Aid Week	URCR
16	1000	Coffee Morning - Christian Aid	URCR
16	1930	Dentdale Indoor Bowling	DMH
17	1000	Christian Aid Week	URCR
20	1400	Messy Church	SMC
21	1900	Chamber of Trade	L
23	1000	Coffee Morning - TBA	URCR
23	1930	Dentdale Indoor Bowling	DMH
29	1900	CWG Jim & Cynthia Wilkinson	KLI
30	1000	Coffee Morning - WIK	URCR
30	1930	Dentdale Indoor Bowling	DMH

JUNE

1		SHS Half Term Starts	
2	1930	Queen's Diamond Jubilee Ceilidh	KVH
2	1900	Flicks in the Fells	PH
3	1300	Diamond Jubilee Village Lunch	KVH
3	1500	Diamond Jubilee Street Party	Dent
3 - 17		Diamond Jubilee Music Festival	Sedbergh
4		Spring Bank Holiday	
5		Queen's Diamond Jubilee	
6	1000	Coffee Morning - WIH	URCR
6	1430	Cream Tea Afternoon	Bull
6	1930	WIH 60th Anniversary Party	FCH
12		SHS Half Term Ends	
12	1400	WIK St Helena, Remote Atlantic Island	PH
13	1000	Coffee Morning - TBA	URCR
13	1915	WID The Meaning of Surnames	DMH
13	????	WIS Mystery Outing	???
14	1200	Lunch Club	Red Lion
14	2000	Pepperpot Concert	StAS
17	1400	Messy Church	SMC

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Tel: 015242 - 74322

DIARY KEY

BBF	= Buckbank Farm
BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTis	= Churches Together in Sedbergh
CVH	= Casterton Village Hall
CWG	= Christian Women's Group
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC/S	= Dent Methodist Chapel/Schoolroom
FCH	= Firbank Church Hall
FM	= Farfield Mill
GSC	= Garsdale Street Chapel
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
PH	= People's Hall
SHS	= Settlebeck High School
SLSB	= South Lakeland Society for the Blind
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
SSTS	= Sedbergh School Thornley Studio
STO	= Sedbergh Tourist Office, Main Street
URC(R)	= United Reformed Church (Rooms)
WIB	= Women's Institute, Barbon
WID	= Women's Institute, Dentdale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

015396 20218

015396 20239 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.30am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Dent surgery by appointment only - Monday

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