

Sedbergh & District

# LOOKAROUND

May 2013

Issue 310

Donation £1

Absolutely fantastic. Another 96 Pages crammed with information and events to attend for both community and visitors.

We are also actively looking for recipients to receive the Large Print

Version as well as the Audio version of Lookaround so if you would like to receive one or know of someone that would appreciate one, please contact the Office.

*Dennis & Jacky Whicker*

## SEDBERGH GALA

Saturday 18<sup>th</sup> May

Theme:

*Princes and Princesses*



1pm Lupton Field

(Procession leaves Maryfell 12.45)

Admission £3

Under 16's free



Bouncy Castles, Donkey Rides, Laser Clay Pigeon Shooting, Cumberland Wrestling, Fell Race, Birds of Prey, Alpacas, ARMY Climbing Wall & \*PAINT BALLING\*  
Mini-Motorbikes, Beer Tent, Tea Tent, local food and catering  
Fun Dog Show and Competition with lots of classes including;  
"Best matched owner and dog", "Happiest Dog" etc.  
Craft Stalls and exhibitors  
\*Broadcast by BBC Radio Cumbria\*

**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](mailto:editor@sedberghlookaround.org.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

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# MAY BIRTHDAYS

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

The recipients this month are:-  
Zoe Alderson who is 10 years old on 11th May and  
Ted Hodgson who is 9 years old on 20th May.

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



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

Day	Name	Age
2	Oliver WOOF	6
5	Max TOWNLEY	3
7	Charley DEAN	2
8	Mason MORA	7
8	William DAWSON	5
9	Amber WOOF	7
11	Zoe ALDERSON	10
12	Aidan WILLIAMSON	7
13	Solomon JAMES	5
13	Ruben SWALLOW	11
14	Ella LEWIS	5
14	Bethany BECK	9
15	Elsie WOOF	3
19	Isabel MOFFAT	7
20	Ted HODGSON	9
22	Paris HEYWOOD-DAWKINS	11
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27	Jack DAWSON	5
	<b>Nonagenarian &amp; Over</b>	
06	Eleanor Gordon	96

## PERSONAL & SMALL ADS £1

### BALDERSTON

Neville, wishing you a very Happy **90th Birthday** on 7th May. Love from Betty, Alan and John.

=====

### DOBSON

Jean would like to thank family and friends for all the lovely cards, flowers and gifts received on the occasion of her **80th Birthday** and to all who came to make it a night to remember despite the snow..

=====

### KELLY

Liam and Vicky would like to thank everybody for their cards, presents and good wishes on the birth of twins Lee and Aaron.

=====

### MASON/KNAPTON

Congratulations Andrew and Siobhan on your engagement. All our love Mum, Dad, Daniel and Liam xxx

=====

### SKILL

Zander and Elizabeth thank family and friends for the lovely cards and presents received for their **Golden Wedding Anniversary**.

=====

### FORSALE

Yamaha, 5 Octave Keyboard PSR-295, sold in aid of Kidzone Children's Home, Kenya. £25 ono. Tel. 015396 21750.

=====

### FOR SALE

Large solid Pine Table & 6 Chairs £120 ono. Tel: 07765 835192.

### FOR SALE

Graco Child's Car Seat. As new, used on odd occasions for grandchildren's visits. Suitable for 15-36 kg weight. Height adjustable back which removes to form booster seat. £25. Tel 0776 9575482.

=====

### FOR SALE

Large Metal Trunk needs a new home, having just arrived from overseas! Measures 1m x 50cm x 45cm. £5. Unfortunately buyer will have to collect. Tel 015396 21176.

=====

### FOR SALE

Ikea 'Stolmen' wardrobe/hanging/storage system In excellent condition, cost new £165 will accept - £30 Similar to that on the Ikea website <http://www.ikea.com/gb/en/catalog/products/S99875629/>. Black metal curtain poles – all with end design 1 x 145cm approx, 1 x 150cm approx & 1 x 210cm approx. £5 each for the 2 smaller sizes and £10 for large. CD storage tower units, 1 x beech effect, 1 x pine effect and 1 x solid pine. All £10 each. Two remote control speed boats, one white one black - £10 each. Morphy Richards Fastbake Digital breadmaker model number 48285. In excellent working order, hardly used. Complete with instruction/recipe booklet £15 Tel: Sarah on 015396 25329.

PERSONAL & SMALL ADS £1

**FOR SALE**

Children's violin 1/8 size suitable for very young beginner. With case. £35. 015396 21166.

=====

**WANTED**

A Holidaying Dog Owner is seeking Night Time accommodation for Daisy, a well-behaved golden retriever for seven days in July. We'd pick her up and be out in the Lakes and Dales in the day so it would be nights only. Please Tel: 07824 624617.

**May Day Sale**  
Dent Pre-School

Books      Fancy Hat Competition  
Spring Raffle      & much more  
Cake Baking Competition

Come & Join us for Tea & Cake  
Dent Memorial Hall  
Monday 6th May 11am to 1:30pm



WITH SPECIAL GUESTS  
**DENTDALE CHOIR**

**Cambridge Chamber Consort**

**FIT FOR A QUEEN**


A choral concert to celebrate the Diamond Jubilee of the Coronation of Her Majesty the Queen featuring *Parry I was Glad* and music by Byrd, Gibbons, Vaughan Williams and Stanford plus a selection of jazz and popular favourites.

7:30PM  
SATURDAY 4TH MAY  
THORNELY STUDIO  
SEDBERGH SCHOOL  
TICKETS £8  
(INCLUDES FREE DRINK)

Tickets available on the door or in advance from Sedbergh Junior School Reception (Loftus Hill) and Sedbergh Tourist Information Centre. Advance bookings by email to [ticket@cambridgechamberconsort.co.uk](mailto:ticket@cambridgechamberconsort.co.uk). All enquiries to 07952 601568



**FOR SALE**  
Good Quality Hay & Straw (Small Bales)  
Haylage (Large Bales)  
Tel: 015396 20668  
Mob: 07960 210336

**SEDBERGH**  
**Cafe**  
**CHURCH**

Informal evenings  
with music and a short talk  
first Sunday of each month  
**Sunday 5th May, 7pm**  
**United Reformed Church Hall**  
Light refreshments free of charge.  
Further items available to purchase.  
*in association with*  
**Carnforth Free Methodist Church**

### APPLEBY FAIR

#### *Community Drop-in events in South Lakeland*

A series of daily drop-in meetings for residents are being held throughout the run up to this year's Appleby Fair.

The drop-in events will be an opportunity for any members of the public who have concerns or queries they would like to raise to make their issues known to the agencies involved. Representatives of South Lakeland District Council and Cumbria police will be available at each drop in, Cumbria County Council officers and local elected members will be in attendance on selected dates.

Each meeting will run from 10am to 11am, with the dates and locations of the events as follows:

#### **Sedbergh Community Office (72 Main Street, Sedbergh)**

Monday 20 May  
Wednesday 22 May  
Friday 24 May  
Tuesday 28 May  
Thursday 30 May  
Saturday 1 June  
Tuesday 4 June  
Thursday 6 June

Saturday 8 June  
Tuesday 11 June  
Thursday 13 June

#### **Kirkby Lonsdale Community Shop (24 Main Street, Kirkby Lonsdale)**

Tuesday 21 May  
Thursday 23 May  
Saturday 25 May  
Wednesday 29 May  
Friday 31 May  
Monday 3 June  
Wednesday 5 June  
Friday 7 June  
Monday 10 June  
Wednesday 12 June  
Friday 14 June

#### **Post-Fair debrief - Public Drop-in**

Tuesday 9 July, from 5pm until 7pm - Sedbergh People's Hall

#### **Useful numbers:**

For non-emergency policing issues, call 101.

For urgent Highways issues, call the Highways Hotline on 0845 609 6609

For South Lakeland District Council, call on 0845 050 4434

For further information about the drop-ins, contact Sarah Williams, Area Engagement Officer, Cumbria County Council on 01539 713405 or email [sarah.williams@cumbria.gov.uk](mailto:sarah.williams@cumbria.gov.uk)

EST. **SEDBERGH • MARKET** 1538

**EVERY WEDNESDAY  
ON JOSS LANE CAR PARK**

*Stalls from 8.30 am. Contents may vary! but currently include fruit and veg, fish, farm fresh meat and eggs, bread, cakes, takeaway/heat-at-home food and walking boots and socks.*

Try your retail idea with pitch and stall deal – £11 a week. Car boot pitches from £3.  
Contact Sedbergh & District Community Office: 015396 20504 / [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)

## SEDBERGH PARISH COUNCIL

*This report covers meetings on 28<sup>th</sup> February and 28<sup>th</sup> March.*

### Planning Matters

Responses to planning applications were agreed. These can be seen on our website under planning minutes.

The February meeting also considered two other applications. The council supported the application to improve the track at Fellgate Lane Dowbiggin after Cllr Lancaster who had made the application declared his interest and left the room.

The council was strongly opposed to the application to remove the condition regarding the provision of recycling facilities at the Spar Store, Station Road. Concern was also expressed that planners have still not made a decision regarding the proposal for three affordable houses at the former Aqua Engineering site in Guldrey Lane. It was agreed that a letter be sent to the Chairman of YDNPA making him aware of the strength of feeling regarding these applications. Subsequently the planning authority deferred a decision on the Spar recycling facility to allow time for consultation.

The Council supported temporary for use of Scrogg Bank Field as a temporary site for travellers (permanent permission for up to 21 days in any year).

### Grant Applications

A grant of £100 for the Kendal Mountain Rescue Team was agreed.

### Amenities Committee

## CHIROPODIST

*HPC Registered*

**Kay Whittle**

MSSCh DipPodMed MBChA

Surgery

Pedi-Care House,  
Howgill Lane,  
Sedbergh



**Tel: 015396 22122**

Appointments 10:00 - 4:00

Closed Mondays

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

Arrangements will be made for an architect to draw up two or three schemes for the re-design of Joss Lane Car Park to integrate with proposals for the overall improvement of the area (including the adjacent garden area).

Two new lights are to be fitted in Joss Lane Car Park.

Arrangements are in hand for the renovation of two more public benches.

Baby changing facilities are being installed in the ladies and disabled toilets in Main Street.

### Sedbergh Townscape Project

The new entrance sign to Main Street has been delivered and will be erected shortly.

We have plans for the replacement and relocation of the Bus Shelter on the South side of Station Road and a meeting has been held with Cumbria



County Council and the Police at which agreement was reached on the design and positioning and it is hoped that this will be erected in the next two or three months.

The proposals for footway widening in Main Street have hit a technical snag and Cumbria Highways are looking at alternative proposals.

#### **Other Projects**

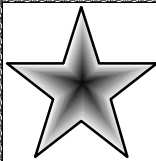
An application is to be made for a lottery grant to significantly improve Queens Gardens.

**The next meeting** will be on May 30th at 7.00pm at the People's Hall committee room. The Annual Parish Meeting will also take place and members of the public are welcome. There is always an opportunity

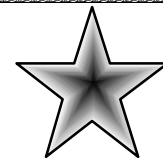
around 8.30pm for you to participate. The agenda will be posted in the Parish notice board, at the Community Office and on the Council Website before the meeting.

For any further information please contact the Clerk, Colin Robertshaw. (Tel 01539 730597 email [clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk) or at the Community Office around midday each Wednesday)

All Committee minutes can be accessed on the Council website <http://www.sedberghparishcouncil.org.uk/> and minutes together with all other reports are available in paper form at the Council's office, 72 Main Street, Sedbergh



smatt's  
**DUO**  
Cafe Bar & Bistro



Formerly known as DUO

Would like to welcome old & new customers by offering them a

**10% discount on presentation of this advert**

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Excluding

Thai nights which will resume soon. Check for advertising in our window

**We are now open 7 days**

Monday, Tuesday, Wednesday 9am - 6pm

Thursday, Friday, Saturday 9am - 9pm

Sunday 9am - 8.30pm

Our Day time & evening menus are displayed in our window

Matt & Sue Preece would like to thank all the locals of Sedbergh, they have met so far for their very warm welcome.

Smatt's Duo, 32 Main Street, Sedbergh, LA10 5BL.

Tel. 015396 20552

[www.duo-sedbergh.co.uk](http://www.duo-sedbergh.co.uk)

### DENT PARISH COUNCIL

When the council met in April the evening was a two-part affair. The Annual Parish Meeting, which included an update on broadband developments, took up the first part, and this was followed by a short parish council meeting, at which Elaine Lewis was welcomed to the council as its newly co-opted member. Full minutes of the meeting are published on the parish council pages of [www.dentdale.com](http://www.dentdale.com) as well as being available as a hard copy from Andy Stephenson, the Parish Clerk, tel: 21487, email: [dentparishclerk@live.com](mailto:dentparishclerk@live.com).

### Annual Report

The council's annual report was



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[www.daleswaytyres.co.uk](http://www.daleswaytyres.co.uk)

### HOWGILL TODDLERS

*second-hand toy sale*

**Saturday the 11<sup>th</sup> May**

10am until noon

Sedbergh Methodist Hall

There are many toys,  
small jigsaws,  
baby equipment and  
larger toys such as ride-on's.

Proceeds will be divided between  
*Sedbergh Primary School &  
Howgill School Room*

presented to the annual meeting, covering the work of the council during 2012-13. This work has included:

- managing the car park and playing field
- erecting parking restriction signs in Dent village
- distributing Jubilee crown coins to every child of primary school age
- tendering for and awarding a contract for grass cutting on the playing field and car park
- advising on a management plan for timber movements in the dale
- negotiating the transfer of land at Beech Hill to the parish council
- maintaining and trimming the trees in the car park
- representing the parish council on a number of local bodies and committees

The report is published in full on the council pages of [www.dentdale.com](http://www.dentdale.com).



### Broadband Update

The annual meeting also received an update on the current broadband situation in Dentdale from Jock Cairns, the Broadband Hub Coordinator from the Sedbergh and Kirkby Lonsdale area, and Anne Fleck, the Managing Director of Fibre GarDen.

Two projects – Connecting Cumbria, run by the county council, and Fibre GarDen, run by residents of Dentdale and Garsdale – are currently being developed. The Connecting Cumbria project aims to provide superfast broadband speeds of at least 30Mbps to 93% of properties within the County, and speeds of at least 2Mbps to the remaining 7%. The project has secured funding of over £64m and the contract to deliver it was awarded to BT in November 2012. The work will be carried out as a rolling programme, and is due to be completed by 31<sup>st</sup> March 2015. Roll-

### CHRISTIAN AID WEEK 11th - 18th May

*In Sedbergh and District*

**Saturday 18th May – Coffee Morning at Dent Memorial Hall from 10 – 11.30**

**The Christian Aid Shop in Sedbergh URC Church Rooms**

*Saturday 11th – Thursday 16th*

**Saturday – 10 am – 2 pm**

**Monday, Tuesday & Wednesday 10 am - 3.30 pm**

**Thursday 10 am – 11 am**

*Tea & Coffee served each day.*

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

**Donate it and we'll try to sell it!**

*Items for sale gratefully accepted at URC Hall as follows:*

- ❖ Good as new clothes – Friday 10th May 2-4pm; Saturday & Monday am.
- ❖ Other items until Wednesday am 15th May
- ❖ Sorry, no electrical goods.

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

If you need help with transport to bring goods please ring: Kath Hannam on Sedbergh 20897

out plans, showing the areas that will receive each speed, are expected to be published in late spring this year. Until they are published, no-one knows the speeds that Dentdale residents can expect from the project, but if a property is more than 1.4 kilometres from the exchange or a BT cabinet, it is less likely to be able to receive the higher speeds.

Fibre GarDen's ambition is to make superfast broadband available to everyone in Garsdale and Dentdale by building a future-proofed fibre optic network and offering every property a connection to it. Their next step is to issue a community share offer on 1<sup>st</sup> May 2013, which they anticipate will raise £225,000, and they hope to

have all funding secured by June 2013. An invitation to suppliers to tender has been made, and due to unprecedented interest the closing date was extended to 28 April 2013. At the same time, they are conducting on-going discussions with landowners and others about the route of the network. They are clear that no contract will be issued until all funding is in place and way leaves along the entire network route have been granted, and they plan to start building the network in September 2013 and have the first part of it working in time for Christmas.

With two potential projects in the dale, the county council has clarified the relationship between them. Alan



When you are on our map, we send your property to the whole planet AND the results show because we are currently achieving **OFFERS IN EXCESS** of the **ASKING PRICES** for a number of our clients. Although our company has been established longer, we are still the most creative, dynamic and forward thinking property company in the area. We are more youthful, more energetic, more resourceful. We have more properties listed, AND **SELL THEM TWICE AS FAST** on average, because we work harder to be successful.

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**015396 21000      [www.cobblecountry.co.uk](http://www.cobblecountry.co.uk)**

Cooke, Connecting Cumbria's Project Manager, has stated: "Dentdale is included in the Connecting Cumbria project and will remain so until such time as Fibre Garden has built its network. At this point Dentdale would cease to be part of the Connecting Cumbria project and Fibre Garden would become the provider of the superfast broadband network for the dale. Connecting Cumbria will work with Fire Garden to understand their proposal. If it looks unlikely that Fibre Garden can build its network before 31 March 2015 when the Connecting Cumbria project is due to end, Connecting Cumbria will deliver the same improved broadband coverage to Dentdale which it would have achieved under the original Connecting Cumbria scheme."

#### **Parish Plan**

This year marks the end of Dentdale's five-year parish plan that was published in 2008, which over 120 people have been involved in implementing. It has resulted in £311,000 of funding being raised or promised for the dale, for projects that include the new play equipment on The Green, the allotments and the parish newsletter. The plan has supported the litter pickers who clear litter from the roadside and the river system, and the planting of 300 native trees, paid for by the National Park. Both the new Western Dales Bus, starting this month, and the Fibre Garden broadband project originated as a result of the parish plan, as did the project to improve the Beech Hill flower beds and parking

1st & 2nd Fixing                      Painting  
 Doors Fitted                          DIY Rescues  
 Glazing                                  Outside Taps, etc  
 Kitchens                              Small Plumbing Repairs  
 Locks                                  Washing Machines Plumbed  
    Tiling

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 &  
 Handiman

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**Steve Chadwick**

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area, which is just about to start. Over the five years, the plan has been successful because of the committed involvement of so many enthusiastic people, and is a good example of what a small community like Dentdale can achieve by working together.

#### **Volunteers needed – can you help?**

The parish council meeting received appeals for volunteers from two organisations, neither of which currently have any representation from Dentdale.

The Sedbergh Community and Heritage Trust runs the information and resource centre in Sedbergh, as well as the charity shop. It also

## **SEDBERGH MEDICAL CENTRE**

will be closed for Training Purposes  
at 1pm on the following afternoons:-

Tuesday 14th May

Wednesday 12th June

Wednesday 17th July

Thursday 19th September

Wednesday 16th Oct



awards grants to local organisations, and Dentdale has been the recipient of a number of these recently. In view of this, the trust is looking for volunteers from Dentdale to help them in the tourist information office, the community office or the charity shop. The commitment can be very flexible; if you can help, please contact.

The Sedbergh and District Chamber of Trade is also looking for representation from Dentdale, as this too has none at present. They would particularly welcome participation from Dentdale businesses

If you would like to find out more about what would be involved in volunteering to help either of these organisations, please contact Andi Chapple at the community office at 72 Main Street, tel: 20504.

### **Music and Beer Festival**

The meeting received an update from the Music and Beer Festival. Because the recent weather had allowed the car park field to dry out considerably, the festival committee would now like to stage the festival there again this year and asked the

parish council for permission to do so. This was granted, subject to the continuing suitability of the ground conditions and the approval of the National Park.

### **Farewell**

This will be my last Lookaround article for Dent Parish Council. After eight years as a council member and seven years as Chair, I am stepping down this month. I would like to thank the members of the Dentdale community, the parish councillors and parish clerks that I have worked with during this time for the support I have had from them, and I wish the council every success in the future. *(A big thank you from all the readers and the Editors for all your work and support. Ed)*

### **Next Meeting**

The next council meeting will be held at 7.30pm on Monday 13<sup>th</sup> May in the Sedgwick Room, when the new council chair will be elected. As usual, members of the public will be able to raise any matter that concerns them during the public forum at about 8pm. *Jock Cairns, Chair Tel: 25655 dentparishcouncil@btinternet.com*

## **Cumbria Stove Centre**

Supply and installation of  
wood, coal and gas stoves  
Flue and chimney lining services  
Inglenook specialists

Fully qualified and experienced  
Hetas engineers

01539 821061 (day)

015396 25227 (evening)

SHOWROOM:

34a Main Street, Staveley, Nr Kendal



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### DENTDALE CHOIR

On Saturday March 16<sup>th</sup> in Dent Memorial Hall, the Dentdale Choir and friends served up a scrumptious musical feast. Not only did the choir dazzle in their bright cravats and ties but their music also sparkled with versatility and exuberance. Much of this must be attributed to their conductor Anastasia Micklethwaite, a multi-talented lifeforce, positively bouncing with energy as she put her performers through their paces.

On the menu were "Kings and Queens" and "Nursery Rhymes", using intriguing ingredients and centuries old recipes, some familiar and some new. Interspersed with these were some very tasty bites. Early music group Cornucopia played unfamiliar instruments, blending together in merry harmony, accompanied by a particularly balletic percussionist with his literally flying

drumsticks!

Garnishes were added by soloists Iwan Lewis and Jenny Robinson the latter singing Gershwin accompanied by "Ross" and Mike on sax and drums respectively, all providing rich and fruity fillings for this multi-layered musical cake. There is obviously a wealth of talent in Dentdale and something for all tastes.

The veritable icing however was a haunting, spellbinding rendition of "Summertime" sung by Anastasia – delicious! As ever the ubiquitous Roger Bush added his own subtly flavoured accompaniments.

This was a delightful evening spent amongst friends of all ages plus wine and nibbles and all for only a fiver!

The choir has a special event in preparation for 4<sup>th</sup> May when they will be joined by the Cambridge Chamber Consort. Put this date in your diary now!

*Susan Garnett*

**SIGHT ADVICE  
SOUTH LAKELAND**

*Sedbergh Support Group Meeting -  
March 2013*

First of ail - and there is a lot of all - my apologies for missing the 'Editorial Deadline' with February's report. I will try harder I promise, but as one R. Burns Esq. so aptly put it - 'the best laid plans of mice and men gang oft a-gley' - indeed they do Rabbie, indeed they do. Whether or not you read this report of SASL's Sedbergh Support Group's March meeting in April or May, time alone will tell, and in the greater scheme of things it probably won't make a blind bit of difference to any-one!

It was a great pity that Betties D and

H, Doris, George T, Susan and Winifred were prevented by an assortment of malodious lurgies from attending the March get-together as it was an absolute belter! In the absence of Betty H, Dennis had been 'volunteered' to take the chair which he did with a grace and aplomb belying his natural and innate diffidence, modesty and shy-ness - in other words he did what he had been told to do by Jennifer!

When Jennifer rang me to 'remind' me about the meeting - I have so many knots in my hanky I can't even blow my nose in it - she told me that every-one was going to say which was their favourite book and/or film. So, can some-one please tell me

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**Friday 17th May**

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how/why we started off with the back-end of a pantomime horse, almost drowned in a blue lagoon, had our bally nuts cracked by a sugar plum fairy, joined Hiawatha at Scarborough - N.Yorks not Canada, had a most derogatory critique of and caught our fingers in a mouse-trap, got engaged on a carousel - it was rather more bally-high than some enchanted evening - whilst crossing the south pacific and trying not to go to sleep listening to the sound of music, and then when on honeymoon, having nothing better to do, ended up sitting in the back row of the movies watching KING KONG - don't go there, on your honeymoon just don't go there, after which we had an 'interlude' or 'entr'acte' with an exorcist during which Jenny D and May launched into a 'dialogue' about an 8.40a.m. doctor's appointment which was pure Alan Bennett at his brilliant observational best - either

that or it was Les Dawson over the garden gate, which was followed by a paper-back reading return to Hiawatha and a reminder that 'love means never having to say sorry' before proceeding with some pirates - of Penzance or the Caribbean I know not - to the water filled circus at Blackpool Tower and finally, after a brief fantasia with Dr. Zhivago in the inn of the sixth or seventh happiness, being brought back home to Sedbergh with some verses from a Gladstone Preparatory School Concert -Margaret, you're an absolute rin-tin-tin star - at the end of what, despite the best laid plans of mice and men, was a fantastically delightful afternoon of d.i.y. entertainment to which every-one present contributed - encore, bravo, encore!


If all that wasn't enough, we also found time to discuss the problems caused for pedestrians by the indiscriminate and haphazard parking of vehicles on pavements, look at some 'visual aids' brought along by Jessie and George W, and get a brief 'up-date' on the 'My Guide' project / initiative SASL are currently engaged

### Sedbergh Dental Practice

is looking to recruit at least two new members of staff to join our nursing and reception team. This is planned to coincide with our relocation to new and improved premises later on this year.

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*Closing Date 18th May 2013*



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Class Two:	Most suitable Children's Pet
Class Three:	Most Obedient
Class Four:	Best matched owner and dog
Class Five:	Happiest Dog
Class Six:	Best Trick
Class Seven:	Best Veteran (over 8 years old)
Class Eight:	Dog the judge would like to take home

£5 Voucher for Best in Show , plus many other prizes.

**Judge Julie Wilkinson of Canine Capers**



Enter on the day  
Sedbergh Gala  
18<sup>th</sup> May - Lupton Field

well, that's what I've been told - let's just wait and see shall we? Whatever, we shall be in the Committee room at the People's Hall at 2.00p.m. on Tuesday the 16<sup>th</sup>. of April, please do come and join us, you will be very welcome. (See Page 70)

I would like to personally thank our volunteer Jenny for transporting me home to Kendal after the meeting - I particularly enjoyed the bit of the journey where I couldn't see the 'road closed' signs and Jenny drove round them - talk about 'living life in the fast lane', what, between us we made Jeremy Clarkson look like a mere wimp playing with his dinky toys! Good on yer Jenny - hope you got home O.K!

Finally I would like to thank Dennis, our 'chairman for the day' for so adroitly steering us through our meeting - you've obviously made careful notes on how Betty H usually 'handles' we 'non-conformist anarchists' who in spite of being told what we have to do invariably end up doing it 'our way!' I just wondered Dennis, if you could kindly try to explain to the Editor of the Lookaround why it is not always possible to meet his 'editorial deadlines' and assure him that I will try a bit harder to do this in the future. Cheers mate, all the best and see you when you're slimmer! Which reminds me, I haven't got round to 'sponsoring' you yet, but I will - if you remind me at the next meeting it will save me having to buy another hanky!!

*George Watson*

with in conjunction with Guide Dogs. If any-one would like more information about what the 'My Guide' scheme can do to support people with sight problems, or would like to volunteer as a 'My Guide' guide, please contact either Jennifer on 015396 25162 or Moira on 01539 742633.

I am told that no-one is sure what is 'happening' at next month's meeting - now there's a surprise in store for you, but in May we are having Pip Hall the sculptress as our guest speaker - that is something the poet in me is looking forward to getting a 'hands-on' experience from, and in June we will be having a lunch out -

### MARCH WEATHER

Hardly March "many weathers" this year! It was unduly dry for March with only 1.56 inches, barely half last year's amount. With snow being some of the precipitation it requires 10 inches of snow to make 1 inch of rain equivalent. With 9 dry days at the end of the month we could be heading for a drought. The obvious memory was the cold drying winds. Only on 2 days, near the beginning of the month, was the maximum wind speed not in double figures. Most days it was in the upper teens, twenties and a maximum of 34.2mph!! According to the Met Office it was the coldest March for 50 years! In the first week there were a couple of days when it touched 50F with a maximum of 57.6F. On 20 days the minimum temperature was at or below freezing with a low of 20.3F! When you add the wind chill there were some really low temperatures. On 3 nights it was 1F and another it was 0F!! I unable to find out whether my recorder can do negative temperatures or if it stops at zero. What is certain not a night to be out

**Kirkby Stephen**

**10K Road Race**

and Junior Races

**Sun 19th May**

Full details and pre-entry online at

**HOWGILLHARRIERS.CO.UK**

SEDBERGH PLAYGROUP

## Duck Race



**Sunday 19th May**



2pm at Holme Farm

1st prize - £75, 2nd prize £50, 3rd prize £25

Plus a prize for the last duck home!

Ducks are for sale for just £1

from Playgroup parents and from

the Playgroup Tent on Gala Day.

*Sedbergh Playgroup is a registered charity and relies on fundraising to keep going each year.*

and about!!

The bitterly cold winds made their mark on the natural world. Hedgerows, which would normally be bursting, are still in tight buds. Grass is simply not growing meaning stock is requiring extra feeding. My 14 sheep, eating hay and pellets, are drinking 10 gallons of water per day! Rooks are active at their nest sites but normally they would have eggs at least by now. House sparrows, collared doves and wood pigeons are certainly building around the garden. The mallard, which were possibly hatched in our garden, have started visiting again for breakfast in the chicken run! Bees have rarely poked their noses out of the hive. On the couple of warmer days they were out on cleansing flights but the cold winds seemed to deter them from flying far. The bird feeders have been used steadily with the usual visitors being, house sparrow, dunnock, chaffinch, blue tit, great tit, long tailed tit, goldfinch, robin, blackbirds, picking up underneath, and only a couple of times this month a greater spotted woodpecker.

**TIM FARRON MP**

Much of my time over the past month has been spent out knocking on doors as part of the campaign for the Cumbria County Council elections on the 2<sup>nd</sup> of May.

This is always a great opportunity to talk to people and find out what it is that is bothering them. Clearly the issues around the hospitals in this area, the local economy and housing come up as often as they ever have done.

However, I have noticed a significant rise in the number of people complaining about the state of our roads. Actually it is not just the numbers of people complaining that I have noticed it is also my own experience. I have lost count of the number of times that I have had to swerve to avoid feeling that dreadful thump as your front wheel disappears into a really deep hole and you worry what damage that may have done to your tyres. Or break suddenly when a car coming towards me suddenly swerves to avoid a hole.

I don't know what Cumbria County Council really does with its very

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significant roads budget but it certainly does not appear to be staying on top of keeping our roads in a safe condition. They have about £20 million to spend and I worry that an unfair share of it is being spent in the North and West of the County. I helped to win the Council another £5.9 million from the Government for them to spend this year and next and I would really like to be certain that as much as possible of it is spent around here. As a result I am planning to meet with the Council to discuss what they could do to try to ensure that we do not reach this time every year with a large number of holes created by the winter weather that need

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repairing. You could really help me in this by sending me photos of all the potholes that you know of. Ideally it would be great if you could also include something that indicates the size of the hole and a note saying where it is. I am afraid that my Parliamentary expenses do not allow me to offer a prize for the best photo but you can be sure that everything you send me will be passed over to the County Council.

**Paul  
Hoggarth**



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I am rather fed up with the current administration at the County Council, not have they allowed the roads to get out of control but they keep making rather worrying decisions. Off the top of my head I can think of the decision to reduce pay for teaching assistants, the decision (later suddenly reversed) to raise meals on wheels charges by 46%, the decision to reduce the funding for small rural

  
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schools. I am sure given a bit more time (and space) I could think of many more. Perhaps this Council election has come at just the right time?

Anyway whichever way you vote please do ensure that you do so on the 2<sup>nd</sup> of May.

In the meantime if there is anything I can do to help you, or if you have some photos to send me, please do get in touch by writing to me, Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or email me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk)

Thanks for your support

*Tim Farron MP*

  
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## DENTDALE CHURCH NEWS

*News from St John's Church, Cowgill and St Andrew's Church, Dent*

### **St Andrew's Dent Easter Sale**

Many thanks to everyone who helped in any way on Easter Monday. Thanks also to all those who came along and supported the event. Refreshments did a brisk trade and the atmosphere was amazing as visitors met up with old friends on one of the coldest Easter Mondays for many a year. The cake competition was won by Monica Cleasby and the Easter Quiz by Catherine Sugden.

### **War Memorials in Dent and Cowgill**

The two War Memorials in the churchyards at Dent and Cowgill are in need of renovation. The Parish Council has been approached to support the cost of renovating them (as they were originally raised by public subscription and not the church) by a monumental mason and will consider our request in due course.

### **St Andrew's Church Heating Appeal and further Restoration Work**

Over the next few weeks, the Diocese of Carlisle will be looking at our application to put under pew electrical heaters in the Nave. The PCC believes this will be a far more economic and effective way of bringing heat to where people actually sit, rather than the current method of providing lots of warmth for the bats in the ceiling, whilst we shiver at ground level! The aim is to

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have the heaters installed in time for next winter, but we have to wait for Diocesan approval first.

People will remember the huge amount of restoration done to the roofs, the walls, the organ, the clock, the bells and Tower of St Andrew's Dent during 2009 – 2011 and the amazing local response to support these restoration efforts. Although English Heritage and many other grant making bodies supported the work, like painting the Forth Bridge, the work of restoring a Medieval church is never done and so we are embarking on another phase over this year and next. Well over half the funds required have been raised by

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[www.thefranklyngroup.com](http://www.thefranklyngroup.com)

grant applications to do further work to the Tower and Bier Room. The work will cost an estimated £51,000 (and all the rest!), but again English Heritage are supporting us with a grant of £27,000 and we hope to raise the shortfall by asking other friendly grant making bodies to support us.

The main point of interest about this new phase of work for people will be the fact the work to the Bier Room will allow the opportunity for it's conversion into a kitchenette and toilet after 2014, if funds can be raised.

**St John's Church Cowgill 175th Anniversary of Consecration year**

As part of the work to mark the 175th anniversary of the consecration of the church, PCC members are considering a programme of restoration work to the church at the May Church Council Meeting. To find out more about these ideas, you are warmly invited to the Congregational Meeting which follows our Ascension Day Service (7pm 9th May).

**May 28th: Feedback Meeting** 1pm – 5.30pm organised by the Churches Trust for Cumbria, looking at our answers to the Church Buildings Strategic Review Questionnaire at Sedbergh Methodist Church (all church members invited)

### Church Services in May

St Andrew's Church, Dent warmly invites parishioners and visitors to it's weekly Sunday celebration of Holy Communion at 10.30am. There will be a joint celebration of Ascension Day at Cowgill at 7pm on May 9th. St John's Church, Cowgill celebrates Holy Communion on May 5th at 9am and we all look forward to the annual Lambing Service on May 19th at 2.30pm, with the usual blessing of a ewe and it's lamb in the churchyard. It has been an exceptionally difficult lambing season this year and we will be looking at ways of supporting the farming community after the service.

Finally, we all wish the Rev'd Andy McMullon and his family every blessing and happiness as they move to Sedbergh in May.

*Rev. Peter Boyles*

### HARRIER NEWS

Now the days are longer and warmer, local runners are spoilt for choice by the number and variety of challenges on offer every week. It is a chance to test yourself, to enjoy yourself and also to overhear the wise words of other competitors mid-race:

*'My foot's gone numb now, which is either a really good thing or really bad...'*

*'Wheee!'*

*'Turn around dopey, we're heading off the other way'* (muttered at the start of a fell race).

The Kendal Winter League series is over for another year, with some great results for Howgill members.

Representing our Juniors, Jenny finished 6th in the U12 category, and Erin 9th in the U17s. Despite only being able to compete in four races Jenna still managed to finish as 23rd senior lady, while in the senior men's category Pat led the way for Howgill with an excellent third place in a league of over 200 runners. Sean was next in 13th position, followed by Jim and David C in 28th and 29th, with Neil in 63<sup>rd</sup> (Jim was also eighth V50).

The Easter Weekend should have featured the Causey Pike fell race, but persistently wintry conditions meant that the normal course was deemed unsafe. However this prompted a great response from the

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race organizers (Keswick AC) and competitors to ensure that an alternative route was run and enjoyed by a very strong field including six Howgill Harriers. Rob, Ollie, Sean, David C, Neil and Kate finished the course in 27th, 35th, 36th, 46th, 98th and 141st places respectively, with Kate qualifying as 21st lady and first LU23 too.

The Blackpool Marathon was nearly delayed at the start when a car found its way onto the closed road where runners were waiting to start. After this accidental and malice-free incident, conditions were good to near perfect, helping Alun and Terry to impressive times of 3.39 and 3.45.

Back up to the North-Western Fells for the Coledale Horseshoe fell race, where over 200 competitors ran an amended route to avoid large patches of snow and ice. John, Rob, Sean, Al, Jim and Kate took 23rd, 30th, 50th, 93rd, 131st and 150th positions overall, with Kate 23rd lady.

Closer to home in the Howgills, David C took on the Yarlside downhill race, where competitors start at staggered times and descend to Cross Keys as quickly as possible. David finished a very impressive fifth place, showing great promise for someone relatively new to fellrunning.

The midweek evenings often play host to shorter fell races at this time of year, with two such races in the Lake District featuring Howgill Harriers. At Loughrigg, Sam was first for Howgill and 12th overall, followed by Pat (21st), Al (25th), Rob (28th), Sean (50th), Graham (70th) David C (80th), Jim (105th) Jenna

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(135th – 18th lady) and Katie (159th – 25th lady). The following week then saw the Grisedale Grind race at Whinlatter, with an altered course due to the conditions. Despite being battered by strong winds for much of the race, Pat sailed home in 10th place, followed by John (13th), Al (14th) and Sean (16th).

By the time you read this, Howgill Harrier members will have competed in two of the 'big', longer races on road and fell: the London Marathon and Three Peaks race. Retrospective best wishes to all, especially those taking on these events for the first time.

And one final reminder that our Kirkby Stephen 10K race is on Sunday 19<sup>th</sup> May this year, with entry open to all. As in previous years we expect to welcome runners with a wide variety of experience and ability, with individual goals ranging from a top position to the satisfaction of getting round this scenic, undulating course. Junior races will also be run before the senior event: more details online at [howgillharriers.co.uk](http://howgillharriers.co.uk)

*John Hosker*

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7pm

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*"Biker lady"*

**June 23rd**  
**Eric Brennand.**

*ALL WELCOME*

**"EXTRAS"**

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015396 25212

**UNDERSTANDING CHRONIC  
DISEASE**

To put this topic into a realistic context we should remember, as the Buddha pointed out, it is the destiny of us all to experience old age, sickness and death. However, many of us have the aspiration to remain as well as we can for as long as possible (and then die quickly).

The basis of our progress from birth to death, in Chinese medicine is the "three treasures" representing our constitutional potential, vital energy and awareness. Over a lifetime, the ideal is to transform constitutional potential into vital energy into awareness. It took me years to

realise that this not an abstract model but an actual process that can be experienced in meditation.

Before I trained as an acupuncturist I was a lecturer in the Mathematics department at the University of Hull. There we transformed constitutional potential into vital energy into mathematical theorems, frequently under the influence of coffee and chocolate biscuits. We also taught students how to develop this process in themselves. Working at the University became increasingly stressful under a regime of a financial targets and a variety of exhausting assessment procedures for teaching, research and personal performance. Most of my colleagues were aged between 50 and 60 and a significant proportion of them (7 out of 20) had begun to experience non-trivial chronic diseases such as heart problems, thyroid disease, diabetes, tinnitus and deafness. I began to feel that this was not path I wished to continue and took advantage of a round of cuts to escape via voluntary redundancy. This experience gave me valuable insight into how chronic disease arises.

Our constitutional potential expresses itself in things like childhood development, fertility and childbirth, menopause, resistance to disease and ability to withstand external conditions. It changes over our lifetimes under the influence of such things as nutrition, exposure to heat and cold, work, relaxation, exercise, severe or long term disease, shock and stress. The

relationship between constitutional potential and vital energy is important. Our day to day energy comes from food and breathing. If we use more than we produce we start to use up long term energy reserves, which over time can weaken our constitution. Conversely if we have a little energy left at the end of the day, this goes to augment our long-term reserves which can positively affect the constitution.

Many chronic diseases begin with poor function of the digestive system. If food is not processed and absorbed well the tissues do not receive the nutrients they need. If elimination is inefficient unwanted substances remain in the body. If fluids are not processed efficiently bloating, mucous or oedema can occur. The result can be a sort of stagnation which can lead to heat. Stress and negative emotions can also have a heating effect. The unwanted

residues of digestion, the excess fluids and the heat combine into a self-perpetuating disease process. This is sometimes called the primary pathological triangle in Chinese medicine and many chronic illnesses arise out of it.

I have just bought a recently published book with the boring sounding title "Clinical Handbook of Internal Medicine Volume 3". To my surprise I found it a compelling read because it is about the chronic diseases prevalent in our society. Most acupuncture patients come initially to have some small problem "fixed". But so many people are managing some form of chronic disease such as persistent colds and flu, depression, diabetes, headache, chronic inflammation, lingering pathogens (for example associated with glandular fever or herpes), numbness and tingling, obesity, thyroid disorders or simply tiredness. Chinese medicine has much to offer in understanding how to prevent the progression of this type of illness.

I am running occasional classes about using the principles of Chinese medicine in everyday life. Currently we are studying the subject outlined above. The next class is on Saturday 11<sup>th</sup> May from 4.00 to 6.00 in the Sedbergh and District Community Office. No previous knowledge of the subject (other than your own experience) is necessary. Please contact me if you would like to join us. My telephone number is 015396 20972.

*June Parker*

## ACUPUNCTURE

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### CHRISTIAN AID WEEK

Christian Aid Week in Sedbergh and District from 11 - 18th May is here again and once more we'll be doing our door to door collecting, running our 'Shop' in the URC rooms and hosting a Coffee morning in Dent (see advert for times and days).

This Christian Aid Week, we're standing with poor communities to help them bite back at hunger. If a community has land to live on and farm, it can provide enough food for its people. In the Beni region of Bolivia, one community faces a much more secure future, thanks to a Christian Aid partner organisation helping them acquire land rights, previously under dispute for decades.

When Elmy Ymarnarlico lists the things that she is most proud of, her woolless sheep and chickens come in close to the top. But it is the sense of ownership of her homeland that has really changed Elmy's life.

Elmy lives in the community of Alta Gracia, deep in the Bolivian rainforest. But despite making up the majority of the population, indigenous communities like Elmy's have struggled for years to have reliable access to their own land.

Threats and intimidation from prospective landlords were common, and many fathers and young people left to search for work elsewhere because they couldn't make a living from their land. This left families to

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SEDBERGH & DISTRICT

## HISTORY SOCIETY

### Wednesday 29th May BOWES MUSEUM

Barnard Castle

A guided tour of the Museum to see the permanent collection and three current exhibitions, including the painting *Portrait of Mademoiselle Claus* by Manet.

Tea in the Cafe Bowes afterwards.  
Meet at the payment desk inside the museum at 1-30pm or in Loftus Hill Car Park at 12pm.  
Entrance £7.

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

*Please note that dogs are no longer allowed on Outings.*

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

struggle with the other perils of drought, floods, forest fires and hunger.

Christian Aid partner Centre for Research and Training of Peasants (CIPCA) has since helped to secure land for more than 1,000 families.

CIPCA has also given the community training in crop diversification and how to improve their harvests. It has provided woolless sheep to breed from, sell on and eat, and chickens to produce eggs to eat and sell.

Now the men can stay and farm their own land without the threat of cattle ranchers and big businesses taking it, and people like Elmy can

provide more nutritious diets for their families.

There is now a future for young people, too. 'We are now the owners of our land... we work the land together, we share the land,' Elmy explains.

The community of Alta Gracia has also discovered the value of the wild cocoa trees around them, thanks to CIPCA. Owned by the whole community, the trees are now lovingly looked after. Locals work in protective clothing provided by CIPCA, and CIPCA buys the cocoa from them for a fair price.

'CIPCA helped so much,' Elmy says. 'It has got people inspired to look after, protect and get the best from the cocoa trees.'

It costs just £125 to provide one male and two female woolless sheep to a community in Bolivia, providing them with meat when food is scarce and income when lambs are sold.

In Kenya Kenyan farmers Justin and Truphena Ireri used to struggle to feed their family due to changing weather patterns. Because of the prolonged drought, their dairy cow

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died and finding enough food was a daily challenge. However Christian Aid partner Christian Community Services Mount Kenya East (CCSMKE) is now using text messages to send weather forecasts to farmers, enabling them to make more informed decisions about which crops to sow and when to plant them.

Working with the Kenya Meteorological Society, CCSMKE takes specific, scientific forecasts for the rural areas and translates them into simple language that the farmers can understand. It then sends this information out by text, with monthly and seasonal updates and advice on using different crop varieties and agricultural techniques to adapt to changing weather patterns.

With approximately 80% of farmers in the area owning a basic mobile handset, the majority of farmers are able to use this technology to help them become much better at producing a larger number and wider range of crops.

Truphena and Justin are already realising the benefits of the text

messages project. Truphena explains how the monthly and weekly forecasts, specific to their area, are helping them plan what to plant, when to plant and how to plant. 'Traditional ways of forecasting are failing us due to climate change. When we turn to scientific ways, farmers will be able to plan very well,' she says.

Local people in Zimbabwe also had a limited diet but now they eat a wide range of healthy and nutritious food, thanks to the hard work of their local communities and the support of Christian Aid partner Dabane Trust.

Dabane Trust worked with communities in the Gwanda district to access the clean, naturally filtered water that is stored, hidden, beneath rivers that have sand beds. By coming together to do the gruelling work of digging and building a sand dam, local communities have been able to ensure they have a supply of clean water. A mature sand dam can store millions of litres of water and refills each year after the rains, providing a fresh and constant supply of water. This water allows

communities to water their gardens all year round, meaning they can grow a variety of vegetables to eat and to sell.

As their fruit and vegetable harvests increased, people discovered that much of it was going rotten because it couldn't be consumed in time, even if some was taken to market. And so the idea of a processing centre was born. Together local communities provided the labour needed to construct the building and Dabane Trust provided the materials not available in the area.

With the processing centre in place, people can now dry their fruit and vegetables to store them and process their nuts into peanut butter, adding value to their products and providing a source of nutrition in the winter months.

The centre is owned by the communities and each member pays

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a small monthly fee, which is used to cover essential costs. In time, they hope to get their money back and earn a profit.

Jabulisa, for example, pays a monthly subscription to be a member of the processing centre. He takes along the peanuts they have grown to be made into peanut butter and the sugar beans to be cleaned and packaged for sale. The family has been able to afford a bike that Jabulisa uses to take produce to sell at other villages, and his wife, Zuzeni, is using the extra income to kit out her kitchen with utensils, plates, cups and spoons.

One in eight people in the world are desperate for food. Christian Aid is trying to change this with projects run by local partners like those in Bolivia, Kenya and Zimbabwe. Our local support here in Sedbergh does help make a difference - what we raised last year was the equivalent of 40 male and 80 female woolless sheep. So please bite back at hunger and show your support for Christian Aid Week (11-18 May). Anne Pitt

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### **SEDBERGH WI**

We are very proud of members Anne Petyt and Denise Thomson, who won the Federation Cup for the Speaking Aloud Competition; 24 teams had five minutes to read a poem of their choice and a reading from any of Alan Bennett's writings, the whole event made for a very entertaining afternoon and our team did a great job.

At our monthly meeting another of our talented members, Christine Sheppey, lead us in a dance session where 18 of us attempted to master a dance routine; getting us all to turn in the same direction at the right time created some entertainment for those members who chose to be in the

audience. We welcomed several visitors and two grandsons, one only a few weeks old. We were delighted to welcome Dianna Whitfield as our latest member, Dianna has attended several meetings and other events over the past 6 months and is now settled in her new home and able to join us regularly. A Bring and Buy stall raised over £60 in aid of the Community Project at 72 Main Street, a good raffle aided our own funds and several members provided delicious refreshments. The evening was a good example of how a group can work together to enjoy themselves and, at the same time, raise a little money for a good cause.

The book group have been reading

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Tulip Fever by Deborah Muggach, this gave plenty of scope for discussion as some of the group loved it while others thought it was just okay.

We decided to give it 7.5 out of 10 for enjoyment and would recommend it to a friend.

As always, discussions lead on to other books we have read, or would like to read, and sometimes we are introduced to books that we would not necessarily choose ourselves.

This month we met at Denise's house, we sat looking out onto the Howgills, lambs skipping in the field next door, talking books and eating cake, what a perfect way to spend an afternoon!

The walking group did a circular walk around Whittington, in dry but windy conditions, we were able to use the village hall to eat our pack up and make a warming drink, which was very welcome, we also did some last minute planning for our forthcoming walking holiday.

Sedbergh WI meets in the Committee Room at the People's Hall on the second Wednesday of each month, at 7.30. As well as our monthly meeting, book group and walking group we also have a few trips out and also arrange craft sessions. We like to think that we are a relaxed and friendly group, why not give us a try, please come and join us.  
*Linda Hopkins*



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### DENTDALE WI

Our feet are now firmly on the ground after the enormous success of the 70<sup>th</sup> Anniversary celebrations and we were back to the normal format for the April meeting. The summer months ahead are as usual full of extra events and we were reminded about the group meeting on May 20<sup>th</sup> and that the date is now getting very close. It is to be held in Casterton Village Hall and the speaker Pat Ashcroft will talk on the Kaleidoscope of Life. The competition is for a poster depicting The Ages of Life from Cradle to Grave. Any ideas or thoughts as you read this, please get in touch with Dale Smith!!

After the exceptionally long cold

winter, it is time to be thinking of being out and about. The Dining Club is meeting next in Kendal College on 22<sup>nd</sup> April. Holker Hall Garden Festival is May 31<sup>st</sup> to June 2<sup>nd</sup>.and tickets are available for ordering. Bulb catalogues were given to all those gardening fanatics. The summer outing has been switched to August 14th and members urged to vote for the options available

The now traditional WI Mini Market to be held outside the Memorial Hall is on Saturday 27th .So, the diary could be filling up!

Our speaker for the evening was Pip Hall who runs a letter carving studio here in the Dale. She introduced us to the scale of her work, carving



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lettering on memorials and commemorations, both private and public commissions also carving flowers, animals etc. Her wide range of different styles was shown on slides of recent commissions. We were all mesmerised at the quality of the workmanship. Over the last three years, Pip has trained a young apprentice Wayne Hart, and he joined Pip for the commission she was about to show us of the carving of the Stanza Stones Poetry Trail from Marsden to Ilkley. The poems are by Simon Armitage and commissioned by the Ilkley Literature Festival and each of the six carved poems describes water in one form or another. Beck Stone, Puddle Stone, Mist Stone, Rain Stone and Dew Stone. Each carving holds a story in it's own right for the choice of stone, their positions etc. Pip spent days carving in situ in the beautifully atmospheric surroundings of the South Pennine watershed. The Mist Stone at Nab Hill, was in one piece when chosen, but a hair line crack made Pip nervous about splitting, but in the event, the stone broke on being lifted to site and presented itself as two sound stones for her to carve! The Beck Stone being the last to be carved was the only poem to be carved freehand as the rough curved surface of the boulder made tracing impossible. Pip actually stood in the beck while working! Details of the trail with short individual walks to all six of the Stones are in the Stanza Stone poetry guide and then there is always the complete 47 mile trail through the

South Pennines for the long distance walker. It was a fascinating talk and most of us are determined to get to see the Stones at some time. Next meeting May 8<sup>th</sup>. *Pat Allen*

---

### **KILLINGTON W I**

#### **THE AFTERNOON W I FOR THE ENTIRE DISTRICT**

This month I'll write it before I forget. The raffle was won by Dilys Evans and the competition for something beginning with A was won by Margaret Denton with a lovely pottery box for holding, and decorated with, Allsorts. To make up for last month's forgetfulness I wish to report that in March, both raffle and competition were won by Lorraine Millington who took home an enormous box of Thornton's chocolates. She must be on a winning streak! Let's hope that it's the lottery next.

Now back to normal, in other words being written late on the 19<sup>th</sup> of the month, the last day for sending in to Lookaround! Can you believe that it is mid-April, and even May by the time that you are reading this. I think that the earth is revolving faster around the Sun, hence each year is getting shorter.

For me, our meeting was sheer indulgence, reviving so many memories of the times when, as a young gazelle, I climbed all the Lakeland fells. Our speaker, Peter Gillett from Ireleth, showed us wonderful pictures of his walks in Lakeland giving us a real feel for these wonderful mountains.

His photography was superb and

combined with evocative music made a wonderful presentation.

Thank you, Peter.

I have heard rumours that the committee at the People's Hall are intending to enlarge the committee room by knocking through to the room next door. The ladies of Killington W I earnestly hope that this is so. We are bursting at the seams but love the cosy feel of this venue and are loath to look for anywhere else to meet. Let us know if you want a hand and we will be right there with our sledge hammers!

As usual our meeting concluded with lots of good things to eat with our cuppas. The chat and companionship is very precious to us all. If you feel

like joining us you would enjoy it too. Our next meeting is a very serious one (believe it if you like!), when we discuss the resolution which will be considered in June at the Annual General Meeting of the National Federation of Women's Institutes. The WI is urging the government to do all it can to maintain the health of our local 'high streets'.

We meet on Tuesday 14<sup>th</sup> May at 2.00pm in the committee room of the People's Hall. And don't forget, for reasons which were clearer after a couple of glasses of wine, that the competition is for any item beginning with the letter **P**.

*Wendy Fraser-Urquhart*

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### **MYSTERIOUS STONE CIRCLE**

Dear Sir,

As an author and an avid researcher into the more esoteric areas of archaeology, I was fascinated to read N. E. Arby's letter regarding the potential discovery of the missing element, just south of Rawthey Bridge on the A638, from the mysterious prehistoric stone rings sequence which embraces Orton, Appleby and Mallerstag. Your correspondent rightly asks why these stones, not there a decade ago, have suddenly become visible today. There could be many reasons, some of which may seem eccentric, but current cosmological research aligned with new archaeological views may offer some answers.

The apparent covert nature of the phenomenal appearance of the Rawthey Bridge stones may signify something well beyond the constraints of the imagination and

modern science. To get to grips with unbelievable possibilities in this area, books such as Dolores Cannon's *Convoluting Universe*, Alfred Watkins *The Old Straight Track* and Julian Cope's *The Modern Antiquarian*, all offer tempting glimpses of how heavy stones could be moved unseen from place to place by seemingly fantastic methods. You may also have your credulity stretched by viewing some of the many on-line videos surrounding this subject at [awakening-intuition.com](http://awakening-intuition.com).

So, good people of Sedbergh - watch the skies! And if, like me, you think this is all a load of old tosh, you'll enjoy my latest book, *The Mammoth Book of Unexplained Phenomena* along with my presentation in the People's Hall on 21st June Roy Banton  
*Alas, the stones at Rawthey Bridge have now gone, so it is too late to see them. Ed.*

#### **Redevelopment Fundraising PEOPLE'S HALL LITERARY FESTIVAL**

*in association with Sedbergh Book Town Literary Trust*

**Monday 17 June 7:30pm**

*Sedbergh in One Hour* by Kevin J. Lancaster, local historian – all you wanted to know and couldn't ask about Sedbergh.

**Wednesday 19 June 7:30pm**

*A Photographic History of the People's Hall* presented by Diane Elphick and Michael Beecroft in association with the Sedbergh & District History Society followed by *Remembrances and Stories of the Hall* - interviews by Sedbergh's Talk Show Host: Sandra Gold-Wood

**Friday 21 June 7:30pm**

*An evening of Unexplained Phenomena* by Roy Banton, author and journalist assisted by the Rose Community Theatre.

Admission to all events £5 at the door.

Some events will have refreshments, a bar, raffle, etc. Details in the June Lookaround.

**SEDBERGH & DISTRICT  
HISTORY SOCIETY**

*The Birtwhistles of Craven and  
Galloway*

Drovers, industrialists, vicars, a spy and a poet – all were included in a wide-ranging talk at the History Society in March by Dr Tony Stephens of Long Preston. The talk centred on the family of John Birtwhistle (1715-1785), a major drover of Scottish cattle to markets in England during the C18th. John came from relatively humble origins, his father being described variously as a yeoman and a 'badger' (travelling salesman) from Skipton. Travelling clearly suited John who, by 1741, was established as a drover of cattle from the Hebrides to the Great Close at Malham where he established major cattle fairs in the middle of that century. The cattle were driven down from Harris in the Outer Hebrides because they were particularly hardy

and well suited to the uplands of Craven. At its height 5,000 cattle changed hands at the fair on the Great Close, and up to 20,000 were traded over the course of a summer. This amounted to around 20% of all the cattle coming into England from Scotland at the time. He went on to drive cattle to markets in Suffolk and may also have driven as far as London.

Droving made John a wealthy man and by the 1760s he was no longer described as a 'yeoman', rather as a 'gentleman'. He used his wealth to purchase extensive estates in Lincolnshire, Galloway (a 600 acre estate at Dundeuch) and Long Preston (872 acres) and expanded beyond droving at the time the Industrial Revolution took off. In 1785 he built a cotton mill at Gatehouse of Fleet, Galloway, in partnership with James Murray. He also invested in canals being the largest subscriber in



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exactly which drove routes they used to bring their cattle to the growing urban centres fuelled by the Industrial Revolution, it is probable they were driven through Carlisle, down the Eden Valley through Mallerstang to Dent and beyond. It is also possible that they followed the *Galwathegate* from Carlisle through Tebay, Low Borrowbridge, Lambrigg Park, Three Mile House, Old Town and Kirby Lonsdale. This ancient droving route is mentioned as early as a charter of 1186-1201 and can still be followed under the name Scotch Road or Old Scotch Road passing close to junction 37 just on the Sedbergh side of the M6.

Agnes had married John Vardill,

rector of Fishtoft in Lincolnshire.

Vardill was an American professor at King's College New York by the age of 23. When he came to London in 1774 to make a case for King's College becoming a university, his allegiance to the Crown led to him being recruited into the British Secret Service. George III rewarded him with an appointment as Regius Professor of Divinity at Kings College (now Columbia University) though because of the American War of Independence he has unable to take up the post. He was also a leading spy for the English at the time of the war, and is even depicted in an early engraving of the Boston Tea Party in 1773. During 1776 he moved into an office at 17

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Downing Street, to allow him to advise British ministers directly on affairs in the colony. Later he moved to the family estates at Gatehouse in Galloway where he continued his espionage work against the Irish and French.

William, Alexander and Robert had at least 10 children between them but only Alexander married the mother of his children, and then not until after their birth. This led to legal challenges over inheritance with Agnes claiming to be the only legitimate heir on Alexander's death. This was contested by Alexander's son, John, who eventually won the case in the House of Lords where Scottish law of succession was upheld as that was where John had been born, not in England. The judgment has since been written into the constitution of a number of countries including the United States. An inscription in Skipton Parish Church, in memory of John's grandfather, celebrates the victory by listing all the offspring of the patriarch with the notable exception of Agnes!

Anna Vardill, the daughter of Agnes and John Vardill, was a prolific author and poet. In 1809 she published "Poems and translations from minor Greek poets and others" under the pseudonym of 'A Lady'. The work is dedicated to the Princess of Wales and indicates a letter from the Prince of Wales, the future George IV, saying how much he had enjoyed reading it. This is perhaps indicative of continuing links between the family and the royal household. In 1812 she published "The Pleasures of Human

Life: a poem" and became a member of the influential artistic circle in London known as the Attic Chest. Over the next ten years she contributed around 200 pieces of poetry and prose to the *European Magazine*.

The talk ranged across the world, from the Hebrides to Malham and Suffolk, from the United States to Ireland, and spanned three generations of this fascinating family once described as "the greatest graziers and dealers in the Kingdom". Tony Stephens did a wonderful job bringing their lives back to life again, and in particular painting a vivid picture of cattle droving in the C18th.

*Graham Hooley*

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### **NEIGHBOURHOOD FORUM**

*Summary of the meeting held on Thursday 7th March at Kirkby Lonsdale Institute*

Cllr Lancaster announced at the start of the meeting that the proposed closure of the A683 between Sedbergh & Kirkby Stephen would not happen before June. However Highways Officers advised that it would have to be closed for some length of time because urgent underpinning work has to be done to remedy slippage of the roadway towards the river.

### **Western Dales Community Bus**

Jock Cairns spoke about this project which aims to provide a safe and reliable bus service on routes around

Sedbergh and Kirkby Lonsdale not currently covered by commercial operators. The service will run to a timetable and charge fares as any other bus service would. It is a not for profit organisation and all those involved are volunteers, including the fully trained drivers.

When Cumbria County Council withdrew funding support for the Dent Station to Sedbergh and Kendal service in 2011 sufficient funding was raised to keep this service running. In 2012 a grant from DITA (Dales Integrated Transport) was secured, providing £41.5k over three years. This, with other funding, will allow the development of a more sustainable and broader reaching commercial



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service. In 2012 the services grew from 1 to 2 through the introduction of a Sunday service from Dent Station during the summer.

An advisory board represents 10 parishes within the area (all except Mansergh and Middleton) and the group formed a limited company and registered as a charity. Fundraising for a new bus started in 2012 and so far has received support from Yorkshire Dales Millennium Trust. An application for Lottery funding required evidence of need so a survey was carried out to establish people's feelings about the project and 500 responses have been received so far. Cumbria County Council has also promised funds once more has been raised.

In 2013 the Sunday will be run by a contractor but from 18th May the Saturday service will be operated by Western Dales Community Bus as it now has enough trained drivers and a bus on loan from CCC. Thinking ahead there are plans to run a service for Casterton, Barbon and Kirkby Lonsdale to Kendal and Sedbergh to Hawes via Garsdale but the survey will identify the where the greatest demand for services is focused. However, additional services can only run if there are sufficient volunteers. Drivers can be aged between 30 – 70 years, will receive full training and would need to commit to approx. half a day per month.

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#### **Cumbria Police**

Sergeant John Stephens, Community Sergeant for the Sedbergh & Kirkby Lonsdale and Upper Kent area, based in Kendal, reported to the Forum on current crime and anti social behaviour statistics.

Year on year (April to January) crime in South Lakeland is down by 17% and ASB down by 9%. In Sedbergh crime is down 38% and ASB by 8% whilst Kirkby Lonsdale is 7% down on crime but 20% down on ASB. These reductions are not purely down to the Police – the general public locally are becoming increasingly vigilant about reporting suspicious activities which means the police can attend and provide a visual deterrent. The mobile police station will also be visiting Sedbergh and Kirkby Lonsdale over the Easter holidays and officers also

work closely with colleagues in the Fire and Rescue service and Age UK.

Opportunistic theft is still a problem and while the new regulations for scrap metal dealing are working well, theft of metal is still happening. Parking issues raised by those attending the forum, e.g. parking on narrow pavements, were not strictly a police matter but Sgt Stephens encouraged people to continue to report them in case other offences were being committed.

### **Appleby Horse Fair 2013**

Representatives from South Lakeland District Council, Cumbria Highways and the Police, who are the three main parties responsible for ensuring safe transit of those

travelling to the Fair through South Lakeland, were present at the Forum to answer any queries about this year's arrangements. The Respect group, which represents all the parishes affected has been meeting regularly and it's instructions have formed the basis of this year's plan, which is not substantially different from that of the last three years.

A brand new website is being set up which is due to go live from 29 March 2013. Other key dates are as follows: W/c 15th – w/c 30th April: posts and boulders will be put in place. These will be removed w/c 17th June. W/c 7th May Police enforcement patrols will commence.

The permitted site at Devil's Bridge

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will be under the trees on the loop road. It was not felt acceptable to physically block the Loop Road. Camping on the section between the snack bar and the caravan site will be tolerated but visitors will be encouraged to move on to better sites further up the A683. Renewal of white lines in the Devil's Bridge area has been ordered and will be prioritise. Use of the field at Devil's Bridge for horses had not yet been confirmed at the time of the Forum.

There will be public drop ins at 24 Main Street, Kirkby Lonsdale and 72 Main Street, Sedbergh for local residents to air their concerns. These will take place daily (except Sundays) from 20th May to 14 June between

10-11am. All agencies work to the protocol established by the Multi Agency Strategic Coordinating Group (MASCg) and this will also be published on the 2013 Appleby Fair website.

**Feedback & Updates:**

John Colton provided an update on the Fibre GarDen Community Broadband Initiative which has sparked interest from Government ministers and other parties nationwide. The aim is to provide a fibre optic broadband service to every property in Garsdale and Dentdale. The project may even be extended slightly to join up with networks in Barbon and Casterton, and others in North Yorkshire, which would

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Summer season open - Tuesday to Sunday – 8.30-4.30

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maximise reliability. Before any installation begins permission will have to be gained from affected landowners to cross their property. It has also been suggested that local archaeological groups will be invited to check the spoil from any excavations for cable laying. The project will require serious financing and grants have already been secured from BDUK and the Yorkshire Dales National Park as well as Cllr Lancaster and the Forum; shares in the company set up to run the scheme will also be issued to raise further money.

The project is now in the procurement phase invitations to tender published, with a closing date

of 14th April. To keep up to date with progress log on to: [www.fibre-garden.co.uk](http://www.fibre-garden.co.uk)

#### **Grant Applications**

Applications for grant funding from the Forum were heard from the following organisations. Cllr Lancaster declared an interest in Sedbergh White Knights and so the decision on the grant awarded to that organisation would be deferred to Cllr Bingham (Mansergh) and Cllr Collins (Killington and Firbank)

Sedbergh White Knights £500

#### **Community Noticeboard**

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### 1st SEDBERGH BEAVERS

Wow what an exciting time our Mascot Harry the Beaver had when Prince Charles visited Sedbergh on the last day of term.

Harry got to sit in Prince Charles helicopter, have photo's taken on one of the cars Prince Charles was using and to top it all, Prince Charles shook



Harry's paw. I would like to say a big thank you to the security chappies for making it all possible and to Cate Hall for taking all the photo's and setting the challenges.

We all had a great afternoon.

Harry the Beaver goes home each week with one of the Beavers and they have to write a diary of what they have done.

So far Harry has been skiing, went on an adventure round Sedbergh by his self, been to the theatre and lots more exciting things. The children love to take him home.

11 of the Beavers did a sponsored walk during the Easter Holidays, we were joined by parents and other children. We have raised over £220 which will help to pay for badges and maybe a trip somewhere.

This next term we are hoping to do 4 challenge badges and then the 2 Beavers that leave at the end of July will be able to get their Chief Scout Bronze award. So we will be having a busy time.

We also have 2 new Beavers starting which will take the number to 20. We still have over 6 children on

the waiting list.

We would like to say a big thank you to the Community Fund Committee and the United Charities



Committee for their donations. It means we can now purchase maps, sports equipment and craft items to help with our badges.

We would also like to thank people for supporting the Scout coffee mornings which help towards the general running of the Scout group.

We are hoping to start Cubs in September if any one is interested in becoming an adult helper with Cubs or indeed any of the Scouting groups please get in touch.

*Trish Woof, Beaver Scout Leader*  
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### SEDBERGH GALA QUEEN

As the newly chosen gala queen for 2013-14 I would like to introduce myself. My name is Leanne Postlethwaite and I am currently at Settlebeck School studying for my GCSEs: compulsory subjects like English, Maths, Science and ICT, and also my options which are Geography, Drama, French and Catering. I am hoping to achieve a C or above in all of my subjects.

I have lived on a farm in Howgill all my life and the majority of my family live in around the Sedbergh area. I spend most of my spare time helping out on the farm, which I really enjoy as well as having a part time job at the local private school to give me

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some financial independence.

I am also an active member of Sedbergh Young Farmers in which I take great pleasure in getting involved; activities include sporting and social events.

I am pleased to be taking on the role of Sedbergh Gala Queen as I enjoy attending local events, such as the Gala, pantomimes, Bonfire Night, Late Night Shopping and the Spring Show, where I am well known by the locals in Sedbergh. I have taken part in the Spring Show in previous years and I have been successful in winning the children's section cup several times.

In addition I enjoy getting involved in local events and helping to raise money in my local valley. I have done a sponsored walk to raise money for the local church and enjoy participating in Howgill and Garsdale sports days.

I am keen to both represent my school and serve the local community and am genuinely delighted to be taking on the role of Sedbergh Gala Queen.

*Leanne Postlethwaite*



### WESTERN DALES BUS

The new Western Dales Bus driven by trained volunteers will start operating the Saturday service to connect Dent Station with Dent, Sedbergh and Kendal on 18<sup>th</sup> May. It is able to move ahead thanks to the welcome backing of Cumbria County Council, who are lending a 14-seater community bus, and there is sufficient money to continue this service for the coming year.

The summer Sunday service from Dent Station to Sedbergh will be running again too from May 19<sup>th</sup>, operated by Kirkby Lonsdale Coach Hire, and this year it will also link Dent and Sedbergh to Hawes on a circular route, going out from

Sedbergh through Garsdale and returning via Dentdale. Leaving Dent at 1135 or Sedbergh at 1150, this will give passengers four hours in the middle of the day to explore Hawes.

The recent questionnaire delivered to every house in the Sedbergh and Kirkby Lonsdale area had an excellent response. 741 people (18%) responded, and 674 (91%) said they would use a community bus service if Western Dales Bus were to provide it.

An official launch of the service by local MP Tim Farron is planned on 8<sup>th</sup> June at Dent Station.

The Timetable on Page 86 has been amended to reflect the new times and services.

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### SEDBERGH TOWN BAND

#### Tony Crofts

It is with a mixture of regret and gratitude that the Sedbergh Town Band says farewell to Tony Crofts who, together with Shirley, leaves for Cardiganshire. Regret in that he will be sorely missed in so many areas of the Band's activities, and gratitude for all that he has contributed to the development of the Band from its humble beginnings in 1999 to its present status.

Tony studied Maths and Physics at Leeds University and after a short spell in industry working for Ferrant, he joined the staff of Harrow School, Middlesex. At Harrow his teaching time was divided between teaching Physics and the Double Bass. Whilst at Harrow he was able to perform in various jazz venues in Manchester and London (which included frequent appearances at the prestigious Ronnie Scott's Club).

Before coming to Sedbergh after thirty years at Harrow his musical experience was mainly centred on string instruments: besides the double bass, bass guitar and violin

occupied some of his teaching and playing time. During his retirement at Sedbergh he has been most active in the world of string music: string quartets have provided much relaxation and he has regularly featured in local orchestral productions.

The formation of the Town Band coincided with his arrival in Sedbergh and it is his proud boast that the only major concert he has missed



performing in was the very first held in the People's Hall. Constantly wishing to enlarge his musical horizons he initially played the euphonium, moved on to the tuba whilst the last couple of years have seen him on the trombone. Each of the sections is which he played benefited enormously from the confident, accurate and musically sensitive lead that he provided. That he could achieve such a high standard in the brass world whilst really being a string player testifies to

an enormous virtuosity seldom matched elsewhere. It should also be mentioned that he has recently been seen (and heard) on the percussion though he is modest concerning his prowess.

His contribution to the performance, progress and success of the Band owes much to Tony's professional standards of playing and he will leave a huge gap in the performing ranks. However his contributions in other directions has been equally considerable: a wise and experienced head he has been a member of the committee for many years helping to ensure all decisions of moment have been scrutinized and analyzed with the benefit of the Band and its members and supporters foremost.

Tony will also be remembered for the Monday evening classes that he has run. Initially the hour long slot was devoted to instructing adult beginners but as they have progressed (largely due to expert tuition and encouragement from Tony) attention has changed to analysing and practicing the more demanding elements in the pieces rehearsed for concert performance in the full two hour sessions on Wednesdays. His skills and accomplishments as both a patient teacher and first rate musician have ensured much appreciated and greatly enjoyed occasions by those members of the Band who have regularly attended.

We are led to believe that Tony will be moving to an area in Wales that takes, its music seriously and we

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have no doubt that our loss will be their considerable gain.

The Band join in wishing Tony and Shirley all the best on their move to the principality. *G.R.B.*

#### **Annual Dinner**

On Wednesday 27th March, 33 members and partners of the Sedbergh Town Band visited Sedbergh Golf Club. A wonderful three course buffet dinner was prepared by Ruth Gardner and served by Stephanie Gardner with Craig Gardner attending diligently to the bar. Carl Storer presented a framed photograph of the Howgills taken by Peter Stockdale, together with malt whiskies, to the Band's Assistant Conductor, Tony Crofts. Tony and Shirley moved to Cardigan in April; he has run the Monday night practices for many years and will be greatly missed. Keith Woods then entertained them all with a sketch highlighting the wide range of techniques used by Alan Lewis in band practices! The Golf Club were excellent hosts and many thanks are due to them for a first-class event.

*M.R.*

## WAR ON WELFARE

[WOWpetition.com](http://WOWpetition.com) are calling for support from the public to get 100,000 signatures to stop the War On Welfare!

They call for a Cumulative Impact Assessment of Welfare Reform, and a New Deal for sick & disabled people based on their needs, abilities and ambitions

They call for:

A Cumulative Impact Assessment of all cuts and changes affecting sick & disabled people, their families and carers, and a free vote on repeal of the Welfare Reform Act.

An immediate end to the Work Capability Assessment, as voted for by the British Medical Association.

Consultation between the Depts of Health & Education to improve support into work for sick & disabled people, and an end to forced work under threat of sanctions for people on disability benefits.

An Independent, Committee-Based Inquiry into Welfare Reform, covering but not limited to: (1) Care home admission rises, daycare centres, access to education for people with learning difficulties, universal mental health treatments, Remploi closures; (2) DWP media links, the ATOS contract, IT implementation of Universal Credit; (3) Human rights abuses against disabled people, excess claimant deaths & the disregard of medical evidence in decision making by ATOS, DWP & the Tribunal Service.

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## SPRING SHOW

### *Cancellation*

We made the decision to cancel the Spring Show as a result of the terrible weather on Friday 22<sup>nd</sup> March and the amber weather warning for the weekend.

We were all very disappointed; the only previous time the Show had been cancelled was during the Foot and Mouth Epidemic. We were asked why the Show was not being rearranged for another weekend, well, the problem would be getting all the judges, stewards and helpers to organise another date, it just was not going to work. However, we were able to judge all the children's entries at Sedbergh Primary, Sedbergh Playgroup and Dent Primary school, including those entries submitted by individuals, and all winners received their winning certificates and prize money. To make it fair, we awarded three sets of winners, so no one needed to be disappointed.

We have tried to get in touch with all adult exhibitors to offer them their entry fee back, if you have not been

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contacted yet, and would like your money back, please speak to our Treasurer, Richard Kooper on Sedbergh 20234. Any money not claimed will go into funds to run next year's show.

Next year the Show will be on Saturday 29<sup>th</sup> March.

### **Recorder needed:**

Our Recorder Jack McLean is moving away, so we are in need of someone to take his place.

The requirement is that you should enjoy working with a computer, and be available during February and March, to enter the data and organise all the judging and score sheets for the day. A sense of humour is an asset, especially for the last minute entries, and there always are a few! If you think you could carry out this role please contact me, Linda Hopkins, on 21455.

## SETTLEBECK SCHOOL

### *Extreme Physics*

In the first week of the Easter holidays four Settlebeck students took part in the residential Extreme Physics Tournament accompanied by their science teachers, Miss Gardner and Miss Queen. The Extreme Physics is a competition which is sponsored from the Ogden Trust to promote the uptake of physics at A level and at university by young scientists. Settlebeck was one of nine schools from across the North West and North East competing for the title. It was held at Dallam School. The students competing were Will Inman, Thomas Hinson, George Hinson and Ben Littlewood.

The students were tested throughout the three days on their creativity, problem solving, logic and teamwork and had to design and build a series of solutions to tasks such as creating an accurate 1 minute timer, building aerodynamic dragsters and building a trebuchet for ping pong balls. The students also attended evening lectures delivered By Dr Andy Newsam from the University of Liverpool on 'Near Earth objects', Dr Melanie Windridge on 'The future of fusion technology for creating sustainable energy sources'. The tournament also included a 'Best of Physics' seminar with demonstrations from students studying physics at the University of York and Lancaster, on creating a plasma.

At the end of the three days the

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students had to deliver a presentation to the other teams and a panel of physicists from the Ogden Trust on the effects of the gravitation constant. Although the team did not win the overall award they won several prizes for their creativity, knowledge and teamwork Settlebeck and the Sedbergh community were very well represented. Well done boys!

On Monday 24<sup>th</sup> June, Huw James will be coming to give a talk on Extreme Sports. Settlebeck School will be hosting this evening talk for members of the community to attend and find out the science behind sports such as rock climbing. More details will be published closer to the event. This event will be free but places are on a first come first serve basis. If you are interested, please ring to book a place for the talk 015396 20383.

*Sally Ingham*

## CARBON MONOXIDE

May marks the start of Boat Safety Month and with the tragic loss on Windermere in April, it is an opportune time to make sure you are safely prepared for this season's fun on the water.

Carbon Monoxide is a silent killer, ensure your cabin is well ventilated, do not use LPG cooking appliances for space heating, never leave LPG appliances on over night unless they are designed for that and in a sealed room.

Mobile gas heaters are generally not designed for use on boats and introduce an extra fire safety hazard. Do not run a boat's petrol engine or generators inside enclosed spaces or if the boat is moored against another vessel or wharf, as this can block exhaust fumes.

Make sure you have with you a working smoke detector and carbon monoxide alerter. If you suspect Carbon Monoxide, turn off all appliances, open doors, windows and awnings and ventilate throughout. Keep anyone who may have been exposed to Carbon Monoxide in lots of fresh air. They should seek advice from a doctor as soon as possible and if the symptoms are severe should be taken straight to hospital. Get a qualified person to identify the source before the appliances are used again. *neighbourhoodalert*

*Although this article was generated by 'neighbourhoodalert' is for boat users, I felt it was good advice for homeowners and Caravaners too.*

*Editor*



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### **SEDBERGH ART MARKET**

The Chamber of Trade and Business in association with the Information Centre is organising a series of themed Saturday markets on Main Street and at St Andrews Church which we hope will provide some enjoyable family occasions for the people of Sedbergh as well as attracting visitors to the town.

The first market will be held on the 29<sup>th</sup> June 2013 between the hours of about 10.00am and 4.00pm to sell original paintings, photographs, pottery, prints, cards, felt pictures and carvings etc .

We hope to have some

entertainment for the children and to have as many stalls as we can on the pavement down Main Street and Finkle Street as well as in the Church Yard. There will also be an exhibition of local landscape photography in St Andrews Church.

If any of you established or budding artists or potters or photographers etc would like to take a stall or part of a stall – or rent a few metres of the church railings (Parisian Style) can they get in touch with either Barbara Hartley or Andi Chapple (contact details below) – the more stalls we have the better and more fun the event will be. The stalls will be £15.00 for the day to cover some of the costs with all takings then going to the Artists themselves.

Come and be part of a fun event!

*Barbara Hartley*

*barbara@garsdaledesign.co.uk*

*Tel no. office hours 015396 20875*

*Andi Chapple*

*office@sedbergh.org.uk*

*or the Sedbergh Information Centre*

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**CHAMBER OF  
TRADE & BUSINESS**

Dear Editor

I read with some interest the article by Andy Cobb in April's Lookaround.

One only has to 'lookaround' to see where very easy remedies could make a considerable difference to the attraction of Sedbergh. Why during the recent visit to Thorns Hall by Prince Charles was there not a Union Jack in sight? Nor for that matter any crowds of welcome. *(Sorry Lyn but my Flag is flying every day, rain or shine and Prince Charles would have seen it. Please see separate article on the visit of Prince Charles on Page 60)*

The country will soon be celebrating the 60th anniversary of the Coronation as well as an impending royal birth. Whilst I understand that not all folk are royalists, surely we should be proud of our country and our town and promote both in every way we can.

Twelve years ago a great deal of work was put into organizing a Market Charter Fayre which turned out to be a great success and continued for 5 years. Sadly when taken over by a new committee the event faded away and all that hard work was lost. Such events do not happen by themselves but if Sedbergh is to continue to attract newcomers and returning visitors it needs to offer positive reasons to visit apart from its tranquil beauty and wonderful people.

It is very sad that the article invites people to attend the meeting on 20th May but does not allow them to speak. How else will new ideas come forward? I wish Sedbergh continuing success and it has been a privilege to be part of its community for over 16 years. The new lives that come into the town should be encouraged to work along side those who have been here for generations to the benefit of all.

Lyn McLennan

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### NEIGHBOURHOODALERT

I have recently registered to receive e-mails from 'neighbourhoodalert' which sends me information of concern from the Police, Fire & rescue, Neighbourhood Watch and Cumbria County Council.

Therefore, reports may appear and will be attributed to neighbourhoodalert as the originator.

I hope that the information will be of value to 'Lookaround' readers.

*D J Whicker*



Saturdays from 10 am until 4 pm, with the occasional Sunday afternoon.

Those of us in the co-operative enjoy being on the Main Street and meeting each other and our customers. We continue to broaden our range of crafts and to attract more volunteers who help us to maintain our presence. We are hoping to start arranging visits to craft outlets – seeking inspiration, buying our raw materials. We also plan to develop our 'showcasing' of local artists and crafters by organising some events in the shop in addition to the interesting window displays.

We aim to appeal both to local people, who can join us, come and watch us at 'work' and use us to buy hand-made gifts and also to visitors to Sedbergh, who can book into a small workshop and perhaps purchase a sheep to take home with them.

What do you do? We're always particularly interested to meet local people who make things that they can show us and perhaps sell in the shop. We are trying to provide an outlet for local crafts – so we need you!

*Helen Wilberforce 21562*

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### CRAFTWORKSHOP

It looks like we're here to stay! Following the official opening by MP Tim Farron at the beginning of April, the property at 61 Main Street is in the process of acquiring new owners, who are more than happy for the premises to remain as the Craftworkshop for the foreseeable future. So you can call in for a browse or a chat and even join in with a workshop or watch a craft demonstration. Thanks to our volunteers, who are all members of the co-operative, we are open on Mondays, Wednesdays, Fridays and

## MAY GARDENING

May Blossom – the flower of Common hawthorn is usually at its best towards the end of this month, and at the beginning of the next. The wild trees, growing in old hedgerows and on pastures can be quite variable in the quantity of flowers that they produce from year to year – as can other fruit bearing trees. Last year blossom seemed to be rather thin on the ground, and the subsequent crop of berries was poor, but a long frosty spell is meant to be good for the production of flower buds on apples, pears and peaches, so perhaps this winter's icy blasts will result in a good crop of haws for us.

Wild Hawthorn (*Crataegus monogyna*) has quite variable colour in the wild, with petals varying from clear creamy white to soft pink. For a more striking, rich pinky red, you have to choose one of the cultivars of the Midland hawthorn (*C. laevigata*). The wild type of this looks very similar to our northern plant, but the flowers are slightly larger and the leaves less deeply lobed. *C. l.* 'Plena' with double white flowers is the oldest

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cultivar, dating back to 1770, *C.l.* 'Rosea' with single pink flowers came shortly afterwards, but the showiest cultivar, 'Paul's Scarlet' did not arrive until 1858. This double flowered tree has been used fairly frequently as a street tree, and in parks and gardens. It makes a small, neat plant and gives a good strong colour in amongst the cherries and apples in flower at the same time. The flowers resemble miniature roses. As with many double flowers, it is mostly sterile, so rarely bears any berries.

Two other types of Hawthorn are worth a mention. The "Cockspur Thorn" (*C. crus-galli*) a North American species bears un-lobed dark green leaves, white flowers, large, persistent berries and very long, curved thorns and "Scarlet Hawthorn" (*C. pedicellata*) also from North America, which has toothed leaves which colour to red and orange in Autumn, and also bears large bright reds fruit.

Hawthorns are tough, hardy, small trees which will grown in almost any situations and any well drained soil.

*Elaine Horne*

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**PRINCE CHARLES VISIT**

On Thursday 28th March, Cumbria had the honour of welcoming Prince Charles to the County.

His first port of call was to the Market in Kirkby Lonsdale then he travelled to Sedbergh. He visited Thorns Hall to help HF Holidays celebrate their 100 years - but Sedbergh was never involved!! He then left to travel to Back Lane where his helicopter was waiting to convey him to Alston for the afternoon but he made an impromptu walkabout with the dozens of children and people waiting to have a glimpse of him. Everyone cheered and waved their flags and clicked their cameras as he went from child to child, shaking



hands (including Mr Beaver of the 1st Sedbergh Beavers) and talking to many more. The last person to talk to him was myself when he shook me by the hand and thanked everyone for their warm welcome.

It will be many more years before we see Royalty in Sedbergh again. It's just a shame that we couldn't get more information before the event and make it a special day for him and us.

*Dennis J Whicker*

**CAFÉ CHURCH**

We had a great Café Church in April, and will be meeting in the United Reformed Church Hall again on Sunday 5<sup>th</sup> May at 7pm. You are so welcome to come along, and enjoy your choice of delicious food before a short time with musical items and an inspirational message. We would love to encourage you, whatever your background and current circumstances, so please contact Andy and Tina Woof on 01524 730259 if you would like more information.

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**LADIES N. F. U.**

At our March meeting, our Guest Speaker was Wendy Fraser-Urquhart, who, with the help of slides, gave us a most entertaining account of her journey through the Grand Canyon by Mule. Wendy and her family started off in San Francisco, where they hired a mobile home and traveled inland towards San Diego. Their journey took them through the Great Central Valley on to the Foothills of the Sierra Nevada Mountains, stopping in the Sequoia National Park where they saw acres of the impressive Sequoia trees, including the largest one in the world, measuring over 300ft. Traveling on to the other side of the mountains, they journeyed through Death Valley and the Mojave Desert on to Las Vegas.

Wendy's husband then piloted a plane over the Grand Canyon where they saw the amazing and impressive rock formations. The plane landed in San Diego where the family traveled by mules down the Bright Angel Trail, crossing the Colorado river at the bottom and returned up the South Kaibab Trail.

A thrilling experience, but not for the faint hearted, especially those suffering from Vertigo! Wendy was thanked for her very entertaining talk by our President. *K.S.*

**DANGEROUS ROADS**

I have said for many years that there are no Dangerous Roads, just bad drivers. This comes to light on a regular basis to many of us I am sure.

Having said that, there is great concern for two sections of our roads in Sedbergh that are dangerous and with the bad driving, I feel sure that there will be a very serious accident which will result in serious damage, serious injury or even Death.

These locations are:-

The Mini Roundabout at the junction of Finkle Street, Back Lane and Loftus Hill. Some drivers are oblivious as to the rules at a Roundabout so they close their eyes, hit the accelerator and hope nothing happens. The poor state of the signage and markings help to contribute to the situation.

The other location is the Zebra Crossing outside Settlebeck School. This location is the scene of many, many near-misses and when you consider that it **IS** outside a school, it is an unacceptable standard of driving. Again, the standard of signage and markings is quite poor which does not help the situation and until recently, all four lights on the Zebra Crossing Beacons were not working, adding to the confusion and danger of the Long Lane and Back Lane Crossings.

There is a campaign at the moment to try and get something done at these locations so if you would like to lend your support or make any comments, please send them to the Lookaround Office for the attention of the Campaign. The details will not appear in Lookaround but updates will in due course.

*Dennis J Whicker*

### DENTDALE CLUB

Despite the poor weather during the early months of 2013, the regular Friday Dentdaie Club has continued to enjoy steady attendance and a fascinating range of speakers.

The account given to the February gathering by Bob & Wendy Pontefract of their 'Coast to Coast' walk, kept everyone both spellbound and amused in equal parts! At the March meeting, Jock Cairns, Chair of Dent Parish Council, passed on current information about the PC in general and some more specific projects in particular. The first meeting after Easter allowed Sue Bateman to demonstrate the art of 'Making flower button holes' and she kindly allowed us to use some of her precious resources to have a go at making our own. This experiment resulted in a range of styles, especially with regard to the requisite green sticky tape!

Thanks go to Linda Greensmith from Age UK who is responsible for organising the programme and the details of the remaining 2013 programme can be found in the Diary section of the Lookaround.

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### RED NOSE DAY

Y6 of Sedbergh Primary School raised £562 for Red Nose Day. This is equivalent to protecting 112 children against Malaria.

This fantastic amount was raised by the Y6 children. They ran activities, fun games, face and nail painting, which the rest of school came and enjoyed.

The children of Y6 provided their own prizes for their games and competitions. Red noses were available from the School Office.

Many thanks to the parents who sent cakes in to sell. This stall was as popular as ever. Once again, well done Y6 for all your hard work!



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### LENT LUNCHES 2013

The total amount raised from this year's Lent Lunches came to £735. The charities we are supporting this year are Guide Dogs for the Blind and Wateraid.

Many thanks to everyone who supported the lunches especially those who made soup, rolls and helped.

### DENT GALA

Wednesday June 5th is the next meeting for the DMH Trustees and will include a GALA meeting. Any members of the public who help at Gala who are not Trustees are very welcome to come and we will deal with it at the start of the meeting. Never helped? Do come along. I wish to pay tribute to the loyal and hard work of the late Alistair Ferguson in connection with Dent Gala over many years. We will miss him.

*Chair of Dent Gala Committee  
Sarah E Woof (25212)*

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### SEDBERGH PRIMARY PTFA

The Primary School Spring Disco was originally to be held on Friday 22nd March but due to the snow and blizzards it was decided to postpone the event. The rescheduled disco was held at the Methodist Hall on the last day of term in the following week. Many thanks to all the children who were able to support the event and, as ever, a special thank you to the parents who helped on the evening. The disco was another resounding success with the children enjoying music from Eddie Lord's DJ Skills and

we managed to raise £250 towards PTFA funds.

Easyfundraising.org.uk is as fundraising website that helps charities, schools, community groups and other good causes to raise money when their supporters shop online. " You can shop with over 2000 well known stores and each will donate up to 15% of what you spend - for example John Lewis will donate 1%, The Body Shop 6% etc."

To watch the donations mount up for Sedbergh Primary PTFA simply register of the easyfundraising website by filling in a quick form to register your details , then find the retailer you wish to make your purchase from and that's it ... job done! So far we only have 13 registered supporters but have already raised over £50 in less than 6 months ... if we can get more parents, families, friends and local businesses to sign up to the Sedbergh Primary PTFA on the easyfundraising website we will have the capability of raising hundreds of pounds for very little effort!

Many thanks for the continued support of parents, teachers and the local community.

*Linda Allan, Chair*

### SEDBERGH TENNIS CLUB

The Club nights at Guldrey have now started and are on Thursday nights from 6:30pm till dusk.

Everyone is welcome to attend, especially new members. Why not come along and find out more or phone 21153 for more information.

### **KIDZONE NEWS**

*thanks for the peg dolls!*

People had made some wonderful peg dolls which have now been taken as gifts for the Kidzone girls - Kidzone is the children's home in Nairobi, which many Sedbergh people support. Helen Price visited in March. The dolls were much admired and appreciated.

Helen also took treble and tenor recorders and got a consort group going – descant, treble and tenor. It sounded like real music. Many of the girls can now read music. They also enjoy their knitting and crotchet work – thanks to people who have donated wool!

We discovered a lady called Valerie Kent who knows lots of musicians in Nairobi, and is one of the organisers of a big choir. She is planning to help the girls with their music. She had met them and thought they were bright sparks.

Helen was able to fund a sewing machine table with treadle (useful when there are power cuts), from money raised by Sedbergh folk. She did quite a bit of mending track suits, which were falling apart at the seams.

The Kidzone coffee morning at the URC rooms on March 27th raised £268.20. Thank you so much to everyone who supported it, and especially to the person who left an anonymous donation in Christine Wood's shopping trolley.

Anyone wishing to know more about Kidzone please contact Christine Wood, 015396 21750, cwtrans@tiscali.co.uk.

### **THANDI FRIENDS PROJECT**

We are holding our AGM on Friday, 17<sup>th</sup> May. We'd like to invite anyone and everyone who has ever donated to Thandi. We shall have to do some of the usual AGM stuff – Chair and Treasurer's report etc, but this is an opportunity for you to meet some of the trustees, and find out a little more about us and particularly the success of our / your work in South Africa. We get the chance to thank some of our fundraisers and to ensure that everyone knows what Thandi is all about!

So please join us on Friday, 17<sup>th</sup> May at 6.00 pm in the URC Rooms.

*Helen Wilberforce*



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### **CAFÉ CHURCH**

Café Church continues from 7pm on the first Sunday evening of each month, but the May meeting will take place in the United Reformed Church Hall. We have enjoyed a variety of musical items, as well as short talks about 'Encounters with Jesus' – including contemporary personal stories as well as looking at Biblical accounts.

We would love to encourage you, whatever your background and current circumstances, so please contact Andy and Tina Woof on 01524 730259 if you would like more information.





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### MOVING FORWARD

Dear Editor

As many readers will know I have decided to return south to be nearer family. This has not been an easy decision as it means leaving many friends made over the last 16 years and starting again. Sedbergh welcomed Syd and myself in 1996 and allowed us to quickly become part of the community. With always plenty of activities to be involved in and always someone to have a brew with Sedbergh opens its doors willingly. The only question is whether it is possible to get along Main Street, especially on Market Day, in under a couple of hours!

I am returning to Hertfordshire from whence I came to Sedbergh and rest assured that any of you who brave the big bad lands of the south will always be welcome with the kettle on. You will not be getting rid of me completely as I will be back to visit and anyone who wants a reliable house sitter for holiday times, just give me a call. Suzy Thurlby will have my number when I have a new home. Thank you for your kindness,

friendship and support through the good and difficult times.

*Lyn McLennan*

### BLOOD DONORS

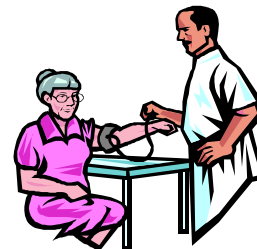
The next sessions will be in the People's Hall on Friday 24th May from 2 to 4pm then 5 to 7:30pm.

If you wish to attend, please ring 03001 23 23 23 to make an appointment.

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ensure that giving blood won't make you anaemic.

If all is well, you will be able to donate blood. You will donate about 470ml of blood - this amount of blood is quickly replaced by your body.

Once you have given blood, you should have a short rest before being given some refreshments usually a drink and biscuits. All in all giving blood shouldn't take more than an hour.

*Please remember to have something to eat and drink before you give blood.*

### LADIES NFU

The Wednesday Coffee Morning, held on 10th April, raised £293 for the RNIB. Many thanks to all those who came to support us. Our monthly meeting followed on 16th April, when Fred Gould gave a most interesting talk on Wildlife Around the Kendal Area throughout the year.

With the help of Mrs. Wright, we were shown colourful slides of wild flowers, animals and insects, together with a superb collection of birds, many well known and some not so common in this area. Mr. Gould and Mrs Wright were thanked by our President and tea and home-made biscuits were then served.

New members are always welcome to join us at our monthly meetings, held on the 3rd Tuesday of each month.

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### BOOKWORM

*What I have been reading this month :*

1. 'Inconvenient People' by Sarah Wise ( history )

The theme of this fascinating new book is lunacy, liberty and the mad-doctors in Victorian England. Through calm, careful research and 12 colourful case studies the author exposes wives, husbands, daughters and sons who sought to incarcerate their inconvenient sane relatives eg Edward Davies, John Percival, Louisa Lowe often for financially related reasons. An unusual topic and a very interesting book.

2. 'Empire' by Jeremy Paxman

( history)

Paxman examines in his own particular style how the British Empire came about, its influence and ultimate demise with consequences in America, Africa, India and Australia. He also provides a commentary on an extensive range of associated aspects of the Empire eg role of public schools, the army, origins of the scout movement and missionaries. Paxman offers portraits of key figures in the development of the Empire and poses the question of the effect of the post Empire legacy on Britain's identity and global role.

*RM Bookworm*

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### PEOPLE'S HALL NEWS

The **AGM** of the People's Hall was held on 8 April 2013. The following Trustees were elected:

Mr Andrew Allan, Dr Gina Barney, Mr Ron Gerrard, Mrs Sandra Gold-Wood, Mrs Elspeth Griffiths, Mr David Hendrickse, Dr Sean Hobson, Dr Hilary Hodge, Mr Daniel Mason, Mr Jack McLean, Mrs Sandra Longlands, Mr Steve Longlands, Mrs Anne Petyt, Ms Gillian Rea, Mrs Kath Swift.

At the following Management Committee meeting the following officers were elected: Chair: Mr Steve Longlands; Vice Chair: Mrs Sandra Gold-Wood; Treasurer: Dr Sean Hobson; Secretary: Dr Gina Barney. Mr Andrew Allan has stepped down as Vice Chair after five years of service and was warmly thanked. He remains on the MC as the representative of the Spellbound

Theatre.

Look out for our stand at the **Gala** on **18 May** when we will be selling bricks!

There is an **Old Tyme Dance** on **22 June** at 8pm with Dennis Westmorland in aid of general funds.

### **PEOPLE'S HALL REDEVELOPMENT**

#### *Construction*

Since writing for the April Lookaround, the construction work has more or less happened as forecast. Well, the piling started a day late and then we discovered that the foundation put down in 1956 was not under the second beam from the stage, but under the doorway instead. Redesign of the 14 piles then ensued and an extra strip found was laid. All in all some 80 metres of piles were thrust down to keep the Hall up!

At the time of writing (19 April) the excavations are complete and the retaining wall is up above first lift. Many curious folk have visited to look into our hole and if you want to see it without getting wet go to [www.sedberghpeopleshall.blogspot.co.uk](http://www.sedberghpeopleshall.blogspot.co.uk) to look at some photographs. This *blog* will be updated as we go along.

#### **Fundraising**

The leaflet drop has resulted in over 50 returned slips with about £3,000 given in donations – most were Gift Aided. Many thanks to all. The Bernard Sunley Charitable Foundation has pledged £2,500 payable when we have raised matched funding. We will achieve this. Please don't stop donating as we still need about £25,000 to finish

the toilets. We are arranging a number of fundraising events – there is something for everyone.

**17 June – 21 June 2013** People's Hall Literary Festival – see box.

**28 June 2013** *Our Swifts - The problem of declining populations* by Dr Tanya Hoare, admission £5.

**24 July 2013** Coffee Morning at the URC.

*Dr Gina Barney, Hon Sec/20790*

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### **DENT & SEDBERGH PRIMARY SCHOOLS SWIMMING GALA**

Both schools joined together to enjoy a swimming gala. The teams were made up of the Juniors from Dent and Y5/Y6 from Sedbergh Primary School.

The morning got underway with competitive swims. The children could choose 2 swims from 25m breaststroke, backstroke or freestyle. Some children have just passed their 25m swimming certificate, so it was great to see them confidently swimming down the pool. There were some very close races.

All the children were given their times, so hopefully next year they can beat their Personal Bests.

## SEDBERGH STORY

*Can you help us create the Sedbergh Story?*

Age UK, The Heritage Lottery Fund and Sedbergh School Archive are delighted to be working together on a Heritage Lottery Funded project to share the history of Sedbergh. This month sees the launch of a new history project, 'The Sedbergh Story' to gather information about the history of the town from you! We are hoping to gather photos, documents and interviews to make several community displays about Sedbergh.

We hope in particular to gather information about how events relating to royalty such as jubilees, coronations and royal babies have been remembered in the past, how the end of WW2 was celebrated, the changing face of Sedbergh main street and market day in the past. However information about any other aspects of Sedbergh's history are of great interest and very welcome!

The launch event will be held in the meeting room of the URC on 9th May from 2pm – 3.30pm. If you are interested in bringing photographs for us to copy and display, being interviewed about aspects of Sedbergh's history or just interested to see what other people have brought along then please come and join us. All are welcome and refreshments will be provided.

The following six weeks will involve collecting information, conducting interviews with anyone willing to share their memories of Sedbergh and creating a time line of events

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about the history of the town. This information will all be gathered and used to create a larger display as well as others for windows of any shops interesting in hosting a display.

On the 20<sup>th</sup> June the findings of the project will be on display in the URC meeting room from 2pm – 3.30pm. Everyone who has contributed to the project or is interested to see the results is very welcome to come to this event. The afternoon will include free refreshments and entertainment from Sedbergh School

musicians as well as the chance to view this new display about Sedbergh's history.

Opening Event 9<sup>th</sup> May Sedbergh URC from 2pm – 3.30pm.

Recording and collecting sessions will be held between 9<sup>th</sup> May and 14<sup>th</sup> June in a variety of locations in and around Sedbergh, please ask for more details.

Closing event and celebration June 20<sup>th</sup> in Sedbergh URC 2pm – 3.30pm.

If you would like any further information or are interested in contributing to the project in any way please ring Katy on 015396 22275.



## CUMBRIA WILDLIFE TRUST

### *Aliens*

The Victorians were responsible for many of them. They are to be found everywhere now. Here are a few examples. The grey squirrel was introduced in the south over 100 years ago. It is stronger than the native red and can live at higher densities. Also it carries the squirrel pox virus which usually kills the native reds. Nobody expected it to displace the red over most of England and much of lowland Scotland, as it has. The brown rat arrived as a stowaway around 1700, the black rat even earlier. The native white clawed crayfish is now an endangered species following the arrival of the American variety. Another American import is the common mink which has escaped from fur farms and spread widely.

Even our own native animals can trouble. For example, when hedgehogs reached the Outer Hebrides they caused havoc among ground nesting birds. Sometimes native species become extinct. It may be possible to reintroduce them. This has been successful in some cases. For example, kites are now breeding in the Lake District. Reintroductions can be controversial and need careful consideration of impact.

Among plants brought in by Victorian collectors are the common rhododendron. It forms a dense canopy under which little else will grow. Himalayan Balsam and

Japanese knotweed are to be found widely in our area, particularly in damper spots. Once established both spread easily and are difficult to control.

Even smaller organisms can cause trouble. The beetle which carries Dutch elm disease resulted in the death of most of our elm trees. Currently the fungus which leads to ash dieback is a cause for concern.

What can we do about it? Control of grey squirrels in this area has helped the reds to survive and increase. Plants like knotweed, spread by underground roots or rhizomes; a small piece of root can form a new colony. Powerful weedkillers need to be used on this species. On the other hand Himalayan balsam spreads by shooting out seeds from its attractive pink flowers in a small explosion. Removal while in flower prevents further spread.

Some aliens, for example most conifers, have commercial use and others, like sycamore and chestnut, have become established over many centuries. More recently introduced ornamentals like skunk cabbage may pose a future threat.

In the end we need a balance between our native species and varieties introduced for their decorative or commercial value. It is the invasive and more vigorous plants and animals which need to be contained and controlled; we can all play a part in this.

*Roger Moore*



**SIGHT ADVICE  
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*Sedbergh Support Group Meeting -  
March 2013*

We had a somewhat elongated 'absentees roll-call' of the sick and 'otherwise engaged' at the April Meeting - our best wishes and kindest thoughts to all. In fact we were so few in number, we had to find yet another kind soul to act as 'chair' for this meeting., and Rosemary H. was unanimously 'volunteered' for the pro-tern job! The manner in which Rosemary then proceeded to 'chair' the meeting didn't half dry up my verbal diarrhoea I can tell you, even if it did nothing else! However, once I got home my nurse put me behind

some screens, medicated me with mascara and assured me mi vowels would soon be open again and advised me to eat plenty of consonants as they would help stop mi mascara running in the future. So folks, here I am 24 hours later, fully made up and mi verbals restored to normal working order!

The main event of the afternoon was a quiz, researched and compiled by our very own Susan, who womanfully rose from her flu ridden sick-bed to test our knowledge of 'animals and that sort of thing!'. At that point the less inhibited amongst us were sure that 'that sort of thing' was a euphemism for what is currently being played out in full spotlighted

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glare of the world's media in the giant panda cages at Edinburgh zoo. It's all very 'will they / won't they' at the moment, but I'm hearing on the wireless this evening that he's rarin' to go, but she's gone moody and has a headache coming on, and how often have we heard that one before I ask you? However, I'm sure you don't need me to tell you all about the dating and mating habits of a pair of pandas, so back to the animals in the Committee Room of the People's Hall.

The quiz followed the usual pattern of competitive savagery, and on this occasion somewhat appropriately, the two teams were indeed like 'nature - red in tooth and claw!' The primordial instinct for the survival of the fittest was particularly evident in the almost bestial behaviour of our 'chair for the day'. Talk about a 'wolf in sheep's clothing', but you wouldn't want to be a loveable little Lockbank Rough Fell on your way up Howgill lane to the high lands and come face to face with this mouth foaming rabid lupine - you wouldn't have a cat in hell's chance of survival I can tell you. And to think, we actually gave her the job on a plate so to speak - we must have been as mad as March hares! Our team was so desperate we even tabled a motion of 'no confidence' in the chair because of her blatantly biased favouritism of 'them', and when that was mercilessly crushed we then tabled 'an amendment' pleading that she be placed under the restraints of a gagging order. The only time that was invoked was when

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she told everybody to belt up so that Elspeth could get a word in edgeways. Poor Jessie and me sat there for most of the afternoon like a pair of mute swans. However, we did get a bit of our own back when it came to singing 'The Owl and the Pussycat' - well, it was a quiz about animals, and we just introduced bit of that sort of sing into it - not that it did us much good points-wise, for as we were to discover later, volunteer Jenny who was playing at scoring, was not only one of them but she couldn't add up either! In our long history of quizzes, never before have we had a draw. The word 'draw' quite simply does not exist in any of our

vocabularies. There's winners and losers a-plenty, but as far as the vast majority of us are concerned, drawers are something that's worn by wimps in winter and have no hiding place in one of our quizzes. Have you never heard of cheating and fraud dear? - just think 'creative accounting', its tantamount to the same thing and try and do better next time!

Lest you may be thinking that we had the most awful and gruesome meeting imaginable, let me hasten to assure that nothing could be further from the truth, for we all loved every precious minute of it. Thank you Rosemary, your pro-active chairing of the meeting didn't half get us going - you sharpened our wits, raised our

spirits aloft and perhaps above all else you gave us yet another 'golden oldie' opportunity to have a right good laugh together - terrific stuff, bless you, you're an absolute angel.

Jennifer then thanked Susan, who by this time was croaking like a frog and hastily mopping her feverish brow, and presented her with a small gift by way of our appreciation of all the support and great pleasure she gives to the group.

There then followed a wee bit of chit-chat about aids and equipment and the Low Vision Clinic, but we soon dispensed with that and moved on to discussing possible venues for our meal out in June. A number of suggestions were made but rather



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like Oliver Twist we would like more. So if you have or know of a good reasonably priced eatery we could visit, bring your suggestion along to the next meeting on Tuesday 21<sup>st</sup> May. It is hoped that we may be able to travel 'non sibi sed omnibus' in a mini-bus to where-ever it is we decide to go.

And finally, many, many thanks to who-ever it was who kindly provided the yummy chocolate cakes we enjoyed with our cuppas, and my special thanks to volunteer Jenny for once again transporting me safely home to Kendal after the meeting. We are indeed truly blessed with a wonderfully kind and generous group

of volunteers - thank you one and all for all you do for us.

Information about the Sedbergh Support Group can be obtained by ringing either Jennifer on 015396 25162 or George on 01539 721109, whilst info about SASL and the services it provides for vip's 'in general' can be obtained by ringing 01539 742633.

*George Watson*

*If anyone would like to receive or know of someone that would appreciate receiving a Large Print or Audio version of Lookaround, please contact the Lookaround Office for further details.*

*Dennis J Whicker*

### **SEDBERGH PRIMARY SCHOOL**

At the end of February, eight pupils from Sedbergh Primary School took part in the School's Squadrons Gala, hosted by Kendal Swimming Club.

The Gala saw an all girls/boys relay team and two mixed teams. There was some fantastic swimming during the heats which resulted in them taking part in three out of four finals.

After getting the first race under their belt, they were really keen and excited to get on with their next races and could have raced all night!

The swimmers competed against other Primary Schools from Kendal and the surrounding area.

Whilst at the Gala, K.A.S.C., swimmers completed a 200m



Individual Medley, where S.P.S. pupils cheered on Brodie and Ruben Swallow who were taking part.

A huge thank you to the parents for taking the children to the Leisure Centre and cheering them on, but most of all to the children for their outstanding sportsmanship.

## *Sedbergh Office Services*

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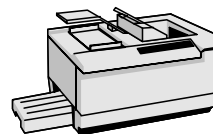
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**DENTDALE  
CHRISTIAN FELLOWSHIP**

In March we watched the rest of the DVD we saw part of the previous month and chatted about all manner of things over supper especially about our speaker in May, the "Biker Lady". This elderly lady, Mavis Towers has a tremendous ministry to people who roar around the countryside on motorbikes, and she is coming to tell us about some of her encounters. In June we welcome the humour and wonderful simple straightforward sharing of the Gospel by Eric Brennand who can tell the most chucklemaking stories and yet get the message across.

We always have supper together

before going our several ways, some travel some distance others not too far, united in our love of and desire to know more of Jesus.

This summer we are led to have some "Extras" and two of these are Sunday afternoon get togethers over a late lunch, the dates are in May and June, hopefully in our garden.

Do contact us if you would like any more details or we can help in any way.

*John & Sarah Woof  
"Rhumes" Laning DENT LA10 5QJ*

015396 25212

Saturday May 25th 2-5pm is the first Quiet Garden session of the year, just come and enjoy some "you" time, hopefully in the sunshine. No charge, refreshments available

Please cut out this form to donate to the purchase of our community building.

Please return all of this form to **Sedbergh and District Community and Heritage Trust, 72 Main Street, Sedbergh LA10 5AD**

**I would like to donate**

£20/£50/£100/£500/£1,000 or other amount £..... to the Sedbergh Community Building Fund for the purchase of 72 Main Street, Sedbergh LA10 5AD.

- I enclose a cheque made payable to 'Sedbergh Community Building Fund'
- I enclose cash
- I will make a bank transfer to sort code 01-04-81, account no. 34522174 with the reference \_\_\_\_\_

Name .....  
 Address .....  
 Email .....

Signed: .....

- Please tick the box if you require acknowledgement of your gift
- Please tick the box if you wish your gift to be anonymous

If you are a taxpayer, please consider completing the Gift Aid Declaration below that will increase the amount of your gift.

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Please treat all gifts of money that I have made in the last four years and all future gifts of money that I make from the date of this declaration as Gift Aid donations.

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You must be paying an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the appropriate tax year (currently 25p for each £1 you give).  
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## **72 MAIN STREET**

### *Final push to buy*

You may have seen from the thermometer on the wall of 72 Main Street that we have almost hit our target of raising £80,000 to purchase the building from the Sedbergh White Knights. In total we have now raised £70,000 leaving just £10,000 to go – but we are not quite there so cannot open the champagne just yet! We need to ask everyone who can, to help with a last push. We hope that by mid to late summer (if we get one!) we will be able to complete the purchase and finally transfer the building to community ownership.

The money raised so far has come from a number of sources. The Parish Council and Community Fund both kicked off the fundraising effort with very welcome starter grants. Then the generosity of local people boosted the building fund hugely. With several exceptionally generous donations from local people and the White Knights converting some of their loans to gifts, we now have over £50,000 donated in cash and

pledges. This has shown the high level of local support for the venture, which prompted a grant from the Hadfield Trust to help.

Because of the high level of community support we were successful in winning a grant from the Big Lottery fund Village SOS scheme to help improve the building (they won't, however, donate to the purchase). Over £30,000 has now been spent installing new central heating, windows, and carpets to improve the usability of the building.

Can you help further? If so please make a donation at the building, by using the form on the page overleaf (75), in collecting boxes in local shops, or through the website at <http://72mainstreet.blogspot.co.uk>.

Finally do come along and see for yourself how the building is being improved and the services now offered. We will be holding an open day on Wednesday 12<sup>th</sup> June from 10:00am through 2:00pm. All are welcome. Watch out for more details in the June edition of Lookaround.

*Graham Hooley*

### SHAKESPEARE IN MUSIC

The Sedbergh Orchestra, under its genial and ever-encouraging conductor Peter Crompton and led by Sue Armstrong, was to be heard at its spring concert in Sedbergh Parish Church on 21<sup>st</sup> March. The evening's soloist was Roseanna Skikun, the talented winner of the Keldwyth Award 2010. After reading music at York University Roseanna is now studying voice at the Guildhall School of Music.

The orchestra opened the programme, imaginatively chosen from works inspired by Shakespeare's plays, with Nicolai's tuneful overture to his popular opera *The Merry Wives of Windsor*. Next, Roseanna sang the atmospheric *Four Songs from Love's Labour's Lost* by Gerald Finzi with magical clarity, Finzi's characteristic harmonies notably illustrating the owl and the cuckoo. To conclude the first half, the orchestra played the four vignettes from *En Vintersaga: The Winter's Tale* by the Swedish composer Lars-Erik Larsson, an effective, mysterious and Grieg-like composition. After the interval came two contrasting Entr'actes, *Intermezzo & Nocturne*, from Mendelssohn's *Incidental Music to A Midsummer Night's Dream*, the *Nocturne's* well-known melody suggesting forest echoes. Finally, we heard three movements, *Barcarole, Bourrée & Finale* from *Masquerade, Incidental Music to The Merchant of Venice* by Sir Arthur Sullivan. Roseanna sang the Barcarole, the romantic gondolier's serenade, with

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great verve, thus ending a thoroughly enjoyable evening.

The Sedbergh Orchestra is the brain-child of Donald & Shirley Smith and follows their founding of the Pepperpot Music Makers. It is a community orchestra for those whose orchestral experience began that way, and for other instrumentalists of any age living in or around Sedbergh. It is to Donald & Shirley's credit and their tireless organisation that the group quickly took off and has given a series of successful concerts. If you would like to join, phone the Smiths on 015396 21196 or email [yantethera@gmail.com](mailto:yantethera@gmail.com)

*Richard Thomas*

Please make a note of the date of the orchestra's next concert which will be on Thursday, June 20th. This will also be held at St Andrew's Church. The doors will open at 7.45 and the concert, entitled 'Paris Connections', will start at 8.00. There will be an advert in the June edition of LOOKAROUND giving details of the programme. We hope to see you there!

*Shirley Smith*



### DENTDALE RUN

The annual Dentdale Run road race took place on Saturday 9<sup>th</sup> March this year. Around 400 runners lined up ready to start the 14 mile 379 yard course in what can only be described as less than perfect conditions, it was bitterly cold and windy, with sleet showers promised! However it was a fantastic sight to see so many people turn up despite the cold weather. The race was started by Peter Knapton who retired as chairman in 2012 after having been a vital part of the run committee for a number of years. The run is expected to have raised somewhere in the region of £4000 for Dent C of E Primary School, and will of course be put to very good use. But as usual none of this would be possible without the help of all the people involved, so a massive thank you goes to the WI and assistants for their legendary refreshments (the main reason we have so many runners!), Dent Brewery and the rest of the local businesses who sponsor and support the run. Thank you to all those who donated prizes and of

course the marshals and volunteers on the water stands who must have been like icicles by the end.

#### **The results are as follows:**

The mens race: 1<sup>st</sup> Breton Holdsworth 1.24:42 Clayton Le Moors Harriers, 2<sup>nd</sup> Stuart Reed 1.25:22 Eden Runners, 3<sup>rd</sup> Stuart Carroll 1.27:58 Royton Road Runners.

In the women's race: 1<sup>st</sup> Amy Green 1.36:11 Keighley and Craven AC, 2<sup>nd</sup> Heather Tuffs 1.39:08 York Acorn, 3<sup>rd</sup> Jane Reedy 1.39:27 Ambleside AC.

The first local man was Chris Dyer who finished in 1.43:48 and the first local lady was Abbie Mason who finished in 2.15:14. A huge well done is due to all the runners who took part and made the run another great success.

A full results list can be found at <http://www.dentdale.com/DentdaleRun/DentdaleRun.HTM>

We are also now on Facebook so please show your support and give us a 'like'! <http://www.facebook.com/DentdaleRun?fref=ts>

*Elaine Lewis*

## HERITAGE CRAFTS

### *Anna Atkins, Finalist in Heritage Crafts Association Awards 2013*

Anna Atkins, a volunteer demonstrator at Farfield Mill in Sedbergh, has been recognised by a national association for her work helping to organise and run Friends of Farfield Mill and one of its off-shoots, Weaving Friends. Anna was nominated for the Award (sponsored by The Marsh Christian Trust) by her friends and colleagues in appreciation of her tireless efforts over the past six years to promote Farfield Mill and to share her love of handweaving with the visiting public. Thanks to Anna, there is now a whole team of weavers at Farfield Mill who regularly demonstrate and inform the public about their craft.

The Marsh Heritage Crafts Awards were created to encourage the passing on of skills from one generation to another and to acknowledge the great work that volunteers do to raise the profile of heritage crafts across the UK. Of the awards, the Heritage Crafts Association says: "In heritage crafts, there are many people who do a tremendous amount on a voluntary basis. Whether independently, or as part of a craft organisation, these volunteers put in huge amounts of time and effort, sometimes over many years to make a real difference to their craft. Their role is often unsung.

This award is a chance to recognise such unsung heroes."

Anna was presented with her award certificate on Saturday March 23<sup>rd</sup> at a ceremony held at the Victoria and Albert Museum in London during the HCA's Annual Conference.

The Heritage Crafts Association (HCA) supports and promotes traditional heritage crafts as a fundamental part of our living heritage. It works in partnership with Government and key agencies to support craftspeople, groups, societies and guilds, as well as individuals who care about the loss of traditional crafts skills.

*Laura Rosenzweig*



*Picture: Nick Carter (Marsh Christian Trust), Anna Atkins, Paul Martin (HCA Patron)*

### **FAMILY MUSINGS**

Baby Hardy arrived, eventually, around 1am on Wednesday 20th March and has brought such joy and sickly times and sleepless nights, mounds of washing, disturbed naps, meals eaten in relay and so much love that we are all utterly smitten with him. Elder daughter recovered enough to host a family party on Easter Sunday to meet him and toast his good health, there was Ezra, 7 months old and looking SO large in comparison to the baby right through parents and grand parents and step and half relations to the oldest relative at 94! No Easter Egg hunt this year but one already ordered for next year.

My Dad started the tradition one Easter when our children were quite small ,he had found an empty birds nest, cleaned it and put some wrapped mini choc eggs in it and then "found" it in front of the children, what excitement, what fun. Meantime my Mum had "seen" the Easter Bunny hopping away from the garden and suggested we all go and see what she had left for us. So, armed with sweet little baskets of we went, peeping into bunches of Daffodils and Snowdrops to find dyed hard boiled eggs and wrapped choc eggs, maybe even an egg for Grandpa to boil for his tea! As I say, such fun has already been ordered for next year.

Little Ballantyne is growing and altering and putting on weight and as yet I have not got "one in the eye" when I change the nappies.. not yet.

Son rang the other day as I was driving and answered on hands-free and didn't recognize who it was, my question as to "Whom?" was met with "It's me!" Silly boy, dearie me what hope for the next generation, they will spend a lot of time in "tucks" as a friend would say, better than being in tears any day! (Means, laughing!)

My Mum used to say, "you do the best you can for as long as you can for as many people as you can, and then you pass the baton onto someone else" and as we try to support the community we live in in general and the village hall in particular this is what we try to do. Doesn't mean we always get it right, sometimes don't even know what "it" is (!), but at least whenever we hang up our boots we will know we have done the best we could for as long as we could. I have no plans to hang any boots up anytime soon, but in our community there are those who have contributed greatly to its life and now are having to step aside due to serious illness, we are thinking of them and I pay tribute to them for their past community service be it caretaking duties for no pay, School Governor duties or as a supportive spouse. God Bless you all.

Family coming to stay, little grandsons to watch develop, Complan to become reacquainted with, writing course to get on with, and yes all the plants are now in the garden, life will never be dull when I am around. Enjoy your family times.

*Sarah*



## NEWS FROM THE PEWS



Not long to go now and our new vicar, Reverend Andy McMullon will be taking his place with us in the parish. Many of you may have spotted him in town already as he and Lorraine moved in to the Vicarage in at the beginning of April.

A "Meet and Greet" was held in the church room during April which proved to be a very pleasant couple of hours of chatting, eating cake and drinking tea. I am sure there will be much more of this as Andy and Lorraine get to meet the congregation and inhabitants of Sedbergh over the coming months.

The Induction Service will be on Wednesday 22<sup>nd</sup> May in St Andrew's at 7.30pm. The service will be presided over by the Bishop of Carlisle, Bishop James. Our friends from the churches and schools, plus Brownies, Scouts and many other groups in and around Sedbergh will be joining St Andrew's parishioners, as will clergy and congregations from all over the Carlisle Diocese. Members of Andy's family and RAF personnel will be travelling to support him and Lorraine on this very special occasion at the start of his new ministry here in the Dales. It has been twenty-seven years since the last service of this kind took place when Rev Alan Fell came to St Andrew's

in 1986, so for many of us it will be a "first" of its kind. We hope the church will be filled to capacity and the roof raised with joyful singing in celebration of this milestone in our history.

This time last year we had all sorts of hurdles before us. Not only was our steadfast Vicar retiring but also we were planning to move into another Diocese. I guess not many parishes have a change of Diocese during an Interregnum. Well St Andrew's has done both and come out smiling. Looking back the dreaded Interregnum has passed quickly proving to be an interesting and uplifting time. Everyone has pulled together to make it work, help has been on hand and freely given from many outside our immediate parish. Our new Archdeacon, Penny Driver and Rural Dean, Angela Whitaker plus other members of Carlisle diocese have been on hand when needed to offer invaluable help and advice.

At the helm, our Curate, Vic has worked tirelessly, with great energy, patience, and humour to see us through this last year. I think Vic has enjoyed this last year being in charge but is now ready to step back and support our new Vicar.

A sincere "thank you" from us all Vic, we could not have done it without you.

Enjoy your holiday, you have deserved it.

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*



## *Malcolm Sedgwick*

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#### **AGE UK**

##### *South Lakeland Update*

Hi, I seem to have had a busy start to the year and have certainly met more local residents, and have helped many people to fill in forms and to get out and about in the local community.

The walking group has got off to a good start this year, and we have managed to stroll to Farfield Mill for coffee, pottered down to the Iron Bridge and more adventurously we walked back along the river from Cautley Spout in the snow. Our next adventure will be to get to the top of Crook. So, anyone interested in joining us just meet at the People's Hall 10.30 am on the last Tuesday of the month.

I am currently trying to recruit a few new members for my 'Auld fellers Group', so if you fancy some homemade cake, a cup of coffee/tea and a chat on a Thursday morning pop along to the community office at 10.00 am.

Don't forget that I am in the Sedgwick room, Memorial Hall, Dent on the first Friday of the Month 2.00-

4.00, where we have enjoyed a variety of guest speakers. Why not come along in May, where you will be able to sample some of the local Dent bitter!!!

If you need any help filling in a form for a Blue Badge, Attendance Allowance or DLA then just call the Age UK helpline on 01539 728180 and I can call to arrange a convenient time to come and see you in the privacy of your own home.

Thanks very much.

*Linda Greensmith*

#### **HOWGILL TODDLERS CLOSURE**

After many years of being a popular toddler group, Howgill Toddlers has finally come to an end. The group was set up by mothers in the Howgill area but also attended by mothers and toddlers from around the district.

Over the last couple of years the numbers were slowly dwindling and despite there still being enthusiasm from the parents attending, the group just wasn't making ends meet.

Therefore, we are going to hold a second-hand toy sale at Sedbergh Methodist Hall on Saturday the 11<sup>th</sup> of

# Docker Park Farm

## Open Farm

Now in our second year, the open farm is a fabulous place to visit with plenty of in and outdoor play and a great café!  
Don't forget we sell our free-range pork, hams and sausages too - have a look at our website for our meat box details.

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May from 10am until noon. There are many toys, small jigsaws, baby equipment and larger toys such as ride-on's. The proceeds from this sale will be divided between Sedbergh Primary School and Howgill School Room, so please come and support us and maybe grab a bargain!

Many thanks for all your support over the years and we hope to see you on the 11<sup>th</sup>!

*Caroline Capstick*

## COMMUNITY OFFICER REPORT

In the Sedbergh area there have been 3 thefts of insecure vehicles and a theft of an off road vehicle stored in an insecure shed. There has also been a theft of metal milk churns and a theft from an outbuilding. Please ensure that all vehicles and property are left secure, if you would like any advice regarding crime prevention please contact Police on 101.

There have been a number of suspicious vehicles reported to the Police over the last month, we would like to thank you for this and encourage you to continue as this can help build up the bigger picture.

If you would like to join Cumbria Community Messaging then please contact us or visit [www.cumbriacommunitymessaging.co.uk](http://www.cumbriacommunitymessaging.co.uk). It is managed by the Cumbria Neighbourhood Watch Association and offers you and other members of communities across Cumbria the means to receive crime information from Cumbria Police. You can select which information you wish to receive by managing your own settings, and it is completely FREE. Anyone can join, you do not have to be a member of Neighbourhood Watch (NHW), or become a member of NHW to join. You can join as an individual or as a group. So, if you want to receive information but do not wish to be responsible for a larger group, you are still welcome to make use of this messaging system. As well as Cumbria Constabulary the partners providing information are Cumbria County Council, Cumbria Fire and Rescue Service and Cumbria Neighbourhood Watch Association.

*CSO 5206 Karen Dakin  
CSO 5244 Mandy Coleman.*

A B C D E F G H I J K L M

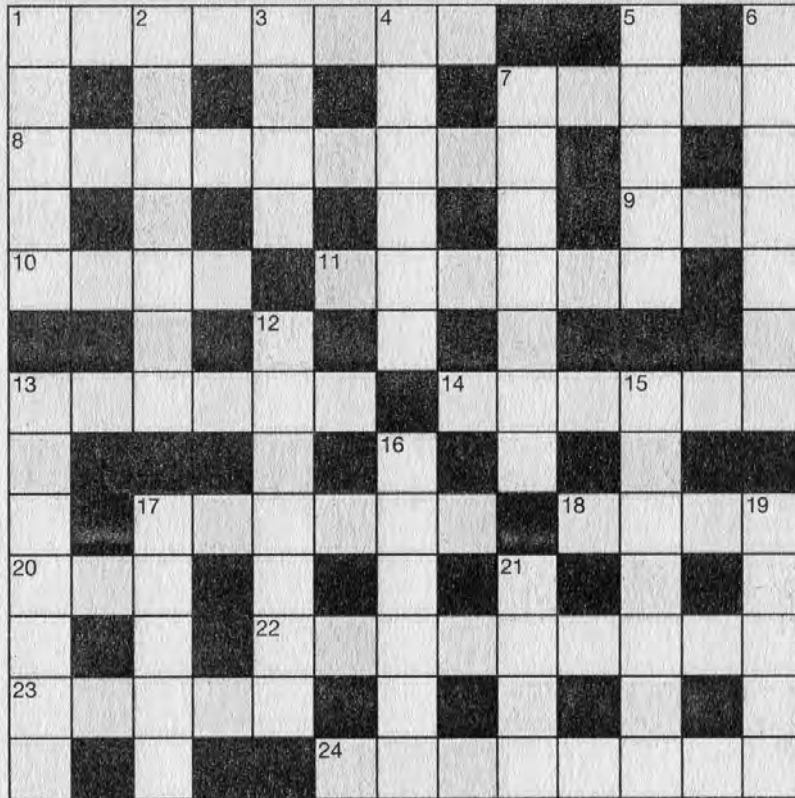
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N I T

N O P Q R S T U V W X Y Z

REFERENCE GRID

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## ACROSS

- 1 Mountain transport (5, 3)
- 7 Beachy Head, eg (5)
- 8 Insect with many pairs of legs (9)
- 9 Touch lightly (3)
- 10 Incline (4)
- 11 Not innocent (6)
- 13 Contract writer (6)
- 14 Sign up (6)
- 17 Convince (6)
- 18 Singlet (4)
- 20 Chafe (3)
- 22 City in NW England (9)
- 23 Light doughy cake (5)
- 24 Military clergyman (8)

## DOWN

- 1 Cud-chewing animal (5)
- 2 Concrete ingredient (7)
- 3 Wicked (4)
- 4 Tree-lined thoroughfare (6)
- 5 Breezy (5)
- 6 Unusual (7)
- 7 Upper surface of a room (7)
- 12 Grapple (7)
- 13 Feed (7)
- 15 Inactivity (7)
- 16 Difficult parting (6)
- 17 Loathe, detest (5)
- 19 Italian city (5)
- 21 Army base (4)

## 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	GPS	0825	0858	M - F	564	GPS
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1002 (C, H)	1044	M - S	564	GPS	1055 (C)	1128	M - S	564	GPS
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	WDB	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	GPS
1310 (C)	1347	M - S	564	GPS	1425 (H)	1500 (L)	Sat	564A	WDB
1545	1620	M - S	564	GPS	1625 (C)	1658	M - S	564	GPS
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	GPS	0705	0740	M - F	564	GPS
1128	1202	M - S	564	GPS	0935	1002	M - S	564	GPS
1443	1505	M - S	564	GPS	1235	1310	M - S	564	GPS
1658	1732	M - S	564	GPS	1510	1545	M - S	564	GPS
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0825	0840	Sat	564A	WDB	0950 CG	1000	Wed	548B	W
1330	1345	Wed	564B	W	0910	0925	Sat	564A	WDB
1500	1515	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1650	1705	Sat	564A	WDB	1615	1630	Sat	564A	WDB
1840 #	1855	Sat	564A	WDB	1740	1755	Sat	564A	WDB
					1930 #	1945	Sat	564A	WDB
Dent to Dent Station					Dent to Sedbergh				
0840	0855	Sat	564A	WDB	1000	1015	Wed	548B	W
0950	1005	Sat	564A	WDB	1035	1050 (L)	Sat	564A	WDB
1345	1355 CG	Wed	564B	W	1630	1645	Sat	564A	WDB
1515	1530	Sat	564A	WDB	1755	1810			WDB
1705	1720	Sat	564A	WDB	1945 #	2000			WDB
1855 #	1910	Sat	564A	WDB	Last Update: May 2013				
L = Sedbergh Library					H = Via Westmorland General Hospital (Request Only)				
C = Via Kendal College					CG = Cowgill				
W = Woof's of Sedbergh					WDB = Western Dales Bus				
GPS = Grand Prix					# = British Summer Time Only				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
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)				

<b>Dent Station Western Dales Bus Saturday Service 564A</b>					
Train connection From Leeds		1016	1611		1923
Train connection From Carlisle	0905			1732	1920
Buses leaving Dent Station	0910	1020	1615	1740	1930
Buses Arriving Dent Station	0855	1005	1530	1720	1910
Train connection To Carlisle		1016	1611		1923
Train connection To Leeds	0905	1040	1540	1732	1920
<b>Dent Station Western Dales Bus Sunday Service 564A between 19th May and 8th September 2013</b>					
Sedbergh, Dalesman	1000		1430	1735	
Dent Village	1015	1100	1445	1750	1835
Dent Station	1030	1115	1500	1805	1850
Train connection to Carlisle	1037	1102	1523		1903
Train connection to Leeds	1040			1816	
Train connection to Blackpool					1857
Train connection from Leeds	1037		1523		1903
Train connection from Carlisle	1040			1816	1857
Train connection from Blackpool		1102			
Dent Station	1045	1120	1530	1820	1910
Dent Village	1100	1135	1545	1835	1925
Sedbergh, Dalesman arr.		1150	1600		1940
Sedbergh, Dalesman dep.		1200	1600		
Farfield Mill entrance		1204	1604		
Garsdale Station		1220	1620		
Hawes, National Park Centre		1240	1640		
Snaizeholme Lane End		1248	1648		
Newby Head		1252	1652		
Cowgill		1304	1704		
Dent Village		1317	1717		
Sedbergh, Dalesman		1332	1732		

<b>Organisation</b>	<b>Update</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
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
Beaver Scouts	03/13	Mrs Woof	07890	302038
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	12/12	Mrs Sayner	Sed:	20935
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)	03/13	School	Dent:	25259
Dog Training (Sedbergh)	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	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
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 Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665



Kent Lune Trefoil Guild	01/09	Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
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)	07/12	Mr Stephenson	Sed:	21487
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	12/10	Mrs Levitt	Dent:	25162
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)	04/13	Mrs Hoggarth	01539	824663
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	08/12	Ms Gardner	Sed:	20570

\* = Latest Amendments

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

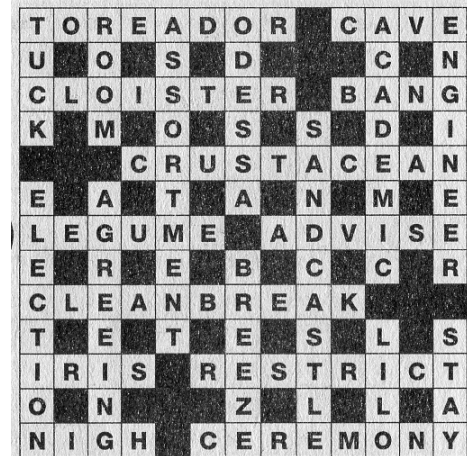
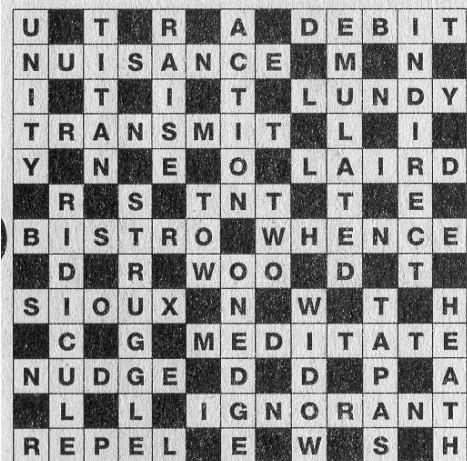
**PLACES OF INTEREST TO VISIT IN THE AREA**

- Bruce Loch, Busk Lane
- Cautley Spout, A683 towards Kirkby Stephen
- Community Office, 72 Main Street
- Cumbria Wildlife Trust, Community Office
- Dent Heritage Centre, Laning, Dent \*
- Farfield Mill, A684 Garsdale Road \*  
*Free to LA10 Residents on Sundays*
- Friends Quaker Meeting House, Brigflatts.
- George Fox's Quaker Pulpit, Firbank
- Golf Club, Catholes, Sedbergh \*
- History Society, Community Office
- Holme Working Farm, Middleton \*
- Holy Trinity Church, Howgill
- Jubilee Wood, Castlehaw Lane
- Langstone Fell, A684 Garsdale Foot
- Methodist Church, New Street
- Queen's Gardens, Station Road
- St. Andrew's Church, Dent
- St. Andrew's Church, Main Street, Sedbergh
- St. Gregory's Church, Vale of Lune
- St. John's Church, Cowgill
- St John's Church, Firbank
- St. John's Church, Garsdale
- St. Mark's Church, Cautley
- Sedbergh Embroidery, StAS
- United Reformed Church, Main Street
- Information Centre, 72 Main Street
- Winder Fell, above Sedbergh

\* = Entry Fee Applicable



The 18th May and always open to fresh ideas, the Committee attempt to invoke Ra, the Sun God, to ensure a successful Sedbergh Gala.





### BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) ..... <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: <a href="http://www.holmecroftbandb.co.uk">www.holmecroftbandb.co.uk</a>	20754
Mrs A Bramall .....	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) ..... <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	20360
Miss S Thurlby .....	15 Back Lane, Sedbergh LA10 5AQ (2012/12) ..... <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail: <a href="mailto:wheelwright.cottage@homecall.co.uk">wheelwright.cottage@homecall.co.uk</a>	20251
Mrs J Hope .....	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) ..... <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: <a href="mailto:enquiries@theoldjoinery.com">enquiries@theoldjoinery.com</a>	20309
Ms D Wood .....	Daleslea, Station Road, Sedbergh LA10 5DL (2013/06) ..... <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs S Gold-Wood .....	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) ..... <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB;</i> e-mail: <a href="mailto:sangold.kwood@virgin.net">sangold.kwood@virgin.net</a>	21808
Mrs J Postlethwaite .....	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) ..... <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529

### CAMPING, CARAVANNING & SELF-CATERING

Mrs Tallentire .....	Ingmire Hall, Sedbergh (2013/02)..... <i>D &amp; PB Flat; £395 pcm; References &amp; Deposit required</i>	07944 859456
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09) .....	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs A Bramall .....	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) ..... <i>Self-Catering Sleeps 6-8</i>	20360
J Garner .....	2 Millthrop, Sedbergh LA10 5SP (2013/07) .. <i>Sleeps 4; CH; CW; DW; TVL</i>	01942 216058 or 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; TL = Table Licence; DFB = Dairy Free Breakfast

CHURCH SERVICES					
St. Andrew's	5th May Easter 6	Thursday 9th May	12th May Easter 7	19th May Pentecost	26th May Trinity
8.00 am	HC	Ascension Day Service 7.30pm	HC	HC	HC
10.30 am	HC BCP		HC NSV SS	Joint Service at Sedbergh Methodist Church	HC CW Parish Communion
6.30 pm	EP		EP	EP	EP
Wednesdays 11.15	1st May	8th May	15th May Matthias (From 14th)	<u>22nd May</u> Induction of Rev McMullon 7.30 pm	29th May
St. Mark's		5th May	12th May	19th May	26th May
9.30 am		HC	MP	Joint Service at Sedbergh Methodist Church 10.30 am	Joint Service at Sedbergh
2.30 pm	Special				
St. John's		5th May	12th May	19th May	26th May
10.00 am		MP	HC	Joint Service at Sedbergh Methodist Church 10.30 am	Joint Service at Sedbergh
LUNE PARISH SERVICES					
		5th May	12th May	19th May	26th May
St John Firbank		10.30 am HC	10.30 am MP	2.00 pm Joint HC at Howgill	2.00 pm EP
Holy Trinity Howgill		10.30 am HC	2.00 pm EP		10.30 am MP
All Saints Killington		9.00 am HC			
HC = Holy Communion				SS = Sedbergh School	
BCP = Book of Common Prayer				MP = Morning Prayer	
CW = Common Worship				EP = Evening Prayer	

### EDITORS NOTES

A continued big thank you for all the contributions and with the modern technology of e-mails, things are getting easier. (The non-technical look away now!) However, one problem I have is that I like to receive

stuff as PDF Files as I can see what they should look like but I cannot utilise them properly so I would appreciate Adverts etc are sent as good quality JPG Files in the correct sizes (single Column 2.56", Double 5.2").  
*Dennis J Whicker*

## Religious Services in Sedbergh

**CHURCH OF ENGLAND**  
 St. Andrew's Parish Church  
 Sunday 08.00, 10.30 & 18.30  
 Wednesday 11.15  
**Rev. V Hopkins Tel: 21455**  
*Church Wardens:*  
 Tony Reed Screen 21081  
 & Susan Sharrocks 20754  
[www.sedbergh.org.uk/churches/anglican](http://www.sedbergh.org.uk/churches/anglican)

~~~~~  
**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  
**Rev. J. Millard**

~~~~~  
**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**  
 Cautley & Garsdale  
**Rev. V Hopkins Tel: 21455**  
*Church Wardens:*  
 Cautley: Judith Bush 20058 & Linda Hopkins 21455  
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723  
 Firbank; Howgill & Killington

~~~~~  
 Dent & Cowgill  
**Rev. P. Boyles Tel: 25226**

~~~~~  
**METHODIST CHURCH**  
 Dent; Dent Foot;  
 Cautley; Fell End;  
 Garsdale Street; Garsdale Low Smithy;  
 Hawes Junction & Frostraw  
**Rev. J. Millard 20329**

~~~~~  
**SEDBERGH CHRISTIAN CENTRE**  
 5.30 pm People's Hall every Sunday  
**Tel: 20588 or 20503**  
[www.sedberghchristiancentre.co.uk](http://www.sedberghchristiancentre.co.uk)

~~~~~  
**worship@peopleshall**  
 10:30 am Sunday  
**Beth & Sandy Roy Tel: 20785**

~~~~~  
**CAFÉ CHURCH**  
 7:00pm every first Sunday  
 United Reformed Church, Sedbergh  
**Andy & Tina Woof 01524 730259**

~~~~~  
**UNITARIAN & FREE CHRISTIAN CHAPEL**  
 Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30  
**Rev. G. Jones Tel: 01539 722079**

## Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£2.00
Postal Overseas	=	£4.00

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 15th June 2014*

MAY		
1	May Day	
1	1000 Coffee Morning - D&S Oral Society	URCR
1	1000 Coppice Crafts till 2/6 (*)	FM
1	1030 Beads Demonstration	CWS
2	0700 Local Elections	
2	1930 WIH - Kendal Treasures	HVH
3	1400 Age UK - Dent Brewery	DMH
4	1930 Fit for a Queen (6)	SSTH
4	1930 Flicks in the Fells	PH
5	1600 Family Fun Day & BBQ (*)	Grayrigg
5	1900 Café Church (6)	URCR
6	1100 May Dale Sale (6)	DMH
6	1830 Canoe Club (20)	Killington Lake
7	AF Enforcement Patrols till 14th June (&)	
7	1900 Aglow Christian Women's Group	KLI
8	1000 Coffee Morning - Firbank Church	URCR
8	1030 Knitting Sheep Demonstration	CWS
8	1915 WID - Clinical Massage +	DMH
8	1930 WIS - The WI Resolution	PH
9	1200 Lunch Club	Red Lion
9	1400 Sedbergh Story	URCR
9	1900 RBL Meeting	WHC
11-16	Christian Aid Week (11)	URCR
11	1000 Howgill Toddlers Final Sale (10)	SMRS
11	2230 Fancy Dress Disco Night (11)	PH
14	1400 WIK - Resolutions	PH
15	1030 Batik Demonstration	CWS
17	1800 Thandi Project AGM	URCR
17	2000 60's, 70's & 80's Night (17)	Cricket Club
18	1000 Christian Aid Coffee Morning (11)	DMH
18	1200 Sedbergh Gala (1) & (18)	Sedbergh
18	1830 Flicks in the Dentdale Fells (*)	DMH
19	HH Road Race (19)	K Stephen
19	1400 Playgroup Duck Race (19)	Holme Farm
20	1000 AF Daily Drop In Meetings starts (7)	Sed/KL
20	1830 Canoe Club (20)	Killington Lake
21	1400 SASL Meeting	PH
22	1000 Coffee Morning - Scouts	URCR
22	1030 Simple Knit Scarf Demonstration	CWS
22	1930 Induction of Rev. McMullon	StAS
24	1400 Blood Donor Session	PH
24	1700 Blood Donor Session	PH
25	1000 DMC Coffee Morning	DMC
25	1830 FCH Barbecue	FCH
26	UltraTrials26 Marathon	Sedbergh
26	1030 Connect (Churches Together)	SMC
26	1900 Duck Race	HVH
26	1900 Dentdale Christian Fellowship (26)	RD
27	Spring Bank Holiday	
29	1000 Coffee Morning - Middleton Church	URCR
29	1030 Chair Making Demonstration	CWS
29	1200 HS Bowes Museum (29)	LHCP
30	1900 Annual Sedbergh Parish Meeting	PH
30	1745 Killington Sports (30)	BFK
JUNE		
1	AF Enforcement Patrols till 14th June	
1	1000 AF Daily Drop In Meetings (7)	Sed/KL
1	1000 Freemasonry Open Day (31)	KMH
1	1000 Coppice Crafts till 2/6 (*)	FM
1	1930 Flicks in the Fells	PH
1	1930 Killington Sports Ceilidh (31)	BFK
5	1000 Coffee Morning - Howgill WI	URCR
5	1300 Medical Centre Open Day (38)	MC
6-12	Appleby Fair	AF
6	1930 WIH - Music by Vivaldi & Others	HVH
7	1400 Age UK - Medical Centre	DMH
8	Launch of Western Dales Bus	Dent Stn
11	1400 WIK - Summer Surprises	PH
12	1000 Coffee Morning - Garsdale Church	URCR
12	1000 Grand Open Day	72 Main St
12	1200 HS Hoghton Tower	LHCP
12	1915 WID - Meaning of Surnames	DMH
12	1930 WIS - Mystery Outing	
13	1200 Lunch Club	Red Lion
13	1900 RBL Meeting	WHC
14	1000 AF Daily Drop In Meetings ends (7)	Sed/KL
16	Father's Day	
17	1930 Sedbergh in One Hour (37)	PH
18	1400 SASL Meeting	PH
19	1000 Coffee Morning - Killington WI	URCR
19	1930 History of the People's Hall (37)	PH
20	2000 Paris Connections	StAS
21	1900 Dent Over 60's Food & Wine Tasting	DMH
21	1930 Unexplained Phenomena (37)	PH
22	2000 Dancing to Denis Westmorland	PH
23	1030 Connect (Churches Together)	SMC
23	1900 Dentdale Christian Fellowship (*)	RD
24	1930 Extreme Sports	SSAT
26	1000 Coffee Morning - Sedbergh WI	URCR

*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,  
Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

**COVER PICTURE**  
Sedbergh from Langstone Fell  
*By Dennis Whicker*

26 1400	HS Killington	LHCP
29 1000	DMC Coffee Morning	DMC
29 1000	Art Market	StAS
29	Music & Beer Festival	Dent
30	Music & Beer Festival	Dent
<b>JULY</b>		
3 1000	Coffee Morning - URC	URCR
4 1930	WIH - Members Evening	FCH
5 1400	Age UK - Fire, Water & Ice	DMH
6 1930	Flicks in the Fells	PH
9 1700	Appleby Fair Drop In Debrief	PH
10 1000	Coffee Morning - British Legion	URCR
10 1330	HS Ingleton	LHCP

10 1915	WID - Summer Outing	DMH
10 1930	WIS - Batik Techniques	PH
11 1200	Lunch Club	Red Lion
11 1900	RBL Meeting	WHC
13 1000	StAS Summer Fair	StAS
16 1400	SASL Meeting	PH
17 1000	Coffee Morning - Town Band	URCR
20 1000	DMC Coffee Morning	DMC
21 1900	Dentdale Christian Fellowship (*)	RD
24 1000	Coffee Morning - TBA	URCR
31 1000	Coffee Morning - Garsdale Village Hall	URCR

**AUGUST**

1 1930	WIH - Humorous Garsdale Tales	FCH
2 1400	Age UK - Past Seasonal Cooking	DMH
3 1930	Flicks in the Fells	PH
7 1000	Coffee Morning - Howgill Church	URCR
8 1200	Lunch Club	Red Lion



- **New Builds**
- **Extensions**
- **Roofing**
- **New Fitted Kitchens**
- **Ground Works**
- **Plant Hire**
- **Hiab Haulage** 
- **Drains Unblocked/Cleaned/Repaired**

**Contact George on:**

**Tel: 015396 21287**

**Mob: 07977514229**

**Email: [info@gjbainesandson.co.uk](mailto:info@gjbainesandson.co.uk)**

**Web: [www.gjbainesandson.co.uk](http://www.gjbainesandson.co.uk)**

**DIARY KEY**

AF	= Appleby Fair
BF	= Brigflatts
BFK	= Becks Farm, Killington
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWS	= Craftworkshop 61 Main Street
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	= Fairfield Mill
GVH	= Garsdale Village Hall
MC	= Medical Centre
HS	= History Society
HVH	= Howgill Village Hall
IRC	= Information Resource Centre
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KMH	= Kendal Masonic Hall
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
PH	= People's Hall
RD	= Rhumes, Dent
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
SSAT	= Settlebeck School Academy Trust
SSTH	= Sedbergh School Thornely Hall
STO	= Sedbergh Tourist Office, Main Street
URC(R)	= United Reformed Church (Rooms)
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

01539 718191

01539 718191 (Option 1) 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

### 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](http://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 \*

## **SEDBERGH LIBRARY** Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

## **DENT LIBRARY** Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

## **SEDBERGH TOURIST OFFICE**

Main Street 20125

Open every day 1000 - 1700

[www.sedbergh.org.uk/booktown/dlbc.html](http://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](mailto:office@sedbergh.org.uk)

[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

## **RURAL CITIZENS ADVICE BUREAU**

Kendal Office

01539 738772

[www.cabsouthlakeland.org.uk/kendal.html](http://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](http://www.sedberghcdc.org.uk)

## **POLICE**

101 or 999

## **PUBLIC TOILETS**

Main Street, 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