

Sedbergh & District

LOOKAROUND

April 2017

Issue 353

Donation £1

A warm welcome to everyone as we leap into Spring .

Please note that from this month, the Closing Date for submissions for everything is now the 15th of every month. We thank you for being

understanding and helping to get your Newsletter into print by the first of each month.

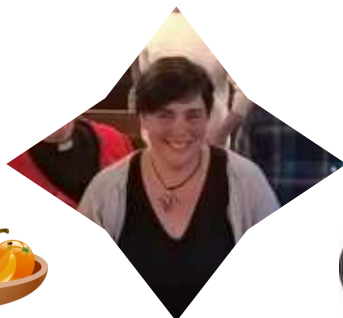
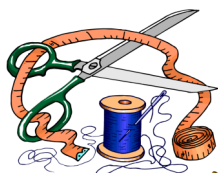
A big thank you for your continued support.

Dennis & Jacky Whicker

Spring Show

1pm Saturday 1st April

To be opened by Rev Carole Marsden
of Cornerstone Church, Sedbergh



*Come along on the day to enjoy
the Exhibits, Town Band & Refreshments*

CLOSING DATE: 15th April for everything

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

Table of Articles

Bed & Breakfast	96	Family Musings	62
Bus Time Tables	92	Food and Drink Festival	77
Diary of Events	98	Gardening	61
Editorial and Information	90	Guided Walks	78
Lookaround Advertising Rates	83	Gym & Fitness Centre	79
Groups	88	Hedgehogs need our help	56
Personal Messages	86	History Society Thomas Garnett	20
Places of Interest	97	Holiday Club	10
Puzzles	82	Lent Lunches	73
Religious Information	94	Lucienne Day in Cumbria	28
Regular Meetings	97	Mind South Lakeland	55
Useful Telephone Numbers	5	Oral History Society	27
72 Main Street	67	Parish Council Garsdale	11
Art Society	63	Parish Council Sedbergh	14
B4RN 1	40	People's Hall 60th	74
B4RN 2	41	Peoples Hall News	76
Chamber of Trade & Business	67	Playgroup	75
Christian Aid	9	Princess Ida	54
Churches Together	6	Red Squirrels	39
Citizens Advice	79	Scottish Dance Week	24
Civil Weddings	44	Sedbergh School News	47
Community Officer Report	80	Sedbergh Songsters	24
Community Orchard Group	43	Settlebeck News	46
Community Swifts	59	Singing Slovenia	25
Councillor Corner	18	Spring Concert	22
Cryptic Quiz	82	Tim Farron MP	16
Cumbria Wildlife Trust	74	Walking & Cycling Group	77
Dark Skies Festival	73	Weather	72
Dementia Friendly Community	53	Whetstone Five	64
Dent Stores	80	WI Dentdale	31
Dentdale Allotment Association	56	WI Howgill & Firbank	30
Dentdale Christian Fellowship	9	WI Killington	33
Dentdale Head to Foot	71	WI Sedbergh	35
Dentdale Memorial Hall	29	YDMT Support	68
		YDNP Park of the Year	70

Table of Adverts

A1 Audio	25	Lakes Scaffolding	11
Able Memorials	30	Laura's Loom	19
Andrew Allan Video Transfer	34	Malcolm Sedgwick Carpenter	67
Bibby's Coach Holidays	51	Mark Barker Gardener	63
Bonney Brides Photography	33	Market	71
Brian Goad Funeral Services	31	MB Designs	78
British Legion	18	McGarry Solicitors	13
Byroms Furnishers	32	Medical Centre	4
Capstick Insurance Agent	48	Medical Centre	77
Cerberus Printing *	9	Meditation Centre Events	23
Churchmouse Café	64	MK Conversions Builders	42
Cobble Country Estate Agent	59	Nicky Ross Plumber	61
Cross Keys Hotel	55	No. 6	12
Cumbria Stoves	75	Parkin & Jackson - Kevin Bateman	31
Dalton Burial Ground	31	Paul Hoggarth Builder	24
Daphne Jackson Osteopath	75	Pennine Hotel Job Vacancies	20/21
Dawsons Coal Yard	56	People's Hall	8
Derek Hayes Gardener	58	Peter Woof Electrician	37
Duncan Law Plumber	53	Philip Horner Fencer	57
Edwin Middleton Carpenter	80	Robert Powell Web Design	34
Fairbank Society	65	Rosemary Lewes Accountant	62
Farfield Mill	7	Ryan Simpson Septic Tanks & Skips	58
First4Homes Improvements	83	Sedbergh School Vacancy	52
Flicks in the Fells	4	Sheila Shuttleworth Dressmaker	47
G J Baines & Son Builders	76	Silver Workshop	50
Garsdale Design	64	Simon Parkin Carpet Cleaning	34
Gary Allan Metalworker	70	Smart Office	69
Gavin Charlesworth Wood Supplier	15	Stefan Kliszat Decorator	5
Graham Milburn Weed Control	43	Stephenson & Wilson Builders	39
Graham Moffat Builder	73	Steve Hopps Handyman	39
Graham Moore Chimney Sweep	6	Stobars Hall Care Home	57
H&M Craftsmen	63	Stramongate Printers	81
Haddock Paddock Fish & Chips	34	TDS Tiling	74
Hayton & Winkley Solicitors	45	Temptations Craft Boutique	16
Helping Hand	74	Thenewsnot Filming	18
House Clearances	70	Three Hares Café	36
Howgill Upholstery	73	Tiik Wilkinson Builder	68
Howgills Accommodation	44	Tooby Electricals	46
Ian Higginbotham Decorator	65	Trevor Gardner Plumber	14
Josephine Lade Orthopaedic	79	W Milburn & Sons Builders	67
Jude Jackson Music Teacher	72	Wes Brewer Firewood	49
June Parker Acupuncture	47	Westmorland Veterinary Group	25
Kay Whittle Chiropracist	38	Wickerfishart	23
Kentdale Property & Garden Services	41	Windermere Windows	66
Killington Marquees	10	Yoga Classes	68
Kilvington Solicitors	35	Yvonne Cervetti Massage	86

Table of Events

Artisan Market	29
Beer & Music Festival	28
British Legion	18
Easter Monday Sale	17
Experience Easter	6
Farfield Mill	7
Flicks in the Fells	4
Gym AGM 05	4
Help the Aged AGM	4
John o Groats	10
June Squirrel Tea Party	60
Market	71
May Scottish Dancing	60
Medical Centre	4 & 77
Meditation Centre Events	23
Messy Church	33
Primary School Science & Wildlife Gdn	26
Primary School 50 year Celebration	27
Princess Ida	54
Spring Concert 22	22
Spring Show 01	1
Springtime in Barbon 16	16
Wickerfishart	23
Yoga Classes	68

I, Daniel Blake

A film by Ken Loach
Starring Dave Johns, Hayley Squires
Dylan McKiernan. 100 minutes. Certificate 15

**Saturday
1st April**

film starts **7.30pm**

Sedbergh People's Hall

Flicks in the Fells

PEOPLE'S GYM & FITNESS CENTRE



Wednesday 5 April

Tea & Biscuits ~ 7 pm.

Meeting ~ 7.30 p.m.

Committee Room

People's Hall, Sedbergh

Everyone Welcome



ANNUAL GENERAL MEETING

**19.30pm
Monday 3rd April
People's Hall Committee Room**

All persons resident in the civil parish of Sedbergh over the age of 18 may attend

SEDBERGH MEDICAL CENTRE

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

Wednesday 5th April

Thursday 18th May

Wednesday 21st June

Wednesday 12th July

Wednesday 20th September



April Birthdays

Day	Name	Age
3	Cameron MILBURN	11
4	Kyla DODD #	4
4	Emily STANLEY	7
5	Katie COLTON	11
8	Zara KELLY #	1
8	James DAWSON	4
8	Connor THORNLEY	10
13	Edward JERMY	10
16	Ellen METCALFE	6
18	Jasmine SEN	9
22	Myles STANTON #	10
23	Woody LONGFELLOW	4
23	Zak HALL #	10
25	Izzy NEWBOLD	11
27	Scott LAWSON	10
28	Lucy CAPSTICK	11

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101
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01539 769055
South Lakes Citizens Advice Bureau
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South Lakeland District Council
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Yorkshire Dale National Park
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<i>If you would like to see any numbers listed here, please let us know.</i>



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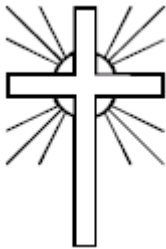
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Western Dales Mission Community
invites you to

Experience Easter

an interactive way
of exploring the



Easter story
3rd - 15th April

St Andrew's Church, Sedbergh

This will start at 11am.
News from the Pews



Thank you to Eleanor and Dilys for the lovingly cared for borders around the church, which have been admired many times recently. Over the months to come we shall enjoy the different flowers as they come into life and greet us as we walk along the paths to either enter the church for a quiet moment or join a service. I know many people just like to sit on the seats outside whilst they take in their surroundings; maybe eat an ice cream or take time out for a short rest as they pass through Sedbergh.

To help him prepare for the printing of Lookaround in good time Dennis needs our written offerings a little earlier now so I am going to look into

CHURCHES TOGETHER

Experience Easter

From Monday 3rd April to Saturday 15th April, the Western Dales Mission Community will be offering you the chance to 'Experience Easter' at St Andrew's Church, Sedbergh. This is an interactive way of exploring the Easter story and will be of interest to people of all ages. Why not come and see?

St Mark's Church, Cautley

We shall be holding a special healing service and Eucharist on Sunday 23rd April at 2.30pm, to which all are welcome. On Sunday 30th April we shall be joined by our friends from Cautley Methodist Chapel for an ecumenical service.

Chapmans
Chimney-Vac
Service

Ring me
when it
"Soots"
you!

Sedbergh
015396
20353

my crystal ball and tell you that the "Friends of St Andrew's" AGM (Wed 15th March) and the Parish Supper plus AGM (Friday 17th March) both went well. The "Friends" speaker will be Peter Gardner on the topic of bells and bell ringing, with possibly a chance to go into the tower. The Parish AGM will be good food, good company and the Parochial Church Council, Churchwardens, Sidespersons and other representatives of the church all duly elected and ready for another year of cheerful service to St Andrew's and the Parish of Sedbergh.

Perhaps I should explain the purpose of the "Friends of St Andrew's" is to ensure the church building is kept in the best possible

condition. Being a Grade 1 Listed Building sited prominently in the centre of the town and a part of life in Sedbergh for hundreds of years we have a huge responsibility and one that needs all the help we can get from everyone and anyone who values the presence of the church in Sedbergh trusting it will be there for successive generations of our families to use. Thus the "Friends" was set up for just this purpose, to have money in an account that is there to be drawn upon when the need arises for repair and maintenance. This fund has been invaluable in recent years as big payments for such jobs as replacing crumbling medieval stonework, and finials severely affected by the wind

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Tom Phillipson
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 "TEXTiles" by Textilia3
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Robin and Lucienne Day
 foundation

'Lucienne Day in Cumbria' a free illustrated talk by her daughter Paula Day. Sun 23 April 2pm
 Lucienne Day, one of Britain's most influential contemporary textile designers, shown here with her iconic design 'Calyx'.

Weavers Café- Front of house staff required 12-3.30pm Sundays.
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and rain high on the tower. The list of jobs to be done is never completed.

Over the years the list of Friends has diminished as donors have died or moved away from the area. New Friends to help support this work with regular donations, perhaps monthly, or annually, or even now and again would be wonderful and help like the British Rail slogan used to say "take the strain". Forms to join the Friends are at the back of the church, or a word to Tony or myself would be music to the ear!

On a lighter note the Teddy Bears' Picnic has been planned for Saturday April 22nd at 3pm. As always children bring along your brothers and sisters, parents, grandparents and most importantly besides you, your teddy bear. Come and enjoy some entertainment followed by a picnic tea, which will be inside the church if the weather is too cold.

Planning the church services from Palm Sunday through Holy Week and over Easter is underway. The details will be posted in the noticeboards at the lychgate and inside the church.

As always there is a welcome on the mat.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

Dent and Cowgill Parish Planner for April

2nd Holy Communion, 10:30am - St Andrew's, Dent

2nd Evening Prayer, 2:30pm - St John's, Cowgill

4th Western Dales Mission
Community Representatives
Meeting, 7:30pm - St Andrew's,
Dent

9th Combined Palm Sunday Service,
10:30am - St Andrew's, Dent
13th Western Dales Mission
Community Maundy Thursday
Service, 7pm - St Andrew's, Dent
14th Good Friday Meditation,
10:30am - St Andrew's, Dent
16th Easter Day Holy Communion,
9:00am - St John's, Cowgill
16th Easter Day Holy Communion,
10:30am - St Andrew's, Dent
23rd Holy Communion, 10:30am - St
Andrew's, Dent
24th Annual Parochial Church
Meeting, 7:30pm followed by a
Jacob's Join - Dent Memorial Hall
30th Holy Communion, 10:30am - St
Andrew's, Dent

Cowgill School - Marking the 50th anniversary of the closure of the school

This summer marks 50 years since the closure of the school in Cowgill. To mark this anniversary we are planning an exhibition of photos and other memorabilia. If you, your family or friends attended Cowgill School and are interested in contributing to this event, please contact Janice Moorby, janicemoorby@icloud.com or Heather Fraser, holmehill@btinternet.com.

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DENTDALE CHRISTIAN FELLOWSHIP

John Sanderson returned to the village where he had spent many happy times with his grandparents to share something of his life and walk with God at our Feb fellowship.

The March FFWF was a happy informal evening with a buffet and then we prayed for the Dale and chatted about future events.

ALL our events are open to everyone, very rarely is money required and you will not have to sing or do anything you may find uncomfortable. Sometimes we have an event in the Memorial Hall such as Passover in April. Want to know more? Contact us.

Jn & S Woof. Rhumes, Dent 25212

CHRISTIAN AID

in Sedbergh & Dent

First of all thank you to all those who supported our Coffee Morning in March at which the grand total of £213.45 was raised.

Next month sees our major fund raising effort during Christian Aid Week running from 14 – 20 May.

Christian Aid Week was set up 60 years ago to support our work with refugees in Europe following the Second World War. In this anniversary year the focus again is on support for refugees around the world. More information about that can be found on the Christian Aid website online and will be highlighted locally during May. Sedbergh and District has established a strong

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Sedbergh Area Walking & Cycling Group

Land's End to John O'Groats

revisited

An illustrated talk by

Dave Smith

Monday 10th April

7:30pm

People's Hall

Entrance £2



SEDBERGH HOLIDAY CLUB 2017 Holiday Club 24th – 28th July 2017

The annual Holiday Club, supported and organised under the banner of the Western Dales Mission Community, will be held once again in 2017. This year it will be held in the first full week of the school summer holidays, commencing Monday 24th July.



The Holiday Club will be held at the People's Hall from Monday 24th to Friday 28th July 2016, with a special event for children & families on the morning of the following Sunday 30th July. Open as usual to children of primary school age, notionally 5-11 years. Further details in due course.

The Holiday Club team value the support we receive from the community in organising this annual event, and trust that you will once again encourage the children to attend, and get the summer holidays off to an enjoyable start.

*Sandy Roy
Sedbergh Holiday Club*

tradition of support and plans are taking shape for our efforts here.

Once again there will be volunteers going out on the door to door streets collections. We are in need of some new people to help with this particularly as some of our longstanding helpers are no longer available due to changing circumstances in health and location. If you are able to lend a hand please get in touch with one of the committee members – each church in the district has a representative so we are easy to find. The job just involves dropping off an envelope at each house or flat in a street, usually one in which you live or close by so it's easy to get round and then calling back a day or two later to pick it up. If a couple of friends or family work together it is soon done.

There will also be a coffee morning on Wed 17th May with bric-a-brac and cake stalls and contributions to these will be most welcome.

Looking forward to your help and support.

*Anne Pitt
On behalf of Sedbergh and District
Christian Aid committee.*


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PARADISE LOST OR FOUND?

Two months ago, Garsdale Parish had a small glimpse of utopia, rumours abounded about substantial road repairs to the badly rutted and worn out road through the dale were to be started. Hopes were quickly dashed however, when there was a noticeable absence of night closure signs. A direct enquiry to Highways did not elicit a response but that is par for the course, they really are an impolite and uncooperative bunch up there, and yet we pay their wages. At the last parish council meeting, our district councillor, Kevin, said that he had heard (more rumours) that there could still be road improvements in the offing and work around 'The Mosses' was definitely going ahead.

However, Kevin was a bit bemused as to why, if Cumbria County Council were serious about resurfacing the A684, did they spend rare resources on superficially filling in a few potholes?

Maybe we are unworthy to be allowed an insight in the mysterious dealings of the County Council but our 'workmen' from the Highways department are a sickly lot. A recent medical survey has confirmed the presence of the previously suspected condition in the majority of the workforce of:

- WSE: workshy ethics, a debilitating condition that prohibits a decent day's work.
- Unfortunately the survey also uncovered an alarming range of

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other conditions such as:

- PHB: pothole blindness, defined by the inability to see potholes in the road surface even if working on one in near proximity.
- MPO: mobile phone obsession, an affliction affecting many where one hand is unavailable for use as it is clutching a mobile phone.
- BA: brew addiction, where affected workers cannot continue their lives without a brew every 20 minutes.
- TTLC: temporary traffic light compulsion, the urge to erect temporary traffic lights wherever possible even though there is a clear line of sight.
- TCP: traffic cone phobia, the fear of not putting up enough cones

and signs to warn oncoming traffic of 'major' roadworks ahead.

This last condition appears to have been contracted by contact with motorway workers who excel in distributing mile upon mile of traffic cones along our motorways. This condition is also known as 'Cone Envy'.

Awards to motorway workers are given out annually in lavish county hall celebrations to those who have lined up the most cones in a single line, with special consideration given to those who manage to start the cones before an exit even when 'the work' doesn't start until after. Also special awards are also given to those with the most imaginative temporary motorway signs such as

{N^o6}
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NEW
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Afternoon Tea
Scrumpy

NO6

Interior view of the tea room showing tables and chairs.

Cartoon illustration of a woman carrying a large hat and a bag.

'THIS LANE IS CLOSED FOR YOUR PROTECTION'. Eh? How can closing off a lane and access to the hard shoulder, cutting the number of lanes from 3 to 2, be a safer option? Or 'END OF WORKS 14.4 MILES', the intent is surely to increase the suicide rate. Other awards are given for the ability to keep the roadworks in place for the greatest length of time and for the one causing the most amount of inconvenience.

However, I digress, back to our much loved Highways workforce. We must have sympathy for all their perceived ailments, most of which are incurable. The only recognised treatment is to remove them from the workplace and replace with fixed term contractors who get the work done in

a fraction of the time and to better standards. Long established procedures have proved that Highway workers' health can be temporarily improved by prescribing a restorative pint or three at the end of a 'hard' working day. This doesn't effect a complete cure but does provide some consolation.

Cheers!

The contents of this article does not reflect the views of Garsdale Parish Council.

Our next meeting is the Annual Parish Meeting on Thursday May 18th at 7.00pm in the village hall. All are invited and we hope to bring you the latest on the fast moving mega-speed broadband rollout by B4RN through the dale and representatives will be

Law with the personal touch?

We are accredited under the Conveyancing Quality Scheme as providing services high quality conveyancing services. We have members of the Society of Trust and Estate Practitioners and of Solicitors for the elderly which provide the benchmarks for wills, powers of attorney, probate and administration of estates.



Planning

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Powers of Attorney
Care Home Fees
Tax Planning
Estate Disputes



Property

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Leases and Tenancies
Disputes
Rights of Way



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SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held in March 2017. The next meeting of Sedbergh Parish Council is on Thursday 13th April 2017 at 7.30pm in the Committee Room of the People's Hall, Howgill Lane, Sedbergh

MARYFELL – PARKING

Members discussed the ongoing concern over parking at Maryfell, including the Disabled Parking Bay and agreed that communication

should continue with South Lakes Housing/South Lakeland District Council and Cumbria County Council – Highways.

AMENITIES

Joss Lane Car Park – initial plans for redevelopment/resurfacing were discussed along with the need to replace the car park ticket machines. The introduction of the new £1 coin would necessitate the replacement of ticket machines prior to the planned refurbishment (the machine at Loftus Hill car park would also be replaced). It is intended that the new machines will allow for card payment etc also.

SEDBERGH TOWNSCAPE PROJECT

Following ongoing discussions with Cumbria County Council – Highways

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it was noted that the Resurfacing/ relining of Zebra Crossing and bus lay-by at Long Lane had been completed. The improvements were welcomed by Members and thanks noted to Highways for the inclusion of these works whilst resurfacing in the Sedbergh area.

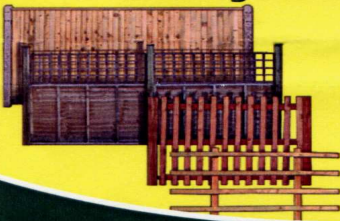
OTHER MATTERS:

As well as a presentation by Rev Carole Marsden over the Western Dales Mission Community, various other matters were discussed, including: planning applications; the clearing of the drains/culverts on Howgill Lane close to the playing field and adjacent to the former Barclays Bank; correspondence received from Settlebeck in connection with the

Multi Academy Trust proposal (which was supported by members) and initial enquiries relating to the footpath at the school; continued liaison with Barclays Bank plc over their empty premises on Main Street; the installation of an additional Grit/ salt bin at Havera; plans to hold the first meeting of the 'Friends of Queen's Garden' group; donations received from Cllr Cotton and Lancaster to support projects in the town and; the Community Resilience Plan, now nearing completion. Further noted was the ongoing resurfacing works on the Cautley and Garsdale roads, (whilst the inconvenience of the resurfacing was fully appreciated, it was understood that the roads were in desperate

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SPRINGTIME

from 2pm to 5pm

Sunday 16th April

Whelprigg, Barbon

by kind permission of Mr Henry Bowring

Walk around the gardens

Cake and produce,

White elephant,

book stalls and games

Entry with hot drink £3

Children free

need of repair and the night closures were a necessity to facilitate the resurfacing).

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions.

Public Participation is now at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend from 7.30pm.

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at

clerk@sedberghparishcouncil.org.uk

Please also note that a full reference copy of all documents relating to

meetings is held at 72 Main Street in the Parish Council Office.

Janey Hassam – Clerk

TIM FARRON MP

I have been focusing my efforts on three local issues over the past month.

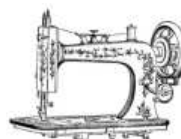
As I mentioned in the March edition of Lookaround our local teachers are really worried about the funding their schools will be getting over the next few years. Under new plans proposed by the Government they will be left having to fill a funding hole of about £23 million in their budgets. This equates to the salaries of about 625 teachers across the county. The gap is caused by the fact that the Government is keeping the funding that is provided for each pupil at the same levels whilst increasing the things that schools have to pay for such as national insurance and pensions. Already I have heard about subjects being dropped and class

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sizes increasing and we are only at the beginning.

I tabled an Early Day Motion calling on the Government to think again about these plans and invest in education rather than reducing their expenditure. As we come out of Europe and face the world by ourselves having a well-educated population is surely more important than it ever has been. Now is certainly not the time to be cutting investment in this area.

I have also arranged a meeting with the schools minister Nick Gibb MP to discuss the issue and I am taking along all the other Cumbrian MPs as well. It is important that he doesn't just see this as a political issue. I only hope he listens to us.

In his budget the Chancellor announced a £100 million pot for capital investment to reduce the pressure on our A&E services. As you know I have been pushing to upgrade the facilities at the hospital in Kendal to an Urgent Care Centre to reduce the undoubted pressure on A&E in Lancaster and Barrow. So when I heard the Chancellor's announcement I felt sure we were exactly what he had in mind when he put this money to one side. I have written to the Health Secretary and our local health chiefs calling on them to commit to spending some of this money on making our plans into a reality.

Finally, I learned the other day that dairy farm incomes are forecast to

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If you or yours have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone).

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

You do not need to have served in the Armed Forces to be a member.

Membership costs £17.00 - call 21575 or 20964 or

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For more information, visit our website:

<http://branches.britishlegion.org.uk/branches/sedbergh>

THE ROYAL BRITISH
LEGION



have fallen by about half over the past year with the average income of a dairy farmer in this country reduced to £22,500. I know that averages cover a whole multitude of issues but this still points to a big problem in dairy farming. No one can stand a 49% decrease in their incomes without big changes being made. It really worries me that this has happened at a time when we are about to leave the protection of EU and compete with dairy farms from around the world. As it is our milk production is declining faster than any other country in the top ten dairy producing countries and only three of those ten are actually declining. I have written to the Groceries Code

Adjudicator to ask them to conduct a national investigation into how retailers and producers are treating dairy farmers and ensure that they are paying them fairly. I will let you know what I hear back.

As ever if I can help you with these or any other issues please do get in touch, my email is

tim@timfarron.co.uk and the phone number is 01539 723 403.

Thanks for your support

Tim Farron MP

COUNCILLOR CORNER

There has recently been a flurry of Cumbria Highways activity around Sedbergh dealing with a whole host of separate issues. On the A683

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towards Cautley there has been major resurfacing work on Straight Bridge, around Ghyllas Picnic Site and also sections back towards Sedbergh.

Just west of Straight Bridge there is a watercourse called Little Ashbeck which runs under the A683 via two culverts which were partially filled with silt and stones from last winter's storms, causing the road to flood in very heavy rain. The access to the culverts is not easy and CCC Highways brought in a specialist vehicle called the 'Vactor' which is both more powerful and has a longer hose to access the pipes.

Near to Settlebeck School the surface by the zebra crossing has been replaced and the road markings refreshed. The Belisha beacons will be given a makeover so they are even more visible. Adjacent to this the bus layby has also been resurfaced. The lining machine has also been in action up on Havera, marking out the 'H-bars' in front of people's drives to allow residents greater visibility getting in and out of their property.

Back down Howgill Lane, adjacent to the playing field, Highways have undertaken work to clear the drain that was overloaded by Storm Desmond and other storms last winter. This all connects to the culvert running beneath the playing field towards Spar and Guldrey where it is hoped that a new inspection pit and silt trap will resolve future flooding issues.

Finally (I think I have covered most things!) the problem of water flooding onto Main Street from King's Yard to the rear of the former Barclays Bank

seems to have been resolved in the short term, although Highways are 'in conversation' with United Utilities about who is responsible for the blockage. Special thanks are due to Steve Longlands and Jim Atkins for the input of all their local knowledge on this particular problem. As ever, the water originates up on the fell, in this case passes under Fairholme and Bainbridge Road then joins the carrier drains on Main Street. Any blockage in the urban area and a lot of rainwater falling on the fells will end up running out onto the roads.

Cllr Nick Cotton



Laura's Loom

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SEDBERGH & DISTRICT HISTORY SOCIETY

The last talk of the winter programme was given by the society's president Professor Robert Fox. His topic was "Taking the northern waters with Dr Garnett". Thomas Garnett (1766-1802) was born in Barbon and as a child lived in Bank House. He showed interest in science from an early age and in his teens went to be an apprentice of John Dawson (1734-1820) in Sedbergh. Dawson was an apothecary and surgeon but also had taught himself mathematics. His work in this subject was known nationally but it was as a tutor of the subject that he made his name with pupils from Cambridge University

travelling to Sedbergh in their vacations to be taught by him.

Dawson saw that Garnett had ability and encouraged him to go to Edinburgh to study for a medical degree and after four years he obtained an MD in 1788. At that time there was a great demand for treatment to alleviate pain and fevers but the help available was poor. There were about fifty physicians in the whole country and only the very rich could afford their fees the remainder having to rely on men such as Dawson. Such was the demand for help that various sorts of people tried to fill the gap ranging from quacks to those whose treatment was bizarre but not always harmful. Garnett was not capable of



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becoming a physician but saw the possibility of making money from working in a spa. From at least medieval times some springs were thought to have healing properties, two in this area being at Humphrey Head and Witherslack, but a few became commercially developed such as at Bath. Hotels and bath rooms were built and this attracted wealthy people for the social life as well as for any health giving benefits. At Bath there was a master of ceremonies who dictated etiquette, the most famous of these being Beau Nash.

Harrogate was a spa but the surroundings were bleak and the available accommodation poor. However, Garnett saw its possibilities

because there were springs producing different types of water that could hence treat a variety of complaints. Garnett formed an alliance with Alexander Wedderburn, Lord Chancellor 1793-1801, who provided the finance to erect the buildings to make Harrogate a successful spa. In addition to making money from his medical work in the spa Garnett took in lodgers in his house to increase his income and it was in this way he met his wife.

The climate meant that there was little demand for the spa in winter and Garnett took to giving scientific lectures to supplement his income. This proved a great success and he visited many towns in the north. His reputation spread and when the



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Andersonian Institution in Glasgow was formed in 1796 he was appointed its first professor. He attracted large crowds to his lectures and as a result was head-hunted to become in 1800 the first professor appointed at the Royal Institution in London. This was not a success for a combination of reasons. His wife had died leaving him to bring up two daughters and he did not really fit in with Mayfair society. He also probably suffered from depression. In addition to lecturing he took up medicine again and as a result of doing this caught typhoid from which he died. Garnett had ability and exploited the opportunities available and his life showed that social mobility was possible in the

eighteenth century. Professor Fox answered questions and then was warmly thanked for his talk.

Richard Cann

SPRING CONCERT

The Dentsdale Choir is delighted to announce its Spring Concert, which will take place on 22nd April at 7.00pm in St Andrew's Church, Dent. This year the choir is joined by a new Musical Director, Dr. Richard Bruce from County Durham. Richard has been working with the Choir on its major work for the year, the Duruflé Requiem, which will be performed in the version with organ, and cello, accompaniment. This has been a challenging and rewarding work for the choir, which we will be pleased to



The  Dentsdale Choir



Spring Concert

Requiem Maurice Duruflé

Soloists: Iwan Lewis and Jenny Robinson; Cello: Bob Buller
plus works by

Elgar, Todd, Stopford, Lauridson, Tallis and Hogan.

Jolyon Dodgson

sings Verdi, Mozart and Barber

Organist: Roger Bush

Conductor: Richard Bruce

7:00 pm Saturday 22nd April

St. Andrew's Church, Dent

Tickets: adults £7.50, includes wine and nibbles
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Sedbergh Tourist Information Centre and on the door.



share with those who are new to it (and those who already know it!). The Requiem contrasts moments of plain-song-inspired simplicity, episodes of dense harmonically complex choral textures, longer sections of heart-pounding rhythmic intensity with other darker more contemplative periods.

In addition to the Durufle, the choir will also be performing a selection of shorter pieces ranging from traditional

English to more contemporary works and a well-known spiritual. This includes works by Elgar, Morten Lauridsen, Will Todd and Moses Hogan. We are also delighted also to welcome back Jolyon Dodgson as a Baritone soloist, he sang with us last year in the Sedbergh Music Festival, celebrating our 40th year of singing.

The Dentdale choir is a non-auditioning group of around 40 singers and we are always keen to welcome new members. We will be holding open rehearsals late in the year so do come to the concert and talk to one of our committee members in the break.

For further information on the concert or the Choir please phone Jenny on 25361 or John on 25689.



Enjoy walking? Like drawing and painting? Would you like to learn how to sketch while out walking and then create a painting from one of the sketches? Then why not join Ruth and Stuart on one of their 'Wickerwalks'.

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SEDBERGH SONGSTERS

The Sedbergh Songsters continue to meet in Gladstone House on Fell Close where we sing well known songs for everyone to join in with. The group which is arranged by Dignity in Dementia is an "Alzheimer's awareness" group which means that while those who suffer from the disease and their carers can greatly enjoy singing with us, it isn't restricted just to those with Alzheimer's - many of the singers who come do so just for the pleasure of singing together these wonderful songs which take them back to the halcyon days of long ago.

We meet every Monday from 10.30am to 12 noon and coffee and biscuits (and occasionally cake) are provided. We look forward to singing with you if you can make it.

Comic Relief came to film our Sedbergh Songsters singing group at the end of March, a recording of which appeared on Radio 2. Comic Relief fund our group and were keen to show how their money is being put to good use.

The Sedbergh Songsters - which is an Alzheimers aware singing group - sings songs which were well known in the 1950's., 60's and 70's (and by all our singers!)

David Burbidge 015396 21166

**Paul
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RESIDENTIAL SCOTTISH DANCE WEEK 12 -19 May 2017

Last year, I joined a Scottish Dance residential week in Castle Douglas. Unfortunately the venue is not available this year as the facility is closed. So I said come to Sedbergh as we have everything you want: friendly people, catering, dance facilities, accommodation, teachers, entertainment and the Howgills. Thus I have ended up as the local organiser.

The event is organised by the Gay Gordons Group, affiliated to the Royal Scottish Country Dance Society, with branches in London, Manchester and Edinburgh

The event is limited to 24 participants and is not for beginners.

The programme comprises six morning classes with qualified and group teachers. The afternoons are optional and given over to workshops,



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demonstrations, practices, visits and possibly sleep. The evenings start with dinner followed by a programme of dances to 10.30pm. From 11pm there is informal dancing until there is no one to dance with. The cost for the whole residential event including seven night's accommodation, six lunches and dinners and teaching is £350. Accompanying (non-dancing) persons can attend at £250. Non-residential participation is possible.

Anyone interested and other details please contact me. Please also see Advert on Page????

*Dr Gina Barney
Local Organiser
Residential Scottish Dance Week
015396 20790*

SINGING SLOVENIA

Our Lakeland Voices choir, who are going on tour to Sedbergh's twin town Zrece and other parts of Slovenia in May, had a singing practice day towards the end of March with the help of Neza Repensek from Slovenia who came to correct our pronunciation and to clarify translations.

Neza last came to Sedbergh with her family the Repensek Family Singers: mum and dad, Neza and her three brothers Tilen, Blaz and Florjen, and was very excited to be back here, enjoying the sound of the Clough in flood as it roars past the back of our house, as well as some visits to local sites.

Our songs included the mountain anthem Planinska - "The day has begun and the hills are aglow - come brothers and sisters let's go to the top of the mountain," - the evening song Vecernica: "Look the sun is setting over the distant mountains," and Lipa: "The Linden is green with the spring and birds are nesting again in her branches."

We also practiced a few of our songs in English which we will be singing in Slovenia including an



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arrangement of William Wordsworth's Daffodils which we sang in Dora's Field in Rydal, alongside thousands of native daffodils, the descendants of those planted by Wordsworth to commemorate his daughter. And in the fabulous acoustic of Rydal caves we sang an arrangement of Tennyson's poem Crossing the Bar.

As well as singing alongside our twin

town choir, we will be singing with choirs who have been to Sedbergh from Ljubljana and Bled, and taking part in the Bohinj Wild Flower festival - the singers are making fabric embroidered squares depicting the flowers in the lovely area where we live, which we are taking to be part of a display arranged by the Stara Fuzina embroidery and lace making group. They will be shown alongside hundreds of squares from across Slovenia and other parts of Europe.

We have 25 singers coming - but still room for two more should you wish to join us - recordings are available of all our songs so you can easily catch up. Details are on the Lakeland Voice website.

David Burbidge, Sedbergh 21166



Sedbergh Primary School *Science and Wildlife Garden*



This month work has begun on our 'Science and Wildlife Garden'. This is an ambitious project to create a safe and accessible outdoor learning space where our children can play, explore and learn. There will be areas for gardening, music, artwork, science and the study of nature, and of course, places to sit and enjoy being outside. In addition, we plan to make the space available for others to use - local wildlife groups, community groups, charities, artists...

We have only been able to initiate this project as a result of generous grant donations from a range of local organisations; these include, the Yorkshire Dales National Park Authority's Sustainable Development Fund, Sedbergh Community Fund, Yorkshire Dales National Park Millennium Trust Roger Stott Community Grant, Sedbergh Primary School PTF and Sedbergh Primary School. If any other local friends feel that they would like to participate in or contribute to our project, please don't hesitate to contact Matt Towe (Head teacher of Sedbergh Primary School) for further information. Plans of the project are on display in school and available to view from 3.30 - 5.00pm every Tuesday.

Sedbergh Primary School

Long Lane, Sedbergh, Cumbria, LA10 5AL

Telephone: (015396) 20510 Fax: (015396) 22151

Email: admin@sedbergh-pri.cumbria.sch.uk

Web: www.sedberghprimary.org.uk



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National Park Authority
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ORAL HISTORY

Screens Great and Small

"The cinema was at the town end [Sedbergh, now Westwood Books]. It was quite a big place and it was run by a Mr. Beswick, but the man who did the operating was a Mr Clark. His wife, Mrs Clark, she was in front of the house and she kept you in order and you often got a clip round the ears if you didn't behave yourself, and one of their sons did the operating. They were silent films in those days and Audrey Milburn was the pianist, and in the exciting times when the chase was on then the music became louder and louder and later on it cooled down a little bit so the playing got less and less, and that was quite an amusing time.

Thru'pence was for children and you sort of sat in the front of the place, the prices rose the further back you got so if you were in the back seat of course you spent a lot of money just to sit with a girl at the back seat."

David Hutchinson born 1920

"Madge Hancock was one of the first people I remember in Sedbergh to have television, she had it before we did and I used to go down there on a Saturday night with her permission to watch television, just for the sake of watching television, black and white of course."

George Handley born 1937

From "*Telling it like it was: Dent, Sedbergh and district in living memory*" edited by Anthea Boulton and Veronica Whyman.

Sedbergh Primary School is celebrating its 50th year!

This is an **open invitation** to any of you who have attended the school or taught here or maybe both) since its opening in 1967.

On the afternoon of the 27th April there will be a special assembly to mark 50 years of education in the school followed by a Tea Party in the grounds.

It would be wonderful if you could join us from 3:30pm.

Our PTFA plans to publish a 50 year jubilee photo book full of pictures and memories of life in the school over the last 5 decades. If you have any photos that you think might be worth including, please can school have a copy to consider for the final publication. A word or two about who is pictured would also be wonderful. Space will be tight but we will endeavour to include as many pictures as possible. Pictures can be forwarded by email or brought to us as hard copy (we can copy them in school).



Sedbergh Primary School

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Email: admin@sedbergh-pri.cumbria.sch.uk
Web: www.sedberghprimary.org.uk
Head teacher: Mr Matthew Towe



LUCIENNE DAY IN CUMBRIA

I was thrilled after moving to Sedbergh three years ago to discover that Lucienne Day, one of the world's most influential textile designers, also loved the area. I am an artist; previously a textile designer and have always loved her innovative and vibrant designs.

Lucienne Day's career spanned 6 decades and her designs can still be seen in shops today. She designed the printed patterns for products such as wallpapers, carpets, furnishing fabrics and ceramics and was commissioned by a wide range of companies. Her best-known design, Calyx (shown here) was launched at The Festival of Britain in



1951 and brought her international acclaim.

She met her husband, Robin Day, in 1940 while they were students at the Royal College of Art. They were both highly talented and shared a passionate commitment to modern design. In 1942 they married and spent their honeymoon walking in the Lake District. Lucienne and her daughter, Paula, walked the Dales Way together in 1979 and discovered Sedbergh for the first time. Paula also loves the area and has lived in the Lune Valley since 1981. Her parents helped her furnish her current home when she moved there in 1986

This is Lucienne Day's centenary

Kirkby
Lonsdale
Beer &
Music Festival
28th April



year and the Robin and Lucienne Day Foundation, the design education charity set up by Paula Day in 2012, has co-ordinated a programme of events taking place nationwide to celebrate this outstanding designer. As part of these celebrations, Paula will be giving an illustrated talk at Farfield Mill where she will talk about her mother's life and career, including her love of the landscapes of Cumbria.

Lucienne retained her enthusiasm for design, despite changing fashions and styles. In the 70's she moved away from commercial pattern design to create one-off silk mosaics. These glorious, rich hangings were shown in

exhibitions throughout the '80's and 90's. One of these was inspired by our own Howgills and is appropriately called 'The Howgills'. Paula will be bringing this silk hanging to show us at Farfield Mill.

It is wonderful to discover that this designer, who I have admired for such a long time, who shared my love of plants, flowers, colour and pattern should also love the area where I now have my painting studio. It will be a pleasure to hear from Paula about her mother's love of the area and also be able to see some of her original designs. *Anne Mackinnon*

DENT DALE MEMORIAL HALL

Dent Gala Aug Bank Holiday Monday starts 11am yet in many ways it has already started! The theme for the fancy dress is Heroes and Heroines and this year we will have a main ring where the Fancy Dress then the Dog Show will take place.

The Gala and all other aspects of the Memorial Hall will be discussed at the DMH Annual General Meeting on Monday April 10th 7.30pm at the Hall. This AGM is open to the public.

Sarah E Woof. Dent 25212 Chair

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HOWGILL AND FIRBANK W. I.

Fifteen members enjoyed the March meeting held at Howgill Village Hall. We heard the good news that member Joan Luffman continues to improve. We dealt with the business part of the meeting before welcoming our Speaker Brenda Head a member of Barbon W.I. Brenda got involved in charity work when working as a volunteer at the Air Ambulance Charity Shop in Kirkby Lonsdale.

The opportunity arose to travel to Zambia and join a group of volunteers and support the 'Soap Box' Charity going to some of the poorest areas of the world. Brenda summed up 'a wonderful experience' teaching the children from the orphanage new skills, crafts and knitting. Taking them

to church was a happy occasion, as was a visit to a safari park. The highlight was helping the children to build a chicken house. It was an experience she wouldn't have missed, seeing these children's warmth and joy and being rewarded with satisfaction.

Mary Silva expressed thanks to Brenda for giving us an insight into the lives of these vulnerable children.

Sarah Syred won the competition for a decorated orange with Dilys McCaffery second. The raffle winner was Audrey Hoggarth. The social to name the chocolate was won by the 'chocoholic' group. The evening was bought to a close with tea and cake.

We meet again on April 6th when Marjorie Bidgway will be giving us

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Audrey Hoggarth

DENTDALE WI

Is Spring just around the corner? It would seem so with the daffodils bursting out everywhere, and sadly, the snowdrops already bidding us adieu until next year.

The meeting opened with the

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Contact KEVIN BATEMAN

Two of us had attended the International Women's Day, hosted by the Federation trustees at the Coronation Hall, Ulverston. It was very well attended with an audience of about 250. We should know (Chris Taylor and I) as we were directed to the additional seating on the balcony. Actually, the seats were very comfortable and we had a good view of all the proceedings from Thai cooking to a report from a retired doctor from Windermere speaking on her experiences mentoring nurses in Nepal. The last item before lunch was a sari dressing competition and Quiz with all the iconic landmarks worldwide. There was one distinct advantage in our favour being on the

singing of Jerusalem and a warm welcome from President Marion Feltham, then came information about coming events and reports in the business meeting.

Marion and Thelma Belfield had been along to a planning meeting for the group meeting being held on Monday May 15th at the Peoples Hall Sedbergh. The speaker will be Kevin Kendal with a talk entitled *Going for a song*. So keep the date in your diary.

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second floor as we were on the same level as the second refreshment station and therefore up front in the queue for lunch. Not that there looked the remotest chance that the food would run out! Soup, roll, tray bakes and coffee served as only WI know how!

Just a few days later, most of the Dentdale WI Membership had volunteered to help the school with the Dent Run which this year had a record 630 runners on the day. We were either preparing the refreshments in the morning or helping with teas in the afternoon or on marshalling duties.

To end the business session, Marion highlighted dates for Half Yearly Council, the WI bulb scheme and

naturally, a few last minute instructions for those going to Keswick Theatre trip on Wednesday 22nd March.

She then introduced Ron Davies, our Speaker for the evening who is a retired gardener. He had been Head Gardener at Winderwath near Penrith. He said his employer had wanted unusual plants and this is where he had developed his passion for growing plants that might have been considered too delicate in our part of the world, naturally, with a careful choice of site for planting. We were treated to slides of plants in full flower originally from New Zealand, South Africa and everywhere else that plant hunters had visited in the previous centuries.

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me of this yesterday but sadly, not until the end of our meeting. Had I realised earlier I would have been more alert and, maybe even jotted down a few notes. So, everything I write must come from the fluff between my two ears!

Once again, we had a back to front meeting with the speaker performing prior to our business transactions. The subject of our speaker, Tom Clare (twice Lord Mayor of Kendal), was Queen Katherine Parr. We learnt that she certainly was not born in Kendal but that the Parr family did have well established links with the town. Tom led us in a most lively manner, through her life, and connections, three marriages to personages with strong connections

Most of the plants shown would normally be found in great gardens but Ron encouraged us to have a go. So, no actual tips for our gardens just a vast selection of slides to inspire us from a very skilled plantsman.

While tea and biscuits were being served, Sue Owen presented us all with a Quiz Sheet with anagram's of Spring flowers. Anne Mason, Phyllis Woof and team managed full marks - well done. The raffle prize of a basket planted out with primulas went to Jackie Fisher.

The Next meeting is April 12th and new members and visitors are always welcome. *Pat Allen.*

KILLINGTON WI

The Afternoon WI for the entire district

Well, here we go! As I write today, it is March 15th, the date our editor has requested that **all** copy be submitted. Luckily, my friend, Susan, reminded



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to the Royal household, the third one to King Henry VIII himself. Luckily, she survived him but didn't seem to have a quiet life even after his demise. It was a really informative and entertaining talk, particularly as many of the places involved were familiar to us all.

Tea followed with a super birthday cake to celebrate Avril's significant birthday. Usually Avril is the one who bakes the birthday cakes so it was lovely to have one for her made by Lorraine. It was accompanied by tasty cheese and peanut wafers, and lemon drizzle. Our thanks to all our hostesses. Other birthday girls this month are Marjorie Bramley and myself.

Our members have been out and about this month. Sally gave us a report of the well-attended meeting at Coronation Hall in Ulverston to mark International Women's Day at which several very thought provoking talks and demonstrations were featured. Other members had enjoyed the performance of "Our House", produced by Settlebeck School. It was a real joy to see and hear these talented, confident youngsters strutting their stuff. Well done! Yet more of us had been down to a meeting of Barbon WI at which handsome young sailors (the Royal Navy Presentation Team to give them their formal title) gave us a talk on the scope of the work done by the Senior

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Service. We also made future plans ("going forward" -Grrr!) but more of those in due course. Reminders were given about Spring Show entries - that will be all over by the time you read this. Our competition for an item beginning with the letter "Q", had multiple winners (? ? &?) and the raffle prize of hundreds of tea bags was, I think, won by Barbara Hollett. (We have 3 Barbara s at the moment Hollett, Kooper and Maunder. Ex member Leigh we are thinking of you.)

Our next meeting will be on Tuesday 11th April 2017, in the committee room of the People's Hall when Peter Rimmer will give us a talk entitled, "The Tide's the Very Devil". The

Westmorland Gazette is this week featuring a report of a child trapped in quicksand at Arnside, so mind how you go! Make sure to go to (or come to) our meeting. You can be sure of a warm welcome.

Wendy Fraser-Urquhart

SEDBERGH WI

Here's a question for you: what would you do if ill health forced you to retire from your career in middle age? Our treasurer, Gaynor Bowman, found herself facing this question some years ago when she lived in the southeast. She decided to take an evening class in history, discovering after a short while that she could continue with her studies to get a

degree at the University of Kent. She enjoyed this so much that she went on to take her Masters and then a PhD, specialising in a study of Edward II of England. This is what inspired her talk to us on March 8th: The Murder of the King.

Edward II was unknown to most of us before this meeting. To place him in context, his father was Edward I who reigned from 1272 to 1307, perhaps best known to us for building several castles in Wales to control the Welsh, and becoming known as 'the Hammer of the Scots' for fighting them too. Edward II, born in Caernarfon Castle in 1284, the first Prince of Wales, was often separated from his parents in his earliest years because they spent much time in

their disputed French lands, but he did take part in his father's later wars against the Scots. A political marriage was arranged for him with Isabella of France, the 12-year-old daughter of Philip IV of France. The marriage took place in 1308 at Boulogne-sur-Mer, said to be a favourable place because of its saintly connections, because it was hoped that this alliance would end the wars between France and England over the English possessions in France, especially Gascony in the southwest.

The marriage was blighted from the first by Edward's relationship with his favourite, Piers Gaveston, to whom he gave titles and lavish gifts, enraging society in the process. Because Gaveston was usurping

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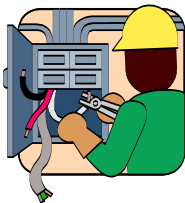
Isabella's place, he was exiled, but soon returned and was executed on 19 June 1312. By this time Isabella was pregnant with her first child, the future Edward III, and 3 more children were born. About 1319, however, Edward came under the pernicious influence of a new favourite, Hugh Despenser the Younger, and his father, Hugh the Elder, who interned many French people, thus displeasing Isabella. In 1325, with a new king on the throne of France – Charles IV, Isabella's brother – Edward was bound to pay homage to Charles for the French lands he held. Isabella offered to go to France in place of Edward, taking their son the future Edward III with her, and then declared that she would not return to

England until the 'third person' in her marriage – Edward's favourite – was exiled. In France Isabella renewed a friendship with Roger Mortimer who had previously been at the English court and they became lovers. Isabella made a pact with the province of Hainault on the Channel coast to invade England and together she and Mortimer successfully led an army to England in 1326, enlisting support there from the barons to get rid of the much-hated Despensers (Hugh the Younger was hung, drawn and quartered on 24 November 1326 for treason). Edward II was captured and imprisoned in Berkeley Castle. The Great Seal of England was captured with Edward: holding this enabled Isabella to depose Edward (who was said to have abdicated) and rule as Regent with Mortimer for the next 4 years since her son was only fourteen. Edward III was crowned King.

So what happened to Edward II? Controversy surrounds his end. Attempts by opponents of the regents to free him failed but he remained a danger to the regime. A chronicler claimed he was killed with a red hot poker up his anus in Berkeley Castle, and this story was repeated, but there were also claims that he was seen in Europe after 1330. A body, said to be that of the king, was buried, not in Westminster Abbey as expected for a king, but in St Peter's Abbey (which later became Gloucester Cathedral), 3 months after the alleged death; his heart, placed in a silver casket, was returned to the Queen, who would be buried, holding the casket, in 1358, in the same London church, Greyfriars,

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as her lover Roger Mortimer who had been executed for his notorious crimes (including the murder of Edward II) after Edward III seized power from his mother and Mortimer in October 1330. Isabella was allowed to retire to the country, with a generous allowance, the blame for the financial mismanagement of the regency being heaped on Mortimer. History has tagged her with the title 'the She-Wolf of France' for her predatory behaviour – acceptable in a man, but not a woman!

Perhaps the strangest twist in the story was that after his death Edward II, accused of so many crimes and impropriety with his favourites in his lifetime and apparently dying without the Last Rites because of his violent death, was regarded by some as a saint because he had willingly accepted his murder or so-called 'martyrdom': there are extraordinary roof bosses in Gloucester Cathedral showing this, just some of the fascinating illustrations that Gaynor used to enliven her excellent talk about this violent period of our history, as did her comparisons with the scandals of our own monarchy in the twentieth century.

Our book club discussion at Ellen's house on Thursday 9th March was centred on even more violent, but much more recent, times. 'Burnt Shadows' by Kamila Shamsie opens with the dropping of the atom bomb on Nagasaki in August 1945 and its lifelong impact on a young Japanese woman, Hiroko, a translator, whose German lover is killed in the bomb blast. She moves to New Delhi in 1947 to stay with her former lover's

sister and English family, becoming involved in the violent aftermath of the Partition of India in August 1947 and having to move to Pakistan with her new Muslim husband. We enjoyed that first half of the book but the final part, dealing with the war in Afghanistan and terrorism more generally, became rather tedious, some of us felt. Marks given varied between 2 and 8, with the average mark being nearly 7/10.

Our next meeting, on Wednesday 12th April at 7.30pm in the People's Hall committee room, is entitled 'Last Voyage to St Helena'. We look forward to hearing Michael Beecroft speaking on this subject. Visitors and new members are always welcome.

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RED SQUIRRELS

The work of a volunteer squirrel ranger

I became interested in the native red squirrels when we started to get a few in our garden about 5 years ago. So, I put up several squirrel feeders and have had a great deal of enjoyment watching them. Especially during mating time as they run around and around tree trunks after each other! I have over time learnt about red squirrel behaviour, what they like to eat, favourite trees, mating cycle etc. But at the same time I became increasing aware of the problem of the larger Grey Squirrel and decided to do anything I could to help the reds. I spoke to Penrith's Squirrel Ranger and he gave me a great deal of advice on the food greys are attracted to, where to place traps, what time of year is the best to set traps and how to dispatch them if I caught one.

It is a commitment as it takes time to set up the traps, make sure there is a food source in them (greys eat maize) and monitor them on a daily basis. One of my "patches" is a wood which is a short drive to but then a good walk through the woods to the idea

squirrel spot, another is just up the road. I knew when I took this responsibility on that I would have to do the "nasty deed" and dispatch the greys when I caught them. An unpleasant task but essential if we are to keep the greys at bay and give the native Red Squirrel a chance. Not everything I catch is a grey, one of the most common for me are pheasants, maize must be a favourite for them too. Of course I set them free unharmed.

Another side to my volunteer roll is to give advice on feeding reds and setting up feeders in peoples gardens, informing them as to why reds and greys can't live together. I want to encourage the community to care about our squirrels and come on board and help "save our native red squirrel". If people are willing to have a feeder, trap or just report sighting of greys please contact us and help this endangered native.

Please note the Group's new contact details:
redsquirrels100@gmail.com
or phone Steve on 07870 785322
Steve Hopps, volunteer ranger for the Sedbergh Red Squirrel Group

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B4RN 1

B4RN is coming to Sedbergh!

Nick Lamb complained (Lookaround, March 2017) that the so-called “superfast” broadband service in Sedbergh is not all it could be.

Well, a small but intrepid band of residents are trying to solve this problem – not “on the cheap”, but by doing the job properly.

B4RN provides the fastest domestic broadband service available in the country, at prices similar to other ISPs. It does this by providing fibre all the way to your property, and it does it affordably by involving us – the residents who will benefit – in the process of planning and installing the connection.

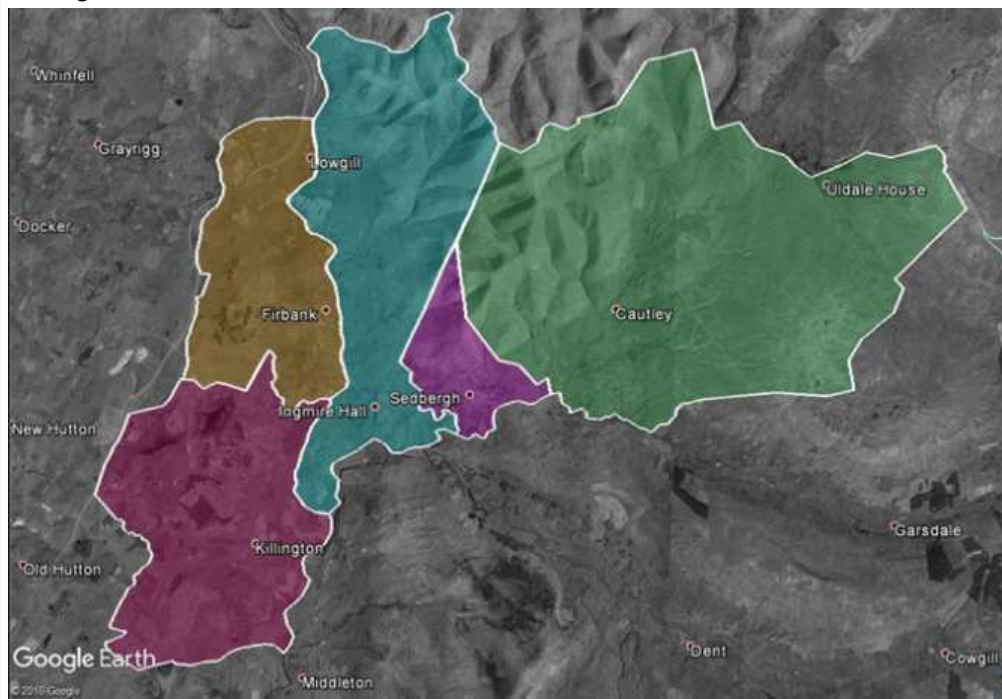
B4RN has already been very successful to the south of us – there are over 2500 properties connected throughout Lancashire and Cumbria –



and is now close enough to Sedbergh for us to be able to take advantage of it.

So how can you help?

- Volunteer to help with the planning work. If you feel able to help with any aspect of this – publicity, communications, route planning, fund raising – please get in touch, your help will be greatly appreciated. Even an occasional hour or two can be helpful.
- Consider providing funding for the project. By buying shares in B4RN your money will help the project to be successful – all the details of share purchase are on



the B4RN website b4rn.org.uk.

- "Talk up" the project to your friends and neighbours. If you think it's a good idea, persuade them that it is as well!

There will be three projects running to cover Sedbergh parish:

- West Sedbergh (Marthwaite and Howgill)
- Sedbergh Town
- Cautley and Dowbiggin

The Millthrop area is covered by the existing Dent project.

In addition, the parishes of Firbank and Killington also have active projects – the plan is to ensure that every property in the area can get a connection if they want one.

We'll be arranging public meetings soon, please watch out for them. In the meantime, if you have any questions please feel free to contact one of the area leads listed below.

West Sedbergh

Martin Stockdale

b4ws@gmx.co.uk

Sedbergh Town

Douglas Thomson

douglas@ddathomson.co.uk

Cautley

Dr Gina Barney

015396 20790

Firbank

Alan Tattersall

lonsdalebarn@aol.com

Killington

Ian Dawson

B4RN 2

Dentdale & Garsdale B4RN Update

Funding Update: At the start of the whole Dentdale and Garsdale B4RN project the estimated cost was £450K and we believe this is still the budget. So far £223K has been raised in the community, which is a lot more than anticipated, and, with further funding plans in place to raise the balance, we can remain confident in the financial stability of B4RN.

Building work: Route 1 (the back haul) is now fully installed, and Route 2 (to Rash Bridge) is largely complete. Work has begun on the North Dent Ring and all the road-crossings for this route will be made



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in the last week in March, most likely using a directional mole, which means no tarmac need be disturbed in order to complete the ring. Route 5 has started; the first chamber is in place and ducting is on its way down Deepdale. Route 3 (from Church Bridge to Peggleside) and Route 4 (up to Cowgill) are about to start. We are grateful that Gavin Keeble at Grisedale has recently agreed to lead the B4RN Initiative in Garsdale. Just beyond in Widdale, farmers have already agreed to dig their own fields for ducting.

In all, B4RN hyperfast broadband fibre has reached forty-eight properties. Of these, thirty-six residents have chosen to be connected. This amounts to an

unusually high 75% take-up (normally it is around 50%-60%). No part of the community broadband process has been left unconsidered: those choosing to be connected (once the fibre is at their doorstep) are offered comprehensive and detailed advice about all aspects of the connection procedure.

All of this work is happening because members of the community are volunteering. More volunteers from either Dent or Garsdale are still welcome, so please make contact if you think you might be part of this important development in the area. Ring 015396 25321.

From your Hyperfast Broadband for Dentdale & Garsdale Communications Team. *Pip Hall*



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COMMUNITY ORCHARD GROUP

Sedbergh

What a great first year we had in 2016! If 2017 turns out as well we will be delighted.

We had a good few events last year, starting off in May with the planting of apple and damson trees, we had a terrific turn out on a windy and cold day, but enthusiasm and hard work kept us all going with the added attraction of home made cakes and savouries.

We enjoyed having a stall at Gala Day, and it was very encouraging to have so many people interested in the orchard, many of who have since become members.

We also had Year 5 from Sedbergh Primary School visit us for the afternoon to make hotel rooms for the bug hotel, but also to learn about the importance of wee beasties to us and our plants. In addition they were given a tour of the orchard and learned about the different types of apples that will be produced. We hope to invite this Year 5 group to the orchard later in the year. We also hope that the YDNP Young Rangers will also spend some time with us doing some general maintenance and helping at future events.

Then of course we had our first Apple Day at the People's Hall - so much juice was pressed and taken home to enjoy, that we are going to do it all over again on Saturday 28th October! Put the date in your diary and bring plenty of apples to juice. As last year, there will be refreshments available and lots of activities for children.

Developments planned this year

include raised beds full of fruit and herbs for the community to pick and enjoy, a bed of flowers to attract those bees and butterflies so essential to the pollination of the trees and at least one bench for you to sit and enjoy the view. Please come and visit us, we are only a stone throw away from Back Lane.

Thank you to all those who have and are supporting the Community Orchard - we couldn't do it without you, and in particular to our members.

If you would like to become a member please contact me on 20964, and I will be happy to tell you all about the benefits of membership for you and us.

Hopefully see you at the Orchard soon!

Ann Parratt

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venue is launched in Sedbergh

Howgills Barn has now been trading at Castlehaw Farm in Sedbergh for over 10 years. During that time, we have attracted customers from a worldwide audience to enjoy their time here with us and have adapted or improved our property according to needs and changing times.

We are very pleased to have added a further option to what we offer in the form of our **Registration for Civil Wedding ceremonies**.

To do this, Howgills Barn had to follow strict guidelines as to how a venue is presented prior to, during and after Registration.

We needed to register every room that was going to be used for the

actual ceremony and as we might have groups from say 6 to 160 (or more) we have registered 3 different options.

We have registered our auditorium (or Tractor Shed as Nigel likes to refer to it) for a more casual rustic experience and that will host up to 50 maximum in an area that you can tailor to your taste if needed.

We then registered the main lounge and this will seat upwards of 100 people able to enjoy the ceremony inside.

And finally we have the larger option that allows for the registered Gazebo outside to have the option of the open air ceremony for up to 200 people but with preplanning opt for a marquee in place to guarantee that option.

Howgills Accommodation Our first civil wedding...



We are delighted that Stephanie Close and Maty Baldwin will be saying their vows at the Barn on 20th May 2017. If you are interested in a wedding that is truly unique, call us today!

News update...

Where do we start? It has been an exciting six months as we re-branded and launched our new website www.howgillsaccommodation.co.uk

with information about the delights of Sedbergh. We are now also working with activity partners who are delivering archery, bush craft and ghyll scrambling (to mention a few!) up at the Barn.



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We have to have a trained person in attendance for the whole period that the Registrar Officer will visit and perform the ceremony. The outcome is that Howgills Limited is proud to announce the first Civil Wedding to be held in Sedbergh since ???(does anyone know?).

I don't know whether they ever have been - Maybe the old Council offices at the head of Bainbridge Road (now 1-5 Highfield House) used to be able to perform them. I know that you could register Births and deaths so if marriages were also held there, then maybe sometime late 70's or early 80's.

You are very welcome to come along and witness this first event with us on Saturday 20th May with



the ceremony at 2.30pm. As members of the public, you are invited to please arrive around 2.15 – 2.25pm for the actual ceremony of the marriage of Stephanie Close (Howgills Barn owners Nigel and Liz's 2nd daughter) to Mathew Baldwin.

We look forward to seeing you there.
Nigel Close



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SETTLEBECK SCHOOL NEWS

In March we held our Interview Day for Year 11 students, who will be leaving us this summer. The day gives them opportunity to experience what it is like to attend a real interview, whether it is for sixth form, college, an apprenticeship or a job. It's a daunting experience at any age but especially so when you are 15 years old and never had an interview before; what questions will I be asked? What answers do I give? What questions do I ask them? What do I wear? We help our students to produce letters of application and CVs before the interview, which is held outside of school for authenticity. Our interviewers include heads of local sixth forms and people who

Settlebeck

have worked in education as well as local employers and business people who all give our students a real interview experience to prepare them for the next stage of their lives after Settlebeck. We would like to say a huge thank you to those interviewers who gave their time for this valuable exercise. Helen Wilberforce, who has many years of experience in education and business, said the students were absolutely delightful and she was proud to be involved in

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our unique day. Well done Year 11!

Once again, our annual Senior Citizens Concert has been a great success. Guests enjoyed a fantastic three-course meal, cooked by our GCSE Catering students, with entertainment and the customary raffle. Thank you to all the students and staff who helped make it a wonderful evening for all and to the local businesses who donated raffle prizes.

A very big thank you to Julie Sen who has managed to obtain funding for Settlebeck to be provided with a defibrillator and training for a number of staff and students, which will take place in the next few weeks. Liverpool based charity Hands on Heart have supplied the defibrillator and training which has been paid for by the Cumbria based charity The Hadfield Trust.

Settlebeck Sport

The commitment of the students to

all sports is paying off as recently we have enjoyed some fantastic fixtures. Most noticeably, the lower school boys football team enjoyed a 2-1 victory against Cartmel Priory School.

The Year 9 netball team triumphed 18-4 against the Lakes School; all the girls played brilliantly. Maisie Gough was voted Players Player by the Lakes, and a special thanks goes to Chloe Cowin for stepping up an age group.

The lower school rugby team are again crowned the best South Lakes Full Contact Rugby team after performing amazingly in the Cumbria Schools Rugby Tournament. The Settlebeck boys again showed how determination and commitment make a good team and performance.

Congratulations to Luke Troughton for being selected to represent Cumbria in his recent County cricket trials; we are looking forward to following his future cricketing career.

Juliet Proctor

SEDBERGH SCHOOL NEWS

April 2017

New Headmaster

The new Headmaster of the Prep School has been appointed and will

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SHEILA SHUTTLEWORTH

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be Will Newman (42), currently Deputy Headmaster of Taunton Prep School. He has a 1st Class degree from Exeter in Education and an MA in Physical Education from the University of Victoria, Canada. He has a strong interest in sports and has played the clarinet and cello, although he now concentrates on the guitar. His wife Liz teaches Science and Maths and they have two children Tom (11) and Hattie (9).

CECATS

This (Cumbria Education Centre for Advanced Technology and Science) is a project to support and coordinate the many initiatives, including that of Sedbergh School, to encourage



young people from the age of three to 18 to study STEM subjects (Science, Technology, Engineering and Maths) both at school and beyond. It is an initiative of Sedbergh School

Foundation and the University of Cumbria and the vision is to create a central hub or point for all those engaged in educating young people in STEM subjects. It is hoped that an implementation programme will be in place soon.

Meantime the Prep School featured in an article in *Aspire Magazine*, "A School equipped to Fuel the Pipeline of British Creative Industry."

Historical Research

The School Foundation has received £27,000 from the Lottery

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Fund for an exciting project:
Casterton School: Celebrating 190 Years of Women's Education. This will involve collecting, cataloguing and sharing documents and items relating to the history of Casterton School (the inspiration for Lowood School in *Jane Eyre*) and the women who studied and worked there such as the Bronte Sisters. The project includes formal training for volunteer archivists on site and at Lancashire Archives in Preston, and funding for two volunteers to do post-graduate archival training at Dundee University. The project archivist, Katy de la Riviere, will work with the charity Space2Create which supports people living with long-term physical and mental illness.

Events

Will Carling visited the Prep School and pitched his talk brilliantly to entertain an audience aged from eight to adults, with gales of laughter. Many were surprised that he came to Sedbergh School as an Art Scholar. Also at the Prep School the Friends of Sedbergh Prep School organised a collection for Bags 2 School. Alistair Meiring, Deputy Head of Cressbrook House, trod the boards at Bentham Village Hall in their production of Dick Whittington.

And, not to be outdone by the Prep School, School House entertained Will Greenwood at their Gents Dinner.

The Bishop of Penrith conducted the Confirmation Service on 6th March.
School nurse (and wife of School



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House Housemaster) Jess Hattam climbed to the top of Mt. Kilimanjaro for charity.

School House's escapee (a ferret) was recovered thanks to the local community.

The popular classical fiction author Ben Kane OS visited the School and gave a talk on Roman daily life and life as a Legionary.

The Prep School filled Smarties tubes with 20p.s for Afganaid and dressed as characters from books on World Book Day.

Form 6 from Cargilfield School in Edinburgh visited the School for a long weekend of drama, leadership, art, biathlon and choral matins – followed by a trip up Winder.

The Tatler Schools Guide 2016-17

said, of Sedbergh, "You want your child to have a Great British full-boarding education? They'll get it at Sedbergh along with lungfuls of good Yorkshire Dales air".

Sport

At the Prep School one girl has been asked to play for the U15 Cumbria Girls' Hockey team, but will also be playing for the U14.

The Wilson Run will have taken place by the time this is published - popular as ever. 180 pupils attempted the first qualification run.

Katherine Fleck OS has been selected for the Cambridge University Shooting Team.

The U18s boys hockey team were Northern Champions for the second year running.

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 The Silver Workshop & Gallery Sedbergh Cumbria

The running team went on a mini tour to Oundle and Harrow. Both the girls and boys won at Oundle and at Harrow the boys came away with the South of England championship title.

James Griffin in Year 8 in the Prep School helped Cumbria U18 Tennis team at Sheffield in the inter county cup competition to promotion to Division 4 winning a 2.5 hour match against a 17-year-old 6 foot opponent and coming back from 5-0 in the first set. The team was captained by Sedbergh School's tennis coach.

The Equestrian Team consisting of three Prep School riders and five Upper School riders were County Champions at every height from 70cm, 80cm, 1 m and 1m10 and every team qualified for the County Nationals in April.

The U11 netball team qualified for the Nationals having won the County Championship.

The Rosslyn Park Sevens will have taken place by the time this is

published as they are on 21st-24th March.

School House won the Ten Mile Relay for the seventh year running.

Academic

Two girls, Imogen and Angel, in the UK Intermediate Maths won Gold and Silver awards, and Angel Zhen has been invited to Oxford summer school as a result of her outstanding performance.

The Scholarships took place in the week after half term and five pupils from the Prep School obtained scholarships, three of which were sports scholarships, one music and one academic

Hart House won the Academic Challenge (a quiz not unlike University Challenge) for the 5th year running

Music

Three concerts took place on the last three Mondays of term in the Thornely studio, followed by tea and sandwiches. These concerts are an

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opportunity for future stars, rather than the present outstanding senior pupils, giving them an opportunity to practise being in front of an audience.

The House Unison competition will also have taken place by the time of publication as it takes place on the last day of term – it is what used to be known as “The House Shout” and has been going since at least before the War.

Jonty Stuart won best U16 piper and piper with the most potential at the NE Royal Scottish Pipe Band Competition

Forthcoming Events

The summer term starts on 18th April
In July the 1st XV will tour Hong Kong and New Zealand

A team of ten staff and pupils will run

in the London Marathon on 23rd April and have set themselves a target of raising £15,000 for Afghanaid.

There will be more teatime concerts next term, the first being on 4th May and others at dates to be announced.

The 1st XI home matches in April are Tuesday 18th and 19th April at 1 pm against Myerscroft and Sunday 30th April at 11.30 against the Old Sedberghians. The first match in May is against Yorkshire CCC Academy at 1 pm on 3rd May."

LOOKAROUND

Please remember that the Closing Date for everything is now the 15th of every month.

DJW



SEDBERGH SCHOOL



We often have vacancies for Kitchen and Cleaning Assistants, and for other roles from time to time. Some roles are based in Sedbergh, and others are at Casterton (Sedbergh Prep School).

If you would like to work for Sedbergh School, then please complete an Application Form and return it to the address below, indicating what sort of work you are seeking. If we have suitable work available, we will contact you and invite you to come for an interview.

You can collect an Application Form from the Bursary, download one from the School's website www.sedberghschool.org or request one by sending an email to

Maria Gallego-Calderón, HR & Recruitment Administrator
at HRAdmin@sedberghschool.org or by ringing 015396 20303.

Also check the School's website regularly for details of individual posts as they arise.

Please return completed Application Forms by email to HRAdmin@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.

DEMENTIA FRIENDLY COMMUNITY

Our Sedbergh and District Dementia Action Alliance now has 5 members – Churches Together, Community Trust, Craftworkshop, Sedbergh School and the Sedbergh Songsters. We are planning 2 events in the relatively near future both linked to the Dementia Awareness Week on May 14th to 20th. We will be having a gazebo in the market that Wednesday with plenty of literature for you to browse to inform you of the many and varied aspects of living with this condition. In June we will be hosting a coffee morning on June 7th and hope to see many of you there.

Recently we held a public Dementia Friends Awareness session in Sedbergh which, sadly, was not well attended. However this was balanced by a very well attended similar event in Dent organised and coordinated by the Dent WI and 17 people became Dementia Friends that day. Many of you will have been at the event run by Age UK – “An afternoon of entertainment, tea and cake” – in the Peoples’ Hall. It was great to see so many relevant organisations manning stalls at this event from Alzheimer’s to South Lakes Council to our own Sedbergh Health Centre.

Looking further into the future there will be a Dementia Hub event held in Sedbergh in the next year as part of a monthly series of Hubs for South Lakeland organised by the Kendal Dementia Action Alliance. This has been modelled on the very successful Morecambe Bay Hub held monthly at St John’s Hospice in Lancaster. Various agencies and providers will

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be represented and a talk each month on a relevant subject. When exactly that will be up and running will be confirmed in due course.

Practical tips to help if you live with dementia:

- Keep a diary and write down things you want to remember.
- Pin a weekly timetable to the wall.
- Put your keys in an obvious place, such as a large bowl in the hall
- Have a daily newspaper delivered to remind you of the date and day.
- Put labels on cupboards or drawers.
- Place helpful telephone numbers by the phone.
- Write reminders to yourself – for example, put a note on the front door to take your keys.
- Programme people’s names and numbers into your phone.
- Install safety devices, such as gas detectors and smoke alarms.
- Put bills on direct debits, so you don’t forget to pay them.
- A pill organiser box can be helpful for remembering which medications to take and when.

Dr Myles Ripley

PRINCESS IDA

returns to Staveley after 15 years

Although this will be Staveley Amateur Operatic Society's (SAOS) sixty-fourth Gilbert and Sullivan production, it will be only the fourth time they have performed 'Princess Ida'. It was first seen in Staveley in 1983, again in 1990 and lastly, 15 years ago in 2002.

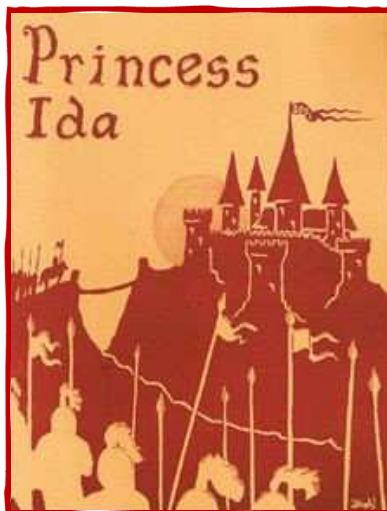
The plot centres around two kings, Hildebrand and Gama, whose son, Hilarion and daughter Ida, were married when he was just two years old and she was one. That was twenty years previously and they have never met.

Thanks to an over-bearing father and three bullying brothers, Princess



Ida hates men which is why she has established a women-only university in Castle Adamant. Prince Hilarion has decided it is time to claim his bride and he plans to sneak into Ida's castle with his two closest friends but, because men are banned, they must dress up as women to avoid detection. Fun and games ensue.

The complicated plot requires fifteen principal singers and two strong choruses and SAOS are seeking to fill the places from their current members together with any former members who would like to return or new additions who would welcome the chance to appear in this rarely performed G&S operetta.



Staveley Amateur Operatic Society

Princess Ida

13th- 16th September 2017

Our friendly group has performed G&S Operettas for over 60 years. Princess Ida is not performed as often as some of the other G&S Operettas and we are looking to recruit new members for the chorus (*no auditions necessary*) and also for the principal roles (*8 men and 7 ladies*).

We meet on Tuesday evenings in Staveley Village Hall from 11th April

Please contact **Margaret Barker**
e-mail m.barker020@gmail.com
or phone 07815 452636
if you are interested in joining us.

Rehearsals will begin on Tuesday April 11th at 7.30pm in Staveley Village Hall where Musical Director, David Tattersall, will be leading a sing-through of the entire score to acquaint everyone with the wonderful music of Sir Arthur Sullivan and the witty lyrics of WS Gilbert. Everyone is welcome whatever previous experience you have had and no auditions are necessary to join the Society.

The show will be performed between 13th and 16th September 2017. Please contact Margaret Barker via email m.barker020@gmail.com or on 07815 452636 if you are interested in joining us or just turn up on the 11th.

John Reid

SOUTH LAKELAND MIND
South Lakeland Mind Peer Support Service is actively recruiting volunteers!



Do you have a couple of hours a week to spare? Are you caring, compassionate and a good listener? Could you work with people in your community who are experiencing mental and emotional health issues?

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and you can help a poorly looking hedgehog greatly by putting it in a cardboard box with newspaper, offer it some cat pellets and water only (no milk). Then contact our 'qualified' Hedgehog A & E rescuer: Mrs Irene Cannon of Barrow-in-Furness (Tel: 01229 464 829) who will meet you halfway to collect any poorly hedgehog (if she has time). - But urgency is important

Moving on to local matters:

Members of the British Hedgehog Preservation Society (BHPS) in the Howgills would like to bring to awareness, for motorists in the area, of hedgehogs crossing roads at night. Last year from March to October 2016, the remains of up to 9 road kills were reported within 200 yds of a

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section of the A683 just outside Ingmire Caravan Park entrance (1.5 miles outside Sedbergh), where there seems to be a regular Hedgehog crossing point, especially during the breeding season (April - August). We are appealing to motorists to reduce speed along this portion of the road at night. Hedgehogs are not easy to spot and will invariably roll up into a ball in front of oncoming car headlights. So the advice is to slow down and take appropriate action, or else straddle them (if safe to do so) as a last resort. We must remember that a foraging female, if she gets squashed by a vehicle on the road, could have up to 5 or 6 hoglets left behind in the nest, and if people can remember that, it will go a long way in preserving these iconic national treasures so that future generations can enjoy them as well.

Local volunteers have had permission from the land owners to

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put up road signs on private land along this A683 section and we ask motorists to heed these warning signs and take extra care at night. Of course, it is not only at this known hedgehog crossing area, where we must take care, but anywhere within the Cumbrian and Yorkshire area, due to its high population of hedgehogs, so please, when you are driving at night, be aware of what is on the road ahead, drive carefully, and help save the lives of our hedgehogs.

I have a limited amount of free car stickers available (which I can provide on a first come first served basis) to interested parties wanting to join the cause to prevent hedgehog road kills

They are white stickers that depict a red warning triangle and a picture of a hedgehog with a caption 'DON'T SQUASH THEM!'. They are the size of an old car road tax disc that can stick on the front or rear windscreen,

or, wherever you choose. I am told by the printers that they are fully waterproof and durable for up to 5 years plus! If you are interested, please call Rob on Tel: 0783 339 1256.

In conclusion, if you would like to join BHPS you can join online at www.britishhedgehogs.org.uk, and get the whole family Interested. Just as the nation has with the red squirrel, we all need to contribute to the survival of our hedgehogs. There are all sorts of other areas that people can help, for example making suitable housing for hedgehog hibernation in your garden, some people have even set up webcams in these hedgehog houses so that monitoring their progress and safety

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All help and information can be found on the website and members are entitled to a fund of 'print-outs' covering all aspects of hedgehog management and care. So come on folks, LET'S ALL BECOME HEDGEHOG MINDERS!

SEDBERGH COMMUNITY SWIFTS

Only one month to go before our swifts come back, usually in the first week of May!

The migration of swifts, birds that weigh only about 40gms (little more than a Cadbury's crème egg), never ceases to amaze us. "Tagging" swifts with tiny devices called geolocators

has finally shown us the route and timings of their epic journey for the short breeding season in Europe.

For example, a swift that was tagged in Cambridge in 2011 embarked on its spring migration on 19th April from the coast of Equatorial Guinea. It took only a day to fly across the gulf of Guinea and then lingered for almost 2 weeks in the skies above Liberia, in West Africa, coinciding with the eruption of termite nests. All the European Common Swifts do this, as they take advantage of lots of food before the last leg of their migration. On 4th May the tagged swift left Liberia and on 10th May it arrived back in the same nest site in Cambridge that it had left 9 months before – a journey of nearly



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5,500km in only 6 days. Truly remarkable.

Swallows and house martins return to this country before the swifts, in April, and sand martins even earlier, in March. Swifts are the last migrants to arrive back, and the first to leave.

Swifts, swallows and martins:

Here is a reminder on ***What's the difference?*** Although all may look superficially similar, and all feed on insects in the air, swifts are completely unrelated to the Hirundines, the group to which the swallows and martins belong. Strangely, the swift's closest relatives are the humming birds.

Nesting habits: swallows nest in



outhouses and barns, on ledges and beams, while house martins make cup-shaped mud nests on the outside of buildings under the eaves. So both these birds can be seen on the nest.

Swifts however are *never* seen on the nest, as they are hidden from view within the eaves, or in crevices in walls. And, unlike swallows and martins, swifts are not messy!

Appearance: swallows and martins have white patches, which you may glimpse as they twist and turn in the air, whereas swifts are all dark, and have longer scythe-shaped wings.

Behaviour: Swifts form characteristic screaming parties as

the gay



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they hurtle around our towns and villages. And finally, because of their tiny legs, swifts cannot perch – a bird on a wire is never a swift.

We will have a stall at Sedbergh Artisan market on Saturday morning April 28th, do come along and have a chat, and we can help and advise about boxes too.

To Contact Sedbergh Community Swifts:

email ta.hoare@btinternet.com or ring 01539 824043

Tanya & Edmund Hoare

APRIL GARDENING

Last month, on a trip to a local supermarket, I was side tracked by a trolley of plants – shrubs and herbaceous perennials – parked outside the door. The day was grey, damp and dreary, but my eye was caught by the sight of a slip of a bush with a bright picture of *Lavatera* 'Barnsley', the "Tree Mallow" which bears an endless crop of white, dark

eyed blooms for months during the summer and early autumn. This plant was very much the fashion in gardens 20 -25 years ago. In those days we used to have a Summer (in the sense of a good spell of hot sunshine for a few weeks every year) and things like *Lavatera* 'Barnsley', *Hebe* 'Autumn joy' (rich purple flowers over dark evergreen foliage) Jerusalem Sage (*Phlomis fruticosa* – a felty leaved evergreen shrub, bearing spikes of pale yellow flowers in summer), the beautiful, "Chocolate Cosmos" – *Cosmos atrosanguineus* and low growing, long blooming, silver pink flowered *Diascia ringesens*, could all be planted with a view to them lasting a good few years. Some folks even had to remove *Lavatera* bushes when they got too exuberant and filled more than their designated space, swamping and squashing smaller, more delicate things around and about.

Since then the "Damp era" seems to have overtaken us, but we do now have access to cheap, well grown, seasonal plants, so I shall treat my *Lavatera* 'Barnsley' as an enormous summer bedding plant and count on it lasting one year. I might add to it – *Convolvulus cneorum*, the silver leaved, white flowered, neatly bushy relative of our native climbing weed is sometimes to be seen amongst these bargain bushes, and I am sure that I spotted an unusual cultivar of "Sun Rose" (*Cistus*) last year.....

I shall try to ration myself to no more than one plant per month – but this may involve putting on blinkers before I reach the supermarket entrance.

Elaine Horne

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FAMILY MUSINGS

I compile this on a day which has centered around a much loved elderly member of our family, a lady even older than me. A 98 year old who had a cataract operation. The doing of the second eye will not be such an ordeal. There is much which we all face in life which frightens us because of the unknown aspects I am glad I have my faith and a faith in God that He is actually in control not me.

There are challenges all around. Coping with I'll health, ours or someone else's, awful job or not job or uncertainty, pressures at work ,A levels, GCSE and other studies, and endless list at times and we who have supportive family and friends are

blest indeed.

A techi person I am not. Practical yes. Unpredictable yes. But able to work my new phone or cope with my laptop and wonderful fibre broadband ..no. I struggle. But I want to move with the times!

Recently we gave one of our own a "right good send off" as only a village can. We said goodbye to the chap who used to tell me, when I was a little girl buying cat food for my grandma's cat, "it's good on toast for your tea" I have never tried it! Rest in Peace Frank.

Easter is coming. One grandson is already looking for chocolate eggs in the garden and the easter bunny has been booked. Anyone got a rabbit costume to spare..?



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Happy egg hunts. Hallelujah 'so and rejoicing and always try new things..tho' maybe not cat food on toast!

Thanks. Hope arrives.

Sarah

SEDBERGH ART SOCIETY

On Friday 17th February we once again invited Ron Ward to speak at our AGM. This time he gave an illustrated talk entitled "What the war artists did...in the war".

We heard about the history of trends in painting; how the horrors of the First World War caused the avant-garde vorticist movement (with its hard – edged imagery derived from the machine and the urban movement) to give way to cubism and



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realism. Woven seamlessly into this were the experiences of the war artists themselves and a wealth of illustrations of art work, which made a great impact on the audience.

Artists were often employed by the army, and sketched the action as men fought at the Front; the devastation of battle areas; and the suffering of the wounded. We learned about Bomberg, John and Paul Nash, Nevison, Stanley Spencer, Singer Sergeant, and Henry Tonks with his before-and-after paintings.

It brought home that artists could far better depict the detail and horror of the battlefield than a camera could ever do – especially in that era.

Once again we thank Ron for all his research and his charismatic delivery of this revealing and sobering talk.


All that remains for this season are a demonstration and two workshops.

On Friday 17th March in the Methodist Hall, 7.30 – 9.30pm. there will a demonstration by Les Darlow. He will create wild and free pastel pictures. 'The first will be wild and free and the second more controlled', he says.

On Saturday 25th March in the

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Methodist Hall, 10am. – 4 pm. Jane Ward will be leading a watercolour workshop entitled, 'Springtime in the Lakes'. Jane inspired us all so much last year, as she painted Skiddaw in the Snow, that we asked her to return to lead a workshop. Do not miss!

The season will finish, once again, in the welcoming Methodist Hall. Thanks to June and William for always looking after us so well. On the 20th May, 10am. – 4 pm. Helen Shields will run an autonomous workshop 'Painting in Pastels'. I wonder how wild and free we will be?

If you wish to join any of these, please contact Jenifer Alison on 01539 824666 (email

jen.alison10@gmail.com) or Gill Impey on 01539 726640 (email gillimpey@hotmail.co.uk)

Jenifer Alison

THE WHETSTONE FIVE

Britain is a wonderful society of traditions; Lords Persuivant, Silver Sticks, Sir John Betjeman, warm beer and a resolute defence of driving on the wrong side of the road! It is in this spirit that we hope that the recent 'Wilson Run' was a huge success,

conducted in a sporting manner and that the best fellow won.

The 'Wilson Run' at Sedbergh recalls an equally venerable tradition at another of our great public schools, the 'Whetstone Five'. This is a five-mile cross country race held annually, in memory of the Rev. Dr Theophilus Whetstone the then Latin Master, and its origins lie at the heart of everything it is to be British.

We must travel back to a time when two thirds of the world was painted red, Victoria was on the throne and there was no one else about to shoulder the 'white man's burden'. It was a relatively unimportant event in itself save for the antics of one boy, one Pinkley major of Havelock's and 4Ct. Now for those who know little of

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public schools there is perhaps a need for a brief explanation. Boys at public school are known exclusively by their surname, if they exist at all forenames are never used. To differentiate between brothers, for example, the Latin terms 'major' and 'minor' are used for the older and younger sibling. Havelock's is the name of his House and the 4Ct denotes his form, i.e. Fourth year, the C group and the t stands for the Greek word 'Telos' which is the scholastic equivalent of 'do not resuscitate'.

Pinkley major had submitted his 'take' on the Epodes of Horace to the good Reverend Doctor who, in exasperation at the grubby, blotted

piece of work presented, decided that stern measures should be taken to protect the reputation of 'the noble Flaccus' (there had been an ignoble Flaccus who was exiled from Rome for over familiarity with the Emperor Augustus' daughter Julia. But I digress.) He reached round for his thinnest, most supple cane and was about to catch hold of the wretched boy when Pinkley major took off.

Out of the Doctor's study he ran, followed by the enraged classicist, his gown billowing out at the double, his mortarboard firmly perched on his head. Waving his cane about him Doctor Whetstone set off in pursuit. Out of the school gates they ran, Pinkley major just managing to keep

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beyond the sweep of his pursuer's cane. Up hill and down dale, through wood and fen they ran until, just before they reached to school gates again, Doctor Whetstone caught his quarry and was about to administer a 'sound thrashing' when he was taken with a seizure, collapsed and died.

Greatly mourned it was decided to erect a small but tasteful monument at the point where Reverend Whetstone died. Twelve months later his sister, Miss Whetstone, dedicated a silver cup to the School for an annual race, along the same route, in memory of her brother; a worthy tradition kept up to this day more than one hundred years later. The first winner was P T M Spofforth, (Old School), and last year J J K Wildfish,

(Grytpype's). "Initials" you gasp! "I thought you said.....". Well, those pesky traditions again you see. It has been common practice since Dr Arnold's day at Rugby to award initials to boys for cups won, prizes taken or for sacrifice defending distant parts of Empire. A conversation once heard in White's Club suffices as illustration: "I read in today's 'Times' that P W C Snugly was killed in Zululand; assegai apparently."

"Dashed unBritish those natives."

Footnote: Pinkley major inherited a fortune from his father and blew the lot at baccarat in Monte Carlo, but in doing so died of a seizure when he laid his last Louis d'or on the King of Spades and won!

Nick Cross

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72 MAIN STREET

Club, Society, Sport & Business Information

Please allow me to wish you all a happy Easter on behalf of all the volunteers at the Information and Book Centre.

Nick Cross's article in last month's issue prompts me to remind everyone that there are two A4 folders here, one holding information about sports clubs and one for food outlets. If that's you, please bring information about what you're doing – dates and costs of matches, practices, training sessions, menus, posters for special nights, etc. Lookaround is great for contact information but visitors and residents are often looking for something more detailed.

By the time you read this we will have two more folders. The first, A4 like the others, will be for information about clubs and societies, which is a beginning of what I think Nick was asking for. The other will be for business cards - for traders, professional services, health care and so on - which will be classified by alphabet. Look under 'P' for plumber! We already have a business card holder but we think it's time for a

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bigger one. Unlike our other services to individual businesses this will remain a free service.

Best wishes

Andi Chapple

SEDBERGH AND DISTRICT CHAMBER OF TRADE AND BUSINESS

Sedbergh and District Chamber of Trade and Business ended last year with a successful Christmas Late Night Opening, when premises on Main Street and Finkle Street were open between 6 and 8pm for nibbles and refreshments.

2017 began with a new event, Sedbergh Dark Skies Festival (20th-23rd February), which was organised



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in collaboration with Sedbergh School. Despite an untimely appearance by Storm Doris, leading to the cancellation of two outdoor events, we were delighted to welcome Richard Darn, who led an audience of 62 people on a "Voyage Around the Universe". Later in the week, we were joined by Pete Collins who gave a presentation on Astrophotography. There are already plans to hold another Dark Skies Festival.

Following the success of last year's Food & Drink Festival, we are busy planning this year's event, which will be held 8th – 18th June. Keep an eye open for the brochure which will be available in local shops soon.

Sedbergh Cycling Festival returns

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1st and 2nd July. There are lots of events planned, including a sportive.

Details of these, and other events, can be found on

www.sedbergh.org.uk/events.

In addition, the Sedbergh Heritage group are planning interpretation boards which will be located in participating businesses throughout the town. The group is also working with a local film maker, Stuart Sutton, to produce a documentary film on Sedbergh's history and heritage.

Gemma Suttle

Yoga classes for all in Sedbergh



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YORKSHIRE DALES MILLENNIUM TRUST

Support for Disadvantaged Groups

A programme of 50 inspirational events will take place over the next two years, providing opportunities for disadvantaged groups to experience the health and well-being benefits of spending time in the Yorkshire Dales.

Run by local charity Yorkshire Dales Millennium Trust (YDMT), the People and the DALES project has delivered education and outreach events for more than 8000 people since 2005.

Now a grant of £2000 from the Harrogate-based Sir George Martin

Trust is helping to support this award-winning project, to provide life-changing opportunities for disadvantaged people across Yorkshire and Lancashire.

Before awarding the grant, Carla Marshall, Trust Manager at the Sir George Martin Trust, joined YDMT together with farmer Rodney Beresford and service users from Settle Resource Centre at the foot of Ingleborough during the busy lambing season to lend a hand.

Carla said: "It was great to experience first-hand the kind of events that we could support with a grant to YDMT, and to meet some of the people that benefit from the People and the DALES project. Now



our grant is enabling many more people to take advantage of these valuable opportunities."

Activities such as nature discovery walks, farm visits, conservation work and crafts provide opportunities for a wide range of disadvantaged groups to learn new skills, relax, enjoy the fresh air and explore the beautiful Yorkshire Dales landscape, often for the first time.

Judy Rogers, YDMT community development worker, said: "We are delighted to be able to continue this work over the next two years, providing important opportunities for people to experience something new and positive in the Yorkshire Dales. It is so rewarding to see the difference

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a day in the countryside can make, and we hope to inspire the groups we work with to spend more time in green spaces – whether that is the Yorkshire Dales, or their local park."

The People and the DALES project is supported by the Morrisons Foundation, the Sir George Martin Trust and players of People's Postcode Lottery.

YORKSHIRE DALES NATIONAL PARK

wins National Park of the Year award

The Yorkshire Dales has won the National Park of the Year award in the BBC Countryfile Magazine annual poll.

The magazine said 56,000 votes

were cast across 12 categories, with the National Park award being one of the most popular contests.

It said readers had displayed great affection for a "wild and craggy limestone landscape, replete with waterfalls and hay meadows, stone villages and broadleaved woodland".

"It's clear that thousands of voters have fond memories of time spent here," it said, noting that the Park had recently expanded to cover 840 square miles.

The Chairman of the Yorkshire Dales National Park Authority, Carl Lis, said: "This is an excellent result for the Yorkshire Dales. I can only agree wholeheartedly with Countryfile readers and viewers. The Yorkshire Dales is an area of amazing contrasts; it can be raw, grey, awesome or sweetly beautiful.

"Everyone who lives in the Park and helps to manage the land, not least our farmers, should take pleasure from this award, and perhaps even afford themselves a little pat on back. And to everyone who visits the Park and promotes the understanding and enjoyment of it, thank you. Come again soon!"

Andrew Fagg

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DENTDALE, HEAD TO FOOT

Following Mr John Sugden's enjoyable talk on his experiences in the Scottish Highlands in the 1950's we were treated to an equally informative talk on March 3rd by Mrs Kate Cairns, who spoke to us about the Sedbergh Medical Centre, where she is the Dent representative on the Patient Forum.

Interestingly, the practice has had a recent Quality Care Commission inspection and achieved good in all areas apart from one area where the result was outstanding and from the comments made, it seems that we have a practice which is not only good at reducing the amount of hospital admissions but is also continuing to develop Information Technology to improve patient care. Indeed, once High Speed Broadband has been installed in our areas (particularly Dentdale and Garsdale) it will become possible for medical staff to have direct contact with patients in real time, if they so wish.

The practice has a very comprehensive website, which many of those present had not seen, which is a further example of the

advantages of direct communication using IT. Do go on and see what you can find. You can also have direct access to your personal medical records by having your unique password protected access, which can be obtained by contacting Reception at the practice.

A yearly patient survey is conducted so that medical staff have feedback on the way that the practice is operating and which also provides pointers to where the practice can be improved and all present, apart from those who had recently filled one in at the surgery, were asked to complete a form for this year's survey. We await the results with interest!

Our next meeting is on April 7th, where Jenny Robinson of WRAP will be talking to us about sustainability and the part that recycling of waste products plays in this.

Do join us if you can at 2:00 p.m. in the Sedgwick Room of the Memorial Hall.

For further information please contact Mike Steele on 015396 - 25054, 07813-806209 or mds@pesdent.co.uk.

FEBRUARY WEATHER

A typical February “fill dyke” with a bit of everything. We had 4.42 inches (112.2mm) of precipitation which was largely rain with a bit of hail, snow and blow mixed in. Only 3 days were dry, or at least not troubling the rain gauge. The second week was the coolest when for 5 days the highest daily temperatures did not go above 40F (4C). A low of 27.7F (-3.5C) was recorded on the last night and a high of 52.7F (11.5C) on the 15th day. With the wind chill added only 4 nights did not drop below freezing. The early part of the month had winds generally from the South to South West with the highest gust being a Souwesterly 25.7mph (41.36KPH).
Mud, mud and more mud!! In 21

years living here I have never had so much of the stuff. Let's hope it dries up soon. There has been a lot of activity at the bird feeding station. Presumably it's a pair when the couple of long tailed tits appear as normally they arrive in a family party. We've even had a starling prospecting for nesting sites. For many years they nested in the kennel wall. Either the wood pigeon or collared doves have nested judging by the white egg shell under the tulip tree. I can't imagine they have successfully hatched it will be one to the magpies!! The poultry haven't relished being shut up and the young gander has become increasingly aggressive. One bonus has been that both geese have started laying due to



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the lights being on in the sheds! The fox has continued to visit whilst the rat population is still around. On the milder days there are still plenty of midges around. They are a persistent bunch!

LENT LUNCHES

Lent Lunches will be in St Andrew's Parish Church on Wednesdays from 12 noon until 1pm and will run until Wednesday 12th April.

Come and join us for Soup, Roll & Fruit and a chat.

All proceeds go to Charity.

Anne Reed-Screen

DARK SKIES FESTIVAL

In February, Sedbergh was delighted to be part of the National Parks Dark Skies Festival.

The event was organised by Sedbergh and District Chamber of Trade and Business in collaboration with Sedbergh School. It opened with 'A Voyage Around the Universe' by Richard Darn (www.darkskiesuk.org), which was attended by 62 people. Richard said, "The turnout from the people of Sedbergh for the Dark Sky Festival was fabulous and we had

partially clear skies before and after the talk. People were able to gaze in wonder at Venus and Mars through telescopes and binoculars and more distant wonders such as the Pleiades star cluster. There is obviously a real enthusiasm locally for enjoying our starry skies, which have been lost across much of Britain due to light pollution. In fact, nine out of ten people have never seen the Milky Way. Harnessing public enthusiasm in places like Sedbergh and the surrounding countryside is an important step in securing support to protect the night sky and keep it dark."

We were also joined by Pete Collins (www.diamond-skies.co.uk). Pete said, "I gave a presentation to a group of people keen to learn the basics of astrophotography, covering choice of equipment, camera settings, the difficulties of focusing in the dark, planning shots, and shooting a variety of night sky subjects - like the Milky Way, the Northern Lights and the International Space Station. I hope they learnt something and look forward to bumping into them again out in the countryside one dark night!"

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Unfortunately, due to an untimely appearance by Storm Doris, 'Storytelling Under the Stars' and 'Stargazing' had to be cancelled, but there are already plans to hold another Sedbergh Dark Skies Festival in the future.

Gemma Suttle

PEOPLE'S HALL

Sixtieth birthday party

Grateful thanks to the People's Hall for their invitation to the Sixtieth Birthday Tea Party on 28th January. It was very enjoyable.

The Hall looked lovely with the lights and balloons and we were welcomed so warmly by the Committee.

The tea was delicious and the cooking of Settlebeck students was much enjoyed. Also the service by staff and students was excellent.

The singing and playing of the Sedbergh Primary with Jude Jackson was enjoyed.

Thanks are due to both schools.

The unveiling of clock, master and slaves marked the commencement of the party. Thanks are due to Richard Thomas for all his work with these with Steve Longlands and Dr Barney.

All the best to People's Hall for the

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Elsbeth Griffiths

CUMBRIA WILDLIFE TRUST

Expedition to Madagascar

In June 2016 Dr Emily Fitzherbert of the Biology Department at Sedbergh School led an expedition of students to study with the Wallacea Conservation Research organisation in the National Nature Reserves of Mahajanga and Nosy Be.

Expedition members True, Charlie and Jordan spoke to the Sedbergh CWT Local Support Group about their work.

This was far from a jolly holiday. First of all we heard of the many ways, some more ingenious than others, of raising funds for the expedition, all involving much hard work and organisational skills. As they travelled to their first camp they were able to observe not only urban poverty but also denuded barren

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highlands and former forests destroyed by decades of irreparable human damage. At the reserve they worked at gathering data on habitats and habits of lemurs, snakes and various insects including an inordinate number of inquisitive scorpions. GPS location, Latin name, size etc. were all recorded for comparison with previous data. Some clever camouflage techniques had to be overcome in the process.

Time was also spent with children from the local school. Inhibitions were abandoned on both sides as all participated in songs, dances and a surprisingly popular game of British Bulldog.

The group then headed for the north coast. They commented on poverty everywhere but also pride and dignity, closeness in communities, music and laughter.

Nosy Be was a dive camp and base for studying the coral reefs. The timetable was demanding with two training dives a day and lecture sessions in between. Again the reef had been subjected to degradation partly because of overfishing and pollution but also the effects of

climate change. Boat traffic overhead often brought visibility to a scary zero.

The students spoke movingly of their experiences. They were privileged to see parts of the real Madagascar some distance from the Attenborough and Dreamworks images and all had to put in a great deal of hard work and commitment to attain their goals.

Their accounts were accompanied by colourful images and film. In all this was an impressive and thought provoking presentation.

Susan Garnett

SEDBERGH PLAYGROUP

Sedbergh Playgroup is open 5 mornings and 2 afternoons a week during term time. All themes and activities follow the Early Years Foundation Stage and children learn through lots of indoor and outdoor play and exploration, including arts and crafts, construction, imaginative play, sand and water play and visits to local places of interest including the Fire Station.

If your child has their 2nd or 3rd birthday between 1st September 2017 and 31st August 2018 and you would like them to attend Playgroup, please

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Look at the exciting things we do on our Facebook page.

Please also get in touch if you require more information about the new 30 hours free funding when your child turns 3 and how you can split it between providers. We can be

flexible to your child's needs, please come and speak to us.

Joanne Kitchen

PEOPLE'S HALL NEWS FRONTAGE PROJECT WORK

Fundraising continues and we have received funding from the Harold & Alice Bridges Charity and a kind donation from Garsdale Design Limited. We are now still short of **£10,000** to our target and need some help from the Town.

We have, however, received an offer to donate a memorial seat at the front of the Hall, which we are in process of designing. There are other parts of the works that can still be sponsored - just contact Gina.

NEW BOOKING SECRETARY

Our new Bookings Secretary is Chris Wood, ex-CDC, and we are pleased to welcome his skills on board. Already he is making changes and he writes:

There have been some changes to the booking procedure for the People's Hall. If you wish to book please first consult the online calendar on the Availability page of www.sedberghpeopleshall.org.

You should then download and complete a booking form (text can be entered directly into the user input fields) and email it to Chris Wood at booking.peopleshall@gmail.com which is also the email address for booking enquiries.

If you don't have online access then paper forms can be collected from, and returned to the Sleepy Elephant. Any enquiries about payments should be sent to:

treasurer.peopleshall@gmail.com.



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NEW TREASURER

Our new Treasurer is Sandra O'Neill and she is now looking to put us on a secure (non-project related) financial footing. The Hall's size has increased and its facilities have improved over the last three or so years. Our hire charges have, however, not matched the increased costs. The result is that our reserves are falling. Expect some changes to the hire charges soon. She can be contacted at treasurer.peopleshall@gmail.com.

DATES FOR YOUR DIARY

Dances: 17 June 2017, 14 October 2017.

*Dr Gina Barney,
Hon. Secretary, 015396 20790*

WALKING & CYCLING GROUP

On Monday, the 10th of April, at 7:30pm, Dave Smith will give another illustrated talk about his long-distance travels.

This talk was originally given in November but, thanks to very bad

weather and some flooding, very few people attended and Dave has kindly offered to give the talk again.

On retirement, and twenty years on from his first go, Dave Smith had a second shot at backpacking from Land's End to John O'Groats. This is a "mature person's" (his words), rather more gentle, journey of 1,400 miles.

His talk, entitled Land's End to John O'Groats Revisited, is one of the ongoing series of public talks entitled Talking the Walk, Adventures on Foot at Home and Abroad, hosted by the Sedbergh Area Walking and Cycling Group. £2 at the door to defray costs.

For all things to do with walking and cycling in the area, see www.sedberghgateway.org.uk

*Robert Powell / Sedbergh Area
Walking and Cycling Group*

SEDBERGH

FOOD & DRINK FESTIVAL 2017

Now in its second year, Sedbergh Food & Drink Festival celebrates the culture, people and businesses of Sedbergh and the surrounding area, as well as showcasing some of the fantastic 'field to fork' produce to be

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It's being held from 8th – 18th June, and there will be a wide selection of events for you to enjoy. To date, participants include the Malabar, Duo, the Dalesman, 3 Hares, Mad Hatter's Tea Room at No 6, Howgills Accommodation, Sedbergh School, Sedbergh Primary School and Sedbergh Heritage Group.

This year, there will be a Festival Food Market on Saturday 10th June. If you are a food or drink producer and are interested in having a stall, please contact Andi Chapple at office@sedbergh.org.uk or call 015396 20504.

11th June is Open Farm Sunday, and you will have the chance to visit Lock Bank Farm, home of Howgill Fellside Ice cream.

Look out for the festival brochure which will be in local shops very soon, or for more information on all events, visit www.sedberghfoodfestival.co.uk. You can also keep up to date via Facebook (www.facebook.com/sedberghfoodfest) and Twitter (@FoodSedbergh).

We hope that you will join us, and

we look forward to welcoming you.

Gemma Suttle

GUIDED WALKS

The Sedbergh Area Walking and Cycling Group have begun their short series of free guided walks – to find out if there is a demand for a more regular programme of such walks in the future.

Our first walk took place on Saturday the 18th of last month. It was a "Sedbergh Low Level Walk" of about eight miles that largely followed the Dales Way. Twelve of us set off at ten o'clock from the Information and Book Centre, along with two dogs, for what proved to be a very enjoyable four hours or so. There was some intermittent drizzle for some of the day, but nothing like the heavy rain that marked the previous day or the day after. The walk was led by Keith Birbeck, who had previously scouted the route. Malcolm Petyt occasionally told us about various places of interest and how the effects of Storm Desmond had been dealt with by volunteers and staff working for the national park. It was generally agreed at the end that we had made a good start to our walking programme.

Wednesday 05 April 10am – Howgills Hike – 9 mile walk around Calders and Bram Rigg. Good fell tracks over open exposed terrain with 500M of ascent.

Saturday 15 April 10am – Dentdale – 10 mile walk along Dentdale via the Dales Way and the Dales Highway. Good paths and tracks with 150M of ascent.

Wednesday 03 May 10am – Howgills Hike – 9 mile walk around

Knott, Calders and Arrant Haw. Good fell tracks over open exposed terrain with 500M of ascent.

More information about these walks is available on the Sedbergh Gateway website at www.sedberghgateway.org.uk/events and from the walk leader, Keith Birbeck, via keithbirbeck@gmail.com or 015396 20941. Any comments or suggestions concerning this walking initiative would be most welcome.

Robert Powell

PEOPLE'S GYM & FITNESS CENTRE

The PG&FC will be holding its Annual General Meeting on Wednesday April 5 in the People's Hall committee room beginning at 7.30pm. Anyone who is a member of the gym is welcome to come along and will be able to vote in the election of committee members. Members of the general public are also welcome but will not be able to vote.

The Agenda will be:-

1. Welcome & introductions
2. Attending
3. Apologies
4. Minutes of last AGM a. Approval.
b. Matters arising
5. Report of the Chair
6. Presentation of Annual Accounts and Treasurer's report
7. Election of the management committee, and appointment of representative members to the committee
8. Adoption of amended Constitution
9. Playing music in the Gym
10. Machine replacement and additions for the next annual equipment review

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11. Expansion and development of the Fitness Centre

12. AOB

13. Date of next AGM

NOTE: The first meeting of the new committee will follow the AGM

The PG&FC have an urgent need for a Treasurer/Membership Secretary as Rosemary Lewes who has been in post for more than 7 years is stepping down. Rosemary is offering training for the post which is a little more than the usually treasurer's job. It would suit someone who is perhaps a gym user or has retired and would like an extra interest. Call me on 015396 21808 in the first instance or check out the PG&FC's Facebook page.

Sandra Gold-Wood

CITIZENS ADVICE

Problems with a mobile phone contract

I recently signed a two year phone contract with a new network provider but the reception in my home is terrible. Can I cancel the contract?

Poor signal doesn't give you a right to cancel, but you can take action. If

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you bought your mobile online or over the phone within the last 14 days, simply cancel the contract. If you bought it in store or have had it for longer, explain the problem to the company. They may give you a device which can boost your signal.

If this doesn't work, ask to terminate the contract. They will usually ask you to pay an exit fee, which can cost as much as the contract. If you don't want to pay then use their complaints procedure. If you haven't got a resolution after 8 weeks, ask an Alternative Dispute Resolution Service to make a decision on releasing you from the contract.

For further help, call the consumer service helpline on 03454 04 05 06 or contact South Lakes Citizens Advice on 03444 111 444.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464

for on-going enquiries. South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574
Karen Evans

DENT STORES

Dear Editors

An event of note able worth has taken place in Dent. One which does much to take our community onwards and upwards. One which means we do not become a community without a shop!

After many years Eddie and Rita Smith have retired from Dent Stores, no more early sorting of papers or unpacking deliveries that were sometimes not quite what should be. No more being moaned at or about, no more their cheerful smiling faces and interesting banter. No more Sarah Shuttle bucket which I never quite understood and perhaps that's best!

And welcome to Les, Sue and Jack who have moved more than miles all way from Kent to Dent and we welcome you.

Remember whether in well earned retirement or starting your new lifestyle you will never please all the people all of the time but many of us thank you and wish you all the best.

Sincerely

Sarah E Woof. Dent resident

COMMUNITY OFFICER REPORT

Logs of note for the area of Sedbergh
08/03 – Suspicious vehicle in the area of the bath house, this was checked out and all was in order
15/3 – RTC with injury was reported just outside Sedbergh.

In the surrounding area a black Mitsubishi 4x4 was reported acting suspiciously asking for scrap metal, batteries etc. On board were 5 males with north east accents. Please try and get the registration number, even half of it and the make of the vehicle.

In 2016 there were 31 incidents of sheep worrying – which includes attacking or chasing livestock - reported across the force.

Cumbria Cumbria Police and Cumbria's Police and Crime Commissioner are urging dog owners to keep their Police also received 44 complaints of sheep attacks last year, and in half of these (22) incidents one or more sheep were killed.

It is an offence to allow a dog to worry livestock and in some circumstances landowners have a defence in law to shoot dogs that are endangering their livestock.

Garsdale farmer Ian Calvert was forced to put some of his sheep down after becoming the victim of worrying.

He said: "It is soul destroying, and completely out of my control. There is a footpath which goes across my field and I purposely don't put my best sheep there because I can't control other people's dogs.

"I understand that dogs don't do it on purpose but I won't tolerate it anymore."

Police have the power to seize a dog to prevent worrying, and an owner can be fined up to £1,000 for the offence.

Superintendent Gary Slater said: "Worrying is a very serious issue and one that the police take seriously. It can lead to significant consequences for sheep and therefore farmers, and



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Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448
fax 01539 730253
e-mail info@strampress.co.uk
website www.strampress.co.uk

can be so easily prevented by owner's keeping their dogs on a lead.

"The issue of sheep worrying is more pertinent to highlight at this time of year, as lambing season approaches. A dog does not have to physically attack livestock to cause harm – even chasing them can cause distress and easily cause a pregnant sheep to miscarry lambs.

"We have provided posters for farmers to display to remind dog owners of their responsibilities, and we will be taking a proactive approach and positive action against those that allow the offence to occur."

Cumbria's Police and Crime Commissioner Peter McCall said:

"Sheep worrying is an issue that is often raised by members of the public when I am out and about, which is why I am keen to get the message out there about the need for people to take responsibility for their dogs.

"People need to understand that the worrying of livestock can have devastating consequences for animals and for farmers and their businesses."

Anyone who wants to report an incident of sheep worrying should call Cumbria Police on 101 or Crimestoppers anonymously on 0800 555 111.

If you would like a poster regarding the above to display on your land then please email me on

Amanda.coleman@gmail.com

CSO 5244 Mandy Coleman

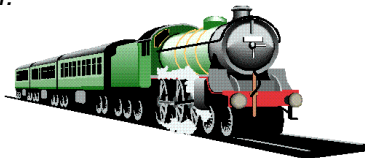
LOOKAROUND

Please remember that the Closing Date for everything is now the 15th of every month.

DJW

A CRYPTIC QUIZ

Railway stations in Cumbria – All still open!



- 1 A house for livestock (9)
- 2 A bleached harbour (10)
- 3 Heavy hairpiece (6)
- 4 Precious metal in the valley (10)
- 5 Garden transport – in a hot place! (6-2-7)
- 6 Crow to see through (10)
- 7 Heavy labour (10)
- 8 Flog a meadow (10)
- 9 For weighing saltwater? (8)
- 10 Manor above the beach (6-4-5)
- 11 County's money depository (5-4)
- 12 Vixen meadow (8)
- 13 Verdant highway (5-4)
- 14 Question pork (5)
- 15 Climate total (8)
- 16 Breezy lake (10)
- 17 Stan Laurel's birthplace (9)
- 18 Donkey noise pebbles (10)
- 19 Lower city (10)
- 20 Dolly's station (6)
- 21 Holy mother's harbour (8)
- 22 Holy honey makers (2-4)
- 23 Caused by a bump in the car? (4)
- 24 Church next to Boxing Day saint (6-7)

Answers in next Lookaround

Compiled by David Alison

(Continued from page 91)

are unable to receive it.

If anyone or any business would like to Sponsor the Birthday Gift, please contact us. Full credit will be given.

Dennis J Whicker

	9		7	2				
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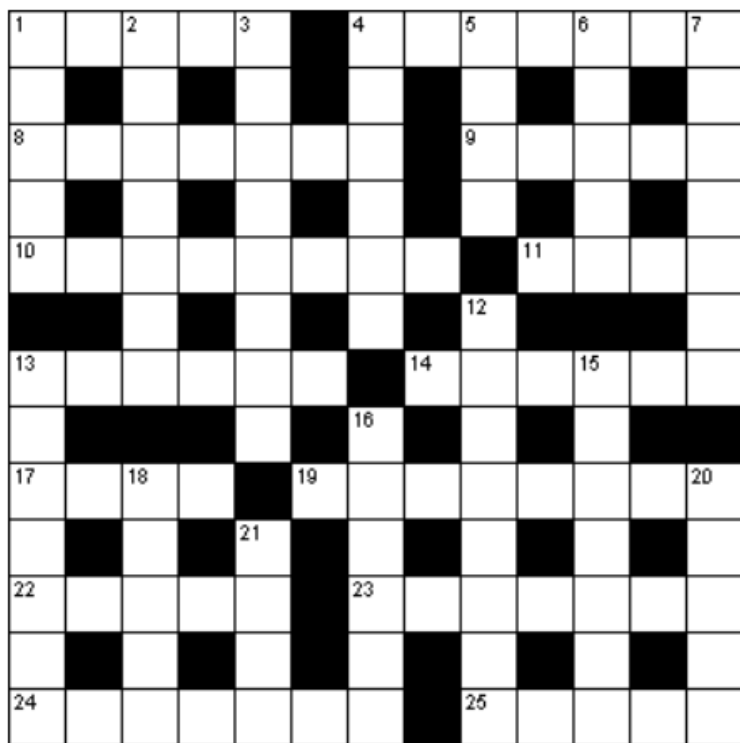
- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
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DAVID BAINES
 015396 25346 07837 766 219
 davidbaines@first4homeimprovement.co.uk

LOOKAROUND

Thank you to everyone that has helped to get things in early for this month in preparation for next month when the Closing Date for everything is 15th April and will be the 15th of every month in the future.

DJW

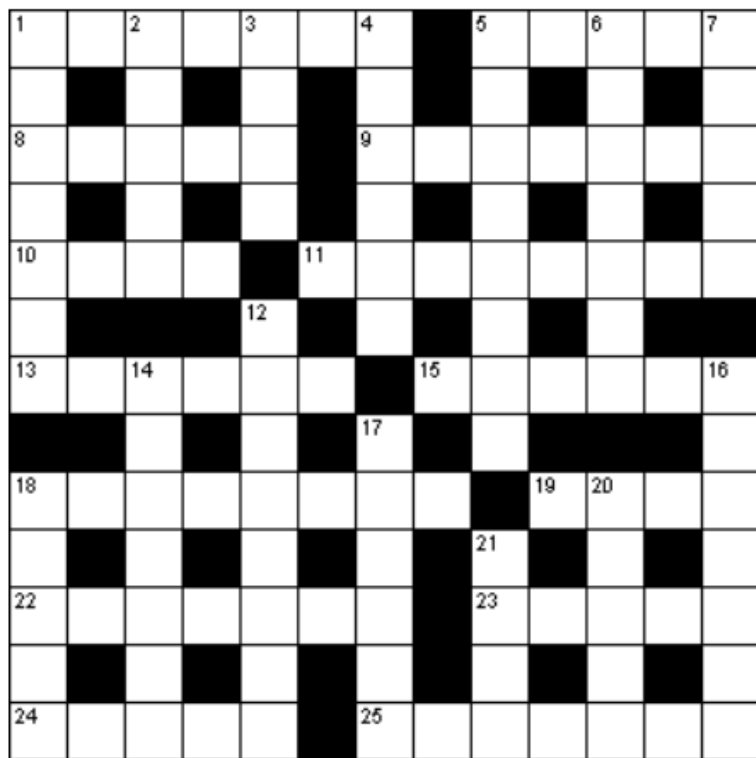


Across

1. Marine mammal (5)
4. Type of crossword (7)
8. Deviation from the rule (7)
9. Fabric (5)
10. Rubbing or clash (8)
11. Woody plant (4)
13. Egyptian statue (6)
14. Creatures (6)
17. Wander (4)
19. Expert on precious stones (8)
22. Decree (5)
23. Inactivity (7)
24. Victory (7)
25. Larceny (5)

Down

1. Dock (5)
2. Get rid of (7)
3. Fastidious (8)
4. Former name of Sri Lanka (6)
5. Shout (4)
6. Male singing voice (5)
7. Admit to (7)
12. Feeling remorse (8)
13. Glut (7)
15. Take aback (7)
16. Social outcast (6)
18. Excuse (5)
20. Helps to raise dough (5)
21. Molecule (4)



Across

1. Fate (7)
5. Animal with two feet (5)
8. Musical instrument (5)
9. Aerial (7)
10. Professional cook (4)
11. Delight (8)
13. Mass leaving (6)
15. Transparent gem (6)
18. Entertainer (8)
19. Cab (4)
22. Planet nearest to the sun (7)
23. Similar (5)
24. Fishing basket (5)
25. Ruminant (7)

Down

1. Fiasco (7)
2. Meaning (5)
3. Metallic element (4)
4. Annually (6)
5. Treachery (8)
6. Flightless bird (7)
7. Curtain (5)
12. On time (8)
14. See (7)
16. Spear with three prongs (7)
17. Attorney (6)
18. Ape (5)
20. Nimble (5)
21. Young whale (4)

PERSONAL & SMALL ADS £1

JEAN & BILL DOBSON

Congratulations to the best Mum, Dad, Nan, Grandad, Great Gran and Great Grandad on your **Diamond Wedding Anniversary** on 24th April 2017. With lots of love from all your family

=====

DENT STORES

We have finally retired from Dent Stores and Garda View Guest House after 28 years. We thank all our loyal customers and friends for their support over the years. We hope you will support Sue, Les and Jack in their new venture and we wish them well. Rita and Eddie.

=====

GEORGINA DEVINE

I would like to thank the following people for helping me over the last few months: Dr Myles Ripley and the drivers of the Western Dales Bus and Community Volunteer Car Scheme for their help with transport and the Sedbergh Christian Centre for taking me and others Ten Pin Bowling.

=====

JANETTE HARRISON

Wendy, Wayne, Reagan and Harrison would like to thank everyone for the cards, letters, flowers and kind words received after the sad loss of Janette. They were overwhelmed by the kindness and support of so many people who attended the services, and for all the donations to St Johns Hospice. Special thanks to the district nurses and St. John's Hospice for helping Wendy carry out her mums

wishes to stay at home. Thanks also to Brian Goad for his care and support with all the arrangements.

=====

FOR SALE

Aluminum Cold Frame with hinged top. 4' wide x 2' deep x 1' high. Needs two panes of glass. £15. Tel: 015396 25655 Mob: 07989 403119.

=====

FOR SALE

1 pair of ladies Phoenix Leather Golf Shoes. Navy/White fit size 5½-6. £15. Tel: 20768.

=====

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Cleaner for a Holiday Cottage in Sedbergh & Handyperson. Please ring 019422 16058 or 07792 445257 and ask for Jane or e-mail janemillthroup@yahoo.co.uk for further details.

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Now also on Wednesdays!

W	H	A	L	E		C	R	Y	P	T	I	C
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Single Column 2.56" x 1"	=	£7.50
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Double Column 5.2" x 4"	=	£25.00
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Personal & Small Ads	=	£1.00
Postal per month to Britain	=	£2.50
Postal per month Overseas	=	£6.00

All information to
72 Main Street, Sedbergh LA10 5AD
Closing Date 15th of every month.
*Can all adverts please be
accompanied with the correct money
at the time of submission.*

*Last Advert Update August 1999
Last Donation Update December 2009
Last Postal Update September 2016*

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	09/16	Helpline	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
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	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
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
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley	mylesripley52@gmail.com	
Dentdale Choir *	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot *	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
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
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
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	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
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	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	mylesripley52@gmail.com	
Labour Supporters Group	10/15	Mr Cross	01539	634139

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	12/14	Mrs Suttle	07810	833478	
Lunch Club	02/17	Mrs l'Anson	Sed:	21757	
Messy Church	09/14	Mrs Raw	Sed:	20542	
Methodist Church Hall	04/14	Mr Allen	Sed:	20194	
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent *	04/17	Mr Thornley	Dent:	25185	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's Hall	08/15	Sleepy Elephant	Sed:	21770	
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	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808	
Red Squirrel Group - Sedbergh *	04/17	Mr Hopps	07870	785322	
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816	
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808	
Schools	Dent Primary	03/13	School	Dent:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723	
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723	
Scouts	01/09	Mr Mawdsley	Sed:	20723	
Scouts - Explorers	11/15	Mrs Colton	07789	906421	
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613	
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568	
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com		
Tennis Club	01/09	Mr Robinson	Sed:	21014	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138	
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773	
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428	
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869	
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
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	
Yoga	11/16	Mrs Henney	Sed:	20899	
Young Cumbria	01/09	Mrs Hartley	01524	781177	
Young Farmers Club	11/15	Miss Thompson	07590	115844	
Young Kidz	01/09	Mrs Baines	Sed:	21287	
Youth Club	09/16	Mrs Wilberforce	Sed:	21562	
* = Latest Amendments					

If there are any Groups missing and/or contact details are incorrect, please let us know.

EDITORS COMMENTS

Another new regular Advertiser this month is Cerberus Printing of Kirkby Stephen. Please mention Lookaround if you make any enquiries.

AMENDMENT OF CLOSING DATE

Due to the increase of information coming in by e-mail - which is fantastic - there is so much that comes in on or just before the 19th (and some afterwards) that it has become physically impossible to get the Lookaround out by the first of the month. After giving it serious consideration, we are changing the Closing from the May Issue to the 15th for EVERYTHING which will give me another 4 days to get it to the Printers. We thank you in anticipation in assisting us. Anything received after 15th will not go in for that month but will be in the following month.

FUTURE OF LOOKAROUND

After very serious consideration, Jacky and I have decided to 'Retire' from putting the Lookaround together. After over 30 years of production, we feel that we should give up the reins and let someone else (younger?) take over.

If any person or group is interested in continuing Lookaround, please make contact with us.

Complete briefing and tuition would be given to the interested parties. It will not be easy for whoever takes over but we will always be on hand for help and guidance.

We are looking at our last issue being December 2018 which gives two full years for a new editor(s) to take charge. However, if the new editor is ready to take over earlier, this may be possible.

At this time, we would like to thank everyone for their continued and valued support of Lookaround since it started in March 1986 with a sheet of A4 folded. My, haven't we come a long way since then?

E-MAILS

One or two people are dropping me an

e-mail to the old address of

lookaround@whicker73.freemove.co.uk.

This is no longer in use and I cannot retrieve any messages from this address. Please use the current one on the front of every issue. Can you please check your system and remove the old address.

LOOKAROUND INFORMATION

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker & is printed by Stramongate Press. The content of The Lookaround does not reflect the views of the Editors.

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

Current Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire). *Back Copies* are available at the History Society at 72 Main Street.

All items for Lookaround must be sent to 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to editor@sedberghlookaround.org.uk

ADVERTISING

For the benefit of advertisers, the following information will assist you.

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the details & place it in the Post Box. A receipt will be issued & left in the Lookaround Tray in the Office for collection or include a SAE.

Our distribution area is the LA10 Postal District which is Sedbergh & the surrounding villages, but it is sent all round the country & the world.

We are published on the 1st of every month (except January).

February to November is printed black ink on white. The December/January issue is in full colour. All copies have a full colour cover to indicate a new issue & photographs are requested from our

readers who will be credited.

We do not have whole page adverts but will allow two half page adverts opposite each other.

The Front Page is given priority to Event Adverts relevant for the appropriate month.

You can supply the information & we can create an advert for you. You can supply an example in hard copy & we will reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word, a jpg or as a PDF.

If you order numerous adverts, the content can be the same every month or it can change if you are seasonal.

The closing date for new Adverts is 15th of every month. Renewed adverts & articles are 19th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999 (over 17 years ago.)

PERSONAL MESSAGES

These are £1 each & are for sending Good Wishes, Thank You's, Birthday Greetings, Anniversaries & any other celebration or congratulation. You may also sell personal items - not on a business basis, & also make an appeal for wanted items.

Details with respect to people Passing Away are inserted for free.

Please submit legible writing as many mistakes have been made in the past due to not being able to read properly.

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates

are very reasonable. All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

Adverts for the Rent or Sale of property are not Personals & can only be included as a boxed Advert.

If you are a new advertiser in Lookaround & you order 3 or more adverts, you will receive one free advert & can also include some text explaining who you are, what you are, where you are, etc (which can not all go into an advert) up to about 550 words for free.

If you have more than 3 months of advertising, we will automatically send a renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year).

We respectfully request payment with ordering. Please make cheques payable to "Sedbergh & District Lookaround".

Payments by BACS can also be made.

Account: Lookaround
Account Number: 30940267
Code: 20-45-28
Reference: Invoice Number or
your name or reference.

CAN YOU PLEASE INCLUDE THE INVOICE NUMBER WHEN PAYING BY BACS?

Any receipts issued for Adverts will be left in the Lookaround Tray in the Information Centre for collection.

CHILDREN'S BIRTHDAYS

Children's Birthdays are included free on the Birthday page until their 11th Birthday.

Every month, a randomly selected child will receive a £10 Gift Voucher to be used in Sedbergh or Dent from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they

(Continued on page 82)

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme				
Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC
0940 (L)	1010	M - F	564	W
1015 (L)	1045	Wed	564A	W
1240 (L)	1310	M - F	564	W
Sedbergh to Kirkby Stephen				
1749 (L) (C)	1819	M - F	502	SCC
Sedbergh to Kirkby Lonsdale				
0945 (L)	1018	Thu	567A	W
Sedbergh to Dent				
1330 (L)	1345	Wed	564A	W

Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive			
1030	1056 (L)	M - F	564	W
1300	1330 (L)	Wed	564A	W
1330	1356 (L)	M - F	564	W
1705 (C)	1749 (L)	M - F	502	SCC
Kirkby Stephen to Sedbergh				
0738 (C)	0808 (L)	M - F	502	SCC
Kirkby Lonsdale to Sedbergh				
1215	1248 (L)	Thu	567A	W
Dent to Sedbergh				
1000	1015 (L)	Wed	564A	W
Last Update: October 2016				

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

S1 Kendal Shuttle Saturday from 1st October R = Request only						
Kendal Morrisons				12:45		
Kendal Blackhall Road [opp bus sta]		09:00	12:50	14:20	16:15	
Kendal Asda		09:06	12:56	14:26	16:21	
Westmorland Hospital		09:07	12:57	14:27	16:22	
Oxenholme Station		09:10	13:00	14:30	16:25	
Killington M6 Bridge		09:20	13:10	14:40	16:35	
Sedbergh Dalesman		09:35	13:23	14:53	16:50	18:40R
Sedbergh Maryfell		-	13:25R	14:55R	16:52R	-
Dent village		09:50		15:10	17:05	18:55R
Cowgill		10:03			17:18	19:08R
Dent Station		10:05			17:20	19:10R
<i>Dent Station</i>						
<i>Train from Leeds</i>		10:16				19:23
<i>Train from Carlisle</i>		10:38			17:32	19:20
Dent Station		10:20			17:50	19:30R
Cowgill		10:22			17:52	19:32R
Dent village		10:35		15:15	18:05	19:45R
Sedbergh Maryfell	08:15	-	13:38	15:28	-	-
Sedbergh Library	08:20	10:50	13:40	15:30	18:20	20:00R
Killington M6 Bridge	08:32	11:02	13:52	15:42		
Oxenholme Station	08:42	11:12	14:02	15:52		
Westmorland Hospital	08:44	11:14	14:04	15:54		
Kendal Asda	08:45	11:15	14:05	15:55		
Kendal Blackhall Road Bus Station	08:55	11:25	14:15	16:05		
Kendal Morrisons		11:30				

- At 1020 the bus will wait at Dent Station for up to 6 minutes beyond its scheduled departure time for a late running 1016 train from Leeds.
- R: The 1840 from Sedbergh and return 1930 from Dent Station runs only on request to the driver on the day.
- R: The bus will only stop at Sedbergh Maryfell at 1325, 1455 and 1652 on request to the driver on the day.

BUS SERVICES

S3 Hawes Hopper Tuesday only from 27th September R = Request only					
Dent	-	0930	-	13:35	15:35R
Spar	-	0944	11:14	13:49	15:49R
Library	-	0945	11:15	13:50	15:50R
Maryfell	-	0947	11:17	13:52	-
Farfield Mill (entrance)	-	0949	11:19	13:54	-
Garsdale Street	-	0957	11:27	14:02	-
Garsdale Station Arrive	-	-	11:32	14:07	-
Garsdale Station Depart	-	-	11:34	14:09	-
Moorcock Inn	-	1005	11:37	14:12	-
Hawes Creamery	-	1017	11:49	14:24	-
Hawes Market Place	-	1019	11:51	14:26	-
Hawes Dales Centre	-	1021	11:53	14:28	-
<i>Garsdale Station</i>					
<i>Train to Carlisle</i>					
		10:21	12:17	14:20	16:16
<i>Train to Leeds</i>					
		10:02	13:02	15:13	
Hawes Dales Centre		10:28	12:33	14:38	-
Hawes Market Place		10:30	12:35	14:40	-
Hawes Creamery		10:32	12:37	14:42	-
Moorcock Inn		10:44	12:49	14:54	-
Garsdale Station Arrive		10:47	12:52	14:57	-
Garsdale Station Depart		10:49	12:54	14:59	-
Garsdale Street		10:54	12:59	15:04	-
Farfield Mill (entrance)		11:02	13:07	15:12	-
Maryfell		11:04	13:09	15:14	-
Library	09:10	11:06	13:11	15:16	-
Opposite Morphet's Garage	09:11	11:07	13:12	15:17	-
Dent	09:25	-	13:26	15:31R	-

S4 Kirkby Stephen Connect Friday only from 30th September R = Request only					
Dent	-	09:45	-	13:40	15:50R
Sedbergh Spar	-	09:59	11:29	13:54	16:04R
Sedbergh Dalesman	-	10:00	11:30	13:55	16:05R
Sedbergh Maryfell	-	10:02	11:32	13:57	-
Cautley Cross Keys	-	10:10	11:40	14:05	-
Fat Lamb	-	10:17	11:47	14:12	-
Ravenstonedale	-	10:22	-	14:17	-
Kirkby Stephen Station arr	-	10:29	11:54	14:24	-
Kirkby Stephen Station dep	-	10:37	11:57	14:27	-
Kirkby Stephen Town	-	10:43	12:03	14:33	-
<i>Kirkby Stephen Station</i>					
<i>Train from Leeds</i>					
		10:34	12:30	14:32	
<i>Train from Carlisle</i>					
			12:49	15:00	
Kirkby Stephen Town	-	10:50	12:35	14:47	-
Kirkby Stephen Station arr	-	10:56	12:41	14:53	-
Kirkby Stephen Station dep	-	10:59	12:44	15:03	-
Ravenstonedale	-	-	12:51	15:10	-
Fat Lamb	-	11:06	12:56	15:15	-
Cautley Cross Keys	-	11:13	13:03	15:22	-
Sedbergh Maryfell	-	11:21	13:11	15:30	-
Sedbergh Library	09:25	11:23	13:13	15:32	-
Opposite Morphet's Garage	09:26	11:24	13:14	15:33	-
Dent	09:40	-	13:28	15:47R	-

April Church Services							
St. Andrew's Sedbergh	2nd	9th	16th	23rd	30th		
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP		
10.30 am	United Service Holy Communion	Holy Communion	Holy Communion	Family Service	BCP Choral Matins		
6.30 pm	Evening Prayer	Choral Evensong @ StJC 6pm	Evening Prayer	Evening Prayer	Evening Prayer		
Wednesday	5th	12th	19th	26th			
11.15	HC BCP	HC BCP	HC BCP	HC BCP			
	2nd	9th	16th	23rd	30th		
St. Mark's Cautley	2.30pm HC	9.30am MP (NC)	Holy Communion <i>by extension</i>	2.30pm Healing Service	11am Ecumenical		
St. John's Garsdale	10am St John's (HC)	2pm Low Smithy 6pm Choral Evensong	6.30pm Street Chapel	10am St John's	10am St John's		
Lune Parish Services							
	2nd	9th	16th	23rd	30th		
Holy Trinity Howgill	2pm Ecumenical Service at St. Andrew's, Sedbergh	2pm Holy Communion @ Killington	2pm Easter Holy Communion @ Howgill	2pm Morning Prayer & Holy Communion @ Firbank	2pm Holy Communion @ Firbank		
St John's Firbank			10:30am Easter Holy Communion @ Firbank				
All Saints Killington			2pm Easter Holy Communion @ Killington				
Dent & Cowgill Parish Services							
	2nd	9th	13th	14th	16th	23rd	30th
St. Andrew's	10.30am Holy Communion	10.30am Combined Palm Sunday Service	7pm Western Dales Mission Service	10:30am Good Friday Meditation	10.30am Holy Communion	10.30am Holy Communion	10.30am Holy Communion
St. John's	2:30pm Evening Prayer				9am Holy Communion		
Cornerstone Community Church (CCCM/N) Services (Formerly URC & Methodists)							
	2nd	9th	16th	23rd	30th		
10.30 am	CCCM/PH	CCCN	CCCN	CCCN			
Messy Church							
			19th				
4.30 pm			CCCN				
worship@peopleshall							
	5th						
10.30 am	People's Hall						
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				
			NSV = New Sedbergh Version				

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. Andy McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
 & Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

St. Andrew's Parish Church
 Sunday 12.00
 Holy Days 19.30

Rev. Dr. Peter Campbell Tel: 20918

CORNERSTONE COMMUNITY CHURCH

New Street/Main Street
 Sunday 10.30

Rev. Carole Marsden Tel: 22030

Rev. David Crouchley Tel: 20329

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5JQ
 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. Andy McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& 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. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

Rev. David Crouchley Tel: 20329

Rev. Carole Marsden Tel: 22030

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

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 2.56" x 1"	=	£7.50
Single Column 2.56" x 2"	=	£10.00
Single Column 2.56" x 3"	=	£12.50
Single Column 2.56" x 4"	=	£15.00
Double Column 5.2" x 2"	=	£15.00
Double Column 5.2" x 3"	=	£20.00
Double Column 5.2" x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month to Britain	=	£2.50
Postal per month Overseas	=	£6.00

All information to
 72 Main Street, Sedbergh LA10 5AD
 Closing Date 15th of every month.

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

*Last Advert Update August 1999
 Last Donation Update December 2009
 Last Postal Update September 2016*



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB; Free Wi-Fi</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 (2017/11) <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
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) <i>4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL</i>	20200

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	01969 667356
<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	
Mrs Whitfield	20799
Old Station Cottage. Station Road, Sedbergh LA10 5HP (2016/12) <i>Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage</i> www.oldstationcottage.co.uk	
Mrs A Bramall	20360
Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	

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

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	CCCM
1030	Every Monday	Sedbergh Songsters	GH
1730	Every Monday #	Brownies	CCCN
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
1430	Last Monday	Tea & Company	CCCN
0930	Every Tuesday	Drop-in & Relax	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH
1930	3rd Tuesday	Ladies NFU	PH
0830	Every Wednesday	Sedbergh Market	JLCP
1000	Every Wednesday	Coffee Morning	CCCM
1145	Every Wednesday	Age UK Swimming	SS Baths
1315	Every Wednesday	Art Society	PH
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1800	Every Wednesday	Yoga for All	MCD
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1830	Every Thursday	Swimming Club	SS
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	Every 2 weeks	Cameo Club	CCCN
1430	1st Thursday	Age UK Cream Tea	Sed Café
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Red Lion
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1100	Every Friday	Mindfulness Course	MCD
1700	Every Friday #	Barrel of Fun	StAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

= School Term Time Only
See Group Page for contact details & Diary Page for Keys

PLACES OF INTEREST TO VISIT IN THE AREA
Bowling Green, Queens Gardens
Bruce Loch Nature Area, Busk Lane
Cautley Spout, A683 towards Kirkby Stephen
Community Office, 72 Main Street
Cornerstone Community Church, Main Street
Cornerstone Community Church, New Street
Cumbria Wildlife Trust, Community Office
Dent Heritage Centre, Laning, Dent *
Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
Friends Quaker Meeting House, Brigflatts
George Fox's Quaker Pulpit, Firbank
Golf Club, Catholes, Sedbergh *
Information Centre, 72 Main Street
History Society, Community Office
Holme Working Farm, Middleton *
Holy Trinity Church, Howgill
Jubilee Wood Nature Area, Castlehaw Lane
Langstone Fell, A684 Garsdale Foot
Motte & Bailey Castle, Castlehaw Lane
Pepperpot Folly, Busk Lane
Picnic Site, Ghyllas, Cautley Road
Picnic Site, Settlebeck New Bridge
Play Ground, Dent Village
Play Ground, People's Hall
Play Ground, Maryfell
Queen's Gardens, Station Road
St. Andrew's Church, Dent
St. Andrew's Church, Main Street, Sedbergh
St. Gregory's Church, Vale of Lune
St. John's Church, Cowgill
St. John's Church, Firbank
St. John's Church, Garsdale
St. Mark's Church, Cautley
Sedbergh Embroidery, StAS
Tennis Courts, Guldrey Lane
Winder Fell, above Sedbergh
* = Entry Fee Applicable

DIARY OF EVENTS

Dates are held up to 14th March 2018

APRIL		
1	1000	Saturday Coffee Morning DMH
1	1000	Exploration of Land & Nature Exh DCMH
1	1000	Settling, Resting, Grounding (23) MCD
1	1030	TEXTiles Exhibition till 23rd (7) FM
1	1200	Spring Show (1) PH
1	1930	Flicks in the Fells - I, Daniel Blake (4) PH
1	1000	Exploration of Land & Nature Exh Ends DCMH
3 - 15		Western Dales Mission Community (6) STAS
3	1930	Help the Aged AGM (4) PH
5	1000	Coffee Morning - Ladies NFU CCCM
5	1000	Guided Walk - Howgills Hike (78) SIC
5	1200	Lent Lunches (73) StAS
5	1300	Medical Centre Closed for Training (4 & 77) MC
5	1900	Gym & Fitness Centre AGM (4) PH
6	1930	WIHF - Collection & History of Buttons FCH
7	1400	Dentdale Head to Foot (71) DMH
8-23		Egg Cellent Easter Trail DCMH
10	1930	Lands End to John o Groat's (10) PH
10	1930	DMH AGM (9) DMH
11	1100	Drystone walling DCMH
11	1400	WIK - The Tide's the very Devil PH
12	1000	Coffee Morning - St John's Hospice CCCM
12	1100	Rugmaking Workshop DCMH
12	1200	Lent Lunches (73) StAS
12	1915	WID - A Mayoral Year DMH
12	1930	WIS - Last Voyage to St Helena PH
12	1930	CWT - Butterflies in North West CCCM
13	1200	Age UK Lunch Club Red Lion
14		Good Friday
15	1000	Saturday Coffee Morning DMH
15	1000	Guided Walk - Dentdale (78) SIC
15	1030	Family Print Workshop DCMH
15		West Dales Mission Community Ends STAS
16	1400	Springtime at Whelprigg (16) Barbon
17		Easter Monday
17	1000	Easter Monday Sale (17) DMH
18		SS Term Begins
18	1100	Drystone walling DCMH
18	1400	Hawes Town Trail DCMH
18	1930	Ladies NFU Community Swifts Conservation PH
19	1000	Coffee Morning - StAS Mission CCCM
21	1100	In the Kitchen DCMH
21	1930	Bedale Enclosure Talk DCMH
22	0930	Wickerfisharts Walk (23) FM
22	1000	Dentdale Chapel Coffee Morning DMH
22	1100	Monthly Meditation Drop-In (23) MCD
22	1400	The Show Must Go On DCMH
22	1500	Teddy Bears Picnic (6) StAS
22	1900	Dentdale Choir Spring Concert (22) StAD
23		St George's Day
23	1000	FLOW with Qigong (23) MCD
23	1030	Wickerfisharts Workshop (23) FM
23	1030	TEXTiles Exhibition Ends (7) FM
23	1400	Lucienne Day (7 & 28) FM
23	1900	Dentdale Christian Fellowship (Dec) Rhumes
23		Egg Cellent Easter Trail Ends DCMH
24	1930	Annual Parochial Church Meeting (6) DMH
26	1000	Coffee Morning - NW Cancer CCCM
27	1530	50 Year Celebration (27) SPS
28	1800	Kirkby Lonsdale Beer Festival (28) KLRC
29		Artisan Market (29) Sedbergh
29	1200	Kirkby Lonsdale Beer Festival (28) KLRC
30	1200	Kirkby Lonsdale Beer Festival (28) KLRC
30	1330	Barns, Walls & Bridges Talk DCMH
30	1600	Messy Church (33) CCCN
MAY		
1		May Bank Holiday
3	1000	Coffee Morning - D&S Oral Society CCCM
3	1000	Guided Walk - Howgills Hike (78) SIC
4	0700	Cumbria County Elections
4	1930	WIHF - Cumbria's Fell Pony HVH
5	1400	Dentdale Head to Foot (71) DMH
6	1000	Saturday Coffee Morning DMH
6	1930	Flicks in the Fells - (4) PH
9	1400	WIK - Resolutions PH
10	1000	Coffee Morning - Firbank Church CCCM
10	1915	WID - Resolutions/Valley of the Moon DMH
10	1930	WIS - Resolutions Meeting PH
11	1200	Age UK Lunch Club Red Lion
12 - 19		Scottish Dance Week (24 & 60) PH
14 - 20		Christian Aid Week (9) Sedbergh
15	1930	WI Group Meeting Going for a Song PH
16		Town Band Concert TBA
16	1930	Ladies NFU Feet First PH
17	0900	Dementia Awareness JLCP
17	1000	Coffee Morning - Christian Aid CCCM
18	1300	Medical Centre Closed for Training (4 & 77) MC
18	1930	Scottish Country Dance (60) PH
20	1000	Dentdale Chapel Coffee Morning DMH
24	1000	Coffee Morning - Garsdale Village Hall CCCM
26	1930	Annual Summer BBQ FCH
27		SS Half Term Begins
27	1930	Concert StMC
28	1100	Monthly Meditation Drop-In (23) MCD
29		Spring Bank Holiday
29	1930	Duck Race & Coffee Evening HVH
31	1000	Coffee Morning - St Andrew's Church CCCM
JUNE		
1	1930	WIHF - Members Evening FCH
2	1400	Dentdale Head to Foot (71) DMH
3	1000	Saturday Coffee Morning DMH
3	1400	Red Squirrel Tea Party (60) Greenbank
3	1930	Flicks in the Fells - (4) PH
4		SS Half Term Ends
7	1000	Coffee Morning - Dementia Awareness CCCM
8	1200	Age UK Lunch Club Red Lion
8 - 18		Food & Drink Festival (77) Sedbergh
13	1400	WIK - Making Lace PH
14	1000	Coffee Morning - Howgill & Firbank WI CCCM
14		WID - Summer Outing TBA
15	1930	WIS - Summer Outing
17	1930	Olde Time Dance (76) PH
18		Food & Drink Festival Ends Sedbergh
20		Ladies NFU Summer Outing
21	1000	Coffee Morning - Town Band CCCM
21	1300	Medical Centre Closed for Training (4 & 77) MC
21		Town Band Concert Middleton
24	1000	Dentdale Chapel Coffee Morning DMC
28	1000	Coffee Morning - Killington WI CCCM

COVER PHOTO

Sedbergh Information Centre

By Bob Turner

29	WIHF - Summer Outing TBA	
JULY		
1	1000 Saturday Coffee Morning	DMH
1	1930 Flicks in the Fells - (4)	PH
1	Cycling Festival	Sedbergh
2	1100 Monthly Meditation Drop-In (23)	MCD
2	Cycling Festival	Sedbergh
5	1000 Coffee Morning - CCC	CCCM
5	SS Term Ends	
6	1930 WIHF - Dog Obedience Demonstration	HVH
7	1400 Dentdale Head to Foot (71)	DMH
8	1000 FLOW with Qigong (flow)	MCD
11	1400 WIK - TBA	PH
12	1000 Coffee Morning - Royal British Legion	CCCM
12	1300 Medical Centre Closed for Training (4 & 77)	MCD
12	1915 WID - Ancestry	DMH
12	1930 WIS - On the Rocks	PH
13	1200 Age UK Lunch Club	Red Lion
15	1000 StAS Summer Fair	StAS
19	1000 Coffee Morning - Vacant	CCCM
22	1000 Dentdale Chapel Coffee Morning	DMH
24 - 28	Holiday Club (10)	PH
26	1000 Coffee Morning - Garsdale Village Hall	CCCM
30	Holiday Club (10)	PH
AUGUST		
2	1000 Coffee Morning - NW Cancer	CCCM
3	1930 WIHF - Failsafe Gardening	FCH
5	1000 Saturday Coffee Morning	DMH
5	1930 Flicks in the Fells - (4)	PH
7	August Bank Holiday	
8	1930 Domino Drive	FCH
9	1000 Coffee Morning - Vacant	CCCM
9	1915 WID - St John's Hospice	DMH
9	1930 WIS - Quiz Night	PH
10	1200 Age UK Lunch Club	Red Lion
13	1100 Monthly Meditation Drop-In (23)	MCD
16	1000 Coffee Morning - Red Squirrels	CCCM
19	1000 Dentdale Chapel Coffee Morning	DMH
23	1000 Coffee Morning - StAS Mission	CCCM
25	1930 Children's Domino Drive	FCH
28	Late Summer Holiday	
28	1100 Dent Gala	Dent
30	1000 Coffee Morning - Garsdale Church	CCCM
SEPTEMBER		
1	1400 Dentdale Head to Foot (71)	DMH
2	1000 Saturday Coffee Morning	DMH
2	1930 Flicks in the Fells - (4)	PH
3	1100 Monthly Meditation Drop-In (23)	MCD
5	SS Term Begins	
6	1000 Coffee Morning - St Johns Hospice	CCCM
7	1930 WIHF - Servicing & Funding a Hospice	HVH
12	1400 WIK - Local Landscape	PH
12	1930 Domino Drive	FCH
13	1000 Coffee Morning - Talking Lookaround	CCCM
13	1915 WID - Steve Swithin	DMH
13	1930 WIS - Autumn Flowers	PH
13	Princess Ida (54)	Staveley
14	1200 Age UK Lunch Club	Red Lion

14	Princess Ida (54)	Staveley
15	Princess Ida (54)	Staveley
16	Princess Ida (54)	Staveley
19	1930 Ladies NFU Home Guard	PH
20	1000 Coffee Morning - Sedbergh WI	CCCM
20	1300 Medical Centre Closed for Training (4 & 77)	MCD
23	1000 FLOW with Qigong (23)	MCD
27	1000 Coffee Morning - First Responders	CCCM
OCTOBER		
4	1000 Coffee Morning - Christian Aid	CCCM
5	1930 WIHF - AGM	FCH
6	1400 Dentdale Head to Foot (71)	DMH
7	1000 Saturday Coffee Morning	DMH
7	1930 Flicks in the Fells - (4)	PH
8	1100 Monthly Meditation Drop-In (23)	MCD

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CCCM	= Cornerstone Community Church, Main St
CCCN	= Cornerstone Community Church, New St
CO	= Community Office
CTIS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLRC	= Kirkby Lonsdale Rugby Club
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
PH	= People's Hall
QG	= Queens Gardens
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
STAD/S	= St Andrew's Church, Dent/Sedbergh
StJCC	= St Johns Church, Cowgill
StMC	= St Mark's Church, Cautley
SIC	= Sedbergh Information Centre, 72 Main St
SPS	= Sedbergh Primary School
SS	= Sedbergh School
SSAT	= Settlebeck School Academy Trust
WID	= Women's Institute, Dentdale
WIHF	= Women's Institute, Howgill & Firbank
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

Month in Bracket indicates when information appeared

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

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

for further details

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

Location of Defibrillators

72 Main Street ~ People's Hall ~ Fire Station

POLICE

101 or 999

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Evan Hurst,
Katie McKay & Sarah Boom (Hygienist)

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

Tel: 015396 20125/20504

www.sedbergh.org.uk

If you are an event organiser or accommodation
provider and you would like a listing on the
website, or if you are a local organisation and
want the website to carry information about your
activities, please email the Information and Book
Centre on office@sedbergh.org.uk."

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 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY

WEDNESDAY

Last Update:

February 2017