

# Sedbergh & District LOOKAROUND

July 2014

Issue 323

Donation £1

A very warm welcome to all our visitors to the area. We hope that it will be one of profit and pleasure. Please leave behind many footprints and take away many memories and pictures.

A continued big thank you to all the contributors to this months issue and especially we welcome back the monthly Cartoon. And don't forget to support all the local events.

*Dennis & Jacky Whicker*

**ST. ANDREW'S CHURCH FÊTE**

**Sedbergh's Finkle Street Fun**

on **Sat. 12 of July**

**FAMILY FUN**

**GUARANTEED!**

Activities include: POLITE CHATTING AND LIGHT LAUGHTER, FACE PAINTING, LIVE MUSIC, GIGGLES AND BUFWAYS, STALLS, HOG ROAST, DRINKS AND REFRESHMENTS, CHORTLES AND CHUCKLES, HILARITY AND WERTH, WOW! THIS IS REALLY FUNGVILLE!

Finkle Street Fun Day would like to thank the following for their sponsorship for this year's Street Party and Fête: The Red Lion, St Andrew Church, PIP Foods, TIC, Cameron's, Cross Garage, Sarah's, One Broom, Pirelli Fruit & Veg, Cobble Country, Sleepy Elephant, The Post Office, The Bakery Sedbergh, Pich and Pettie, Al Audio, Strumongers Press and all the volunteers on the day.

Sedbergh & District Churches Together

**A Scripture Union holiday club programme**

Great new ideas inspired by experience • based on Matthew's Gospel

**mega makers!**

Sedbergh People's Hall, 10am-12 noon  
Monday 28th July - Friday 1st August 2014

For 5-11 yr olds  
Booking forms from:  
Local Primary Schools  
Sedbergh Office Services

**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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# JULY 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:-  
 Niamh Metcalfe who is 11 years old on 2nd July and  
 C J Middleton who is 11 years old on 4th July.

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



Day	Name	Age
1	Jenny FALLOWS	8
2	Alfie PATON	7
2	Niamh METCALFE	10
3	Theo OVERSBY	6
3	Martha HUBBARD	3
4	Ben GREENSMITH	10
4	CJ MIDDLETON	11
9	Hannah LENNON	11
10	Milly BROOKSBANK	11
13	Arthur HAYHURST	6
15	Jerome McKENNA	11
17	Louis GARDNER	4
24	Ruben PARK	9
25	Antony COWIN	9
27	Akira CRESSEY	9
28	Grace ALLAN	9
29	Jody MIDDLETON	7
30	Sampson KEIGHLEY	2
<b>Nonagenarian &amp; Over</b>		

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

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

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
Time	Day	Event	Code	
1000	Every Sunday	Free Entry to Locals	FM	
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1400	1st Monday	Bridging the Gap	MC	Community Office, 72 Main Street
1930	1st Monday	Dent Parish Council	DMH	Cumbria Wildlife Trust, Community Office
1930	1st Monday	People's Hall Comm	PH	Dent Heritage Centre, Laning, Dent *
1900	3rd Monday	Chamber of Trade	PH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Howgill Toddlers	HVH	Friends Quaker Meeting House, Brigflatts.
1300	Every Tuesday	Knit & Natter	FM	George Fox's Quaker Pulpit, Firbank
1830	Every Tuesday	Cub Scouts	SHQ	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	Bridge Club	WHC	History Society, Community Office
1930	Every Tuesday	T'ai Chi	URCR	Holme Working Farm, Middleton *
1400	2nd Tuesday	Killington WI	PH	Holy Trinity Church, Howgill
1400	3rd Tuesday	Sight Advice Group	PH	Jubilee Wood, Castlehaw Lane
1930	3rd Tuesday	Ladies NFU	PH	Langstone Fell, A684 Garsdale Foot
1000	Every Wednesday	Coffee Morning	URCR	Methodist Church, New Street
1315	Every Wednesday	Art Society	URCR	Queen's Gardens, Station Road
1315	Every Wednesday	Zebras	SMCR	St. Andrew's Church, Dent
1730	Every Wednesday	Sedbergh Juniors	PH	St. Andrew's Church, Main Street, Sedbergh
1730	Every Wednesday	Brownies (term time)	SMCR	St. Gregory's Church, Vale of Lune
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ	St. John's Church, Cowgill
1930	Every Wednesday	Sedbergh Seniors	PH	St John's Church, Firbank
1930	1st & 3rd Wednesday	History Society (Winter)	SHS	St. John's Church, Garsdale
1915	2nd Wednesday	Dentdale WI	DMH	St. Mark's Church, Cautley
1930	2nd Wednesday	Sedbergh WI	PH	Sedbergh Embroidery, StAS
1400	3rd Wednesday	Age UK South Lakes	Library	United Reformed Church, Main Street
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	Information Centre, 72 Main Street
1930	1st Thursday	Howgill WI	FCH	Winder Fell, above Sedbergh
1200	2nd Thursday	Lunch Club	Red	
1915	2nd Thursday	Royal British Legion	WHC	
1930	2nd Thursday	Sed. Parish Council	PH	
1930	Every Friday	Scouts	SHQ	
1330	1st Friday	Age UK Dentdale Club	DMH	
See Pages 86 & 91 for contact details & Keys				* = Entry Fee Applicable

## PERSONAL & SMALL ADS £1

### ALAN CLOWES

Thank you to all who sent their best wishes while I was in the Royal Lancaster Infirmary. Apparently I was given little hope on admission in April but give thanks for a Wife who refuses to take NO for an answer and also the Doctors and nurses of the wards I was on - in particular the Intensive Care Unit. I am now back at The Cross Keys. I have still a long way to go plus a major operation in due course but I am home.

Alan Clowes

=====

### ANNE MARIE GARNETT

Happy **16th Birthday** Anne Marie on 14th July 2014. Love from Mum, Dad, Ben, Auntie Georgina, Grandma & Auntie Dawn.

=====

### GEORGE DAWSON HANDLEY

Rosemary and her family would like to thank everyone who helped them celebrate the life of George; for the wonderful Service; the very generous gifts and for all Brian Goad's careful and sympathetic attention to detail. A total of £1,746 will be divided between St. John's Hospice and Christian Aid.

=====

### BARRIE STAVELEY

Many and Family would like to thank all the people who sent Cards, Letters and Flowers following the sad loss of Barrie. Also thank you to Brian Goad and staff for their part in arranging Barries Funeral.

### MAGGIE TODD

Maggie would like to thank everyone for thei Cards, Flowers and Presents received on her **80th Birthday**.

=====

### DAVE WOOF

There's a lean lad up Cautley,  
Who's birthday is very shortly.  
The Big Seven O, is what he will be,  
And still looking youthful, I'm sure  
you'll agree.

He's fearless on his quad bike,  
And his new black truck goes ell.  
He is not your average OAP,  
As he quickly strides the Fell.

So Happy Birthday 'Farmer Dave',  
We wish you a special day.  
Let's hope you rest and enjoy it,  
Although we may be 'Leading Hay'!  
Love & Best wishes. Andrew &  
Caroline

=====

### DAVE WOOF

Happy **70th Birthday** Dad (Dave) on Saturday 12th July 2014. Love and Best Wishes from Paul & Rachel XX

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### DAVE WOOF

Happy **70th Birthday** Dad on Saturday 12th July, enjoy your special day! Love from Martin & Helen.

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### DAVE WOOF

Happy **70th Birthday** Grandad Farmer Dave on 12th July 2014. Lots of love from Elsie & Jessica.  
Happy Birthday Grandad. Hugs and Kisses. Edward, Milly & family. XXX

## PERSONAL & SMALL ADS £1

### FOR SALE

Sony CDX GT44IP iPod/CD car radio with iPod connector, mounting cage, removable front panel, case, manuals and removal keys. £35. – Belkin TuneBase FM Transmitter for iPod/iPhone with 30-pin connector. Connects to car cigarette lighter. Tune your car radio to the signal from the transmitter and listen to your iPod/iPhone. £25. – Canon PowerShot A530 Digital Compact Camera. With 512MB SD Card and LowePro D-Res 10AW case. £25. – Owen's "Safety Hat". Size 7 1/2 (61cm) black riding helmet. £25. Tel: Andrew 07788 688490.

=====

### FOR SALE

Good quality Printer. HP Deskjet 3520. Print, Scan & Copy, ideal for home or office. £45. Tel: 20371 or 07733 520702.

=====

### WANTED

Garage or Storage for bicycles etc. Tel: 20371 or 07733 520702.

### FOR SALE

Ladies specialised Ariel hybrid bike, Disc brakes, 21 gears. Only 3 years old, hardly used, vgc. Cost over £400, accept £250. Tel: 21295.

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### FOR SALE

Dolphin Stairlift. Sixteen months old but only used for two months. £250 ono. Would need to be collected. Tel: 21106.

=====

### WANTED

Dog Walker wanted to walk Terrier (Sweet Pea) on two separate days per week, odd days and holiday cover when resident walker not available. Would suit somebody with a dog which would like to have company and play on their walk. Hourly rate negotiable. Tel: Dawn Stevens on 21532.

\*\*\*\*\*  
**FLAT TO RENT**  
 \* One bed, first floor flat on Main Street, Sedbergh.  
 \* Modern bathroom and kitchen.  
 \* Gas Central Heating.  
 \* £425 per calendar month.  
 \* Phone: 07919027485  
 \*\*\*\*\*

# A SUMMER EXTRAVAGANSA



## Sedbergh Town Band concert in

St Andrew's Church, Dent  
7:30pm

**Wednesday 2nd July**

Tickets £6 available from usual local outlets and shops in Dent





**SEDBERGH AND DISTRICT  
HISTORY SOCIETY**

*A Walk Round Bowes Village*

When you approach Bowes from the main junction for Barnard Castle on the A66 it seems to be a sleepy backwater and it is difficult to imagine that in the past it was an important busy staging post for mail coaches on the main road from York to Carlisle. However, we were to soon learn that it is one of the most interesting villages to be visited by the Society over the past few years.

Its main claim to fame stems from the much publicised visit paid to the village by Charles Dickens and his illustrator Phiz in 1838. However, as Cliff Brown, our tour guide pointed

**Daphne Jackson**

**DO, MsC (Ost)**

*Registered Osteopath*

**Mill Barn, Broad Raine  
Killington LA10 5EP**

Please ring Kendal Practice  
for appointments  
01539 740452

out, the two men were only in Bowes for a few hours and although it is thought that Dickens probably based the school Dotheboys Hall in his novel, Nicholas Nickleby on the local Shaw's Academy, there are other more significant details to be learnt about local education. For instance, there were four schools and 700 pupils in Bowes during this period. One was an endowed school but the other three were part of a group of cheap boarding establishments in the north of England called The Yorkshire Schools.

Cliff led us up the main village street which was flanked by attractive old houses, and drew our attention to an uninhabited inn called the Ancient Unicorn which is said to date back to mediaeval times. He told us about a doomed love affair between the daughter of the inn's landlord and the son of a rival establishment, the King's Head. Cliff has researched the Bowes educational situation and he was able to identify two sizeable buildings as former schools. However, his most exciting discovery was when he realised that his own

**CHIROPODIST**

*HCPC Registered*

**Kay Whittle**

MSSCh DipPodMed MBChA MInstChP

Pedi-Care House, Howgill Lane,  
Sedbergh LA10 5AD

**Tel: 015396 22122**



Open 09:00 - 4:30

Please phone for appointments

Closed on Mondays

*Supplier of  
HJ Hall "Softop" socks  
Argan oil & cream; Arnica gel & Aloe Vera*



garage was actually built on a school site. He showed us some of the finds from under the garage floor including marbles and slate pencils.

Although St Giles' Church has undergone several restorations in its history, it retains evidence of its (probably) Saxon origins and in the churchyard Cliff showed us the graves of people who had connections with the Bowes schools. He does not think that the 72 graves of Bowes schoolboys are necessarily symptomatic of the harsh treatment which some people have associated with the Yorkshire Schools, when the large numbers of boys and the general incidence of early deaths are taken into consideration. Two other

features of the village which are worthy of mention are the remains of a twelfth-century castle and a Roman fort. These would have been constructed to guard approaches to the Stainmore Pass, in a highly strategic border area with Scotland.

All in all, we enjoyed a fascinating afternoon which was mainly due to Cliff's knowledge of, and enthusiasm for his subject. *Julie Leigh*

### ROYAL BRITISH LEGION

*Need a hand around the house?*

If you're having trouble with those small household repairs and minor adaptations around your home and you're eligible for our help, **The Royal British Legion** might be able to help you through our handy van service known as Poppy Calls.

We have a dedicated and trusted team of experienced handypersons who are fully trained to carry out low-level but high impact maintenance in your home, such as:

- changing light bulbs and tap washers;
- putting up shelves, curtain rails and grab rails;
- fitting smoke alarms and carbon monoxide detectors;
- fitting and changing door locks and other security features;
- building access ramps and storage sheds to house a Legion provided EPV; and
- installing care phones.

And much more! So give us a call - free - on **0800 032 0306**. If we can help, we will.

To be eligible for the service you

SEDBERGH & DISTRICT

## HISTORY SOCIETY

**Wednesday 9th July**  
**CARLISLE**  
**ARCHIVE CENTRE**

An introduction to the recently opened, state of the art building that houses many important Cumbria archives. Lady Gifford's House, Petteril Bank, Road, Carlisle CA1 3AJ

Meet in  
Entrance at 6pm  
or Loftus Hill Car Park at 5pm.

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.*

[www.sedberghhistory.org](http://www.sedberghhistory.org)

Chairman: Richard Cann 20771  
Secretary: Karen Bruce-Lockhart 20224  
Treasurer: Chris Elphick 20605  
Membership Secretary: Chris Elphick 20605

must:

- have served in the Armed Forces for at least seven days, or be the dependant of someone who has served (widows, widowers, civil partners and cohabiting partners); and
- be receiving a means-tested benefit, or be aged 75 or over (irrespective of whether you receive a means-tested benefit or not).

If you are not eligible, we can provide a competitive quotation based upon your needs.

If you're unsure about whether this includes you, give us a call - free - on **0800 032 0306**.

All calls are strictly confidential and we consider every case very carefully.

We currently have handy vans in 21 counties - please email us at [homesupportadmin@britishlegion.org.uk](mailto:homesupportadmin@britishlegion.org.uk) or call us to find out more.

**What if my area isn't covered by the handy van service?**

We have partnerships with other organisations (such as Age UK) that will offer you the same service on behalf of the Legion.

However, if your area isn't covered by either our handy van service or one of these partner organisations, we will still come and help you via your local Legion office.

If you have a question about our handy van service, please phone us on **0800 032 0306**. We are open from 9am to 5pm, and you will speak to a member of our friendly team - not a machine!



stramongate press

*printers*

*printers*

*of*

*Sedbergh Lookaround*

Stramongate Press Aynam Mills  
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448  
fax 01539 730253  
e-mail [info@strampress.co.uk](mailto:info@strampress.co.uk)  
website [www.strampress.co.uk](http://www.strampress.co.uk)

**SOUTH LAKES  
CITIZENS ADVICE BUREAU**

*New name, for a new district wide service*

For the past 18 months, Cumbria Rural Citizens Advice Bureau has been expanding its service, to meet local demand for free, impartial and confidential advice. We now give advice 6 days a week, face-to-face or over the telephone, and have outlets at Ambleside, Grange-over-Sands, Kendal, Ulverston and Windermere. To better reflect our new improved service, we have changed our name to 'South Lakes Citizens Advice Bureau'.

So how do you get advice? Simply telephone the Windermere office on

015394 46464. We help everyone. We do this by using a 'triage' type system, taking a few details from you to assess the urgency of your enquiry and then offering you an appointment or giving immediate help.

Most of our advice is delivered by highly trained Volunteers, but we also have a few Specialist Advisers who give money advice. If you are in debt or struggling to make ends meet, do get in touch. We can help you make a budget and sort your debts into affordable repayments. The sooner you get advice, the better.



**Does your garden  
need an overhaul?**

*grass cutting  
hedge cutting  
flags laid  
trees pruning*

Can't find the time to look  
after the garden you love?

just call

**07980 154377**

*let me do the work  
whilst you relax*

Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on any aspect of debt, consumer problems, benefits, housing, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone - telephone 015394 46464 for an appointment and help.

If you don't need us for advice, how about helping us by becoming a volunteer or making a donation? Not many people realize that we are a charity - see our website for details [www.cumbriaruralcab.org.uk](http://www.cumbriaruralcab.org.uk) a new website is coming soon!

## **CUMBRIA IN BLOOM**

*(Sedbergh)*

Firstly a big thank you to Duo Cafe and Capsticks Insurance for their donations. They are much appreciated.

As many of you will have noticed we have planted up the beds on Main Street with bedding plants and let us hope that they last many many months and put on a good show.

You will have also noticed that work has begun at 72 Main Street (T.I.C/ Community Office) Originally we were just going to remove the large conifers and plants which were encroaching upon other plants. However because it is a sloping site this was difficult and it was decided to remove all and start afresh. We know that removing the shrub which encompassed the wall alongside the steps from the car park seems drastic but it has revealed a lovely stone wall which we feel will be the most helpful for those needing a helping hand down the steps. Work in progress is not a pretty sight but we do hope you will be patient with us until the work is complete.

Those of you who pass the Fire Station will have also noticed that we have completed one of the flower beds which had been completely cleared, new soil put in, a weed suppressant installed and all new plants and shrubs planted. In total this has cost just under £700. We appreciate that this seems a lot of money but to remove long established conifers we had to

employ a contractor who of course we had to pay. Our committee then dealt with the purchasing and planting shrubs and plants and then laying gravel to hopefully keep the weeds at bay. We of course will continue to look after the bed. We now have to get the Local Authority who is responsible for cutting the small area of grass to undertake the work. When funds are available we shall be tackling the other bed as the conifers are coming to the end of life. We shall endeavour to carry out all the work this year when hopefully our efforts will be shown at their best next year.

Although some of the work we are undertaking seems almost vicious, in fact that is what we did to the four flower beds on Main Street a couple of years ago where the plants and shrubs were outgrowing their space and we hope you agree they are now looking much better and we thank

## **ACUPUNCTURE**

BAC Member  
[www.acupuncture.org.uk](http://www.acupuncture.org.uk)



**Experienced practitioner**

*Chinese medicine looks at  
the whole picture,  
from moods to foods to weather.*

**June M. Parker**

Dip Ac, MBAC

49 Bainbridge Road, Sedbergh  
Tel: 015396 20972

those who have expressed their agreement.

Recently the Beavers helped clear weeds etc., from the border adjoining the grassed area at the T.I.C., for which we say a huge thanks-they turned up even though it was raining. A pity that a gentleman let his dog foul this area just before they arrived and failed to clear up -shame of you. How can we expect the young to act correctly if we do not set an example. Nevertheless a huge thank you to the Beavers and the senior staff for their help.

We are applying to various bodies for further funding to complete the work at 72 Main Street and also undertake the work on the second bed at the Fire Station and hopefully we will be successful and we can then continue with our projects when all beds will be refurbished and looking at their best.

*Dorothy Blair*

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### **DOGS AND THE LAW**

*Did you know.....*

#### **Dog Tags**

The **Control of Dogs Order 1992** mandates that any dog in a public place must wear a collar with the name and address (including postcode) of the owner engraved or written on it, or engraved on a tag. Your telephone number is optional (but advisable).

You can be fined £5,000 if your dog does not wear an identification tag.

#### **Dog Fouling**

Dog fouling is both socially unacceptable and a health hazard.

Dog fouling can cause the infection 'Toxocara canis', which can lead to blindness. Under the **Dogs (Fouling of Land) Act 1996**, if you allow your dog to foul, you must clean it up straight away. There are around 850 litter bins in South Lakeland that can also be used for dog waste.

If you fail to clean up after your dog you could be liable for an initial fixed penalty of £75. Persistent offenders will be taken to a Magistrates Court and face a fine of up to £1,000.

If you wish to take action against a dog owner who has not cleaned up after their dog, you should report this to South Lakeland District Council's Customer Contact Centre on 0845 050 4434. Please include the following information:

- The name and address of the person in charge of the dog, if possible.
- A description of the dog.
- When and where the offence took place

The evidence will be considered with a view to prosecuting the offender.

#### **Sheep Chasing**

##### **Dogs (Protection of Livestock)**

**Act 1953:** Your dog must not worry (chase or attack) livestock (cattle, sheep, goats, pigs, horses and poultry) on agricultural land, so keep your dog on a lead around livestock. If your dog worries livestock, the farmer has the right to stop your dog (even by shooting your dog in certain circumstances).

*Mary Macpherson*

## SEDBERGH GYM

### Peoples Gym and Fitness Centre

If you were good enough to support the Gym Project and signed up as a friend of the Gym, or if you have been a past member and we have your contact details, then a Newsletter will be coming your way. The Gym also now has a Facebook page where you can keep up with the latest ideas and developments.

Many of you gave £10 in good faith to show your support. This greatly helped with the success of the Sport England bid as we were able to show just how much support there is for the gym and this indicated that the project was popular locally. Naturally we cannot rest on our laurels and we

For Depression, Anxiety, Loss,  
Relationship Issues, Obesity and  
Eating Problems

Contact **JENNIE DAVIES**  
Kendal and Sedbergh

Counsellor, (Senior accredited BACP)  
Psychotherapist (UKCP accredited)  
*Advanced Practitioner in Obesity and Eating Disorders.*  
015396 21261

[jennie@odavies.plus.com](mailto:jennie@odavies.plus.com)  
[www.jenniedcounsellor.co.uk](http://www.jenniedcounsellor.co.uk)

must continue with our fund raising. We still need your help. Even though we have a goodly amount and can start building we may not quite have enough to put a roof on. We also need to pay for bills such as planning permission and building regulations, printing, equipment storage and eventually fitting out the new space.

The recent Quiz was very successful and raised over £200. The PG&FC now asks you to make a donation of £10 toward the Gym building fund. Cheques can be made out to 'People's Gym and Fitness Centre' and, along with cash donations, can be dropped off at 'Offices Services, Sleepy Elephants or to our treasurer at 15 Guldrey Lane. If you intend to become a member of the gym when it is built, we can offer you your first six months membership for free if you would like to restart your monthly standing orders now at the reduced amount of £10 per month. This will ensure that we keep regular funds coming in to help us with our costs and will show continuing local support for any other grants that we apply for. It is the

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Swimming Club  
AGM**

**Tuesday 15th July  
7:30 pm  
Bull Hotel**

**All Welcome**



intention of the Management committee that Gym subscriptions will initially stay the same as in the Baliol days. Our bank details for standing orders will be given in the newsletter.

We have some other ideas for fund raising. The weekend of September 13/14 is Sedbergh Sheepfest and it's hoped that everyone will get involved making sheep to put in and around the town just for fun. The Gym committee hope to have a fund raiser in the shape of an afternoon of live music in town Sunday September 14 and may be even on the Saturday night venues TBC. You can help by coming along and enjoying the music and/or making a donation. Or perhaps you enjoy cooking and entertaining is your thing. The PG&FC would be pleased if you would consider asking a few friends round to a dinner party, afternoon tea or even a BBQ and then collect a ticket price from you friends toward the Gym funds.

Next year a fun run for children and adults will be organised along with other usual and unusual ideas for emptying your pockets. Thank you one

and all for the support you have given us in the past and we very much hope you will continue with that support. We are nearly there and soon we will have a very valuable asset to add to the invaluable asset that is the People's Hall. It is great to think that this time next year we will have a gym for the use of the community and we could then challenge the rest of the South Lakes to a competition to see which is the fittest town or village.

*Rosemary Lewes and  
Sandra Gold-Wood*

### **LOVE FOOD - HATE WASTE**

#### *Getting Organised*


When it comes to planning meals, most of us have some idea what we will be eating in the coming week, with only 20% of us usually deciding on the day. Join in and get organised - planning our meals and shopping is a great way to save money and often save time as well.

However, we all know that even the best laid plans do not always work out. Many of us lead busy lives and our plans can often change at the last

**SEDBERGH  
MEDICAL CENTRE**

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

- Tuesday 15<sup>th</sup> July
- Tuesday 16<sup>th</sup> September
- Wednesday 15<sup>th</sup> October
- Tuesday 11<sup>th</sup> November





minute, as can the number of people who will be in for meals. This can lead to food being wasted and UK homes still waste £5.6 billion of food because it has not been used in time and £4.1 billion worth of food is being thrown away because too much has been prepared and cooked.

Love Food Hate Waste can help us get organised with all sorts of ideas, hints and tips to suit our lifestyle, whether you are an avid meal planner, you need a more flexible approach because your plans keep changing, or you prefer to be more spontaneous and take advantage of whatever is on special offer.

*Too busy not to plan?*

Planning doesn't have to be laborious or time consuming - in fact it can save us time when shopping. Just a quick check in the cupboards, a rummage in the fridge, then making a quick list before shopping means that we are less likely to spend time wandering around the shops wondering what to have for tea. If you need ideas to get you started have a look at the ready-

**SEDBERGH INFORMATION CENTRE**



# COFFEE MORNING



**Wednesday 16th July**  
10am - 12 noon

**URC Rooms, Sedbergh**

Coffee, Biscuits, Homebaking & Stalls  
*All welcome*

made meal plans and shopping lists on [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) or download the free app that will help generate shopping lists for the meals that you want.

A quick check in the fridge on a regular basis helps us spot those foods coming up to their use-by dates so we can then plan when to use them.



*Mind the Gap*

Even when we are organised in the kitchen, all sorts of things crop up and our plans change. We work late, grab a takeaway, eat out, or just don't fancy what we had planned. If that's the case, why not plan some gaps into your weekly meal plan to leave some wriggle room? For example, planning for five days' meals a week allows for those changing plans. If you do happen to be at home, it's a great opportunity to use meals from the freezer, or use leftover or forgotten foods to make a meal.

*Snow Patrol*

Using meals from the freezer as a regular part of our plans prevents our freezers becoming overstocked with

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food that we then forget is in there. It also means that we use our frozen food whilst its quality is high. Keeping a handy list stuck on the freezer door avoids having to search through our frozen foods to try and work out what we have in stock. Keep an eye on foods in your fridge that are coming up to their use-by date and move them into the freezer if you are not going to use them in time.

#### *Guess Who's Coming to Dinner*

It's hard to plan when we don't know how many we are planning for. However, a quick weekly meal plan can help establish who is likely to be at home for meals.

#### *Bagging a Bargain*

If you are more spontaneous in your food shopping, need to shop on a daily basis or like to make the best use of daily bargains, [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) suggests all sorts of recipes, hints and tips for those special offers or multi buys.

If you have a tip, recipe or idea for getting organised do tell us on our Twitter @LFHW\_UK or Facebook under Love Food Hate Waste Community or 'contact us' via

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I'm afraid I don't do PC/Windows related work  
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**Contact Andrew on 07788 688490**

or email: [andrew.allan@virgin.net](mailto:andrew.allan@virgin.net)

[lovefoodhatewaste.com](http://lovefoodhatewaste.com) and we'll happily feature it on the website.

*Jenny Robinson*

#### **YORKSHIRE DALES NATIONAL PARK**

*Consultation begins on planning documents*

Consultation has begun on two documents that will guide the way planning decisions are made in the Yorkshire Dales National Park in the future.

The first is a draft Local Plan that will help shape development decisions in the Yorkshire Dales between 2015 and 2030. It is taking a fresh look at every aspect of local planning policy except housing – which was only recently reviewed by the Yorkshire Dales Housing Development Plan 2012 - 2025.

Over the last 15 months the Yorkshire Dales National Park Authority (YDNPA) has been consulting about the planning issues and policy options that a new Local Plan should tackle.

This consultation – together with that on the National Park

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Management Plan that was published last year – has identified the priority planning issues as creating high-quality employment, developing tourism, holding on to local services, supporting land management, quarrying and re-using barns.

Peter Stockton, the Authority's Head of Sustainable Development, said:

"The draft Local Plan proposes an agenda of growth to combat the risk of economic and population decline.

"In particular it aims to support young adults and people of working age to enable them to live in the National Park instead of moving away. We aim to do this by allocating more brownfield sites for business development and providing more flexibility to support farm and rural estate diversification.

"Another objective is to encourage more visitors to stay over night in the National Park by expanding camping and temporary visitor accommodation

in appropriate places and, more specifically, by supporting a high-quality visitor development at the former Linton Camp near Grassington.

"In addition, the draft Local Plan supports a more considered approach to the development of indoor visitor facilities that are not directly related to the National Park's special qualities but are, nevertheless, important to a more rounded visitor enjoyment of the area.

"In discussion with parish councils, the document is also reviewing local green space around settlements. Areas have been identified that are of particular importance to local communities or which are key to village character, with the intention of protecting them from development that would harm their contribution.

"There has been a lot of recent discussion about the future of the thousands of traditional barns in the National Park. The Authority accepts that conversion of barns to new uses plays an important part in their conservation. The Local Plan is, therefore, consulting on a policy that would release roadside barns for residential or intensive new business uses."

Consultation has also begun on a new draft Planning Design Guide that will support planning policy and, at the same time, try to improve the design quality of proposed projects and encourage more innovative and sustainable development.

Carl Lis, the Authority's Member Champion for Sustainable

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Development, said:

“These two documents are all about enabling local people and businesses to keep the Yorkshire Dales National Park a thriving area. Only in that way will we be able to look after the stunning scenery, exceptional heritage and wonderful wildlife that millions of people treasure.

“We hope people will find time to read them and give us their comments and suggestions before the deadline of July 28.”

The draft Local Plan and the draft Planning Design Guide can be viewed on the Authority website at [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk) and will be emailed to an extensive list of consultees.

Consultation responses can be made via email to [localplan@yorkshiredales.org.uk](mailto:localplan@yorkshiredales.org.uk) or in writing to Planning Policy, Yorkshire Dales National Park Authority, Yoredale, Bainbridge, Leyburn, DL8 3EL.  
*Nick Oldham*

### **CHRISTIAN AID WEEK**

*in Sedbergh and District*

Many thanks from the Christian Aid committee to all who supported this year's big fund raising week by helping, attending, spending and direct giving. As there are still a few envelopes trickling in the House to House collection amount is not quite final but stands currently at £2506.32. However in reality this will be about £250 more because of those 132 people who were able to Gift Aid their donations meaning that the tax man will give Christian Aid that amount on



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top of their donations. The shop raised £1178.10 and the Dent coffee morning total was £154.43 giving a grand total of £3838.85. It is, once again, an excellent figure for a small community.

Those who follow results in detail will notice that this is just under £600 down on last year's figure of £4430.68, which in turn was down about £200 on the previous year. The main drop was in the Shop takings, about £400 lower whereas the House to House collection and coffee morning were each about £100 less and this year there was no collection donation from a Church service. As the needs Christian Aid tries to meet are not diminishing, we'd like to restore the fundraising to previous levels and above so if anyone has any bright ideas to share, do please contact the committee and perhaps come along to one of our planning meetings (there are only about 3 each year so it's not a hefty time commitment).

*Anne Pitt*

*on behalf of Sedbergh and District  
Christian Aid committee*

### COUNCILLOR CORNER

I would like to thank everyone who came out to vote for me on 22 May and so contributed to my success in being elected once again as Conservative councillor for Sedbergh and Kirkby Lonsdale. It was a good result and bodes well for the future in Sedbergh, Kirkby Lonsdale and Whinfell.

I am also delighted to have topped the poll for Sedbergh Parish Councillors again. Looking at the results it is very clear who Sedbergh residents wanted on their parish council. I would also have liked to have been the South Lakeland representative on Yorkshire Dales but not surprisingly the controlling group

ignored national guidance and chose party advantage over the wishes of the electorate.

Thanks to all my helpers, you made a real difference as did our excellent parliamentary candidate Dr Ann Myatt who as most of you will know works at Westmorland General Hospital. It is unfortunate that for the twelfth year running the Lib Dems chose to misrepresent all their opponents' positions on the hospitals in the area. They were all the more outrageous in my case because of my family's circumstances as those who have lived here any length of time will know. My parents always used the National Health Service and I would never dream of going private.

### EXHIBITIONS IN JULY:

**Material Space - In\_touch** explain & explore the tactile quality of textiles

**Stella Adams-Schofield - The Story of the Quilt**

a wonderful exhibition showing the work that has been created by Stella as a response to patchwork and quilting traditions

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Sat 09 Aug: Wire & Fibre Jewellery with Chrissie Day



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Nevertheless, I cannot pretend I am anything other than very concerned that the Morecambe Bay National Health Trust has been put into special measures today. The Trust has been one prolonged agony ever since it was created. I had believed the latest set-up was beginning to work so this is an extra disappointment. Contrary to the words in my opponent's leaflets I will do whatever can be done to bring about the best solution for health throughout South Lakeland.

As District Councillor again I have been appointed back to the South Lakeland Planning Committee. Locally, the ramifications arising from the perverse decision of the previous committee to grant permission for the Killington windfarm are still on-going. I spoke against the application on that day and will continue to work with those who are seeking to have the decision overturned.

One change since two years ago is that the money once handed over to the Local Area Partnerships is now available for councillors themselves to give to local projects in the same way as the county councillor scheme.

Of course there is a lot less money than the county scheme, £1,000 per member. As county councillor I tended to support community halls and play areas and I am minded to help one similar project this year.

Because of email scammers I have had no alternative but to abandon my old email address. Also there have been serious faults on my BT line for many months **AND** there is no realistic prospect of any improvement in broadband speeds on that line.

But, when I was canvassing in Middleton I saw a van "InternetAnywhere" at a farm almost as remote as mine. So, after the election I signed up and I now have reasonably fast internet, 15 Meg plus for little more cost than my old set-up.

Therefore, please disregard contact details in previous Sedbergh Lookarounds – they will not work.

I am District Councillor Kevin J. Lancaster, your voice on South Lakeland.

*Fellgate, Dowbiggin, SEDBERGH,  
Cumbria. LA10 5LS*

*Telephone 07980 844 695;  
email [Kevin@Sarthwaite.com](mailto:Kevin@Sarthwaite.com)*



### COUNCILLORS CORNER

While recovering from my hip replacement operation I have been sorting out my scrapbook of mementos of my first year as Chairman of South Lakeland District Council. Looking back I realise it has been the most amazing year of my life. I have met people I never dreamed I would meet, including Her Majesty the Queen, and undertaken some enjoyable and some quite daunting activities.

Altogether I have been presented to four members of the Royal Family – the Queen, Princess Anne, Prince Charles and the Countess of Wessex. I have attended several engagements in Carlisle Cathedral including a

moving service to commemorate the 60th anniversary of the Coronation and the Judges Service where there were several red robed judges. Best of all, though, was one of the graduation ceremonies for Cumbria University where the dignitaries formed a corridor and applauded the graduates as they passed through.

Most inspiring was probably the Cumbria Sports Awards dinner where the guest speaker was Jamie Andrew, a quadruple amputee who lost his hands and feet from frostbite after being trapped by unexpected bad weather in the Alps.

I have hosted several events myself on behalf of SLDC. We had a magical scene for hoisting the flag for Armed

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Forces Day when a bugler played the Reveille on the roof of the Town Hall as the flag was raised. Everyone on the street below stopped and looked upwards towards the sound just as the flag fluttered upwards. The ceremony to mark Holocaust Memorial Day was another red letter day for me. South Lakeland is the only place in Britain with a specific geographic connection to the Holocaust. In 1945 300 orphan survivors of the camps made the journey from Hell to Paradise to the Calgarth estate in Windermere to recuperate before they started their new lives. Our little ceremony received national recognition and partly because of the wider publicity the Lake District Holocaust Project in Windermere has now been asked to work with the Prime Minister's Holocaust Commission.

To finish off my year I joined forces with the Cumbria Chamber of Commerce to hold the Chairman's partnership dinner for 250 guests with the Rt Hon Vince Cable, Secretary of State for Business, Innovation and Skills, as guest speaker..

Some people criticise civic ceremonies as a waste of taxpayers' money. But after attending some 45 engagements in the past year I can see how a bit of civic pageantry brings a sense of drama, festivity and community recognition to events that people have often spent months planning. I have just been elected as Chairman for a second term so I have another year of engagements to look forward to. I am truly grateful to the electorate which has given me the opportunity to fulfil such a rewarding role.

As always please feel free to contact Nick or me as follows:

*Evelyn Westwood: Tel 015396 20148*

*e-mail [evelyn@markwestwood.co.uk](mailto:evelyn@markwestwood.co.uk)*

*Nick Cotton: Tel 015242 71477*

*e-mail [redpedal@virgin.net](mailto:redpedal@virgin.net)*

## SEDBERGH

### ANNUAL PARISH MEETING

The Annual Parish meeting was held on the 5<sup>th</sup> June and was well attended by members of the public. The main item on the agenda was the annual report given by Dr. Hilary Hodge, the Chairman of the Parish Council.

### Chairman's Report

The Parish Council has had yet another very busy year, much of the work being done through the various committees, which include Amenities, Planning, Audit and Queen's Gardens.

The upkeep and maintenance of the Parish Council assets continues, including Joss Lane car park and the toilets, where replacement shutter doors were purchased and fixed. The identification and mapping of the Council's assets is a continuing and laborious process, which is undertaken by members of the Amenities Committee. A number of benches and street lamps have been repaired throughout the town,

although this latter activity is never straightforward, as the ownership of individual lamp posts is divided between the Parish and County Council.

The replacement bus shelter on Station Road was completed in late April. The widening of the Main Street footway and the creation of a 'priority give way' system was undertaken at the end of May (both projects being substantially funded by 'Section 106 contributions' secured by the Yorkshire Dales National Park Authority (YDNPA) when planning permission was granted for the Spar development in 2009). The car park at the People's Hall was redesigned and enlarged with substantial work



## Western Dales Bus

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#### Sundays to Hawes

#### Outward

Dent	1106
Sedbergh	1121
Kendal	1156

#### Outward

Sedbergh	1208
Dent	1222
Hawes	1305

#### Return

Kendal	1425
Sedbergh	1500
Dent	1515

#### Return

Hawes	1600
Dent	1643
Sedbergh	1656

Buses also run to Farfield Mill on Sundays



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and support from the Parish Council. These projects were only achieved after a lot of input from the Parish Council and particularly from the Chairman of the Planning Committee.

During the year the Highway Authority replaced a number of out-dated or defective signs throughout the town, in response to suggestions put forward by the Sedbergh Townscape Project (STP). Some signs were removed altogether. Work has continued on a number of projects, including the proposed provision of cycle stands in Main Street (also to be funded mainly by grants) and remedial works to the Jubilee Fountain, for which an application for listed building consent has been submitted by the Council. Meetings have taken place with the Highway Authority regarding outstanding signage issues and pavement defects. Ideas for boundary and access improvements to the People's Hall have been developed in partnership with the People's Hall Committee.

Following a favourable public response to the consultation exercise

undertaken in November, proposals for the creation of a new public space alongside the Information Centre have been progressed and discussions held with the planning and highway authorities.

Last year Queen's Gardens, after a lot of work by the Queens Gardens Committee, was added to the Register of Parks and Gardens of Special Historic Interest and the monument to Queen Victoria was listed as a building of Special Architectural or Historic Interest. Unfortunately the application to the Heritage Lottery Fund to obtain resources for a conservation and management plan for the gardens was not successful, so work has been continuing to find an appropriate source of funding.

Members of the planning committee spend a lot of time monitoring and commenting on all the planning applications, having visited the sites. They then make recommendations to the Council and prepare responses to be submitted to the YDNPA.

A five - year lease for the use of Loftus Hill car park was negotiated

and agreed between Sedbergh School and the Parish Council. Sedbergh School received £150,000 funding from Sport England, one condition of the grant being that a community use agreement was put in place. Consequently the Parish Council encouraged and supported the school in organising a public meeting to explain the situation and to encourage community groups to use the pool.

Parish Councillors also spend time liaising with other agencies, which have the powers and resources to carry out tasks, which improve the local environment. Building good relations, particularly with statutory agencies, is important. The SLDC

Cabinet held one of their meetings in the People's Hall and Members of the Cabinet were impressed by a collaborative presentation led by the Parish Council Chairman, on localism in Sedbergh, showing how much has been achieved in recent years.

A number of voluntary groups have been supported by the Council during the year, including Cumbria in Bloom, which work hard to keep Sedbergh looking good and the Town Twinning Group which took a group of youngsters to Zrece, our twin town. The Parish Council is very pleased that, having given financial support both towards the extension of the People's Hall and to fund the purchase and development of 72,

## Sedbergh Artisans Markets 2014



**Saturday dates for your diaries!**

5th July • 26th July

23rd August • 20th September

Organised by the Sedbergh & District  
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with the Sedbergh & District  
Information Centre

**From 10:00 am to 4:00 pm all along Main Street between  
St Andrew's Church and the Information Centre**

SEDBERGH PARISH COUNCIL ATTENDANCE RECORD 2010-2014							
NAME	2010-11	2011-12	2012-13	2013-14	TOTAL	% attendance	Longest period of absence
HODGE (Chairman)	1	1	1	1	4	91	1
MACPHERSON (Mary)			0	0	0	100	0
ALLAN	0	3	2	1	6	86	1
LONGLANDS	1	0	0	0	1	98	1
ATKINS	0	1	0	0	1	98	1
JAMESON *	3	3	7	6	19	57	7*
LANCASTER	4	7	6	6	23	48	5
PEARSON	2	3	3	4	12	73	3
SEDGWICK	4	8	7	8	27	39	5
THOMSON	1	1	1	1	4	91	1
CAPSTICK	4	7	1	2	14	68	3

Main St, both these projects have been implemented this year. Thanks should be given to all those people who are responsible for making this happen. Councillors also represented the town on other groups including the Neighbourhood Forum, the Local Area Partnership, Sedbergh & District Chamber of Trade & Commerce, Sedbergh United Charities and the Respect Group.

As this is the end of the four year period of the Council it is appropriate to carry out a performance review. To this end a table is appended to show

the attendance at Council meetings, which members serve on which committees and which Councillor chairs each committee. An examination of the figures on the attached table indicates that, over the four year period, attendance at Council meetings varied from 39% to 100%. Six Councillors had attendance rates of between 85% and 100%, three were between 55% and 85% and two less than 50%, both with five consecutive meetings being missed, just short of the six, which could have resulted in

SEDBERGH PARISH COUNCIL COMMITTEES AND MANAGEMENT (C = CHAIRMAN)					
2013 - 14	AUDIT	PLANNING	AMENITIES	QUEENS GDNS	MANAGEMENT
NAME					
HODGE (Chairman)	X C				X
MACPHERSON (Mary)		X	X		
ALLAN	X	X		X	
LONGLANDS		X	X C		
ATKINS	X	X C		X	
JAMESON			X		
LANCASTER					
PEARSON			X		
SEDGWICK		X	X		
THOMSON	X			X C	
CAPSTICK		X	X		

disqualification. The table relating to the committees shows that membership varies from not being on any committees, to being on three. Although the attendance figures for the committees are not shown they present a similar pattern to those for the Council meetings.

The Council was very ably supported over a number of years by our clerk Colin Robertshaw and so it was with sadness that the Council accepted his resignation last year. However we wished him well in his retirement and thanked him for all his hard work. We were very fortunate in being able to appoint Janey Hassam, who many people will know, as she was born and bred in Sedbergh. She

has settled in well, is learning fast and has appreciated the support that she has been given by the Chairman and other Councillors.

With the concept of localism, over the last few years the scope, responsibilities and resources of the Parish Council have increased substantially. Consequently the work load of the Council has increased. Thanks must go to those Councillors who work hard on behalf of the community, giving their time and energy on a completely voluntary basis. Robin Pearson and Tony Jameson both reluctantly decided that for health and family reasons, they could no longer serve on the Parish Council, and so we wish them

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well. One of the most hard working councillors, Douglas Thomson, was not re-elected. Thanks go to him for all the sterling work he has done. Following the recent election we welcome three new councillors Margaret Brookes, Martyn Dawson and Ian Mc Pherson.

The Council has achieved a lot, has built up good relationships with other organisations in the Town and elsewhere and so together, hopefully, we can continue to make progress in supporting our community.

### Questions/comments from members of the Parish

Several questions were raised and comments made by members of the public and a summary is noted below.

- The Rainwater Harvesting Scheme due at the toilets on Main Street has progressed and is due to be implemented in the next few weeks.
- Thanks were given to the Council with regard the pavement widening on Main Street. This forms part of the Sedbergh Townscape Project and further ideas for Sedbergh are ongoing.

The Main Street area has been earmarked for re-flagging in the current financial year. Concern was noted over vehicles using the pavements to park, but it is hoped that the positioning of the new cycle stands will help prevent this in common hot spots.

- The Council is unable to consider reopening the Public Toilets at Loftus Hill as the expense is too great. They were pleased to report, however, that by taking over the running of the car park on Joss Lane, they had been able to secure the public toilets there. Without this, both toilets would have closed.
- Attendance records for Councillors should be made available to the public.
- Efforts need to be made to engage with the younger/working age group of Sedbergh to receive feedback and input for future projects.
- Queens Gardens is now listed as a Heritage Site and there are ongoing efforts and applications for funding to assist in

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improvements and restoration of the Gardens.

- The Parish Council will continue to work collaboratively within the Community and maintain its 'can do' ethos. Members of the public were reminded that they are welcome at all meetings of the Parish Council, with public participation at 8.30pm at each.

---

**SEDBERGH  
PARISH COUNCILLORS**

Following the election, the following people were elected to the Parish Council. We thought it would be a good idea to let you know who your Councillors are and a little bit about them. So here they are, in

alphabetical order:

**Ann Allan**

I am a "Sedbergh Local," born and bred. As was my father Tom Cornthwaite. I joined the Parish Council 24 years ago because I believe, we should show an interest in where we live and look after it as our forefathers would have wished us. I have always done my best and hope to carry on doing so.

**Jim Atkins**

I moved to Sedbergh in 1987 with my wife, Anna, and two children in order to take up employment with the Lake District Special Planning Board and because we had been told of the excellent reputation of the town's primary and secondary schools.

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Parish Councils have an increasingly important role in sustaining the well-being of market towns at a time of economic uncertainty and cuts in local authority services. Maintaining and improving the 'public realm' – the appearance and assets of the town - is not only important to support trades and businesses and to develop tourism, but also to protect services for residents. The Council must continue to fight for available funds, to show ambition, to develop projects and to be in a position to argue its case in any arena where decisions are to be made which affect the town. The opportunity to contribute to this endeavour in some small measure is what being a member of the Parish Council means to me.

**Margaret Brooks**

No information provided.

**John Capstick**

Age 67. Worked for 51 years. NEVER unemployed.

**Martyn Dawson**

Brought up in Sedbergh. Educated in Sedbergh. Always lived and worked in Sedbergh.

**Hilary Hodge**

I have been a member of Sedbergh Parish Council for eight years and its Chairman for the last four. The role, function and resources of the Council have expanded substantially, so that my wide experience during my working life has been invaluable in enabling me to provide the leadership that is now needed for a successful Parish Council. I trained as a dentist, did research and teaching, was a senior NHS manager, a County Councillor, a school governor and/or chair of governors and have been a board member and/or chair of a number of voluntary organisations. I feel very privileged to have been re-elected as the Chairman of Sedbergh Parish Council.

**Kevin Lancaster**

I am Kevin Lancaster, parish councillor for eight years. Once again I topped the poll at the recent parish elections.

I went to school locally and in the past I have represented the area of Cumbria County Council and Yorkshire Dales National Park. I was elected back on South Lakeland



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District in the May elections. I am a former chairman of Yorkshire Dales National Park Authority.

I have lived in the parish all my life on the two family farms of Fellgate and Sarthwaite in Dowbiggin where I run a herd of Charolais cattle and a flock of Rough Fell sheep.

I am a keen local historian and a former chairman of Sedbergh and District History Society. I regularly give talks and lead history walks around the area. At the moment I am researching the Cowper family who lived at Pedgecroft and Dowbiggin Foot in the sixteenth century – article in the current *Sedbergh Historian* available from the History Room in

the Community Office.

#### **Steven Longlands**

I first stood for Sedbergh parish council in May 1998 and got elected on. This is my 5th term on the council and only missed one meeting, due to son Bill getting married.

Over the years I have served on the Planning and Amenities committees and for last couple of years been chair of the Amenities, also sitting on other committees in the town, one being the People's Hall.

My main rolls on the Council are hands on things, playground, playing field, benches and overseeing the wellbeing of SPC assets. Being a parish councillor has been rewarding



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### **Mary Macpherson**

I would like to say a big "thank you" to all those who voted for me; I really do appreciate your support.

I have lived in Sedbergh with my partner for 7 years, having moved up from Leeds and feel privileged to live here. I have been a co-opted member of the Parish Council since 2012 and am a member of the Planning and Amenities Committees. Most of my working life has been supporting vulnerable people, especially women fleeing domestic violence. I have also worked for local authorities and a housing association. I currently volunteer at the Information Centre and am on the Management Committee of Sedbergh Allotment Association.

I want to work to help Sedbergh Parish thrive whilst still retaining all that makes it a special place to live in. My particular interests are the natural environment, housing and services for older people in the area.

### **Ian McPherson**

I am a retired solicitor. Born and

brought up in the north of England, I moved to Sedbergh in 2000 and was a District Councillor for the Sedbergh and Kirkby Lonsdale Ward between 2008 and 2014 and a member of the Yorkshire Dales National Park Authority for three years. I have a particular interest in planning and the environment. Extra-curricular interests include teaching T'ai Chi and fell walking. I am a Quaker.

### **Roger Sedgwick**

Born and raised in Sedbergh I come from a centuries old local Family. I am married to Suzan and we have two children. I have been a Parish Councillor since 1994 and I am currently on the Planning and Amenities committees.

I am in touch with the community in a variety of ways. We have a local business with our Dairy Ice Cream, attending local events. Over the past decade I have supported Settlebeck High School/Academy by taking students on work experience and weekly mentoring to help them gain qualifications. Our children both attend Sedbergh Primary School, as well as local Band and Sports Clubs.

# *J N & E Capstick*

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Being self-employed in farming sometimes makes it difficult to attend all meetings due to long hours and unpredictability of livestock and weather (having to make hay when the sun shines in Sedbergh!!). I am able to offer input as a Parish Councillor from a working man's perspective and can be contacted anytime to discuss local issues.

*Mary McPherson*

---

#### **TIM FARRON MP**

Last month we had the last State Opening of Parliament and Queen's Speech before the 2015 General Election, this was essentially the announcement of the last legislation

that this Government is planning to introduce.

So you can imagine I was very pleased to hear the Speech contain plans to introduce something going under the grand title of "Governance of National Parks (England) and the Broads Draft Bill". This is the legislation that will allow the Secretary of State for Environment, Food and Rural Affairs to broaden the people who sit on National Parks Authorities to include some who were elected by the people who actually live in the areas covered by the authority.

As many of you will know, in fact I have written about it in Lookaround

several times, I have believed for a long time that bodies like the Yorkshire Dales National Park Authority should be much more accountable to the people who live in the areas they manage. I know that many of the members of the authorities are local councillors and so have had to be elected but they have not been elected on the basis of what they want to do on the Authority, in fact they do not know if they will be on the Authority until after the election.

Living in Sedbergh or Dent you are well aware of the power that the authority has over the area and how it develops, what jobs can be attracted, what housing can be provided, decisions that have a profound effect on you and your families. It seems to me important that you should have a say in these issues through the ballot box and I rather proud that this should be happening in the not too distant future.

Whilst on the subject of the Queen's speech I was also pleased to hear the announcement of legislation to protect pubs from the large pub companies, redressing the power balance that exists between them at the moment. This is another issue I have been campaigning on for some time. We need to recognise that pubs perform a role beyond simply selling beer and food to people. They are often the key social hub of a village and if they close because the company who owns them is demanding too much rent or charging too much for its beer then the price

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we pay is much greater than simply having to drive a bit further for a pint.

Finally, I leapt at the opportunity to support a Parliamentary motion calling on the Government to reduce the VAT charged on tourism related businesses. The UK is one of only four countries in Europe that charges the same VAT rate on tourism activities (hotels, bed and breakfasts, attractions, etc.) as it does on everything else. Unlike the issue with mountain rescue teams where the Government is prevented from refunding VAT to them by the EU this is a case where the Government can easily change the VAT charged but is doing nothing about it. I will keep pressing them on this issue at every opportunity I have.

As ever if I can help you with these or any other then please do get in touch, you can reach me by writing to Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

Thanks for your support

*Tim Farron MP*



## DENT PRIMARY SCHOOL

### D-Day Celebrations

The children at Dent CE Primary have been learning all about D-Day. To bring their learning to life three local people visited the children in assembly, to explain what they were doing on D-Day. The children were enthralled and would like to thank Gwen and Peter Hicks and Freda Meakin again for giving up their valuable time to enlighten the children. They drew pictures of an army helmet used in the war (kindly donated by school caretaker, Sally Bonsor). Key Stage 2 researched and wrote some fascinating fact files, highlighting some of the important information they had learnt about D-

Day.



*Assembly with Freda Meakin, Gwen and Peter Hicks*

### **Fact File: Celebrating D-Day** *by Greg Tebbett and Zak Baines*

- The D in D day means deliverance because deliverance means to make free and the Allied forces were freeing the French.
- The 2<sup>nd</sup> world war began in 1939

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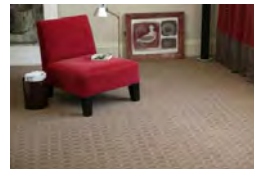
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- and D day was 1944 6<sup>th</sup> of June.
  - In 1940, the French and English soldiers walked to Dunkirk to get a lift over the English Channel where hundreds of boats were assembled.
  - Everyone who owned a boat were asked (on the radio) in Britain to go to Dunkirk to pick up the allied soldiers and bring them back to Britain.
  - Normandy landings a.k.a. operation Neptune was the largest seaborne invasion in history.
- The countries that fought for the freedom of France the 2<sup>nd</sup> world war were: United Kingdom, United States of America, Canada, Australia, free France, free Belgium, free Czechoslovakia, free Greece, free Netherlands, New Zealand, free Norway and free Poland.
- After a week there were at least a MILLION allied soldiers were at Normandy.
  - On the 25 August the allied forces completely helped get back France.

- The Germans started to take over France at the beginning of May 1940
- The Americans entered the war in 1941, and by 1942 they and the British were considering the possibility of a major allied invasion across the English Channel.

### Fact File: Remembering D-Day

by Ben Robinson

- Day was on the 6<sup>th</sup> of June 1944.
- The “D” in D-Day stood for deliverance which means “make free”.
- D-Day was when the Allied forces started to liberate France from the Germans.
- The reason that the British and the French forces invaded France was because 4 years earlier in 1940 the German army and air force pushed over 338,000 British and French soldiers back to Dunkirk beach in northern France.
- The operation planning started in 1943.
- The man in charge of the D-Day landings (code-named operation Neptune) was planned for the 5<sup>th</sup> of June to fool the German defences.
- The countries with the allies involved in D-Day were: Great Britain ,America ,Canada ,The free French ,The free Greeks , Australia ,The free Belgians ,The free Czechoslovakians ,The free Dutch ,New Zealand ,The free Norwegians and the free Polish.
- In the retreat from Dunkirk

(Operation Dynamo) the radio in Britain broadcast to everybody who owned a boat to go to Dunkirk and pick up the soldiers.

- On the boat ride over the English Channel on the 6<sup>th</sup> of June, the British soldiers (lucky enough to ride in the United States' boats) were treated to rich food such as hamburgers and hot dogs.
- After the Dunkirk retreat, thousands of soldiers were packed on trains to get them away from the coast many of them were sent to the Manchester Baths to clean themselves and treat their wounds.
- France was liberated on the 25<sup>th</sup> of August 1944.

### Dent Pupils Meet Open Water Swimming Stars

Some of the Key Stage 2 children from Dent CE Primary took part in an open water swimming experience. Here is Millie Gordon's account of the day.

On Friday the 13<sup>th</sup> of June Milly Brooksbank, Tom Clayton and I, went to Kendal Leisure Centre for an open water swimming session. Open water

swimming is different to normal swimming as you have less chance to rest and use different skills. The event was hosted by Welsh Olympic Swimmer, David Davies and Australian open water swimmer, Michael Sheil. First they demonstrated the corkscrew turn and then we got to have a go, turning around buoys in the water. We had a competition, racing other children, I managed to get into the final! I came sixth and Milly and Tom were a great team cheering me on. We had lots of fun and learnt a new skill.



*Tom Clayton, Millie Gordon, David Davies and Milly Brooksbank*

Just a reminder that Kath Parkin's Retirement Do will be on Saturday 5th July. If you wish to attend, please let Gwynneth know at the School.

Editors Note: As a warning to the readers, a Dent resident was phoned from 01244 316034 purporting to be from and raising money for the Primary School for computers. This is obviously not the case as the number is registered in Chester. Just a warning in case anyone else receives a call of a similar nature. *Ed*

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### OLD PHOTOGRAPHS

The Working Farmers that featured on Page 18 last month appears to have been taken about 1945-46'ish. They are believed to be (l-r) Norman Hoggarth, Bill Staples, Jim Hoggarth, Ronnie Stokes & Ernie Armitstead (unless you know different)

Another Photo for people to identify below are three members of Sedbergh's Home Guard. Can anyone produce a current photo of the wall where they are standing? Now that's another challenge. *Ed.*



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## **CHURCHES TOGETHER**

### **Holiday Club 2014**

Once again the People's Hall will be transformed in to a hive of activity with the children of Sedbergh and the surrounding area every morning during the second week of the school holiday, 28<sup>th</sup> July-1<sup>st</sup> August, as Churches Together host the annual holiday club.

This year the theme is Mega Makers! and is based on seven stories from Matthew's Gospel. The Mega Machine is an invention central to the theme, demonstrating the concept of things getting bigger and bigger which parallels the theme of Mega Makers that the more we discover about God, the vaster his

love for us may seem. Children will have the opportunity to ask questions, share their jokes, make crafts and take part in games. Family members will be invited to come along on Sunday morning (3<sup>rd</sup> August) to find out what the children have been up to during the week.

Please book your place early to avoid disappointment; registration forms are available by asking at your child's local primary school or Sedbergh Office Services. They can also be downloaded from [www.sedberghholidayclub.co.uk](http://www.sedberghholidayclub.co.uk). (Please see advert on page 1)

*The Holiday Club Team*

### **St Mark's, Cautley**

We shall be hosting an 'Afternoon



## **SEDBERGH SCHOOL**



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Please return completed Application Forms in email to [shw@sedberghschool.org](mailto:shw@sedberghschool.org), by returning them to the Bursary or (by post) to HR Administrator, The Bursary, Loftus Hill, Sedbergh, LA10 5RY.

**We look forward to hearing from you.**



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Tea' for all Cautley and Dowbiggin residents on Sunday 6<sup>th</sup> July at 4pm. This will be in the churchyard if the weather is fine – in the church if wet. There will be a children's quiz and treasure trail. This is an opportunity for our scattered community to meet and spend some time together.

On Sunday 27<sup>th</sup> July we shall be holding a Taizé service at 2.30pm. This is a meditative style of worship involving repeated chants, prayer, and periods of silence. All are welcome.

**St Andrew's Dent and St John's Cowgill**

Many thanks to everyone who contributed to the Cowgill Church Sale of Work and to all who worked very hard on the bank holiday to raise a very significant £1293. Janet Skublics and the team of helpers for her Open Garden that same weekend also deserve our thanks and appreciation for their hospitality and hard work in sharing the beauty and peace of an English country garden at its best. It will have reminded many of last year's open garden at Gate and we were all very sorry to hear of

the passing of Timothy Abel Smith last month. We keep Maureen in our prayers and will always remember Timothy's generous hospitality, support for our church and beautiful garden with much pleasure.

July's church service for Dent School, which is traditionally the time to wish all our Year 6 school leavers every blessing and good wish as they leave the school for secondary school will have particular significance because we all have to say goodbye to our reception class teacher, Mrs Kath Parkin. Kath has been with Dent School for 39 years, so her work among the reception children has been a life's work and a wonderful vocation. There are children whom she taught in the seventies, whose own children I am now baptising in Dent Church! So generations of children and families in the Dale owe Kath a great debt of gratitude for opening up the wonderful world of learning to our children in our church school. A party is being held for Kath at the school on the evening of July 5th, to which everyone is welcome, and the Leavers Service on July 18th



at 1.15pm in St Andrew's Dent is a final opportunity for the community to express its appreciation and gratitude for Kath's work and vocation, so please come everyone and show your support.

In addition to the Leaver's Service, St Andrew's Dent welcomes everyone to it's 10.30am Holy Communion Service every Sunday in July. St John's Cowgill celebrates Holy Communion at 9am on July 6th and Evening Prayer at 2.30pm on July 20th. Everyone is very welcome at all our services.

**St Andrew's - News from the Pews**



Well the Gala and the Music Festival have come and gone, blessed by good spring and early summer weather, good attendances and lots of fun. On the St Andrew's front there is still much to enjoy as we move into 'proper' summer, hopefully with more fantastic weather. The St Andrew's summer fair takes place on Saturday 12<sup>th</sup> July from 10:30am to 4:00pm (See Page 1) with all the usual stalls and attractions for young and old alike. The following weekend is the Church BBQ from 12 noon in the Churchyard after the morning service. Children, of course, get their big event with the Churches Together Holiday Club beginning on Monday

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28<sup>th</sup> July (see Page 1) – not to be missed!

Everyone will be aware that this year we have had the 70<sup>th</sup> anniversary of the D-Day landings and, of course, the Centenary Commemoration of the outbreak of the First World War. People will wish to mark this thoughtful anniversary in a variety of ways but across the country the date of the outbreak of the war, 4<sup>th</sup> August, is being marked by Vigil services in churches. Here in Sedbergh St Andrew's Church will be open for the vigil from 6:30pm until 10:45pm when there will be a short service to mark 'the lights going out across Europe'. There will also be a 'Sunset Ceremony' at 9:00pm with the traditional music and prayers and the British Legion Standard will be laid up on the altar until the end of the Vigil. The intention of this evening is to remember and reflect – there is no agenda to glorify militarism but rather to make our own commitment to the cause of peace. Look out for more details of this service in the August edition of Lookaround.

*Revd Andy McMullon*

**VOLUNTEERS WANTED!!**

The Charity, Sedbergh CIO, is looking for MORE volunteers for some projects we are trying to get off the ground as the nights start drawing in!

We need people to volunteer for a service we are trying to provide later in the year filling in forms for the less computer literate among us.

We are working with Linda Greensmith and her AGE UK colleagues to put the service in place and need people who are adept with the keyboard to train to do form filling then we can set up some days to help people who are less skilled in that area.

Also we are looking at a First



Responder Group and need people who could attend ill people while the ambulance is on the way. More about that as we get our ideas together but we need to know who could help us provide this service, too.

If you are interested in volunteering for either of these initiatives please register your interest by joining the CIO at the Information Centre or by getting in touch with one of the Trustees, whose details you will find on the Parish Council notice board at the bottom of Joss Lane.

Please do volunteer - we need all the help we can get!

*Ian Cockburn*

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## BATTLE OF THE SOMME

1<sup>st</sup> July 2014 – 98<sup>th</sup> ANNIVERSARY

Sedbergh man, John Airey, long time member of The Royal British Legion and former soldier, serving around the world with the Royal Air Force Regiment, has a deep interest in all things regimental.

Over the years he has created an impressive collection of memorabilia from many regiments, but especially his local regiment, the Border Regiment, later the King's Own Royal Border Regiment, amalgamated in 2006 into the Duke of Lancaster's Regiment (King's, Lancashire and Border) with the King's and the Queen's Lancashire Regiments.

On 1<sup>st</sup> July 2006, 90<sup>th</sup> anniversary of the first day of the Battle of the Somme, a Service of Commemoration was held at Thiepval Memorial to the Missing. This imposing memorial bears the names

of 72,194 officers and men who died in the Somme battle sector and have no known grave. Over 90 per cent of those commemorated on the Thiepval Memorial were killed in action during 1916. It is worth noting here that three Sedbergh men, who died during the following year, are also remembered on this memorial.

John perceived the idea of a distinctive tribute to the men of Sedbergh who fought and died in this notorious battle. He made a plinth to hold a personal Cross of Remembrance for each man which he placed at the Thiepval Memorial on that day, in order that Sedbergh could honour their own during this special Service of Remembrance.

With the centennial commemoration of the First World War starting in August, it seems appropriate to remind ourselves of the sacrifice these and so many other men made during the Battle of the Somme, 98 years ago. The names of Sedbergh, Cautley, Dent, Garsdale and Howgill men who died in action or of wounds after the Somme Battle are below.

### "We Will Remember Them"

- **Private Joseph Charles Bateman**, 2<sup>nd</sup> Bn. 11<sup>th</sup> Border Regiment. Died 1/7/16 aged 22 - Remembered with Honour, Thiepval Memorial.
- **Private Robert Edward Seddon**, 11<sup>th</sup> Bn. Border Regiment. Died 1/7/16 aged 20 – Remembered with Honour, Lonsdale Cemetery, Authuille.
- **Private Parrington Dixon**, 16<sup>th</sup>



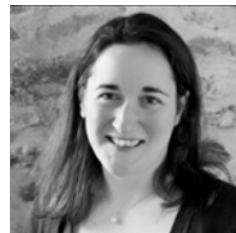
- Bn. West Yorkshire Regiment, (Prince of Wales's Own, Bradford Pals) Died 1/7/16 aged 21 – Remembered with Honour, Thiepval Memorial.
- **Private Miles Capstick**, 8<sup>th</sup> Bn. Border Regiment. Wounded 1/7/16, died 5/8/16, aged 23 - Remembered with Honour, Howgill (Holy Trinity) Church
- **Private Thomas Kendall**, 8<sup>th</sup> Bn. South Lancashire Regiment. Died 3/7/16 aged 24 – Remembered with Honour, Thiepval Memorial.
- **Corporal John Charles Leighton**, 8<sup>th</sup> Bn. Border Regiment. Died 15/7/16 aged 34 – Remembered with Honour, Thiepval Memorial.
- **Signaller John Bruce Davidson**, 10<sup>th</sup> Bn. Duke of Wellington's (West Riding Reg.) Died 15/7/16 aged 20 – Remembered with Honour, St. Sever Cemetery Rouen.
- **Private Henry James Clemmet**, 1<sup>st</sup>/5<sup>th</sup> Bn. Duke of Wellington's (West Riding Reg.), attached to 10<sup>th</sup> Bn. King's Own Yorkshire Light Infantry. Died 22/9/16 Battle of Flers-Courclette, aged 22. Remembered with Honour, Thiepval Memorial
- **Private James Banks**, 1<sup>st</sup>/5<sup>th</sup> Bn. Duke of Wellington's (West Riding Reg.) Died 26/7/16 Aged 22. Remembered with Honour, Warloy-Baillon Communal

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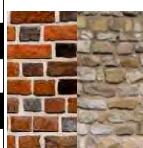
<p>Cemetery Extension, Somme.</p> <ul style="list-style-type: none"> <li>• <b>Lance Corporal John Laurence William Woodhouse</b>, 89<sup>th</sup> Comp. Machine Gun Corps. (Infantry), transferred from King's Own Royal Lancaster Regiment. Died 30/7/16 aged 21 – Remembered with Honour, Thiepval Memorial.</li> <li>• <b>Private Joseph Oversby</b>, 13<sup>th</sup> Bn. The King's (Liverpool Reg.) Died 17/8/16 aged 25 – Remembered with Honour, Thiepval Memorial.</li> <li>• <b>Private James Mason</b>, 4<sup>th</sup> Bn. The King's (Liverpool Reg.) Died 18/8/16 aged 39 – Remembered with Honour, Thiepval Memorial.</li> <li>• <b>Private Miles Harper</b>, 1<sup>st</sup>/9<sup>th</sup> Bn. West Yorkshire Reg. (Prince of Wales's Own) Died 3/9/16 aged 30 – Remembered with Honour, Mill Rd, Cemetery, Thiepval.</li> <li>• <b>Private Wilfred Brunskill</b>, 15<sup>th</sup> Bn. London Reg. (Prince of Wales's Own Civil Service Rifles) Died 15/9/16 aged 23 – Remembered with Honour, Caterpillar Valley Cemetery, Longueval.</li> <li>• <b>Rifleman James Henry Milner</b>, 21<sup>st</sup> Bn. King's Royal Rifle Corps. Died 17/9/16 aged 19 – Remembered with Honour, Thiepval Memorial.</li> <li>• <b>Rifleman Nicholas Herbert Todd</b>, 1st/12th Bn. London Regiment (The Rangers) Died 7/10/16 aged 38 - Remembered with Honour, Thiepval Memorial.</li> <li>• <b>Sergeant Harry Lyddington Mason</b>, 10<sup>th</sup> Bn. Duke of</li> </ul>	<p>Wellington's (West Riding Reg.) Died 8/10/16 aged 27 – Remembered with Honour, Thiepval Memorial.</p> <ul style="list-style-type: none"> <li>• <b>Private William Bentham</b>, 2<sup>nd</sup> Bn. Duke of Wellington's (West Riding Reg.) Died 12/10/16 aged 29 – Remembered with Honour, Thiepval Memorial.</li> <li>• <b>Private George Albert Dawson</b>, 149<sup>th</sup> Bn. Machine Gun Corps. (Infantry) Died 27/10/16 aged 19. Remembered with Honour, Dernancourt Communal Cemetery Extension, Somme.</li> </ul> <p>Also see Page 77.  <i>Submitted by Rose Pease with grateful thanks to Elspeth Griffiths and Diane Elphick.</i></p> 
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### MAY WEATHER

May is a glorious month with everything fresh and green. Temperatures start to rise such that we had our first 70+F. The maximum was 75.6F(24C). On the cooler side we had our first month of the year without subzero temperatures though we did have a couple of nights with a ground frost, if you got up early enough! A minimum of 34.3F (1.5C) being the lowest. Although pressure was fairly high we had a generally breezy month with only 5 days when the maximum gust did not reach double figures. The strongest gust recorded was 20.6mph and the least 8.3mph./ Even with the wind-chill only 5 nights dropped below freezing. Although a reasonably dry month, by recent standards at least, we still recorded 4.24 inches of rain, enough to keep the mud going. We had a dry spell of 7 days during the 3<sup>rd</sup> week though there was some drizzle but not enough to trouble the rain gauge.

As mentioned earlier May is generally a splendid month with everything looking resplendent in new foliage of varying hues. Blossom has been very heavy this spring



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particularly the May blossom. The earlier blossom has resulted in a heavy crop on blackthorn, good for the gin makers, plums and damsons. Our apples and pears are looking a bit sparse fruit-wise but the jostaberries are loaded but I expect, as usual, the blackbirds will eat them before they get ripe. Even netting them doesn't seem to work as I then spend the rest of the time untangling the birds. In all the years the bushes have been there we haven't had enough for a meal! Buttercups are on the increase it seems judging by the number of bright yellow fields are the area. The conservationist will be happy! The cuckoo has obviously hung around the area this year as it can be heard from time to time. Pipisterelle bats are feeding most evenings around the sycamore trees. Oystercatchers haven't been as obvious, nor the curlew, this season. The house sparrows have had a good year judging by the number of young about. The wren continues to sing but I haven't seen any signs of a brood. The swallows and bluetits will be fledging soon. The latter are in all 3 nest boxes again.



### FAMILY MUSINGS

How is it that every pushchair, highchair or other baby seat has a rather different fastener? Could they not be more alike, but then it might mean they would be like the kind I really struggle with! We adore all of our three grandsons and spending time with them is a joy, a recent walk around the back lane with two other little people plus their mummies and dogs was most enjoyable even at a slightly brisker pace than my usual!

Hubby and I adapted well to city life for our weekend away in Sheffield, the B & B was cheap and cheerful and besides the busy A61 and next to traffic lights so we heard cars etc screech to a halt or rev up all night. The quiet was much appreciated when we got home. The wedding was lovely and we were able to be useful in getting the farm barn ready for the reception but sadly couldn't stop it raining in the morning of the wedding. However, all got sorted and even hubby got some good moves in on the dance floor later having taken the brides mum up for a low waltz he found the music had changed and the pace much quickened, she threw herself into it with gusto (great stress reliever?) and to my amazement he followed suit.. it is on facebook somewhere, or do I mean U tube??

Our lovely dale is full of the sound of tractors and mowing machines as the farmers cut the grass to feed the animals next winter, the tree branches abound with blossoms and in the garden the fruit bushes are laden and many bunches of grapes are forming on the greenhouse vine.

The free greenhouse is now erected, not quite all its glass is in but we can manage, especially this weather, Mitts was a bit perturbed to lose a favourite sunny corner to the greenhouse but the frogs coped with their pond in an old plant tub being gently moved a few inches.

Margery enjoyed staying in her beloved Dentdale so much she will be returning next month, probably helped by the times with the little ones. On my recent visit with her we went over the bridge into north Lincolnshire for a ride around, back to Swanlands Nurseries for a cuppa having been to Risby for lunch.

Writing wise, I am currently writing another novel, continuing with my course and composing an article to submit to a magazine, oh and entering competitions and working towards the publication of a collection of Musings. Due to a gremlin getting in aong a payment to BT our landline and answerphone and internet have been off for a while, I very much hope back and sorted soon.

ENJOY your hobbies and keep eating puddings, I do!

*Sarah*



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## SIGHT ADVICE SOUTH LAKELAND

### Sedbergh Support Group

Fifteen of us gathered for lunch at the Fat Lamb and were warmly welcomed by Betty - though proceedings were somewhat held up by one driver who shall be nameless (though it was me!) who took her two passengers by the scenic route to the Fat Lamb having suddenly got it into her head that she had to go via Garsdale and the Moorcock Inn!

Betty informed the group that she had received an anonymous donation to help the group along, for which we are most grateful.

Another pleasant piece of news was to hear that Keith and Jennifer had recently celebrated their Ruby Wedding.

Those unable to attend were:- Jack and Mary Stainton, though it was good news to hear that Jack is out of hospital; Elizabeth Skills who is on a cruise; George Watson who was disinclined to attend as the venue is difficult for people with hearing problems; Barbara Axford and Miriam who are on holiday; Joan and Alf Hooper as Joan had an eye

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appointment and George Tomlinson who is still not too good.

Those present had a delicious lunch the table being enlivened by menus supplied and decorated (with added riddles) by Dennis, especially for those who couldn't remember what they had ordered! The meal was finished off with coffee and plenty of chat before dispersing homeward.

The next meeting will be held on 16th September. New members are always welcome, the meeting starting about 2pm with a cup of tea, followed by a talk or a quiz or a bit of fun before finishing around 4pm. Betty told us that she has arranged a speaker for the 16th September but she is keeping the name a secret.

On Saturday 12th July, Members of the SASL will be having a Street Collection in Sedbergh. Volunteers are requested to help for about 2 hours between 9.30am and 2.30pm. If you would like to help, please contact Miriam Baird on [miriambaird@sky.com](mailto:miriambaird@sky.com) or 07977 51 00 56.

Jennie Joslin

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## SEDBERGH WI

Numbers were back up for this month's meeting to hear a talk given by the Director of Farfield Mill Anne Peirson. Anne had stepped up at the last minute when Shirley Crisp was unable to come along. Anne talked about her life's journey, which from humble beginnings had brought her with a few stops on the way, to the Brewery Arts centre in Kendal where she worked for many years as its Director. Anne described her passion for the 'Arts' and her mission to develop ways to involve members of the community who perhaps would not otherwise have the chance to sample the joys of drama and art in general... Anne also enthused us with her idea for prompting Sedbergh's woollen heritage with a 'Sheepfest' here over the weekend of September 13/14. Anne plans to get as many people from within the local community groups and businesses to make a 'sheep' that represents their group or business or perhaps even their personalities. A number of businesses have signed up to make a 'sheep' including of course the WI so

it's sure to be lots of fun. Anne Pitt thanked Anne on behalf of the members for sharing with us the ups and downs of her most interesting and inspiring life.

Anne Petyt filled us in on her enjoyable trip to the WI National AGM in Leeds. There was a stopover at Harrogate the night before and Anne shared a room with a lady called Linda with whom she struck up an immediate friendship. Anne and her new found companion enjoyed a good lunch and a walk around Harrogate surveying the town's preparations for the Tour de France. Anne described the guest speakers who were none other than one time poet Laureate Andrew Motion who spoke in support of retaining the green belt. He was followed by Dr George McGavin scientist and TV presenter who, like most of us is keen to preserve the rain forest. Then it was the turn of the BBC's own Bill Turnbull, who told funny stories! Anne was delighted by the speakers and at the efficient way in which the meeting had been organised.


Members were then given the opportunity to speak for and against adopting this year's resolution which is to promote and support organ donation. The vote was a landslide 'For' with 5,981 votes and with just a 133 against the resolution was duly adopted.

That's it with all our 'Anne's'. So now, on to members with other names.

The book club continues its quest

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for literacy excellence, meeting this week at Sue Batemans.

The 'Birthday Babes' this month were Sue Bateman and Rosemary Blanchfield. The raffle was won by Eileen Staveley and members enjoyed tea and excellent cakes which for this meeting had been provided by Carol Thompson and Sandra Gold-Wood. It was altogether a bustling and convivial meeting. If you would like to come along and see what goes on at a WI meeting then please do join us on July 9 at 7.30pm in the committee room at the People's Hall when Rita Williamson will be talking to us on the subject of 'Weddings, Myths and Magic'. I wonder if she does a follow up on 'Honeymoon Disasters'.

*Sandra Gold-Wood*

#### **DENTDALE WI**

A pleasant summer evening saw a good turnout of members and guests for our June meeting.

The business of the evening was speedily dealt with. The Mini Market had not been as successful as usual as there had been very few visitors in the dale but the cakes had once more proved popular.

The Lune Valley Group Meeting had been very enjoyable, and our competition entry had been a success, although we were not able to repeat last year's win. Lynn Comerie brought the entry to the meeting (minus the edible bits!) and we admired the skill and imagination of those who had made it.

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Our speaker for the evening was Tom Attwood, who talked about the restoration of the nurseries at Halecat. He and his wife Abi had taken on a tremendous challenge to turn the neglected nurseries into the thriving business of today. We didn't envy some of their jobs – three coats of paint on the beautiful old greenhouses anybody? - but it was marvellous to see from Tom's slides how big a transformation can be achieved with hard work and vision. There was a rush at the end to buy some of the lovely plants which Tom had brought with him.

We are not having a meeting in July as this is the month for our outing. We will be meeting for a meal near Witherslack followed by a visit to Abi and Toms Garden."

So we are looking forward very much to our next meeting, on 13<sup>th</sup> August in Dent Memorial Hall, when the well-known shepherdess Alison O'Neill will talk about her life. This is an open meeting so everyone will be welcome to attend what promises to be a fascinating evening. Do come

along – we can promise you a warm welcome and a good supper!

*Gill Newport*

**KILLINGTON W I**  
THE AFTERNOON WI FOR THE  
ENTIRE DISTRICT

Yesterday was our Annual Coffee Morning at the URC rooms and a good and profitable time was had by all. It should certainly fend off the necessity to declare ourselves bankrupt! It was lovely to see a line of people waiting to come in even before the doors had opened. This used to be a common sight on a Wednesday morning but less so nowadays. The tables were groaning with goodies which had all

disappeared before the end of the morning. Our members supported the event to a man and we had so many helpers that half of them had to sit down and drink coffee! Our thanks to everybody who baked, sold bric-a-brac, sold raffle tickets, made and served coffee, washed up, swept the floor, relieved our visitors of their money at the door, and did anything else that I have forgotten to mention. And special thanks to you, dear folk of Sedbergh, who came along and supported us! We raised £225, some of which goes to our Thandi fund and the rest to our own WI running costs. Let's do it all again next year!

Our June meeting, a little earlier in the month was another happy

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occasion. Our first visitor of the gathering was 16 year old Kalum Heywood-Byatt, from Killington, already an accomplished kick boxer with many championships to his credit. I have to admit to knowing next to nothing about 'kick-boxing' but learned that it is a sport which involves all the skills of boxing but in addition allows you to kick your opponent! What jolly fun! Last weekend he became Welsh Champion and in the summer will be fighting for the world championship in Italy. We wish this personable and hardworking young man all the luck the world, and are happy to donate to his expenses. We look forward to bringing you details of his future

successes.

Business and greetings were then attended to. Happy birthday Elizabeth! If you carry on like this you will soon be as old as I am.

We talked about the Sedbergh-wide Heritage Weekend in September which will illuminate the importance to the area of sheep and all the crafts and skills which flow therefrom. Should we learn to turn a sheep upside down to shear it, deal with the claggings, and pack the fleeces and so on? So far we have chosen to decorate a sheep (not a real one, it might bite, or lie down and die which I understand is the ambition of all sheep). Quite what we are going to do with our 'sheep' we haven't yet

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decided, but we are working on it.

We thanked our new bric-a-brac team for manning our stall at Gala. £137 was raised for Thandi.

Well done girls! Other members had produced a beautiful Scottish themed display for the recent group meeting at Barbon. Queen Victoria had graced us with her presence and told us about the life of her tenants on the Balmoral estate.

Now we are looking forward to our outing on 8th July to Haworth. This is a follow up to a highly successful speaker, Isabel Stirk, who spoke to us last year about the Bronte family. We are going by coach and still have a few spare seats, so if you would like to join us please get in touch with

Susan Sharrocks (20754).

Last year our speaker, Paula Day published a beautiful book of her poems, entitled 'Tree'. Being now a local lass, much of her inspiration came from the trees we see around us every day. She read us a selection of poems in which she imagines trees talking about their lives and explores the way we humans relate to them. The book is illustrated by renowned landscape photographer, Val Corbett. Thank you, Paula for a refreshingly different afternoon.

Our next formal meeting will not be until September but, rest assured, we shall not lose touch in the meantime. Wishing you all, 'Happy Holidays'!

*Wendy Fraser-Urquhart*



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**KILLINGTON SPORTS**

*World Championship*

After recent damp weather, Killington was blessed with a fine day and a magnificent turnout of both competitors and spectators from a wide area for its popular annual Sports Day. As usual, it featured a good range of events including the usual Field-running, Fell-racing (both on foot and on Mountain Bikes), but this year the traditional Wrestling programme included the Cumberland & Westmorland World Championship event for the U18 & 10 Stone class - won by Sam Wilson. These events were interspersed with the usual fun events such as Tyre-, Potato-, Three legged- and Sack-races, Pillow-fights and Egg-throwing. The usual side-shows included Pitch-penny, Horse-shoe, Quoits, Darts and a Coconut Shy and were all well patronised.

Although all events had a good level of entries, often requiring several

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heats before the final race, the most popular events of the night were once again the Fell Races which had, in total, over 200 entries. This number was dominated by the 11 & Under Fell Race when 100 youngsters scampered off at the Start - and all finished without mishap!!

It was great to see so many regular participants returning again to compete for the various trophies and the money prizes generously funded by our many sponsors

Our regular handicapper and commentator, Roger Ingham, once again entertained the crowd with his humorous (bordering on the politically incorrect!), but extremely knowledgeable commentary – again a valuable contribution to the success and enjoyment of the Sports.

The evening came to its usual conclusion beneath the glow of spotlights with the Tug o' War events. "Killington Committee" team were winners of the Main event and "Bill's Team" won the U16 event.

Much credit for another successful Killington Sports goes to the local Sports Committee for the preparation

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of the field and organisation on the night. However, they would like to express their gratitude once again to John Capstick for the loan (and early mowing!) of his field and to Killington Marquees for the provision of tents. The Sports Committee were also grateful for the assistance of the C&W Wrestling Association who provided the Judges, and to the Fell-racing Association who recorded all positions and times in the Fell Races for the benefit of their members. Excellent BBQ refreshments were provided throughout the night by Alison Thompson Catering, together with ice-creams from Roger Ingham's traditional barrow and sweets & drinks sold by the ladies of the

Sedbergh Primary PTFA.

*John Mather*

### **KILLINGTON SPORTS**

#### *Results*

U12 Tyre Race – 1<sup>st</sup>. Sam Harper, 2<sup>nd</sup>. Arthur Peel, 3<sup>rd</sup>. Fraser Sproul, 4<sup>th</sup>. Emma Peel.

U17 Tyre race – 1<sup>st</sup>. Jay Ferguson, 2<sup>nd</sup>. Chris Stainton, 3<sup>rd</sup>. Ben Ferguson, 4<sup>th</sup>. Luke Gorst.

U9 Boys 100yds – 1<sup>st</sup>. Matthew Wright, 2<sup>nd</sup>. Stan Allan, 3<sup>rd</sup>. Hamish Griffith, 4<sup>th</sup>. Connor Wharton.

U9 Girls 100yds – 1<sup>st</sup>. Clare Sampson, 2<sup>nd</sup>. Beau Walkingshaw, 3<sup>rd</sup>. Heather Booth, 4<sup>th</sup>. Esme Walkingshaw

U13 Boys 100yds – 1<sup>st</sup>. Sean Tebbett,

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4<sup>th</sup>. Toby Wheatley.  
U13 Girls 100yds – 1<sup>st</sup>. Ruby  
Schofield, 2<sup>nd</sup>. Melissa Sproul, 3<sup>rd</sup>.  
Lottie Burns, 4<sup>th</sup>. Katy Atkinson.  
U17 Boys 100yds – 1<sup>st</sup>. Chris  
Richards, 2<sup>nd</sup>. Chris Stainton, 3<sup>rd</sup>.  
Matthew Senior, 4<sup>th</sup>. Adam Lynch.  
U17 Girls 100yds – 1<sup>st</sup>. Katie Woof,  
2<sup>nd</sup>. Georgia Stevens, 3<sup>rd</sup>. Bethany  
Capstick, 4<sup>th</sup>. Alice Slattery.  
U12 Sack Race – 1<sup>st</sup>. Will Atkinson,  
2<sup>nd</sup>. Matthew Holroyd, 3<sup>rd</sup>. Gordon  
Moss, 4<sup>th</sup>. Josh Roelats.  
U17 Sack Race – 1<sup>st</sup>. Chris Stainton,  
2<sup>nd</sup>. Joe Gorst, 3<sup>rd</sup>. May Atkinson,  
4<sup>th</sup>. Adam Lynch.  
U12 Boys Potato Race – 1<sup>st</sup>. Louis  
Hudson, 2<sup>nd</sup>. Elliot Wren, 3<sup>rd</sup>. Logan  
Hargreaves, 4<sup>th</sup>. Alex Booth.  
U12 Girls Potato Race – 1<sup>st</sup>. Ella  
Beardwood, 2<sup>nd</sup>. Lottie Beardwood,  
3<sup>rd</sup>. Cloe Cowin, 4<sup>th</sup>. Mia Petrucci.  
U17 Boys Potato Race – 1<sup>st</sup>. Chris  
Richards, 2<sup>nd</sup>. Matthew Senior, 3<sup>rd</sup>.  
Jacob Aubrey, 4<sup>th</sup>. Chris Stainton.  
U17 Girls Potato Race – 1<sup>st</sup>. Mia  
Senior, 2<sup>nd</sup>. Ellie Lambert, 3<sup>rd</sup>. Sally  
Ralphson, 4<sup>th</sup>. Katie Barnes.  
Children Mixed 3-Legged – 1<sup>st</sup>. Joe

Gorst & Mary Atkinson, 2<sup>nd</sup>. Jacob  
Aubrey & Georgia Stevens, 3<sup>rd</sup>. Ruby  
Schofield & Briony Holt, 4<sup>th</sup>. Jordon  
Moss & Lucy Bailey.

Mens 100yds – 1<sup>st</sup>. Tom Batty, 2<sup>nd</sup>.  
Dan Caton, 3<sup>rd</sup>. Simon Denny, 4<sup>th</sup>.  
Sean Robinson.

Ladies 100yds – 1<sup>st</sup>. Gail Denny, 2<sup>nd</sup>.  
Emma Caton, 3<sup>rd</sup>. Rachel Camp.

Mens Sack Race – 1<sup>st</sup>. Tom Batty,  
2<sup>nd</sup>. Tony Winderburn, 3<sup>rd</sup>. Joe Gorst,  
4<sup>th</sup>. Tim Deighton.

Ladies Sack Race – 1<sup>st</sup>. Connie  
Hodgson, 2<sup>nd</sup>. Emma Rawlinson,  
3<sup>rd</sup>. Rachel Camp, 4<sup>th</sup>. Hannah  
Storton.

Mens Potato Race – 1<sup>st</sup>. Tom Batty,  
2<sup>nd</sup>. Simon Denny, 3<sup>rd</sup>. Joe Atkinson,  
4<sup>th</sup>. Tom Deighton.

Ladies Potato Race – 1<sup>st</sup>. Gail Denny,  
2<sup>nd</sup>. Hannah Storton, 3<sup>rd</sup>. Emma  
Rawlinson, 4<sup>th</sup>. Rachel Camp.

Ladies 200yds – 1<sup>st</sup>. Gail Denny, 2<sup>nd</sup>.  
Ellie Lambert, 3<sup>rd</sup>. Ruby Schofield.  
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Roger Aubrey, 3<sup>rd</sup>. Bradsley Thompson, 4<sup>th</sup>. Chris Stainton.  
 Senior Fell Race – 1<sup>st</sup>. Tim Cowin (V40), 2<sup>nd</sup>. Darren Fishwick (V40), 3<sup>rd</sup>. Craig Burrow, 4<sup>th</sup>. Dan Caton, 5<sup>th</sup>. Mike Egner(V50), 6<sup>th</sup>. Paul Riley.  
 Ladies – 1<sup>st</sup>. Dawn Atkins, 2<sup>nd</sup>. Molly Ralphson (V40), 3<sup>rd</sup>. Helen Buchan.  
 U17 Fell Race – 1<sup>st</sup>. Chris Richards, 2<sup>nd</sup>. Matt Senior, 3<sup>rd</sup>. Jacob Aubrey, 4<sup>th</sup>. Jack Byrne, 5<sup>th</sup>. Thomas Nelson, 6<sup>th</sup>. Billy Starling.  
 Girls – 1<sup>st</sup>. Cath Lawson(7), 2<sup>nd</sup>. Ellie Lambert (11), 3<sup>rd</sup>. Mia Senior (12).  
 U14 Fell Race – 1<sup>st</sup>. Robbie Johnstone, 2<sup>nd</sup>. Joe Hudson, 3<sup>rd</sup>. William Thompson (5), 4<sup>th</sup>. George Thomas (10), 5<sup>th</sup>. Joe Starling (11), 6<sup>th</sup>. Patrick Ralphson (12).

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Girls – 1<sup>st</sup>. Katie Atkinson(3), 2<sup>nd</sup>. Bryany Holt (4), 3<sup>rd</sup>. Imogen Burrow (6).  
 U12 Fell Race – 1<sup>st</sup>. Fraser Sproul, 2<sup>nd</sup>. Ollie Hutchinson, 3<sup>rd</sup>. Jack Hutchinson, 4<sup>th</sup>. Louis Hudson, 5<sup>th</sup>. Josh Rolents, 6<sup>th</sup>. Josh Hutchinson (7).  
 Girls – 1<sup>st</sup>. Maddie Walsh (6), 2<sup>nd</sup>. Lauren Gregg (12), 3<sup>rd</sup>. Charlotte Barrett (18).  
 Open Mountain Bike Race – 1<sup>st</sup>. John Murfin, 2<sup>nd</sup>. Richard Greenop, 3<sup>rd</sup>. Gavin Slack.  
 Mile Handicap – 1<sup>st</sup>. Chris Richards, 2<sup>nd</sup>. Thomas Nelson  
 U17 Half Mile Handicap – 1<sup>st</sup>. Chris Richards, 2<sup>nd</sup>. Fraser Sproul, 3<sup>rd</sup>. Billy Starling, 4<sup>th</sup>. Joe Atkinson, 5<sup>TH</sup>. Peter Gorst, 6<sup>th</sup>. Thomas Nelson.  
 U17 Girl – 1<sup>st</sup>. Melissa Sproul (1<sup>st</sup>. Overall), 2<sup>nd</sup>. Catherine Lawson, 3<sup>rd</sup>. Imogen Gorst  
 Open Mens 400yds – 1<sup>st</sup>. Chris Stainton, 2<sup>nd</sup>. Tom Batty, 3<sup>rd</sup>. Simon Denny, 4<sup>th</sup>. Jacob Aubrey.  
 Open Ladies 400 yds – 1<sup>st</sup>. Melissa Sproul, 2<sup>nd</sup>. Gail Denny, 3<sup>rd</sup>. ? 4<sup>th</sup>. Lily Davies.  
 Adult Mixed 3-Legged – 1<sup>st</sup>. Tom

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Batty & Gail Denny, 2<sup>nd</sup>. Joe Gorst & Mary Atkinson, 3<sup>rd</sup>. ? ?, 4<sup>th</sup>. Ian & Lindsey Moorhouse.  
 Tug o' War U16 – "Bill's Team"  
 Tug o' War Seniors – "Killington Committee"  
 Wrestling  
 U9 Mixed – 1<sup>st</sup>. Connor Wharton, 2<sup>nd</sup>. Thomas Wilson, 3<sup>rd</sup>. Toby Greensmith.  
 U12 Mixed – 1<sup>st</sup>. Mark Wharton, 2<sup>nd</sup>. Gemima Coultard, 3<sup>rd</sup>. Ryan Armstrong.  
 U15 Boys – 1<sup>st</sup>. George Wilson, 2<sup>nd</sup>. Paul Denney, 3<sup>rd</sup>. George Thomas.  
 U18 Girls – 1<sup>st</sup>. Abbie Marston, 2<sup>nd</sup>. Gemma Coultard, 3<sup>rd</sup>. Alex Baker.  
 World Championship U18 & 10 Stone  
 1<sup>st</sup>. Sam Wilson, 2<sup>nd</sup>. Adrian Miles,

3<sup>rd</sup>. Sam Gorst.  
 Men U20 & U12st. – 1<sup>st</sup>. Ben Brocklebank, 2<sup>nd</sup>. Darrel Hodgson, 3<sup>rd</sup>. Thomas Gibson.  
 Mens 13st. – 1<sup>st</sup>. John Harrington, 2<sup>nd</sup>. Ben Brocklebank, 3<sup>rd</sup>. Darrel Hodgson.  
 Mens All-Weight – 1<sup>st</sup>. Thomas Brocklebank, 2<sup>nd</sup>. Joe Robson, 3<sup>rd</sup>. Stuart Fleming.  
 Pillow Fight  
 Mixed U12 – 1<sup>st</sup>. Roman Wheatley, 2<sup>nd</sup>. Walker Keegan, 3<sup>rd</sup>. Grace Capstick.  
 Mixed U17 – 1<sup>st</sup>. Charlie preece, 2<sup>nd</sup>. James Thomas, 3<sup>rd</sup>. Calvin Hunterdale.  
 Mens – 1<sup>st</sup>. Darren Hodgson, 2<sup>nd</sup>. Will Huddleston, 3<sup>rd</sup>. Patrick Booth.



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### **SEDBERGH MUSIC FESTIVAL**

Sedbergh Music Festival came to a fittingly rousing climax with an excitingly delivered performance of Handel's *The Messiah* in St Andrew's. Four fine soloists, a highly effective and hard-working instrumental, organ continuo, trumpet and tymps ensemble, together with the locally-sourced Festival Chorus were all driven on to achieve more than the sum of their parts by Tim Brown, ex-Director of Choir at Clare College Cambridge.

Tony Reed Screen, happy but exhausted Festival Director, said: "We planned for a more balanced programme to suit as many tastes as possible, and widen the appeal. And actually what we got was a tumultuous fortnight: an audience dancing in the aisles to the world-ranking Salsa Pa'Gozar, clapping

along to the astonishing Cottontown Chorus in their hilarious Bat out of Hell biker medley, to Ashley Wass, a pianist whose sheer intensity and technique dazzled us all. A truly amazing fortnight."

But what has truly gratified Tony Reed Screen and his team is the way in which local community groups has taken the Festival to its heart – the Sedbergh Town Band, the local Early Music group, Cornucopia, 'Barrel of Fun' Youth Theatre, Sedbergh Orchestra, Morceaux de Musique - all indigenous, community based initiatives - packed St Andrew's. Yes, headline acts brought to Sedbergh the high prestige soloists and ensembles, but at its heart, this Festival was a celebration Sedbergh's appetite for musical diversity.

Tony Reed Screen went on to say:

'another one in 2016? Well, first a holiday, then the de-brief, and then.... well, you can bet there'll be another one! And we're always looking for more to add to the mix – who knows, maybe jazz, or folk? Whatever, St Andrew's fielded a brilliant team to provide terrific meals, and from now on, we know the town deserves nothing but our best'

*Stuart Manger*

### **SEDBERGH TOWN BAND**

#### **Band Notes**

Late Spring and early Summer has seen the Band quite busy. On Wednesday 14th May St. John's Church, Garsdale was the recipient of a concert given by the Band in aid of

the Church Roof Fund. It was most pleasing to hear that the sum of £320 had been raised towards this most worthy and essential cause.

On Saturday 17th May the Band led the parade that signalled the commencement of the Annual Gala, and subsequently gave a short concert from their marquee situated in the midst of events on the Lupton Playing Fields.

On Monday 26th May Michael Roberts (baritone horn) attended Her Majesty the Queen in Buckingham Palace to receive his British Empire Medal awarded for many years of service as a Special in the Police Force. His wife Moira joined him in the traditional tea party that followed

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the investiture.

Two days later a number of members of the Band headed off to Dumfries for three days of concentrated playing and delightful relaxation.

The Band practiced their programme for the Sedbergh Music Festival whilst in Dumfries and the performance on Wednesday 4th June in St. Andrew's was much enjoyed by a large audience. It was particularly pleasing to see the Youth Band joining forces with the Senior Band in selected items. The combined playing of the ever popular James Bond Themes collection was particularly impressive.

Finally Band members Ernie

Hailwood and Keith Wood, together with Viv Hailwood and Gordon Hosker joining together under the title 'Rawthey Rhythm' are to be congratulated on their enthusiastic, accomplished and marathon efforts during the recent Street Fair. Not only was a great deal of music played but excellent, prolonged singing of popular, traditional numbers was presented. G.R.B.

### MUSIC FESTIVAL (2)

Grateful thanks are due to all involved with the Musical Festival of 2014.

To those who organised it, to the musicians, singers and actors of great quality, to the ladies who baked

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so superbly, to the authors of the programmes, proofreaders and printer, to the treasurer, to the patrons and to the audiences from Sedbergh, Dent and Garsdale and much further afield.

It was good to see and hear the actors of Barrel of Fun, the young musicians of the Sedbergh Town Band and Pepperpot Orchestra and musicians and choir of Sedbergh School and of Chetham's Music School.

There was a great variety of programmes from local, national and international artists. The results were greatly appreciated by the audiences.

The *Messiah* 'dedicated' on this occasion to George Handley, who

had done so much for the Sedbergh Music Festivals, was a resounding success.

Thank you to all.

*Elspeth Griffiths*

### **SEDBERGH YOUTH BAND**

*A Youth Band First.*

Well done Sedbergh Town Youth Band who entered their first Brass Contest at Kirkby Lonsdale on June 15th.

The programme consisted of Blue Shift, James Bond, Men of Harlech, In the Mood and Battle Hymn. They played really well and were a credit to Sedbergh, their parents, the Band and themselves. We received some very positive comments on our

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adjudication and will be able to take on board the constructive comments of Derek Broadbent about style and balance. I was proud to be the conductor of such a well behaved, talented and fun group!

Thanks to all the family and supporter who make it possible, to our amazing compere's Trish and Elaine and most of all thanks to the players themselves. They are a credit to Sedbergh and I can't wait for what we may get up to over the next year.

*Carole Marsden.*

**TROTT MUSIC FOUNDATION**

Another reminder of the availability of grants from the Foundation for any resident under 18 in Sedbergh and district pursuing some musical endeavour. Application is made on a straightforward form completed by a parent/guardian, and verified by a

teacher. Grants are made to coincide with school terms. Please collect from, and submit your form to Dalton & Hague, 7 Main Street, Sedbergh by no later than Monday 7<sup>th</sup> July, to be considered for an award for the autumn 2014 term. Any enquiries about the charity – telephone 20365.

**MUSIC FESTIVAL 3**

From the 'Catering Team', a very big thank you to all who helped and provided food and biscuits for this years Music Festival in June.

Also, to all who supported the Lunches and Dinners, a very big thank you. *Anne Reed Screen*

**SEDBERGH TOWN BAND**

*Band visit to Dumfries 25th to 28th May*

24 members and partners of the Band enjoyed an excellent break in



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the Cairndale Hotel Dumfries over the Whit Bank Holiday weekend.

Attendees: Hilary Hodge, Carole Marsden, Iwan Lewis, Sarah Lewis, Sandra Waters, Michael and Moira Roberts, Keith and Sandra Gold Wood, Peter and Dorte Lis Stephenson, Richard and Barbara Kooper, Finlay and Euan Dalziel, John Chen, Jerry Yang, Liz Birbeck, Grizz Mason, Jenny Storey, Susan Cox, Ernie Hailwood, Jim Kirton and Ben Morgan. Laura and Tom Rosenzweig came for Tuesday morning.

The programme for the 4 days was:  
Sunday Practice 5.30 - 7pm  
Monday and Tuesday

Practice 9.30am to 1pm

Practice 5.30 - 7pm

Wednesday Practice 9.30 - 11am

Whilst the main focus of the event was to rehearse the pieces for the

Sedbergh Music Festival on Wednesday 4<sup>th</sup> June, Carole and Iwan took the opportunity to introduce several new pieces - Poker Face by Lady Gaga (definitely a first for the band!), The Slav Woman's Farewell (sure to be a long term favourite) and David of the White Rock (a beautiful Welsh hymn).

On Sunday evening, we were joined by 7 members (including their conductor) of the Dumfries Town Band. They were all of a very high standard who added a great dimension to our playing. 6 Sedbergh players joined the Dumfries band at their Monday evening practice.

On Monday morning, Carole took us through some breathing exercises to wake us up! On Tuesday morning, Carole and Iwan split us into three groups of six or seven to practise a few pieces before selecting one to



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perform in front of the others. The group containing all the younger members performed especially well.

At the end of the Tuesday evening practice, Sandra Gold Wood presented an eclectic mix of prizes to 'worthy' winners (many thanks to Sandra for her inspired shopping). Carole, Iwan and Michael were thanked for their organisation. Ben was selected as being the Most Serious Conductor; John and Jerry were presented with pink plastic washing up brushes in the shape of drum sticks. Toby was presented with a pink teddy ('Fluffy') for the band member who moaned the most about the selections of tunes. Toby then left

it in the gents toilet overnight where it was found by the hotel concierge. It was then kidnapped by persons unknown. Toby was obliged to read out the ransom note in front of the band on Wednesday morning and in order to get Fluffy back, had to declare his undying love and solicitude to Fluffy!

Finally, on Tuesday evening, Viv Hailwood travelled up from Sedbergh to join Ernie and Keith as the Rawthey Rhythm for an impromptu concert open to all the hotel guests.

We were looked after by the hotel very well with excellent 4 course dinners. The event was felt to be a great success by everybody.

**SEDBERGH AND DISTRICT  
HISTORY SOCIETY**

*A Visit To Sprint Mill*

The second outing of the 2014 summer season was very different from our experience in Bowes Village. Apart from anything else, it was a rainy day, so it was fortunate that we were under cover for most of the afternoon. Furthermore, we were being introduced to one building this time - a timber mill that had been built in the mid 1840s on the site of a former mill which had been destroyed by fire. Although it is quite close to a village, it is situated in a beautiful wooded area close to the River Sprint which feeds into the River Kent and feels quite isolated.

Edward Acland who owns the mill with his wife talked to us about the history of his 41 years' association with it. At the start when Edward was working as a furniture restorer he rented the top floor of the building. Later he bought the mill which was soon in desperate need of renovation. Edward managed to obtain a grant of 80 per cent of the £180,000 cost of doing the work from Natural England and the mill was classified as a Site of Special Scientific Interest. As a result of the funding Edward has to fulfil certain conditions, for example maintaining the landscape, the river and the mill in a sustainable way. He also runs courses in rural crafts and hosts visits of schoolchildren and their teachers.

The mill is full of different objects that Edward has accumulated through the years. 560 drawers contain this vast array and the



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contents are catalogued in a book from A to Z. Some of the items have been assembled and photographed to create works of art. Edward described his 'addiction' to collecting and storing things from the past as stemming from 'a passion for a kind of life that we have let slip a bit'. One of the things which became more and more evident during our time in the mill was Edward's love of hand tools of which he has a large collection. He demonstrated a sharpening saw and a treadle operated lathe which could be used for making chair legs. On the first floor of the mill, he showed us a Gilks turbine with its original machinery. He is keen to get it working again and attached to the mill race. Towards the end of the visit, Edward took some of us for a short walk along the riverbank to the head of the mill race. This beautiful stretch of the river which is rocky and fast flowing is home to the protected native crayfish.

Everyone said that they had really enjoyed the trip and thanks were due to Edward for giving us such an interesting overview of his life and work at Sprint Mill. *Julie Leigh*

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Remember, if you have a smartphone take the same precautions as you would when accessing the internet over any other device.

### Be careful with your location settings.

If you use your phone to update social media or to upload photos, location data could be uploaded to the internet without you realising it. Burglars could use this information to find out where you live and even when you are likely to be out of the house. If you are unsure, ask a member of staff at the store where you bought your phone to show you the location settings.

### DENT OVER 60'S

Sadly, Wendy Cooke was unable to join us as planned but hopefully we can re-schedule her visit to 1<sup>st</sup>

August instead. In her place on the 6<sup>th</sup> June, Linda Greensmith shared some items in a fascinating session

of reminiscing about such varied memories as: Dent Drama Group (most of us remembered Kim Lyon's truly poignant production based on the Settle – Carlisle railway history) which linked in well to pictures of Dent Head Viaduct and Margaret's knowledge of the 'Friends of the Settle-Carlisle Railway'. Another event worthy of reminiscence is the Dentdale Run and how important the day is for the dale; as the Run celebrated its 30<sup>th</sup> outing this year, it is obvious that lots of other people, especially the runners, also view it as a key event in their lives. Lastly and given the significance of the date on which we met, an added bonus was listening to Freda Meakin recalling her experiences related to the movement of troops following their evacuation from Dunkirk and also how she heard about the historic D-Day invasion from her Head Mistress.

The trip to 'Country Harvest' at Ingleton is planned for **4<sup>th</sup> July, leaving Dent Car Park at 1.00pm.** Please check with Linda Greensmith if you wish to join the outing as she is collating passenger numbers for the mini-bus.

Finally, there is an advertisement elsewhere in this publication for the 'Strawberry Teas', an event to be held on **Saturday 19<sup>th</sup> July in Dent Memorial Hall from 2.00 – 4.00pm.** Please do come along and join us and help raise funds for the 2014 Christmas Lunch. DMV

#### JULY GARDENING

Potentilla bushes are a common sight in municipal plantings in parks and in carparks. They are hardy and undemanding, and rarely exceed their desired size and shape. *Potentilla fruticosa* is a British native plant which grows on the stony banks of the River Tees in upper Teesdale and it brings this hardiness into its garden offspring.

For many years yellow and white were the only available flower colours, but I do remember the excitement caused at Webbs Garden Centre in Kendal when I worked there in the late '70's when 'Red Ace', the first bright red flowered cultivar arrived in the nursery. This was followed by the lovely, soft pink 'Princess', and then by several other cultivars in the pink/red spectrum. 'Red Robin' is now recommended as the best of the red flowered cultivars as its flowers do not fade in the

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sunshine. 'Pretty Polly' is a good deep pink fading to pale pink with an attractive spreading habit, and 'Grace Darling' is an improvement on the old 'Daydawn' with dusky apricot flowers. The Potentilla genus also provides a range of herbaceous perennials which make useful, low spreading plants in a small garden. My favourites are 'Gibson's Scarlet' which has rich blood red flowers, 'Miss Willmott' with cherry pink flowers, 'Etna' with maroon, saucer shaped flowers, 'Monarch's Velvet' with velvety deep red flowers with a dark centre and P. x hopwoodiana which has pink flowers shading to white with a rich red eye. All are good natured, and if happy in their chosen spot, will seed themselves around – but not too exuberantly to become a nuisance.

*Elaine Horne*

#### **RIDE 4 MUM**

The children of Elizabeth Dalton would like to thank anyone who contributed to the sponsored pedal endurance marathon undertaken in memory of mum to raise funds for work in helping cancer sufferers.

The cycle challenge was established in memory of another cancer victim, Fred Whitton. It is on the second Sunday in May in the Lakes, starts out at Grasmere, soon up Kirkstone, loops round the northern fells, including a look at the Irish Sea before coming east again, finishing with the worst pulls of the lot, over Hardknott and Wrynose - 112 miles of gruelling pedalling. The four

undertook it on two tandems, and although all had to put in training, it was hardest for the rear stokers, Alice and Kate, who are not on bikes most days. Mission was accomplished in 10¾ hours in the saddle. Dad joined them for the last 10 miles.

Via internet giving and collecting boxes, £5,000 has been raised, to be equally divided between Rosemere Cancer Foundation and MacMillan. The first, less well known than the second, is based on hospitals in South Lakeland/North Lancashire and provides equipment and treatments beyond what is available on NHS. The second concentrates on pastoral support for cancer patients. Elizabeth was grateful for all their help during her illness.

One other point. Everyone, please at least fill out and submit the coupons in the Westmorland Gazette pointing out the value to us of the

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hospital in Kendal. Bang drums and take to the streets if necessary. Elizabeth found it much easier to go there for treatment than face an arduous journey to Lancaster or Preston. You will quickly become aware of its benefits if you or a family member need cancer treatment.

Thank you again. *Graham Dalton*

### THREE IN A BED

We are a production company called Studio Lambert and are contacting you to let you know that we are embarking on a brand new series of Channel 4's very popular 'Three in a Bed' and 'Four in a Bed'. These shows celebrate the great British Bed and Breakfast (and small hotel) as well as their owners.

We are looking for enthusiastic and proud owners/managers with a minimum of two guest bedrooms, who feel that their business stands out from the competition and who might enjoy the chance to share what makes their B&B special with a wider audience. Part of the programme's charm is that we always feature independently-run places, not larger chain operations.

In case you're not already familiar with the format, B&B/hotel owners (or managers) stay overnight at each other's places and rate their experience there. At the end of the week, one is crowned best value for money.

We are looking for B&Bs who want to be considered for an opportunity to take part in the new series which we

will start filming soon. As you can imagine we do get a lot of interest, please get in touch with us as soon as possible if you'd like to know a bit more about what's involved. We are happy to explain how it all works and answer any questions you may have.

You can email us at [fourinabed@studiolambert.com](mailto:fourinabed@studiolambert.com) or call us on 0203 040 6837 – we look forward to hearing from you.

*The 'Three in a Bed' and  
'Four in a Bed' team*



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**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)**



## DENT GALA

### *and Memorial Hall*

We are well into the planning for this years GALA on AUGUST BANK HOLIDAY MONDAY and do invite your help, perhaps for an hour slot on a stall or sideshow, perhaps supply tombola prizes, raffle prizes, empty (or FULL) Wine bottles for our popular competition, screw top please, or items for the White Elephant, all but the latter which can be left at the back of the Memorial HALL the Friday before, can be brought to my house. On the Saturday there will be competitions, refreshments, activities for children and a Table Sale in the Memorial Hall for Hall funds. Also, work will be on going to refurbish the Sedgwick Room during the school holidays, the other rooms will be available as usual and anyone with any concerns about the work is asked to contact me please. Enjoy the holidays and do come to the Gala, it is a great day and will continue whatever the weather.

*Sarah E Woof (Chair, Dentdale Memorial Hall Trustees.) 015396 25212/07837988438.*

of South Africa. We support a thriving crèche; Killington WI support the feeding programme at De Rust Futura Academy (the all-age school that 'our' children from Lebanon village go to); Sedbergh School, Sedbergh Casterton Preparatory School and Underley Garden School Kirkby Lonsdale are all actively raising funds for us.



We would like to invite everyone to hear and see more about Thandi's work at our Annual General Meeting on Friday, 4<sup>th</sup> July in the URC Rooms at 6.00 pm. There will be slides and refreshments as well as a report from the charity trustees. (It will be helpful if you will let Helen Wilberforce know on 21562 if you will be attending)

Do please join us – for once we won't ask you for any money!

*Helen Wilberforce*

## THANDI AGM

We are grateful for the ongoing support of Sedbergh people for Thandi Friends Projects – the charity started by Alan and Chris Clowes (of The Cross Keys) which is based in the Western Cape of the Republic



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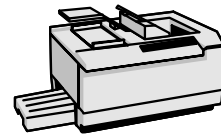
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## **NEIGHBOURHOODALERT**

**Stay safe from scams.** Scammers often pretend to be from legitimate, well known, national or global companies like banks or utilities providers. If in doubt hang up and phone the company yourself, using a phone number from their web site, Yellow Pages or a letterheaded correspondence from them. A common scam involves someone calling you up and claiming that there is something wrong with your computer and they can fix it for you. This is a hoax. Never give control of your computer to a third party over the telephone.

The Metropolitan Police produce a useful online booklet called 'The Little Book of Big Scams'. It can be downloaded at: [www.met.police.uk/docs/little\\_book\\_scam.pdf](http://www.met.police.uk/docs/little_book_scam.pdf) and an audio version is also available (visit [www.met.police.uk](http://www.met.police.uk) and type 'little book big scams' into the search box). Two websites with useful information about hoaxes are: [www.snopes.com](http://www.snopes.com) and: [www.hoax-slayer.com](http://www.hoax-slayer.com)

The charity 'Think Jessica' has an anti-scam website: [www.thinkjessica.com](http://www.thinkjessica.com) with a useful poster. FAQ's and information about what to look out for, as well as further materials that you can order.

### **BOOKWORM**

What I have been reading this month:

1. The Wonders of the Solar System by Brian Cox and Andrew Cohen (non fiction)

Based on the BBC series of the same name - lots of brilliant photographs and illustrations and scientific descriptions at 3 levels of complexity ( basic, intermediate and advanced! ) to cater for different readers. This book is very well produced and organised into comprehensible chapters and topics. A fascinating read and brings new perspectives to the meaning of life and the earth's role in the universe, with many question still unanswered.

2. A Widow's Story by Joyce Carol Oates (memoir)

In 2008 award winning American author JCO's husband goes into hospital unexpectedly with pneumonia but doesn't return home. This book is a moving and raw account of Joyce's first few months after his death. Anyone who has had a similar experience will connect with this poignant writing.

3. Barbara Hepworth by A M Hammacher (biography)

This biography focuses on the development of Yorkshire born BH's sculpture and the contextual influence of her achievements on 3 dimensional representation. The book includes many good photographs of Hepworth's work illustrating the various points. Dense and little on psychological aspects of her life.

*RM bookworm*

### **PEOPLE'S HALL NEWS**

#### **The main entrance of the Hall**

By the time you read this work should have started on the front of the Hall. We must expect a bit of dust and disturbance as work progresses. The biggest disruption will be that the bar area will not be available. We suggest to hirers, who want to have a bar, that they place tables in the corner of the main hall beside the chair store to create a temporary bar. Some stock can then be kept in the chair store.

We are pleased to announce that we have received a grant from the Community Fund towards the cost of decorating the front area. Many thanks to the Fund.

Elsewhere you will see an announcement of funding received from the Yorkshire Dales National Park Authority. Many thanks to YDNPA.

Please consider further donations to our redevelopment work.

#### **The People's Gym and Fitness Centre**

An Invitation to Tender has been sent out. We wait with some apprehension to see the bottom lines. We have appointed Building Control Inspectors and Structural Engineers as part of the necessary preliminaries. Work is planned to start in September 2014.

**Dates for your diary:** Wednesday 24 September Coffee Morning in URC rooms

*Dr Gina Barney,  
Hon Secretary/20790*

**DENT GRAMMAR SCHOOL  
EDUCATIONAL FOUNDATION**

*Registered Charity No 1012330*

Educational Grants

Students or potential Students under the age of 25 years are invited to apply for a grant in respect of the academic year 2014-2015.

You must have attended Dent C of E Primary School or your parents must presently live, full time, in the Parish of Dent with Cowgill.

Grants are made in respect of study at any School, University or Institution of Further or Higher Education approved for the purpose by the Governors. The money awarded may go towards, for example: accommodation, equipment, reasonable travel expenses, field courses and placements essential to the course of study. Governors have the powers of decision under the rules of the Charity.

The number and size of grants will be decided at the September Committee meeting, when the amount of funds will be confirmed, and grants made available in October 2014.

Applications forms can be downloaded from <http://www.dentdale.com> or from the Clerk.

Please return completed requests to the Clerk – details given below.

Closing date

Monday 15<sup>th</sup> September 2014

Reply to:

Miss D M Vernon, Clerk, Dent Grammar School Educational Foundation, The Laning, Dent, Sedbergh, Cumbria, LA10 5QJ  
e-mail [dgsef@btinternet.com](mailto:dgsef@btinternet.com)

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**KENDAL**

**TORCHLIGHT PROCESSION**

Companies, schools, dance troupes, bands of Sedbergh & neighbours are welcome to enter Kendal Torchlight Carnival on Friday 12th September 2014. Theme - Visions of Kendal's Future. Entry forms from [Http://www.kendaltorchlightcarnival.co.uk/downloads//34/torchlight-entry-form.ashx](http://www.kendaltorchlightcarnival.co.uk/downloads//34/torchlight-entry-form.ashx)

*Karen Valentine, Entries Coordinator*  
Editors Note:- Many years ago, the Sedbergh Scouts entered a Float into the Procession and came a brilliant Third Place. The following year, another was entered and came Second. Wouldn't it be great if Sedbergh could be represented by someone this year?

*D J Whicker*

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### **DENTDALE CHRISTIAN FELLOWSHIP**

In May we heard about the valuable ministry of the Divorce Care course which churches can be equipped to run over a period of time in their community. These have taken place in Carnforth for some years, helping people to rebuild their lives after divorce. Children and teenagers have their own course as do adults who have lived through the breakdown of their parents marriage have the course "Chained no more". Instigated by the Christian organisation, Care for the family, these courses help and restore peoples lives and Heidi and Gill came to tell us about them through "Chrissie and Tom's story". These two young people who went to school together, lost touch, got together for support through the course and then started courting and we were delighted to join both families at their wedding in June in Sheffield! The current group held an "Away Day" in June at "Rhumes". In July DDCF is a week sooner than usual and as always you would be very welcome.

*John & Sarah Woof "Rhumes" Laning  
DENT. 25212/07837988438.*

### **SEDBERGH BOWLING CLUB**

We elected Valeria Finch as our 2014 President at the recent AGM.

All usual fixtures and socials will take place .

In May, we hosted the very popular Open Pairs Competition with 64 players taking part. This is the 37th

year. The Chamber of Trade contacted all organisations and asked them to hold an event for their first Trade Week in 1978. We think that ours is the only one still taking place.

We will be offering free Coaching Taster sessions on 15th July between 2 - 4pm and 6 - 7pm. Please wear flat shoes. Bowls will be provided. If you would like to try Crown Green Bowling, come along. If you cannot make it on that day but would like to know more, please ring Linda on 20279.

*Linda Killops*

### **CRICKET COACHING**

Pro Coach Yorkshire visited Dent Primary School on two Friday afternoons in June to coach basic cricket skills. The weather was kind and the sessions were very successful. The Headteacher Nicky Edwards e-mailed me as follows, "The coaching went very well. The children learnt batting and throwing skills. The sessions were well organised and helped to progress the children's skill level. We hope to see you again next year."

Once more the coaching was sponsored by the Yorkshire Ridings Society and a Yorkshire CCC supporters website, 'The Corridor of Uncertainty'. Our aim remains to promote cricket and Yorkshire cricket in traditional and proper Yorkshire districts in its historic border areas. This winter we have provided free coaching for Sedbergh CC Juniors as well as Dent Primary School.

*Michael Pulford*

### McMILLAN CANCER GROUP

A big thank you to all who helped and contributed to the McMillan Cancer Support Coffee Morning on Wednesday 23rd May. A total of £345.45 was raised. All greatly appreciated.

#### FOR SALE

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### PH, YDNPA and SDF?

The Yorkshire Dales National Park Authority' (YDNPA) has a Sustainable Development Fund (SDF) which will either kick-start a project or develop one for the good of the local community and the National Park. Grants totalling £160,000 a year are available. Open to any individual, business, community group or voluntary-sector body, the fund provides a simple and accessible source of money for a range of projects that result in positive benefits for the National Park, its environment, its economy and its communities, while enhancing and conserving local culture, wildlife and landscape.

The People's Hall (PH) Management Committee is pleased to announce that it has been awarded funds equal to 20% of the cost of refurbishing the front of the Hall as part of the Hall's Redevelopment Programme

*Dr Gina Barney,*



*See Page 44 for Story*



*Headstones and Memorial at Thiepval*





### COMMUNITY OFFICER REPORT

17/5 A report of a drunk female on Main St. Officers attended and female had left prior to arrival.

18/5 Suspicious male in a Mercedes sprinter van seen in the area of Dent.

19/5 Theft of a pedal cycle from a shed in Dent, described as a "Gents mauve peugeot hybrid" bike.

20/5 Caller reported ASB from a neighbouring farm in the Dent area. Both parties spoken to and resolved quickly.

20/5 ABH was reported to us on Thorns Lane. Both parties arrested.

24/5 Fail to stop RTC reported on Long Lane.

26/5 Caller reported occupants of a van who stopped to speak to caller whilst out riding her horse, asking her questions about the horse and the whereabouts of where it was kept. Caller did not give any details but took the registration number and it is now logged if needed for further use.

30/5 Officers attended a call of 3 males heading sheep into a corner of a field at Scrogg House, the owner of the sheep was spoken to sheep checked, all in order.

30/5 ASB reported to us in the area of the play park by the paddock. The owners of the Bow tops were spoken to and stated they had a lame horse and could not move on, these were monitored over night.

30/5 ASB was reported at the White Hart Sports and Social Club.

Unwanted persons had tried to gain entry. Officers attended but had moved on prior to arrival.

30/5 Vehicles were reported travelling

### HOUSE CLEARANCES



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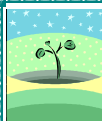
30/5 A group of males was reported walking down Long Lane jumping on vehicles. Officers attended.

30/5 Caller reported "really loud horses" running on the road. Officers attended and spoke to those in the area.

30/5 Caller reported ASB on Main St, young males kicking at signs and urinating in the St.

31/5 Caller reported Criminal Damage to her vehicle on Castlegarth.

31/5 Caller reporting a horse tied up on the play park by the paddock. Officers attended and the horse was moved on.



### Gardening

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0770 99 77619



31/5 Caller reported female going door to door trying to sell items on Sycamore Drive, officers attended and she had left prior to arrival.

31/5 RTC single vehicle involving a moterbike, no injury.

31/5 Criminal Damage caused to a chain on a gate on the Cautley Rd. Owners of the vehicles and horses spoken to but unable to move due to the intake of alcohol.

31/5 2 young males seen to steal 3

lambs have gone missing from the Lowgill area, caller does not think they have been stolen just wandered off into the Grayrigg area.

2/6 Caller reported smoke/fire and loud male voices at the bottom of Winder Fell. Fire attended and dealt.

2/6 Caller reported travellers blocking the pavement on the road side at Pinfold Caravan site. Patrols attended and dealt.

4/6 RTC on the top of Blackhorse Hill. Single Vehicle, no injury.

5/6 RTC on the top of Blackhorse Hill. 2 Large vehicles involved. No injury.

10/06 An RTC was reported to us in the Dent area. Car had hit a banking.

11/06 Caller, who was on a pedal cycle, reported a near miss with a mini bus as it tried to overtake on a narrow road.

13/06 ASB was reported to us outside Pinfold Caravan Site. Officers attended, all in order.

Cumbria Constabulary appreciate the number of calls coming into us regarding suspicious vehicles and persons. Please continue to do so. Please note:

Our new police base is now open in Sedbergh. We are located at 72, Main Street and anyone who would like to discuss any issues regarding your community please don't hesitate to come and approach us. We are thoroughly delighted that we now have a community office to work from which is in the heart of Sedbergh, and look forward to engaging with as many members of the community as possible. *Danielle Ayers CSO 5329, Mandy Coleman CSO 5244*

**Paul  
Hoggarth**



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**07968 977429**

cases of red bull from Sedbergh Spar. Enquiries are still ongoing awaiting CCTV.

1/6 Caller reported vehicles travelling at speed between Sed-Kirkby Lons. Caller unable to obtain registration.

1/6 Caller reported unable to access the Cautley Moor, due to large amount of parked vehicles, officers attended the site and dealt with offending vehicles.

2/6 Caller reports that 4 sheep and 6

**SEDBERGH & DISTRICT  
INFORMATION CENTRE**

One thing we're very excited about at the moment is our next Coffee Morning. People seemed to like the one we did in December, and we enjoyed it, so we're doing the coffee morning on Wednesday 16 July at the URC Rooms on Joss Lane (See Page 16). As well as the usual coffee morning stuff you will be able to ask about the services we offer and the joys of volunteering here.

People in Sedbergh seem not to be as aware as visitors are that half of the Information Centre is, in fact, a book shop, and people who do know the books are there tend to think they are all fine volumes at fine volume-type prices. In fact, the stock comes in from a large number of book dealers, so the range is very wide – as well as specialist stock on transport, sport, art, the local area and the natural world and more, you will also find a large number of keenly-priced recent novels. Books are shelved by dealer, so you have to browse about a bit to make sure you've seen everything. Lastly, don't forget that we are open on Sundays between noon and 4pm.

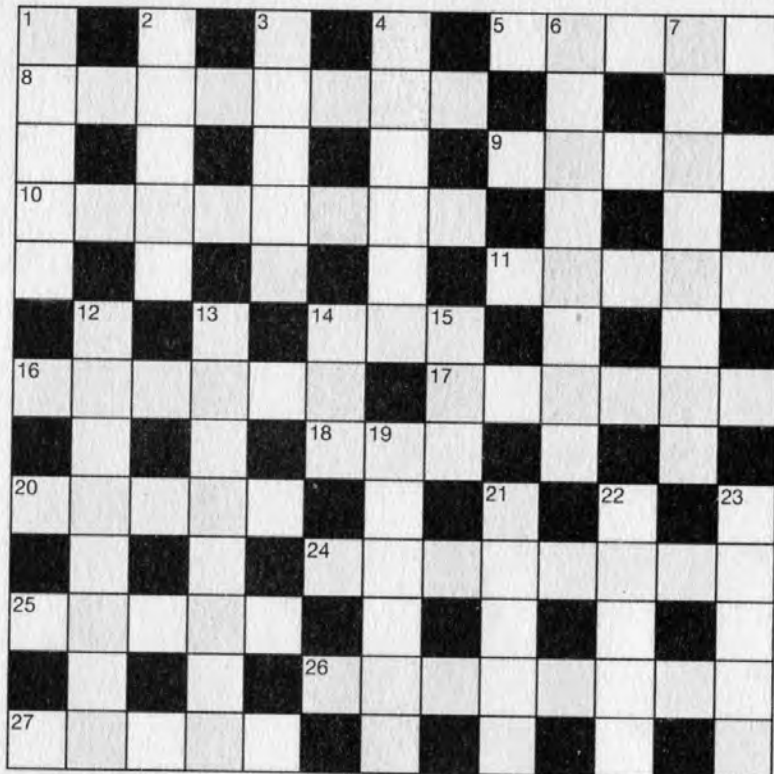
The Wednesday market has got a new greengrocer's stall – well, it's new to Joss Lane if not to Sedbergh. Stephenson's have moved from their pitch in front of St. Andrew's now that it's clear that John, the previous greengrocer on the market, won't be able to come regularly for a while because of ill health. We hope that if you are used to picking up from

Stephenson's by car you will find it easier and safer to do so on Joss Lane car park and will give some of the other stalls a go – you may have been missing out on farm fresh meat and eggs, artisan bread, fresh fish and cakes, just to mention the food stalls.



We are keen to help people try out a new idea with a stall on the market. A pitch plus stall package only costs £11 for a day and we even put up the stall for you! If you are interested, please have a word with Andi at the information centre. Now it's better weather, people may also be thinking of car boot stalls and again, get in touch with Andi to let us know you're bringing your stall.

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						4	2	



## ACROSS

- 5 Shore (5)
- 8 Incidentally (2, 3, 3)
- 9 Edible nut (5)
- 10 Home (8)
- 11 Chew noisily (5)
- 14 Amateur radio operator (3)
- 16 Indian statesman (6)
- 17 Overlook (6)
- 18 Excise (3)
- 20 Backstreet (5)
- 24 Principles (8)
- 25 Bacterial poison (5)
- 26 Sentimental in love (8)
- 27 Fix firmly (5)

## DOWN

- 1 Remain (5)
- 2 Trample, stamp (5)
- 3 Fail to pay debt (5)
- 4 Rice dish (6)
- 6 Tusked animal (8)
- 7 Two-edged sword (8)
- 12 Dance hall (8)
- 13 Sticky substance (8)
- 14 Chart-topping record (3)
- 15 Combine (3)
- 19 Device used to secure a ship to the seabed (6)
- 21 Merciful (5)
- 22 Champagne glass (5)
- 23 Children's charity (inits) (5)

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

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

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

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



### BED & BREAKFAST

Proprietor	Address	Phone (015396)
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: sangold.kwood@virgin.net	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> e-mail:- stay@drawellcottage.co.uk	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	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: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	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: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) <i>1D(ES); 2D(F)(ES); TV; CH; P; NS; VB; CW</i>	21789

### 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
Borrett Barn Flat, Marthwaite, Sedbergh (2014/07)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2014/07)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175

### 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



## 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
1121 (L)	1156	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				
0855 (L)	0932	M - F	564	GPS	0705	0740	M - F	564	GPS
1125 (L)	1202	M - S	564	GPS	0935	1002	M - S	564	GPS
1440 (L)	1505	M - S	564	GPS	1235	1310	M - S	564	GPS
1655 (L)	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
1052	1105	Sat	564A	WDB	0910	0925	Sat	564A	WDB
1330	1345	Wed	564B	W	1020	1035	Sat	564A	WDB
1500	1515	Sat	564A	WDB	1615	1630	Sat	564A	WDB
1650	1705	Sat	564A	WDB	1740	1755	Sat	564A	WDB
1840 #	1855	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
1052	1105	Sat	564A	WDB	1106	1121 (L)	Sat	564A	WDB
1345	1355 CG	Wed	564B	W	1630	1645	Sat	564A	WDB
1515	1530	Sat	564A	WDB	1755	1810	Sat		WDB
1705	1720	Sat	564A	WDB	1945 #	2000	Sat		WDB
1855 #	1910	Sat	564A	WDB	Last Update: July 2014				
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)				

# Western Dales Bus

	Saturday					
Kendal Bus Station	-	-	-	1425	-	-
Oxenholme Stal Approach	-	-	-	1434	-	-
Sedbergh Dalesman	0825	-	1052	1500	1650	1840
Dent Car Park	0840	0950	1105	1515	1705	1855
Cowgill	0853	1003	-	1528	1718	1908
Dent Station	0855	1005	-	1530	1720	1910
Trains Leeds to Carlisle	1016	-	-	1611	-	1923
Trains Carlisle to Leeds	0905	-	-	1540	1732	1920
Dent Station	0910	1020	-	1615	1740	1930
Cowgill	0912	1022	-	1617	1742	1932
Dent Memorial Hall	0925	1035	1106	1630	1755	1945
Sedbergh Library	-	1050	1121	1645	1810	2000
Oxenholme Stal Approach	-	-	1144	-	-	-
Kendal Bus Station	-	-	1156	-	-	-

	Sunday		Bank Holiday Monday	
Sedbergh Dalesman	1000	- 1735	-	1000 - 1850
Dent Car Park	1015	1100 1750 1845	1015	- 1905
Cowgill	1028	1113 1803 1858	1028	- 1918
Dent Station	1030	1115 1805 1900	1030	- 1920
Trains Leeds to Carlisle	1037	-	1908 1018	1934
Trains Carlisle to Leeds	1040	-	1816	1927
Trains Blackpool to Carlisle	1102	-	-	-
Trains Carlisle to Blackpool	-	-	1043	-
Dent Station	1045	1118 1825 1920	1045	- 1940
Cowgill	1047	1120 1827 1922	1047	- 1942
Dent Memorial Hall	1100	1133 1840 1935	1100	1133 1955
Sedbergh Library	-	1148 - 1950	-	1148 2010



	Sunday and Bank Holiday Monday					
Farfield Mill	-	-	1157	1425	1707	-
Sedbergh Library	-	-	1203	1431	1713	-
Sedbergh Dalesman	-	-	1208	1450	1735	-
Dent Car Park entrance	-	-	1222	1505	1750	-
Cowgill	-	-	1235	1518	-	-
Newby Head B6254 jct.	-	-	1246	1529	-	-
Snaizeholme Lane End	-	-	1252	1535	-	-
Wensleydale Creamery	-	-	1300	1543	-	-
Hawes Market Place	-	-	1303	1546	-	-
Hawes Countryside	-	-	1305	1548	-	-
Hawes Countryside	-	-	1315	1600	-	-
Hawes Market Place	-	-	1317	1602	-	-
Wensleydale Creamery	-	-	1320	1605	-	-
Snaizeholme Lane End	-	-	1328	1613	-	-
Newby Head B6254 jct.	-	-	1334	1619	-	-
Cowgill	-	-	1345	1630	-	-
Dent Memorial Hall	-	-	1133	1358	1643	-
Sedbergh Library	-	-	1148	1413	1658	-
Sedbergh Dalesman	-	-	1151	1416	1701	-
Farfield Mill	-	-	1156	1421	1706	-



No Pram Race at St. Andrew's Church Fete this year. Ugly scenes as Pram Race gangs from across Cumbria attempt to disrupt this happy family event.

<b>Organisation</b>	<b>Update</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/08	Mrs Leigh	Sed:	20794
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	01/09	Mrs Whitton	015242	72004
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
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
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club - Sedbergh	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
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre *	07/14	Mrs Stark	07582	017396
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 Junior - Sedbergh *	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh *	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
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	12/13	Mrs Gilfellow	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
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	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
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	04/14	Mrs Hassam	Sed:	20125
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	04/14	Mrs Hassam	Sed:	20125
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	06/14	Mrs Foott	015395	30163
Residents Association - Sedbergh	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
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
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	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
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

<b>CHURCH SERVICES JUNE</b>					
St. Andrew's	6th	13th	20th	27th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC CW	HC CW SS	HC CW	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	2nd	9th	16th	23rd	30th
11.00	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
St. Mark's	6th	13th	20th	27th	
9.30 am	HC	MP NC	MP NC		
2.30 pm				Taize	
St. John's	6th	13th	20th	27th	
9.30 am	MP	MP	HC	MP	
<b>LUNE PARISH SERVICES</b>					
	6th	13th	20th	27th	
Holy Trinity Howgill	10.30 am Joint MP Firbank	2.00 pm Joint HC Killington	2.00 pm Joint HC Howgill	2.00 pm Joint HC Firbank	
St John's Firbank					
All Saints Killington					
<b>DENT &amp; COWGILL PARISH SERVICES</b>					
	6th	13th	20th	27th	
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC		
St. John's	9.00 am HC		2.30pm EP		
<b>worship@peopleshall</b>					
	1st				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community					

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

St. Andrew's Parish Church  
 Sunday 08.00, 10.30 & 18.30  
 Wednesday 11.15

**Rev. A. McMullon Tel: 20018**

*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. H. Stuteley Tel: 20329**

### UNITED REFORMED CHURCH

Main Street  
 Sunday 10.30

**Rev. C. Marsden Tel: 22030**

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
 Sunday 10.30

**Tess & Philip Satchell Tel: 20005**

### DENTDALE

#### CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ  
 Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

*Enquiries for the following services,  
 please ring the relevant telephone number*

### CHURCH OF ENGLAND

Cautley & Garsdale

**Rev. A. McMullon Tel: 20018**

*Church Wardens:*

Cautley: Judith Bush 20058  
 & Maureen Hinch 20843

Garsdale: Mary Grant 20573  
 & Bill Mawdsley 20723

Firbank: Colin Wilson 20952  
 & Jean Dixon 20435

Howgill: Mary Stainton 20426  
 & Dorothy Parker 20493

Killington: Jennifer Thornely 20444  
 & John Mather 015242 76333

Dent & Cowgill

**Rev. P. Boyles Tel: 25226**

### METHODIST CHURCH

Dent; Dent Foot;  
 Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;  
 Hawes Junction & Frostrow

**Rev. H. Stuteley 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 1st Sunday each month

**Beth & Sandy Roy Tel: 20785**

### 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 19th March 2015*

<b>JULY</b>			
1	1030	Material Space in Touch Exhibition (20)	FM
1	1030	The Story of Quilt Exhibition (20)	FM
1	1030	Summer Time Exhibition (20)	FM
2	1000	Coffee Morning - URC	URCR
2	1130	Cart Before the Horse & Workshop	DCMH
2	1930	Sedbergh Town Band Concert (7)	StAD
3	1030	Weaving Workshop (20)	FM
3	1930	WIH Members Evening	HVH
4	1300	Dent Over 60's Lunch	Country Harvest
4	1800	Thandi AGM	URCR
5	1000	Artisan Market (26)	Main Street
5	1900	Flicks in the Fells	PH
9	TBA	WID Summer Outing	TBA
9	1900	Town Band Concert	Country Harvest
8	1400	WIK Outing to Howarth	PH
8	1600	Appleby Fair Drop In De-Brief	LHKL
9	1000	Coffee Morning - Middleton Church	URCR
9	1700	HS Carlisle Archive Centre (9)	LHCP
9	1930	WIS Wedding Myths & Magic	PH
10	1200	Lunch Club	Red Lion
10	1915	Royal British Legion	WHC
12	0930	SASL Street Collection	Sedbergh
12		StAS Summer Fete & Fun Day (1)	Finkle St
12	1800	Suzan Sedgwick Dance Reunion	PH
13	1000	Art in Wood Exhibition	DCMH
15	1300	Medical Centre Closed for Training (15)	MC
15	1400	Bowling Club Taster Session	QG
15	1800	Bowling Club Taster Session	QG
15	1930	Swimming Club AGM (15)	Bull Hotel
16	1000	Coffee Morning - Info Centre (16)	URCR
18	1930	Duck Race & Social Evening	KVH
18	1930	Friends of the Museum Gift Day	DCMH
19	1000	Learn to Meditate	MCD
19	1400	Strawberry Teas ( <i>Change of Date</i> ) (19)	DMH
20	1000	Effortless Meditation	MCD
20	1100	Group Meditation	MCD
23	1000	Coffee Morning - Royal British Legion	URCR
23	1330	Craft for Kids	DCMH
24	1400	Seeing Red	DCMH
25	1000	Family Archaeology Activities	DCMH
25	1100	Victorian Kitchen	DCMH
26	1000	Coffee Morning	DMC
26	1000	Artisan Market (26)	Main Street
26	1000	Lightbringer Flower Essence Workshop	MCD
26	1000	Family Archaeology Activities	DCMH
26	1000	Dry-Stone Walling	DCMH
27	1000	Lightbringer Flower Essence Workshop	MCD
27	1100	Moth Identification	DCMH
28	1000	Churches Together Holiday Club (1)	PH
29	1000	Churches Together Holiday Club (1)	PH
29	1000	Dry-Stone Walling	DCMH
30	1000	Coffee Morning - Garsdale Village Hall	URCR
30	1000	Churches Together Holiday Club (1)	PH
30	1330	Craft for Kids	DCMH
31	1000	Churches Together Holiday Club (1)	PH
31	1400	Victorian Kitchen	DCMH
<b>AUGUST</b>			
1	1000	Churches Together Holiday Club (1)	PH
6	1000	Coffee Morning - Howgill Church	URCR
7	1930	WIH Laughter, the best medicine	FCH
9	1000	Learn to Meditate	MCD
9	1030	Wire & Fibre Jewellery Workshop (20)	FM
9	1930	Organ & Early Music Concert/Supper	Garsdale
10	1000	Learn to Meditate	MCD
10	1100	Group Meditation	MCD
13	1000	Coffee Morning - StAS Mission	URCR
13	1915	WID Home, Heart, Heft & Jacobs Join	DMH
13		WIS Summer Outing	
14	1200	Lunch Club	Red Lion
14	1915	Royal British Legion	WHC
17	1000	Sharpen your Intuition	MCD
20	1000	Coffee Morning - NW Cancer	URCR
23	1000	Artisan Market (26)	Main Street
25		August Bank Holiday	
25	1200	Dent Gala	Dent
27	1000	Coffee Morning - Beekeepers	URCR
30	1000	Coffee Morning	DMC
<b>SEPTEMBER</b>			
3	1000	Coffee Morning - Garsdale Church	URCR
4	1930	WIH Ladies of Holker	HVH
6	1900	Flicks in the Fells	PH
9	1400	WIK Nurture your Artistic Talent	PH
10	1000	Coffee Morning - A&LP Lookaround	URCR
10	1915	WID Artisan Bakery	DMH
10	1930	WIS Makeover Magic	PH
11	0800	Westmorland Show	Crooklands
11	1200	Lunch Club	Red Lion
11	1915	Royal British Legion	WHC
12	1800	Torchlight Procession	Kendal

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## COVER PICTURE

Gawthrop

by Dennis J Whicker

12	1900	FoSMC Quiz Night & Supper	PH
13	1030	National Heritage Weekend	FM
14		Town Band @ Hardrow Festival	Hardrow
14	1030	National Heritage Weekend	FM
16	1300	Medical Centre Closed for Training (15)	MC
17	1000	Coffee Morning - Town Band	URCR
17	1930	Town Band Concert	MiddC
20	1000	Artisan Market (26)	Main Street
24	1000	Coffee Morning - People's Hall	URCR
26	0830	McMillan Biggest Coffee Morning	DMH

### OCTOBER

1	1000	Coffee Morning - Firbank Church	URCR
2	1930	WIH AGM & WI Advisor	
4	1900	Flicks in the Fells	PH
5 - 7		Singing Carlisle - Settle	Ingleton
7	1400	WIK Sing! Penguin! Sing!	PH
8	1000	Coffee Morning - URC	URCR
8	1915	WID Fashion Show	DMH
8	1930	WIS Decorating a Sponge Cake	PH
9	1200	Lunch Club	Red Lion
9	1915	Royal British Legion	WHC
11	0930	MS Table Top Sale	PH
15	1000	Coffee Morning - Christian Aid	URCR
15	1300	Medical Centre Closed for Training (15)	MC
18	1400	MS Jumble Sale	PH
22	1000	Coffee Morning - Bowling Club	URCR
24	1930	Autumn Domino Drive	HVH
25		Jumble Sale	PH
26		Clocks Fall Back	
29	1000	Coffee Morning - Garsdale Church	URCR
31		Halloween	



## NOVEMBER

1		All Saint's Day	
5	1000	Coffee Morning - Royal British Legion	URCR
6	1930	WIH Music & Poetry	HVH
9		Remembrance Day Services	
11	1300	Medical Centre Closed for Training (15)	MC
11	1400	WIK AGM	PH
11	1930	Town Band Concert of Remembrance	URC
12	1000	Coffee Morning - Killington Church	URCR
12	1915	WID AGM & Contrasts & Change	DMH
12	1930	WIS You said you could do it .....	PH
13	1200	Lunch Club	Red Lion
13	1915	Royal British Legion	WHC
19	1000	Coffee Morning - Ladies NFU	URCR

### DIARY KEY

BF	= Brigflatts
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	= Dent Methodist Chapel
DPS	= Dent Primary School
FCH	= Firbank Church Hall
FM	= Farfield Mill
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
IRC	= Information Resource Centre
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Medication Centre, Dent
MiddC	= Middleton Church
PH	= People's Hall
QG	= Queen's Gardens
RD	= Rhumes, Dent
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJCG	= St John's Church, Garsdale
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSAT	= Settlebeck School Academy Trust
SS	= Sedbergh School
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 – 10.00am

**(No appointment necessary)**

Late Morning – 10.30am -12.30pm

**(By appointment only)**

Afternoon – 2.30pm – 6pm

**(By appointment only)**

### **Surgery by appointment only –**

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

**Dent Surgery by appointment only - Monday**

### 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.

### Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

### DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,  
Dawn Douglas & Sarah Boum (Hygenist)

Monday to Friday 0900 - 1700

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 & DISTRICT INFORMATION CENTRE

*for resident & visitor information*

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125/20504

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

### SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

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

### 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