

Sedbergh & District

LOOKAROUND

August 2020

Issue 390

Donation £1

Very glad to say that we have another full issue for you. Plenty to read, plenty of information, reports, plenty of history, nature, poems and fiction. Once again thank you to all our contributors.

Thanks too to our new advertisers, Rycrofts and Country K9, and to all those advertisers who have recently renewed for another year. All of you are helping ensure the future of Lookaround. *Ed.*

farfieldmill

Reopening!

Friday 17 July

Open:

10.30am - 4.00 pm

Friday, Saturday
and Sunday

www.farfieldmill.org



CLOSING DATE: 15th of every month for everything

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD

Mobile: 07464 - 895425

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

Articles

Acrostic Poems	58	Sedbergh School News	30
Avoiding Scammers	40	Settlebeck School News	33
Blue Green Algal Blooms	70	Slovenia National Day	38
British Wool	78	Swift Rescued And Launched	73
Brooks Competition Answers	52	The English Sickness	54
Community Fund Expanded	14	The Knitting Industry	67
Community Swifts	68	The Tale Of Annie Blades And A Little Bit	49
Community Trust	11	Tim's Column	20
Country K9 Dog Spa	35	Town Twinning. An Update.	36
Covid Support Winding Down	5	TV Quiz	22
Damned If I Do. Part Two.	27	TV Quiz Answers	83
Dark Sky Reserve Bid Endorsed	80	V.J. Day	25
Dear Ada	74	V.J. Day Commemoration	25
Dementia Alliances Across Cumbria	43	View From The Fells (Cartoon)	16
Every Community Needs Volunteers.....	15	W.I. Howgill And Firbank	60
Family Musings	76	W.I. Killington	61
Food Of The Gods	56	W.I. Sedbergh	63
Garsdale Parish Council	17	Wasp Season	35
Hardship Fund	9	Wellbeing During The Pandemic	23
Have You Bought Anything Online Recently?	41	Western Dales Bus Services	12
June Ballads	44	Where All The Best Sausages Come From	45
June Weather	71	Writing Challenge	45
Farmer To Lead National Park	77		
Lookaround Calendar	5		
Nancy Recipes	82		
On-Line Singing	67		
People's Hall Is Open	10		
Pepperpot Club	66		
Primary School Uniform Recycling	34		
Prince Eddy	52		
Reopening The Dales	13		
Sedbergh Parish Council	19		

Other Information

Advertising In Lookaround	4
Bed & Breakfast	89
Bus Time Tables	94
Car Parking Charges	80
Editorial	82
Grief Share	81
Groups and Organisations	90
Lookaround Editorial Team	97
Lookaround Information	87
Medical Centre	57
People's Hall Hire Rates	93
Personal Messages	81
Public Information / Telephone Numbers	100
Puzzles (Crosswords and Codeword)	84
Religious Information	98
Train Times	96
Useful Telephone Numbers	79
Weekly Coffee Morning	3

COVER PHOTOS
Rosebay Willowherb
David Burbidge

Advertising

Able Memorials	41	Laura's Loom	69
Andrew Allan	50	Little Owls	64
Bannister Physiotherapist	61	M.H. Restorations	48
Black Bull	55	M.K. Conversions Ltd	43
C.C.C. Support	9	Matthew Cook Stonemason	77
Citizens Advice	53	McGarry Solicitor	19
Country K9	35	Meditation Centre	45
Covid Support Thank You	7	Middleton Mole Ploughing	33
Craig Chamberlain I.T.	75	Parkin And Jackson	40
Cross Keys	25	Pennine Outdoor Fabrics	21
Cumbria Stoves	37	Peoples' Hall is Open	10
Dalesway Therapies	15	Peoples' Hall	80
Dalton Burial Ground	39	Red Squirrel	50
Dawsons Fuels	72	Richard Hoggarth Builders	56
Dent Car Boot Sale	31	Robert Powell Web Design	82
Dent Covid Thanks	7	Royal British Legion	26
Dent Gala Cancelled	5	Ryan Simpson Septic Tanks	13
Duncan Law Plumber	34	Rycrofts	18
Farfield Mill	1	Sanitary Products	23
Financial Advice	24	Scott Ostle Services	8
First 4 Home Improvement	76	Sedbergh Covid 19 Support	59
G.J. Baines	27	Sedbergh Swimming Club	28
Garsdale Design	77	Sheila Shuttleworth Dressmaker	32
H&M Craftsmen Kitchens	30	Smart Design and Print	23
Helping Hand	54	Stephenson And Wilson Builders	65
Home Run	20	Steve Hopps Handyman	73
Ian Higginbotham	63	Stramongate Press	47
J.H.S. Joinery	68	Temptations Craft Boutique	17
J.J. Martin Funeral Director	39	The Head At Middleton	46
Jed's Gardening Services	53	Tilk Wilkinson Builder	78
June Parker Acupuncture	71	Tooby's Electrical	36
K.L. Venning Slaters	62	Treadwell Flooring	42
K.W. Electricals	60	Unemployed?	51
Kay Whittle Chiroprapist	24	Valerie Hinde Architect	67
Killington Marquees	66	Wasp Control	35
L.D. Taxis	58	Western Dales Bus	12
Lakes Lighting	49	Woof's Bus	14
Lakes Scaffolding	29	Wools Of Cumbria	74

Weekly Coffee Morning St Andrews Church Every Wednesday 9:30am to 12 Noon

**CANCELLED UNTIL FURTHER NOTICE
BUT IT WILL BE BACK!**



Groups who would like to run a Coffee Morning
please call Marilyn Leckie on 015396 20829



Advertising in Lookaround

For advertisers key points to note are as follows :-

- ◇ We will print an advert supplied by you, or we can design one for you.
- ◇ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer,
- ◇ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
- ◇ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
- ◇ We do not print whole page adverts but will print half page adverts opposite each other.
- ◇ If you buy a year's worth of advertising (11 adverts) we will only charge for 10
- ◇ New advertisers buying 3 months or more worth of adverts will get an extra one free
- ◇ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

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

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

**Lookaround,
72 Main Street,
Sedbergh,
Cumbria,
LA10 5AD**

Items can also be delivered by hand to Sedbergh & District Tourist Information Centre at the above address (72 Main Street) during open hours, and deposited in the Lookaround Post Box inside the office,

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

**Sedbergh & District Lookaround
BACS**

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

**Invoice Number, your name or
reference.**

This account is valid from January 2019. No other account details are valid for current payments.

**PLEASE REMEMBER TO
INCLUDE THE INVOICE NUMBER
WHEN PAYING BY BACS**

LOOKAROUND CALENDAR

Ed Welti

The Lookaround Calendar will be returning in the September edition. If you know of any local events please let us know. We rely on you to keep us informed so we, in turn, can spread the word.

Entries in the calendar are free— just send us the details to editor@sedberghlookaround.org.uk. We automatically add dates embedded in advertisements or articles.

Here are a some items to note and a few dates for your diary.

The **Peoples Hall** has been approved as Covid Secure and can be used for meetings, film shows and drama events. Please see details on page 10.

Farfield Mill reopened at weekends on 17th July (see page 1).

Western Dales Buses restart on 8th Aug (see page 12).

Woof's Buses restart on the 10th August (see page 14).

Events marking **V.J. Day** are planned for the 14th/15th August— see page 25 for details.

Dent Gala is cancelled but a **Giant Car Boot** is planned instead on 31st August (see page 31).

Sedbergh and District Covid Support plans to close at the end of August (see article opposite).

Dent Meditation Centre courses start on September 5th (see page 45).

And please remember - keep Supporting our local shops and businesses. We need them to survive to keep the community flourishing.

SEDBERGH AND DISTRICT COVID SUPPORT WINDING DOWN

Ed Welti

The start of lock down, back in another world, seems a very long time ago now. With so much happening, and so many initiatives starting spontaneously within the community we hastily convened a small, informal committee to try and give some structure, and to co-ordinate, where necessary, all the efforts. The committee consisted of Myles (Ripley), Janey (Hassam) and I (Ed Welti). We went out, bought a phone, printed some fliers, asked for volunteers, firstly to distribute the fliers, and secondly for help, and liaised with the already convened Sedbergh Covid Support Facebook Group, and started work.

Five of us took the phone on a rota, the three on the committee, Jim Atkins and Debbie Wilson. At first, we were receiving fifteen or more calls a day. This has now declined to a few a week.

Over the course of lock down we have worked with over 100 people in need and have had almost as many people volunteer to help, although we haven't been able to use them all. We have logged over 370 jobs done, of which some, while only logged as one job, actually consist of daily deliveries to one household, or more, for the duration (some of which would have totalled 100 jobs themselves if logged

DENT GALA CANCELLED

Giant Car Boot sale instead
Details 015396 25212
Refreshments & Activities

individually). One of our volunteers has been recognized by a Letter of Appreciation by the High Sheriff of Cumbria having been nominated (presumably) by her "client".

Along with the support line we also set up the Community Cupboard. Four Community Cupboard boxes were set up – at Spar, St Andrews, Main St bus shelter and Maryfell Bus shelter. The motto for the Cupboard is "Give what you can, take what you need". They are topped up daily with tinned food e.g. stew, pasta and sauce, rice, baked beans, tinned toms, simple toiletries etc. People can take, donate, or swap extra items as required.

The Community Cupboard boxes are being well used, and use continues to grow. There have been

some very significant, necessarily anonymous, donations to the boxes, and we would like to thank everybody who has contributed.

However despite this the donations don't fully support the use of the Cupboards, so extra funding has been required. Up to now has come from three sources, the Sedbergh United Charities Hardship Fund, the Wellbeing Fund, and the Parish Council. Once again our thanks go to them for their ongoing support.

As lock down has eased, many people who were shielding have now come out into the community and many volunteers have gone back to work. As noted above the number of calls have dwindled. In the light of these changing circumstances we have decided to disband the

SEDBERGH & DISTRICT COVID 19 SUPPORT

We would like to thank all those people who have supported their community during this pandemic

- The many volunteers who have come forward
- The shops, companies and takeaways who have kept us going throughout
- The NHS , NWAS and Pharmacy personnel who have always been there for us

Sedbergh and District Support Group committee and to formally close down the Help Line. Of course informal arrangements to continue delivering papers, prescriptions or shopping can continue, it just means that the Support Line will no longer be there to arrange ad-hoc deliveries or volunteer support. We envisage the close of the Committee and Support Line will happen at the end of August. With the proviso that if further local or national lock downs are imposed the committee will reconvene and the same support number will be reactivated.

The situation with the Community Cupboard is more complicated. Use of the Cupboards has continued to grow. A more formal arrangement is required which will make it possible to

apply for sustainable funding. The Support Group has no formal basis and is not in a position to apply for it.

Ideally a Foodbank could be set up within Sedbergh - if there is an organisation or individual within Sedbergh who would be interested in setting up a Food Bank then please let us know.

However people may still apply for Foodbank support from the Kings Food Bank in Kendal.

King's Food Bank works with partner agencies to ensure emergency food boxes are delivered to the doors of those in crisis. These partner agencies are able to refer people who are in need of food support to the Food Bank. Those already in contact with one of these agencies should speak to them to

Dent Stores



A Big Thank You

We would like to thank all the volunteers that have supported us and the community of Dentdale, as without your tireless efforts we would have struggled to keep everyone feed and supplied with medication during the lockdown.

We have now started our own Friday afternoon delivery service within Dentdale, (minimum order £10).

Please call to find out more.

Sue, Les, Ben & Jack

015396 25209



@dentvillageshop

shop@dentstores.co.uk

obtain support from King's Food Bank. Those who are not in existing contact with an agency, should contact the Citizen's Advice Bureau in Windermere on 015394 46464

The agencies are :-

- Adult Social Services
- Barnardo's
- Age UK
- CAP
- Children's Social Services
- Citizens Advice Bureau
- Fair oak Housing
- Home Group
- Impact Housing
- Manna House
- Mind
- NHS: Health Visitors
- NHS: Mental Health Services
- NHS: Stint

- Oaklea Trust
- Probation Office
- South Lakes Housing
- Unity
- Welfare Assistance (Cumbria County Council)

Separate from the Support Group and Community Cupboards we already have, and will continue to have a source of support within the community for people in financial need, the Sedbergh United Charities Hardship Fund. As a Support Group we have tried to remind people that it is there should they need it. Thank you also to Sedbergh School and Sedbergh Community Trust for donating funds to the Hardship fund at the beginning of the Covid Emergency to support this project.

If you need to make an application contact Tony Reed Screen on a865@btinternet.com or 015396 21081 or John Sykes on jmsykes100@gmail.com or 07786 384917.

Finally the Support Group would like to thank everybody in Sedbergh and those in the surrounding district who volunteered to help, those who have worked through us, Those who volunteered but we never got the chance to use (sorry!) and those who have simply been supporting neighbours in a time of need. And many thanks to Jim and Debbie for helping with the phone and organising the jobs

To Sum up :-

- The Support Line will close down at the end of August (assuming no resumption of lock downs)
- The Community Cupboard will also close at the end of August.

S.Ostle Services
Plumbing, Heating and Stoves

Installation, Service & Repair of:

- Domestic Oil, Natural Gas & LPG (Boilers, Fires & Cookers)
- Solar Thermal Technology
- Underfloor Heating

Plus All Your
Plumbing & Central Heating
Requirements.

Tel: 01768 371556

Email: ostle2011@hotmail.co.uk



Registered
Business

- For Food Bank Support contact the Citizen's Advice Bureau in Windermere on 015394 46464 if you are not already in contact with an agency (see above).

- To apply to the Sedbergh Hardship Fund for financial aid contact Tony Reed Screen on a865@btinternet.com or 015396 21081 or John Sykes on jmsykes100@gmail.com or 07786 384917

- THANKS TO ALL WHO HAVE DONATED FOOD TO THE BOXES OR MONEY TO THE GROUP OR SEDBERGH CHARITIES

- THANKYOU TO ALL VOLUNTEERS AND ANYBODY GIVING SUPPORT TO FRIENDS AND NEIGHBOURS.

HARDSHIP FUND

For many of us these are difficult times, particularly for those who have lost their jobs or who have been furloughed.

If you are in financial need or have a real need for an item which you do not have the wherewithal to buy, then the Sedbergh United Charities may be able to help you.

Or, if a friend or neighbour is in need of financial help, then please let them know about us.

To apply for help or if you would like to know more about the Sedbergh United Charities Hardship Fund then please contact:

Myles (mylesripley@btinternet.com or via the Covid support phone: 07872 017730),

or

Tony Reed Screen
(a865@btinternet.com or 015396 21081)

or

John Sykes
(jmsykes100@gmail.com or 07786 384917)

or

cvsg@sedbergh.org.uk

All applications will be treated in confidence.

Sedbergh United Charities are very grateful to Sedbergh School and the Community Trust who are both helping us with this fund.

Sedbergh United Charities and Widow's Hospital - Registered Charity No. 231058

COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

Call: **0800 783 1966**
or email: **COVID19support@cumbria.gov.uk**

Full details can be found online at cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.



SEDBERGH PEOPLE'S HALL IS OPEN

Dr Gina Barney, Hon Sec/Treas

The People's Hall emerged from lockdown, or rather lockout, on Monday 6 July 2020.

The building has been thoroughly risk assessed and can accommodate 30 people in the Main Hall and 10 people in the Committee Room all at 2-metre social distancing. Other measures are in place such as hygiene measures, one-way circulation systems and specific occupancy levels in the kitchen and toilets.

The Hall is **COVID-19 SECURE**.

At the time of writing the Hall has been hired and used by the main organisations in the Town such as the Chamber of Trade and Business, the Community Trust, the Hall Management Committee, the Killington WI. The most daring group was the Killington WI who had 13 physical attendees and four by Zoom. We also accommodated a new type of event a 12 strong meditation Retreat.

Forward bookings include the Art Club, Sedbergh WI and the Sedbergh Economic Forum. Dog classes are to start in August and there is a possibility fitness classes may return.



Things we can do (from our past bookings) include B4RN events, bed and rug sales, cycling talks, dog training, film shows, seated fund raisers, general meetings and groups., HGV training courses, ladies NFU, MP surgeries, NHS training, parish council meetings, political

STOP PRESS PEOPLES' HALL

According to the Prime Minister's statement on 17 July indoor performances to a live audience can restart and wedding receptions for up to 30 people are permitted from 1 August 2020 provided done in a Covid Secure way.

The People's Hall is Covid Secure. It can accommodate 42 persons in singleton configuration and more in social groupings of households and bubbles, in theatre arrangement. All such events would be subject to risk assessment by the Hall's Covid Sub Committee and managed by an advance booking system.

This will allow film shows, musical recitals and drama events.

meetings, quizzes, religious meetings, sight advice, SLDC/ Cumbria Council meetings, weavers, weightwatchers, YDNP group meetings. At present we cannot host live performances, concerts, music, dancing, sports or fitness activities, yoga.

All the details are on our website www.sedberghpeopleshall.org where all the documents can be found. We have made a short video that can be viewed at:

<https://tinyurl.com/Sedbergh-PH>



COMMUNITY TRUST

Dr Gina Barney

Charity Shops

As we emerge from Lockdown some normality is beginning to take place. The last few weeks have been very busy putting in place the arrangements to open the Charity Shops. This was not helped by a flood in the cellar. A government grant of £10,000 has mitigated the effects of the Lockdown and the Trust's finances are in reasonable shape.

We are now open for sales for half a day on five days each week and looking forward to opening on Saturdays and Wednesday afternoons. By September we would

like to be open for six full days a week, provided we can attract more volunteers to achieve this goal. We have a lot of quality donations and sales are picking up and even with our limited opening hours we are covering the basic weekly costs to run the shops.

To accommodate donations, which are quarantined for three days, we have re-organized the cellar and the smaller room, which was used for books and toys, to be given over for general storage. All books are now being sent directly to the bookshop, where the back room, which was being used as a children's corner is now being used for storage and sorting. In addition, we are only dealing in paperbacks.

First impressions are that this is an improvement and a plus resulting from the Coronavirus."

Call for Trustees

The Sedbergh & District Community Trust (CIO) is overseen by its Trustees. We have responsibility for 72 Main Street. Our tenants there are the History Society, Information and Book Shop, the Police Post and the Clerk to the Parish Council. In addition, we run the Charity Shop at 86 Main Street and the Book Shop at 77 Main Street.

We are seeking three more trustees to bring additional skills to the "team". The Trustees meet up to six times a year together with the AGM. If you would like to join us please contact the Chair, Tony Reed Screen (015396 21081) or the Hon Secretary, Gina Barney (015396 20790).

WESTERN DALES BUS SERVICES

Jock Cairns

We will be restarting three Western Dales Bus services in early August:

- S1 from Dent and Sedbergh to Kendal from Saturday August 8th
- S5 from Kirkby Stephen to Kendal from Thursday August 13th
- S4 from Dent and Sedbergh to Kirkby Stephen and Brough from Friday August 14th

The S1 service on Saturdays won't go to Dent Station and will finish at 5 o'clock in Dent, as most of the trains it connects with are not running, but S5 and S4 on Thursdays and Fridays will resume in full. Tuesday's S3 from Sedbergh and Dent to Hawes will not be starting yet. In these COVID-19 times, we need to make some

changes to the way we organise our services, and so to keep everyone safe –

1. The bus will have limited capacity to maintain social distance.
2. If you have COVID-19 symptoms, do not travel.
3. Wear a face covering in line with government requirements.
4. Keep a safe social distance from others at the bus stop and when on board.
5. Sanitise your hands when entering the bus.
6. When buying a cash fare, use contactless or have the exact amount.
7. No change will be given.
8. Only use the seats that are shown as available for use.

Travel with us on the **Western Dales Bus**

We are restarting three services from August 8th

- S1 Saturdays – Dent, Sedbergh, Kendal**
- S5 Thursdays – Kirkby Stephen, Kendal**
- S4 Fridays – Dent, Sedbergh, Kirkby Stephen, Brough**

See article next to this Advert

We are also looking for more volunteers to join us –
to find out how you could help, ring Liz Nuttall on
015396 25571

www.westerndalesbus.co.uk

9. Windows and roof vents will be kept open to allow frequent air changes.

10. The whole bus will be sanitised after each day's service and touch points will be regularly disinfected.

REOPENING THE DALES

Mark Sadler YDNP

Right across the Yorkshire Dales National Park, local businesses and venues - including cafés, restaurants, pubs, visitor attractions, hotels and campsites - have been welcoming customers back after lockdown restrictions on the hospitality sector were lifted last weekend.

Neil Heseltine, Chairman of the Yorkshire Dales National Park Authority, said: "It's great to see so many local businesses back open, especially in the hospitality sector - which is so important to our local economy. Income from visitors helps to sustain services essential to community life over the winter months.

"To support people coming into the National Park for days trips and longer breaks we have staff working outside our National Park Centres in Grassington, Aysgarth Falls, Hawes and Malham, and out and about in Swaledale, to provide support and advice. They will be on hand with local information, maps, leaflets and tips for making the most of your visit.

"We also have a wealth of information and advice on our website, including details of accommodation providers, cafés, restaurants, pubs, short walks and visitor attractions. This will be

SEPTIC TANK EMPTYING

Fast efficient Service
Very competitive prices

SKIP HIRE

Ideal for rubble, soil,
builder's waste and stone

Ryan Simpson

07766 971 167

015395 68318

rysimpson@live.co.uk

particularly useful for anybody visiting for the first time.

"Finally, the safety of visitors and communities throughout the National Park remains our number one priority, so we would ask everyone to stick to the two-metre social distancing rule, where possible, and to:

1. Respect the land. Respect the community. Respect each other. Take the opportunity to revisit the Countryside Code, and take all your litter home.

2. Expect a different visitor experience. Local businesses will have strict social distancing measures in place and may limit how many people can be accommodated at any given time. Please show patience and understanding.

3. Plan your visit. Check ahead. Plan your visit in advance and check ahead to stay safe and avoid disappointment."

CORONAVIRUS COMMUNITY FUND EXPANDED TO HELP MORE

Mike Appleton

Yorkshire Dales Millennium Trust (YDMT) is expanding its Coronavirus Community Fund to help the people and communities across the whole of the Yorkshire Dales National Park during the COVID-19 crisis.

The Fund has already helped 19 organisations in Craven and Richmondshire, in partnership with the Two Ridings Community Foundation.

YDMT has now teamed up with Cumbria Community Foundation to offer financial support to groups in parts of Cumbria, as well as Lancashire, that fall within the National Park boundary.

“The funding from Cumbria Community Foundation will mean we can reach more people and communities at a time when they need it most,” Mike Appleton from YDMT said. “Grants have already enabled local grassroots charitable organisations and community groups to help people stay healthy, safe and connected.

“It is really pleasing that at a time of crisis, organisations can come together to help people from all communities across the Dales.”

The focus of the Coronavirus Community Fund is to help people through this unprecedented time and to deal with emergency issues as a result of the continuing threat of coronavirus. Grants of up to £2,000

WOOF'S OF SEDBERGH

The **Sedbergh – Kendal (W1)** service will re-start on the **10th August.**

This is dependent on there being no increase in Covid-19 cases and another Lockdown.

All passengers must be compliant with the law and wear face coverings whilst travelling.

No face cover – no travel.

Thank you for being patient.

are available. Priority will be given to groups supporting the most vulnerable, including older people, people with long-term health conditions or mental health difficulties, those affected by homelessness, and other groups who are particularly vulnerable at this time.

Glenys Marriott, Cumbria Community Foundation Trustee, said: "I'm delighted to represent Cumbria Community Foundation in this joint enterprise with the Yorkshire Dales Millennium Trust. By working in partnership, we can support more groups responding to the COVID-19 crisis and really help address the needs of people living in the more remote areas of Cumbria."

For more information please contact YDMT on 015242 51002, email info@ydmt.org or visit ydmt.org to download an application form and guidance notes.

MYOFASCIAL MASSAGE & MOVEMENT

CRANIOSACRAL THERAPY

SCARWORK FOOT THERAPY

SOMATOEMOTIONAL RELEASE

Yvonne
07795063107

Fritz
07817665662

Dalesway Therapies

015396 21303

RE-OPENING

MONDAY 20TH JULY

WITH APPROPRIATE COVID-19 PRECAUTIONS

[@dalesway_therapies](https://www.instagram.com/dalesway_therapies) [dalesway therapies](https://www.facebook.com/dalesway.therapies)
daleswaytherapies@gmail.com

EVERY COMMUNITY NEEDS VOLUNTEERS.....

wendy7713

I think communities have come into their own during Covid. It's been the one shining light, the one positive. It's also shown the importance of good communities. Shown people, who might not before have thought about it, how those around them might just need a little support. More people have smiled and said hello than ever before. They've seen that they need a smile so maybe others need one too.

We've all had TIME to get to know our community. It maybe your neighbour, your street, your village, your town, your city or simply a few people you didn't know before.

I think I've said before that I didn't know my village Facebook page existed before Covid. I probably didn't need to, others in the village didn't either. But this small piece of social media has brought our community together. It was always been a good place to live anyway, but suddenly people have been forced into stopping their chaotic lives and simply looking around them. I know so many more people now in my village than 3 months ago.

People stop and chat who never used to. Many have realised it does them good as well as other people. Someone made a load of masks and put them outside for anyone to take for free. Goods, services have been exchanged for free simply because we could. People have been concerned about people, asking if they're ok, do they need anything.

Tragedy alert

I witnessed something I found very sad and traumatic at the village pond on Wednesday...I'd finished snapping my piccies, when I saw mother duck frantically quacking and rushing round. I reached the scene and there was one of her ducklings trapped in some meshing, meshing so small, put around the island to stop it from eroding, yet somehow, and I haven't a clue how, the duckling managed to get inside and then couldn't get out.

I willed the mum to peck at the mesh or stretch it somehow to free her little one and she sooo tried....I couldn't get to her but knew my village facebook page would come to the rescue, so wobbled home as fast as my legs would carry me. Within minutes of posting a piccie of the

predicament the village jungle drums went into action, messages flying across the inter web and a couple of minutes later someone asked me to go back to the site as one of the pond men were making their way there.

I trundled back down to the pond as fast as my wobble could manage and ahead of me I could see a man decked in wellies looking for the victim. As I reached him, the scene was silent. I zoomed into the island but nothing was moving.....Sadly in the few minutes it had taken us to gather help, mum had pecked so hard that the little one had died.

We both just stood there. He told me the stories of many successful rescues but sadly not this one, sometimes nature is mistakenly cruel.

A VIEW FROM THE FELLS



He promised he'd get volunteers together at the weekend and see what could be changed or replaced.

Our village has volunteers for every aspect of life. A village can't survive without them. Ponds can't look after themselves, they need a little help sometimes and that's why we have a pond group of volunteers. I'm so thankful to them all for simply caring and for villagers caring about one of our smallest residents enough to help...The playing fields, the community gardens, the village hall, the Christmas lights, all need volunteers. Sometimes, people in their haste of life forget that they don't magically look after themselves, people give up their time to make them happen.

But what I hope Covid has taught people is that communities are for life not just for Covid...Volunteers are needed to keep communities going all year round. And volunteers needn't be a formal title, just offering to help is volunteering, just as people have offered to help me and I've offered to help others in the world we found ourselves in. After all, at the beginning of all this, some people simply knew me as the 'camera lady', it was only after getting to know me that they realised I had dementia and offered me more help, more kindness. You don't have to know someone's history to realise they might need a little helping hand or a simple chat.

The community you have is the community residents create..... let's hope that's something many more have learnt....

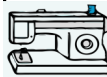
Temptations Craft Boutique

31 Main Street, Bentham LA2 7HQ

015242 61868

email temptationsbentham@yahoo.co.uk

- Over 500 Patchwork cottons
- Fabrics for Dressmaking
- Haberdashery
- Wool and knitting supplies,
- Classes and workshops, see website for details
- Agents for Brother Sewing Machines



www.temptationsbentham.co.uk

GARSDALE PARISH COUNCIL: THE REBIRTH

Philip Johns

Garsdale PC was back in action after being mothballed due to the Covid-19 lockdown restrictions. An AGM and an ordinary parish council meeting was held in the village hall on Thursday 16th July, with one member "attending" virtually by Zoom as he was self-isolating. Annette Colton and Gillian Dickinson were re-elected Chairman and Vice, last year's accounts were approved prior to audit and a general catch up was done to bring Council up to date.

Among the main items up for discussion was the village hall, which has had £22,000, out of a grant fund of £25,000, spent on extensive roof repairs and renovations. The hall should now stay warm and dry for many years to come. The Parish Council would like to thank Richard Dickinson and Joyce Scar for all their help in securing these funds.

**J B RYCROFT
LTD
ESTABLISHED 1936**



**A TRADITIONAL HARDWARE
STORE WITH**

- PET SUPPLIES
- ANIMAL FEEDS
- IRONMONGERY
- DRY CLEANING SERVICE
- HOMEWARE PRODUCTS
- HOUSEHOLD PRODUCTS
- CALOR GAS

**TEL: 015396 20420
89-91 MAIN ST
SEDBERGH LA10 5AD**

**OPENING TIMES
M-FR 9AM-5PM
SAT 9AM-1PM
SUN: CLOSED**

The other major discussion was about, of course, the scourge of irresponsible bikers using Garsdale as a racetrack. Weekends, and even some weekdays, have become a living nightmare for our residents. Whilst some bikers are shown to be responsible and caring and would like to enjoy the tranquillity and beauty of the dales, even their experiences are ruined by the reckless and selfish bikers who think it is OK to adulterate their exhausts, overtake anything in their path, often on blind corners and frighten the lives out of the locals. This behaviour has had a knock-on effect for the normal tourist trade. There have been a number of regular visitors to the dales that have now decided that it was too unsafe and

too unpleasant to return to the dales due to the noise and the reckless driving of these bikers. As the police are unwilling to govern this selfish behaviour, Council are looking to put together an action group of all the local councils affected, plus any other interested parties, to put pressure on the authorities to finally "do something about it".

If anyone would like to comment or make any suggestions, please email the council. Our next regular Council Meeting is on Thursday 17th September, if anyone would like to comment in person.

Philip Johns, Clerk to Garsdale Parish Council,
garsdaleparishcouncil@outlook.com
www.garsdaleparishcouncil.com

SEDBERGH PARISH COUNCIL
Janey Hassam - Clerk to the Council

The Council held their online conference meeting on 9th July 2020 at 7.30pm. Their next scheduled meeting is Thursday 13th August 2020 at 7.30pm. Any member of the Public that would like to attend, can be sent an invite to this video meeting. Please contact the Clerk for the joining instructions. Members are considering returning to face to face meetings in September, subject to guidance at that time. Agenda/notices continue to be displayed in the Parish Council notice board on Main Street (at junction with Joss Lane).

Chairman, Kevin Lancaster welcomed members to the third

online Zoom meeting of Sedbergh Parish Council and he thanked all members and the Clerk for their continuing hard work throughout the crisis. They are Vice Chairman, Ian McPherson and Councillors Steve Longlands, John Capstick, Margaret Brooks (Chair of Amenities Committee), Roger Sedgwick, Simon Arnold (Chair of Planning Committee), Helen Bromley, Ed Welti, Kate Saunders and Rachel Cowperthwaite

Coronavirus – reopening High Streets safely (SLDC/CCC)

Members noted that some more robust public guidance signage was being completed for some key areas in town (to replace the temporary emergency signs), such as the car

McGarry & Co
SOLICITORS

Your Legal Companion

- ESTATE PLANNING
- PROPERTY & RURAL LAW
- FAMILY LAW

Offering Guidance & Practical Advice

Offices At:	Sedbergh	Barnard Castle	Hawes	Leyburn
mbmcgarry.co.uk	t 015396 223 40	t 01833 600 160	t 01969 666 290	t 01969 621 230
e. office@mbmcgarry.co.uk	LA10 5AB	DL12 8EQ	DL8 3QS	DL8 5EH

parks, public toilets, play parks and the town centre. Essentially to encourage and remind residents/visitors in respect of hand washing and social distancing etc, but also to confirm that Sedbergh is 'open'. SLDC/CCC are due to visit Sedbergh in the coming weeks and consider any additional measures that may be suitable. For example, signage to encourage traffic to slow down. Being mindful, at this time, of pedestrians stepping onto the road regularly to assist with social distancing on pavements.

Other Matters

Various other matters were discussed, including the Covid Support Group, Planning applications (Baliol School correspondence), Finance, the Sedbergh Economic Partnership, the Wednesday Market and Amenities. The latter included discussion over a report on the culverts at the playing field (Howgill Lane) through to the inspection chamber close to Guldrey. Various other correspondence was discussed, including a letter received from Sedbergh and Dent United FC in respect of maintenance works at the playing field, Howgill Lane.

If you have any queries, 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, with agendas and minutes available online at www.sedbergh.org.uk

TIM'S COLUMN

Tim Farron MP

Another month passes and sadly all I have to report is more of the same.

I have been spending a lot more time in the House of Commons recently but that has had a benefit as it has given me the opportunity to push ministers more on issues you have been telling me really matter. You might even have seen me standing outside the Treasury with a number of other MPs to draw Rishi Sunak's attention to the millions of people who have had no support at all from the Government during the lockdown. I have listened to far too many cases of recently self-employed and new company starters, people who I would hope the Government would want to support, who through no fault of their own have been left with no money but are told they are not eligible for any of the Government's support schemes.

But most of my effort continues to be on getting proper long term support for our Tourism industry. I am terrified that when the support schemes start to wind down we will find that in the Yorkshire Dales and the Lakes we are left with levels of



Home Run

Pet sitting, House sitting, Dog walking

I offer a friendly, personalised pet and house sitting service in Sedbergh & further afield.

Nicola – 07866 336924

nicola@homerundogsitting.co.uk

www.homerundogsitting.co.uk



unemployment the like of which we have never seen before. Currently about 40% of people who live in our area are on furlough, which is the highest level in the country. We all know this is not because, as some might claim, we are “addicted to furlough”. We are, by our nature workers. Most people I speak to who are on furlough want to get back to work as soon as they can. It is because even when businesses can open they can only do so in a limited fashion.

As I write this thankfully the numbers of visitors is steadily growing but it has a long long way to go. People, quite understandably, are nervous about going into our shops, cafes and pubs. Added to which much of the holiday season had already passed when the lockdown started to be ended.

I have been pressing the Chancellor at every opportunity to put in place support measures for leisure and tourism businesses that take us through to next year. Let’s just hope we see some action soon.

The Chancellor has acted on housing but in a way that convinced me that he really does not understand

things as well as I would wish. His stamp duty relief plans was good in that he reduced the levels for people moving home but why oh why did he reduce the duty on second homes? Anyone wealthy enough to be thinking about buying a weekend home around here would not have been able to believe their luck when they heard that stamp duty was being reduced from 8% to 3%. I really do not understand what this does to stimulate our economy. If anything it will have the opposite effect around here. It will leave even more of our villages empty and dead during the week and force the closure of ever more of our schools and shops.

When these issues have not been taking my time, and trust me they have taken a lot of time, I have been continuing with the pressure on issues ranging from cancer treatment through to support for farming and protecting our environment. It’s been a bit of a busy month.

As ever if I can help you with these or any other issues please email me at tim@timfarron.co.uk or give us a call on 01539 723403.

Stay safe
Tim

Pennine Outdoor Fabrics Ltd

SPECIALIST FABRICS & HABERDASHERY

Waterproof, Breathable,
Fleece & Technical
Fabrics for:
Awnings & Covers
Bags & Rucksacks
Clothing, Tents etc



Wide range of
Buckles, Webbing
Cord & Accessories
Seam Sealants & Waterproofers
Reflective Tape, Touch & Close
Patterns & Zips

www.pennineoutdoor.co.uk

sales@pennineoutdoor.co.uk • 015242 63377 • Central Buildings, High Bentham, LA2 7HE

CLIFF BAINES

(Including Punch & Son)

JOINER & BUILDER

Ambulance Yard Workshop

Busk Lane, Sedbergh

phone [REDACTED]

J. M. MARTIN
(J&F PICKTHALL)

Greetings Cards - Tobacco

Maps and Guides

Confectionery

Ice Cream - Stationery

OUR AIM IS TO PLEASE

TELEVISION PROGRAMME QUIZ

This page and the cryptic quiz first appeared in Lookaround of July 1987. The quiz had a good popular response. But of course you'll need an extensive knowledge of 1980's T.V. to complete it.

Example:- Like cat and mouse = Tom and Jerry

- 1 The best of all dads
- 2 Could not take place in a bungalow
- 3 A solar system and a rabbit house
- 4 London station and sounds in the nude
- 5 A Christmas item and a sailor
- 6 This seat of learning is never closed
- 7 The way all stories should end
- 8 Angry Streets
- 9 Atmospheric Carnivore
- 10 Qualified man of mystery
- 11 A 'Dirty Rat' and a shoestring partnership
- 12 A place absolutely full of bricks
- 13 Type of seed strewn in the road
- 14 Increase your income
- 15 An Act of Parliament and a bell
- 16 A mature babysitter
- 17 Pull the mesh
- 18 Horseman wearing a suit of armour
- 19 Sabbath evening at a town mascot
- 20 Bernie Winters and Schnorbitz
- 21 Lion, Puma, Cheetah, Horse, Leopard
- 22 Heavenly Bodies
- 23 Steep road with depression
- 24 A twinkling expedition
- 25 Cold Disciple
- 26 A rare gaseous constituent representative
- 27 He always on the run
- 28 Cornflakes, eggs, toast and a clock
- 29 Lancashire town with an old sage
- 30 Royal males from a risk

Answers can be found on page 83 of this Lookaround, and in the August 1987 edition. Or ask Dennis.

WELLBEING DURING THE PANDEMIC

Suzie Pye

“Hope you are coping in these challenging times...” is how I have generally been beginning my emails for the last three months. I am just starting to revert to my old greeting of “Hope all is well”. If a year ago, you had told me I would spend serious time pondering the best way to start an email I would have thought you mad. But here we are. And for a lot of us, even as we return to some semblance of the familiar, still, all is not well, and we are not coping as well as we might like. Our daily lives have not yet returned to the “norm” we had before. There is still uncertainty about the future in terms of personal health and financial wellbeing; we are out of our normal routines; parents have been under

COVID-19 IMPORTANT NOTICE

FREE sanitary products

Many young women can usually access supplies of free sanitary products (tampons and pads) through their schools.

If your school is closed due to Covid-19 and you are unable to get hold of the sanitary products you need, please help yourself to something from this display.

You do not need to pay for these products.

Outside Sedbergh Spar

GREAT QUALITY & SERVICE

smart
Design and Print

Call us today: **01539 620788**
Email: office@smartdesignprint.co.uk

FREE local delivery for orders over £20

enormous pressure; many of the things we might have been looking forward to have been cancelled or put on hold – holidays, sporting events, regular social groups, summer fetes; and we may feel disconnected from our friends, family, and society.

So if any of this is ringing true, you may find the following advice useful:

- Focus on what you can control – i.e. your own personal responses and behaviours rather than those of other people who may not be in your circle of influence.
- Keep the big picture in mind – in a few months time things may well seem a lot more positive. These few months are challenging, but they will pass.
- Limit your news coverage – constant checking in with news feeds can fuel any existing anxieties.
- Talk – to friends who may be a sympathetic ear, or may just let you vent for a bit!
- Talk – to professionals who are in a position to offer sound advice

around money, mental health, physical health, parenting worries – there are many sources of help out there so please do take advantage. Our local GP surgery is a good place to start.

Some other practical sources of help:

- If you are in the shielded group and have been receiving government food parcels, those food parcels will be stopping from the beginning of August. If you still require support, please do contact the Emergency Telephone Support Line, which is still operational until the end of the month: 0800 783 1966 ... This number is available for anyone who needs help or support during these difficult weeks.

COVID-19 FINANCIAL ADVICE

Visit:

www.cumbria.gov.uk/coronavirus

Or call:

Cumbria Emergency Helpline:

0800 783 1966

#Ok2Ask



- Residents struggling to pay their Council Tax because of the Coronavirus outbreak can now apply to a hardship relief fund set up by South Lakeland District Council (SLDC). Householders who are facing serious financial difficulty because of the Covid-19 economic downturn can seek help with this year's Council Tax by applying online for a discount on their bill at southlakeland.gov.uk

- Finally, at the time of writing it has just been announced that of all districts in the UK, South Lakeland has the highest percentage of workers on furlough. The furlough scheme starts to taper out this month. If you need guidance and support around employment / re-skilling / re-training, the DWP have some fantastic resources available.

Please do feel free to get in touch directly with myself about anything, big or small.

Cllr Suzie Pye

SLDC Portfolio holder for Health, Wellbeing & Financial Resilience

Suzie.pye@southlakeland.gov.uk
07584528462

CHIROPODIST

HCPC Registered

Kay Whittle

MSSCh DipPodMed MBChA MInstChP

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

Tel: 015396 22122



Open 09:00 - 4:30

Please phone for appointments

Closed on Mondays

*Supplier of
"Softop" socks*

Argan oil & cream; Arnica gel & Aloe Vera

V.J. DAY 25TH AUGUST 2020. 75 YEARS

Nick Cross

On Saturday 15th August, the 75th anniversary of the end of the war in the Far East, the Royal British Legion will be holding a (socially distanced) Remembrance at 11.00 at the War Memorial. All who attend will be required to wear a protective mask and observe the necessary restrictions.

On the evening of the 14th August Nick Cross is hoping to give a talk on the tumultuous events of August 1945 and their aftermath. This event is, of course, provisional depending on the Covid situation in August, but it is hoped that with favorable conditions the talk will take place at 19.30 in St Andrew's Church.

V.J. DAY

Ellen Castelow

In 1945 the End of World War II was celebrated on Victory over Japan (VJ) Day. There was much joy and celebration around the world when on 15th August 1945 US President Harry S Truman declared the day as Victory over Japan Day, at a White House press conference.

President Truman announced that the Japanese Government had agreed to comply in full with the Potsdam Declaration demanding the unconditional surrender of Japan.

To crowds gathered outside the White House, President Truman said: "This is the day we have been waiting for since Pearl Harbor."

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes offer you a warm welcome



All meals must be booked beforehand
But outside seating is available without
booking subject to availability.
Takeaway meals are also available at the
above times and of course Thursday is still
Pie day.

Our two guest rooms are both en-suite
and we can boast one of the finest views of
Cautley Spout and the Howgills.

OPEN Thurs to Sun 10.30—6.30 (Sun 5pm)

ROYAL BRITISH LEGION

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 20964
email: dmparratt@gmail.com for a form.

For more information, visit our website:

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

THE ROYAL BRITISH
LEGION



The end of war was to be marked by a two-day holiday in the UK, the USA and Australia.

At midnight, the British Prime Minister Clement Atlee confirmed the news in a broadcast saying, "The last of our enemies is laid low."

The Prime Minister expressed gratitude to Britain's allies, in Australia and New Zealand, India, Burma, all countries occupied by Japan and to the USSR. But special thanks went to the United States "without whose prodigious efforts the war in the East would still have many years to run".

The following evening King George VI addressed the nation and the Empire in a broadcast from his study at Buckingham Palace.

"Our hearts are full to overflowing, as are your own. Yet there is not one of us who has experienced this terrible war who does not realise that we shall feel its inevitable consequences long after we have all forgotten our rejoicings today."

Historic buildings all over London were floodlit and people crowded onto the streets of every town and city shouting, singing, dancing,

lighting bonfires and letting off fireworks.

But there were no celebrations in Japan – in his first ever radio broadcast, Emperor Hirohito blamed the use of "a new and most cruel bomb" used on Hiroshima and Nagasaki for Japan's surrender.

"Should we continue to fight, it would not only result in the ultimate collapse and obliteration of the Japanese nation but would lead also to the total extinction of human civilisation."

What the Emperor failed to mention however, was that the Allies had



delivered Japan an ultimatum to surrender on 28th July 1945.

When this was ignored, the US dropped two atomic bombs on Hiroshima on 6th August and Nagasaki on 9th August, the day that Soviet forces invaded Manchuria.

The Allies celebrated victory over Japan on 15th August 1945, although the Japanese administration under General Koiso Kuniaki did not officially surrender with a signed document until 2nd September.

Both dates are known as VJ Day.

DAMNED IF I DO. PART TWO.

Sandra Gold-Wood

I pull up outside my home and drag myself out of the car with a heavy heart and a guilty feeling. Mum is pleased to see me because the children have been running rings round her. I send them to their rooms and make Mum a cuppa. As the kettle boils I toy with the idea of asking my mother for advice. How would that pan out; she would be shocked and Dad would go into meltdown and I think it's best not to worry them.

When I speak it's to ask if she has seen my sister Lily lately. She tells me that Lily is going away on holiday on Thursday next with a good friend. I ask where and with who? Mum doesn't know, Turkey perhaps but who with is a mystery. Mum thinks it's probably a friend from her office. Yes, I think, it's someone from her office alright. Then Mum says "Are you alright Iris?"

"Oh sorry Mum just a bit distracted, what were you saying". This time I try to pay attention to what Mum is telling me about the Bowling Club but it's difficult. I suddenly blurt out a question about who Lily is seeing at the moment. Mum doesn't notice the tone of my voice and replies that she thinks he is an American. I think not as I know that the particular US male Mum is thinking of went back to the States about four months ago.

I see Mum off and give the children a good talking to about their behaviour. They are suitably quiet in the sitting room when their Dad comes home. I sigh audibly and he asks me what's wrong. I bless my lucky stars that my husband knows



- **Project Management**
- **New Builds**
- **Extensions**
- **Roofing**
- **New Fitted Kitchens**
- **Ground Works**
- **Plant Hire**
- **Drains**

Unblocked/Cleaned/Repaired

Contact George on:

Tel: 015396 21287

Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

Sedbergh Swimming Club

A G M

Wed 26th August

At 7.00pm

Peoples' Hall

All members welcome



me well enough to know when I have something on my mind. I tell him we can talk once the children are tucked up. He reads them both a story and I wait downstairs wondering what Drew will think.

We settle on the sofa and at last I get to tell him about my dilemma. Except I just don't know where to start. He laughs and tells me to get on with it. So I begin by explaining that Mum came round and said she would look after the children so that I could go out for a nice solo shop. Naturally I took her up on it and there I was in town in a café when across the road I saw. Tears are welling up in my eyes now and I can't get the words out. Drew slips his arm round me.

"Come on Iris It can't be that bad, can it."

I wipe my tears on the tissue he hands me and spill the beans, "Oh, no really it's dreadful, while I was out today I saw my sister Lily with Sue's husband Vic and they were coming out of the old Britannia Hotel hand in hand, and oh Drew, they were kissing, it's obvious they are having an affair, I just don't know what to do,

should I tell Sue, I mean, I, well, what do you think?"

Drew is silent for a while then he says I should say nothing and let things be. I feel better then and settle for the evening. Later when I lay in bed listening to Drew breathing beside me I start thinking about Sue. What sort of friend am I if I don't say something, it can't be right to say nothing, can it? Drew is so laid back about everything perhaps I should try to be more like him and just let it go. I glance at the clock, it's 1am and I am still awake. I say a little prayer for guidance and at last fall asleep, but not for long. The morning comes and I feel wrung out. I try to keep my mind off the subject of Lily and Vic as I prepare the breakfast, sort the children's home work, and see Drew off. I'm standing on the drive absentmindedly staring after Drew's car when I hear the phone ringing. I rush back to the kitchen and pick it up. Its Sue. My heart stops. Well, at least that's what it feels like. It seems like my tongue has suddenly doubled in size and I can hardly manage to say hello. Sue is bright and breezy and asks if I would mind picking her youngest up from school as she has to take her eldest Michael to the dentist. I am so stupefied by my guilty feelings that I almost say no. I bring the conversation back from the brink of disaster and pretend that I have just spilled my tea. With the phone back on its cradle there's no time to think as the children are arguing in the hallway as to who has pinched the others ruler.

We leave the house and walk to school, they run ahead while I try to

focus on what I'll say to Sue when she comes to collect Ben. The children run away into the playground with shouts of "Bye Mum". I wave and turn for home wondering how I will get through the day. My nerves are in ribbons with anticipating the unavoidable meeting with Sue. How will I cope? What use is worrying? If only that worked? It's no good I'm a jelly and all day long I find myself dropping things and staring into space. I could cheerfully punch my sister Lily for putting me in this position but of course she doesn't know. I pick up the phone and jab in Lily's office number; I stop mid-way through and think about what I am doing. I put the phone back pulling my hand away from it as if it was

some kind of poisonous insect. How could I have contemplated having that kind of conversation on the phone.

Later my two and Sue's son Ben are out in the garden sharing the picnic I made for them. I did it in order to keep them out of the way as I want to be on my own with Sue when she arrives. Suddenly there she is stepping out of her car and walking up the drive. She looks so calm and Michael seems ok too, I guess his check-up must have been ok. Michael runs out to join the others in the garden and I am on my own with Sue. I do as everyone does in this kind of situation I put the kettle on. Go over in my mind what I might say as I am pouring the hot liquid into the cups.

LAKES

**Hire, Sales
& Erection**

Commercial
& Domestic

Scaffolding

No Job Too Big
No Job Too Small

SIMON SHAW

Based in Kendal - covering Cumbria

Free Estimates with
No Obligations

Tel: 01539 734745
Mob: 07917 064767

info@lakes-scaffolding.co.uk
www.lakes-scaffolding.co.uk



Sue's mobile rings. She answers and a few moments pass and I hear her say ok Mother. "I'm sorry Iris I have to run Mother is waiting at the house, why can she never call first I don't know". What! I say louder than I wanted to. I quickly apologise and help her round up the boys. Sue calls, see you tomorrow as she rushes off.

By now I am beginning to feel a little light headed. I think I was actually going to tell Sue what I had witnessed and it makes me giddy with dread. "Now what?" I say out loud and Adam and Faye ask what I mean. I give them a hug as I contemplate the mess that Sue's life is likely to become. I know in that moment I must tell her and soon. Oh damn! Is this the end?



H & M
C R A F T S M E N
KITCHENS | BEDROOMS | STUDIES

Showroom open by appointment

Ingleton | North Yorks | LA6 3NU
015242 41535
kitchensandbedrooms.co.uk

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School has been named as a finalist in the Secondary Learning International Impact Award by the PIEoneer Awards. The School has also been short listed for the Marketing Award for Effective Brand Communication at the Independent Schools of the Year Award 2020

Hugh Blair steps down as Chairman of the Governors at the end of term after eleven years of considerable successful change in the School. He will continue his connection with the School as Chairman of the Board of Sedbergh School International Ltd. He is succeeded by Richard Gledhill who has been Vice-Chairman and Chairman of the Executive Committee. He is an accountant with a considerable commercial background.

There was a new pupil/parent induction and webinar held on Saturday 27th June they were able to meet housemasters/mistresses and heads of year and ask any questions they may have had.

The Webinar series on 22nd June was 20 Years of the Sedbergh School Football Club with guests being the Headmaster, Stuart Oliver (Director of Sport) and Simon Mulholland (Director of Rugby)

The School took part in the British Education and School Show in Asia virtual Schools Show on 20th June and was a great success

During June the virtual assemblies have starred pupils giving talks on such subjects as their work with veterans and the Black Lives Matter

protests. On one Friday a year 10 pupil from China showed a video he had made of the effect of coronavirus on Shanghai.

There were daily briefings during the term by email giving up to date information, daily challenges and musical examples from jazz to classical, and the Sunday service, but once the summer holidays started these reduced to once a week (with no music).

The daily and weekly challenges have included playing board games with another person virtually, photographs that interpret "Reflections", a Dairy Bake Off week, quizzes, and handmade pasta. The most popular challenges have been puzzles, baking, photography and construction projects.

Year 9 Option Group (those who have chosen GCSE RS) have not missed out on a School trip – they have been spending a week touring Rome (virtually). Similarly, year 10 would normally have visited the Battlefields in Flanders, but visited the Imperial War Museum virtually. Year 9 visited the British Library

The School was unable to do its Challenge Week in the Sedbergh

area this year, but in the second week of the school holidays they were challenged to carry out similar works in their own local community

Speech Day - The two schools' Speech Days had to be virtual. At the Prep School on the morning of 4th July the Chairman spoke from Powell Hall, the Headmaster from the Prep School Library, and the guest Speaker, Mark Keville, who founded Robbie's Rehab in memory of his 10-year-old son, joined from his home. In the intervals pupils played music and two small girls recited. The prizes were run through on the screen

The senior School day began with a virtual chapel service consisting of prayers read by the Chaplain, the Headmaster and next year's deputy heads of school, a lesson read by next year's head of school, and I Will Lift Up Mine Eyes Unto the Hills sung by the choir and composed by the Director of Music, John Seymour.

In the afternoon the senior School held their Speech Day in a similar format. The Chairman, Headmaster and Principal all gave the usual speeches, and the principal speaker was Ed Perkins, Oscar nominated documentary film director, who spoke

31st August
Bank Holiday Monday

Giant car boot sale

Millbeck, Dent LA10 5TB

Cars & small vans £6. Large Vans £10

Book in on 015396 25212

Sellers arrive 8am. Buyers 9am.

Car parking. Refreshments. Toilets.

Children's play area. Activities.



about realising your own potential. There was a recording of the choir singing Lully Lullay. Year 11 performed a short piece "George's Dilemma". Again the prizes were run up on the screen

Sport - The Sports Women's Dinner was celebrated virtually on 20th June to celebrate the Girls' most successful year in sport since they joined the School despite the missing third term, with successes for teams in all sports at County, Regional and National level, and many girls representing their countries at International level.

The School came a very long way ahead of all other schools taking part in the Race (running, walking and biking) London to Tokyo.

Following on this the School invited pupils, staff, parents and Old Sedberghians to join an even more ambitious run, walk, bike and swim from Sedbergh to Wellington New Zealand (18,540 km in 5.5 days) in the last week of term. Despite the uninviting weather, on day 1 they achieved 3,051 km to Ankara, Day 2 4,305 km to Katmandu, Day 3 saw them reaching 3,845 km to Brunei,

and by Thursday evening they reached Cairns in Australia. Friday was very wet in the Northwest but 2,096 KM were achieved (Norfolk Island). On Saturday with an hour to go 434 km were needed – but they made it!

The Running Club has held weekly leader boards showing the achievements of Girls and Boys, and male and female Staff, Parents and Old Sedberghians.

The Prep School were unable to hold their Epic run of nearly 7m over the fells this year, but on 20th and 21st June years 7 and 8 were challenged to run 6.9 miles on home territory – and some locals ran the normal route. Years 3 and 4 were

encouraged to run a 2 mile course and years 5 and 6 a 4-mile course. The winners of the Epic were J and E Barker. The PrePrep walked the Epic on 30th June.

The School was unable to hold their normal Sports Day but in the week beginning 15th June took part in the nationwide HMC Sports Day in a series of physical challenges for pupils in years 9, 10 and 11 in both a School competition and House competition. The Prep held a restricted sports day.

S Williams was not able to take part in the Great Swim this year, but achieved the number of laps 5 minutes from her doorstep

The Cricketer ran an article by Paul Edwards in which he talked of the School cricket ground and said inter alia "I've never watched first-class cricket in a more spectacular setting in England and I doubt I could".



EXPERIENCED DRESSMAKER

Made to measure
Skirts, Dresses, Suits,
Bridal, Ball Gowns, etc.
Also alterations undertaken
All made to the Highest Quality by

SHEILA SHUTTLEWORTH

Tel: 015242 - 74322

B Ray received the Bermuda Government's Minister Award for Girl's Cricket.

Music - Music also had a good year with 8 pupils successful in auditions for national choirs and ensembles, Amelia H a finalist in the BBC Young Chorister of the Year, and the Chapel Choir a finalist in the BBC Young Choir of the Year, which was of course cancelled. There was also a seventy per cent success rate at Distinction in the most recent round of practical Exams (60% Grade 8 or above). The Prep School Director of Music, Anastasia Micklethwaite, took part in the Classic FM virtual performance of Shenandoah performed by the National Youth Choirs of Great Britain Alumni. At the beginning of the holidays the news came that Ella Lupton had passed her G8 piano with distinction

Future Events - Although the usual programme of summer courses had to be cancelled, a new programme of day courses will now take place between 27-31 July, 03-07 August, and 10-14 August for 6-11 year olds at the Prep School, Casterton. There will comprise three main elements – Sports Skill Development, Inspiring Activities and most of all Fun. They will include skills in Cricket, Rugby, Hockey, Football, Athletics, to name but a few, and Arts & Crafts, STEM, and Performing Arts

The new Head of School for next term is M Barrett (Lupton), and the Deputy Heads are M Jackson (Evans) and R Sutcliffe (Carus)

The Michaelmas term will start on Sunday 6th September - all being well - with the new pupils arriving the previous day.

SETTLEBECK SCHOOL NEWS

Sarah Campbell, Head

It has been an interesting time for all those involved in schools over recent months. At Settlebeck School, we couldn't be more proud of our young people. They have produced some fantastic work at home and shown creative flair in art, design and food technology in addition to continuing their academic studies. Next term will continue to be challenging for our young people and, as always, we would like to thank the community for its on-going support.

As the Summer term draws to a close, we are saying farewell so several staff who we would like to thank for their dedication to

MMP

Middleton Mole Ploughing Ltd

**2.7 Tonne Excavator
with Driver for Hire**



**Draining & Water Pipe Installation
Impact Mole Road & Driveway
Crossings**

**General Digger Work
Contact Tony on 07377 364155**

DUNGAN LAW Ltd

Plumbing & Heating Engineer

Bathroom Suites & Tiling

Central Heating Systems

General Plumbing



Mob: 07796 544596

Tel: 015396 20930

Settlebeck School and the wider community.

We would like to wish Mr Paul Beach a happy retirement and we are grateful that he will be returning to lead our postponed French trip in April. We are sure the students will enjoy catching up with him again and hearing about all his adventures. Mrs Anna Berry, an experienced senior leader from Hertfordshire, will be joining the school as Deputy Headteacher in September and will lead the maths department in addition to her role as Teaching and Learning/Curriculum lead.

Mr George King, Head of Mathematics, has successfully secured a promotion to take on leadership of core subjects at Oversands School, which caters for young people with social, emotional and mental health issues.

Mrs Kathy Taylor, teacher of computing, is also retiring and we wish her well for her new life in France. Mr Steven Bramall, a highly experienced former director of computing, will be replacing her to lead developments in this key area.

Joanna Brennan, teacher of music, is taking up a full-time position in a

new school in Blackpool and will be replaced by Mr Tom Pattison, who will also teach drama. Mr Pattison has had a varied career so far, teaching in Manchester, South Korea and Spain.

Settlebeck School has once again been successful in securing grants to further upgrade the school site this summer. The school submitted two bids to the Department for Education Condition Improvement Fund this year. Academies can apply annually for capital funding to make improvements to school buildings and facilities. We are delighted that both of our bids were successful, with the school receiving £565,409 for major work on upgrading the heating system and electrics. Over the last 3 years the school has secured in excess of £1m for improvements to the infrastructure of the school and will continue to make annual bids to the Condition Improvement Fund for as long as the funding is available.

PRIMARY SCHOOL UNIFORM RECYCLING

Suzie Pye

I have a large stock of pre-loved uniform for Sedbergh Primary School. It has all been washed and sorted and is in reasonable condition. Jumpers, cardigans, polo shirts, button shirts, trousers, skirts, dresses, shorts, PE kit. If you would like some (no cost) in preparation for the new school year, please either email me, or visit the Zero Waste Sedbergh Facebook page where you can find more details and contact me there.



COUNTRY K9 DOG SPA

Dawn Butterworth

Country K9 Dog Spa has recently opened a brand new salon within the tranquil grounds of Rest Harrow Equestrian, Burrow. The salon offers 1-1 dog grooming for all breeds, patient and caring attention with a calm approach. Nervous dogs welcome and puppy desensitisation to make grooming for health and wellbeing a pleasant experience.

Dawn Butterworth has many years' experience as a dog owner and breeder before completing her City and Guilds training and is looking forward to growing the salon into a warm and welcoming space.

Rest Harrow Equestrian is 8 mins from Kirkby Lonsdale on the A683, just up from the "Highwayman" on Woodman Lane. Appointment booking via Facebook "dog grooming salon" or 07399802483 /015242 73715.



Country K9
-DOG SPA
Professional Dog Grooming

NEW PROFESSIONAL DOG GROOMING SALON

Country K9 Dog Spa

8 MINUTES FROM KIRKBY LONSDALE AT REST
HARROW EQUESTRIAN LA62RL- JUST UP FROM
THE HIGHWAYMAN, BURROW
OPEN FOR APPOINTMENTS

Dawn Butterworth 07399802483
or message via

Facebook page-"dog grooming salon"



WASP CONTROL IN SOUTH LAKES (INCLUDING BEE MANAGEMENT/ RELOCATION)

Rapid response

Local, experienced service

Competitively priced

We always respect social distancing and work with you to operate safely

Effective removal of wasps nests

Bee swarms safely relocated

All work guaranteed

LANTRA Certified in Professional Wasp & Bee Control
Member of the British Beekeepers Association

**CALL MARK: 01539 821910 |
07476965432 | 07890565223**



WASP SEASON

Angela Fergie

Many of us are seeing wasp activity in our gardens and homes, a negative of the unusually warm and sunny early spring which allows the hibernating queens to make nests and rear their workers more successfully.

You may well find a nest that requires treatment and removal. A typical nest can contain up to 5000 wasps at peak season in late summer and this is also the time that wasps become attracted to sweet food and can often become even more of a nuisance. In Sedbergh and surrounding parishes, no doubt many

**Built in and Free-standing Appliances
Domestic Appliance Repairs**



**Digital TV, Aerials and
Satellite Dish Installation**

Wi-Fi and Home Networking

Regular Deliveries to the Lookaround Area



ELECTRICAL STORE

Kew House (Just of the A65)
INGLETON
T: 015242 41224 / 015242 42095



www.toobys.com

of you are familiar with wasps in and around your soft fruit orchards.

Other favourite nest locations are under eaves, attics, roof space beneath tiles and in garden hedges.

If you do have wasps and want them removing, contact Mark on 01539 821910 or 07476965432.

A rapid response along with local, experienced service is promised. Pricing is competitive and all work is guaranteed. Bee Swarms also safely relocated.

LANTRA Certified in Professional Wasp & Bee Control and a Member of the British Beekeepers Association.



TOWN TWINNING. AN UPDATE.

Susan Garnett

Fifteen years ago on the 27th of May Alan Pratt, chair of Sedbergh Parish Council and Josef Kosir, then mayor of Zreče our twin town in Slovenia, signed a charter of Twinning in the Old House at Skomarje a short distance from Zreče itself. This was the culmination of five hectic weeks in September and October 2004 when two new EU countries and two more seasoned ones wooed us in turn for our hand in Twinning. The towns were Athienou in Cyprus, Zreče in Slovenia, Seefeld in Austria and Eymet in France. There was a bumper turnout on voting day, despite dreadful weather and the

winner by a two thirds majority was Zreče. Their team, led by the indefatigable Zdenka, wowed us with their sincerity and warmth. The whole process was filmed for a series of BBC 2 television programmes in January and February 2005 “The Town wants a Twin”.

In 2015 we held celebrations in Sedbergh and Zreče to mark ten years of twinning. Much entertaining and feasting were held at both venues and we had hoped to do the same this year to mark fifteen years since the charter was signed. Flights were booked for a Sedbergh group to visit Zreče at the end of May and several plans in place to celebrate here on the last weekend in June. Hog roasts, choir festivals, band concerts and other community events were scheduled with Tadej Rupel, Slovenian Ambassador in London, Boris Posvrnik, Mayor of Zreče and District and their delegations in attendance.

Sadly the pandemic put paid to all that. Meanwhile we have tangible evidence in Sedbergh to mark the occasion. A commemorative cherry tree is flourishing in the Community Orchard and His Excellency has gifted us a traditional Slovenian beehive. When it arrives it will be put on display in the Sedbergh Information Centre with information about its origins and the Twinning project. Slovenia is internationally known as a champion of beekeeping and instigated the annual World Bee Day on May 20 which is now celebrated around the world. A



powerpoint presentation of “The Town wants a Twin” runs on a monitor in the Information Centre to inform the curious! If you missed the real thing, then go and have a look.

Over these fifteen years our friendship with Zreče has continued to flourish. Regular exchanges have taken place of Sedbergh students, art societies, sporting and history groups plus visits to Zreče and its very beautiful country by many Sedberghians, some of us more than once! David Burbidge has built a strong tradition of choir exchanges between Zreče and enthusiastic songsters from Cumbria and all over the UK. Every time we visit we enjoy a warm welcome and generous hospitality. It may be that we will be celebrating a sixteen-year anniversary in 2021. The Town Twinning Group will make sure that everyone has a chance to join in!

Cumbria Stoves Ltd

Supply and installation of
 Wood, Multifuel and Gas Stoves
 Flue and Chimney
 Lining Services
 Inglenook Specialists
 Fully Qualified and experienced
 Hetas engineers
01539 821061
www.cumbriastovesltd.co.uk
 SHOWROOM:
 34A Main Street, Staveley,
 Nr Kendal

SLOVENIA NATIONAL DAY CELEBRATED IN SEDBERGH

David Burbidge

Many thanks to everyone who joined our singing celebration of Slovenia Statehood Day.

A quartet made up of singers from Lakeland Voices gathered in the garden here at Smithy Cottage and sang over 20 Slovenian folk songs including Zdravljica, the Slovenian national anthem. The songs come from the narodni pesmi (national folk songs) which are well known by most people over a certain age in Slovenia, in the same way that many people here in the UK know the same songs which were taught on the primary



school radio programme Singing Together. The 4 singers were also joined by those passing by on the footpath 10 metres away beyond the Hawthorn bushes, and by singers in Sedbergh, Slovenia, and other parts of the UK via a Zoom link that was set up in the garden.

There had been plans for a summer festival with over 30 choirs coming from around Slovenia and the UK to help Sedbergh singers and twinned celebrators celebrate our connections with twin town Zrece and 15 years of singing Slovenian songs. Plans have been postponed because of the Coronavirus.



But with the partial lifting of Lockdown restrictions, the four plucky singers gathered outside to keep the flag flying.

We were of course extremely cautious - keeping over 2 metres apart, positioning ourselves so that the westerly wind blowing off the Clough could take any germs away over the mill, wiped all gate handles and surfaces with disinfectant, and washed our hands regularly. And made sure there were not too many people gathered on the path - the last thing we wanted was to cause an outbreak of this deadly disease.

While we were singing, BBC Radio Cumbria rang us up as part of a feature they were doing based on their alphabet tour of Cumbria with a different town each week starting with a different letter - the week before had been Ravenglass. They had got in touch with the Zrece mayor's office and were put through to Peter Kos, headteacher of the Zrece school, who said: "It's a pity we can't celebrate the



**DALTON
WOODLAND BURIAL GROUND**



**Natural Woodland
Burial Ground**



"Return to the Earth, naturally"

www.daltonwoodlandburial.co.uk
Burton-in-Kendal: 01524 782442

15th anniversary of the town twinning together in Sedbergh this year, but due to the strong connections established over the past 15 years, I am sure many other opportunities to celebrate will arise in the future."

Hearing a message from Zrece was wonderful - it brought back so many memories of all the good times people from both towns have had together since the television cameras roamed the street of Sedbergh making filming The Town That Wants a Twin. As well as our singing of Zdravljica (which translates: "Long live all nations who long for that bright day, when over earth's habitation no war, no strife, shall hold its sway; who long to see all people free, no more shall foes but neighbours be,") we all sent our love and best wishes to the good people of Zrece via the Zoom connection, which has been continuing with well-attended sessions every week during lockdown.

As well as all the Slovenian singing, and conversation with our friends in Slovenia, we also enjoyed Slovenian refreshments which included honey from Zrece beekeepers, herbal tea from

wildflower meadows near the town, local wine and spirits, and Slovenian dishes made with recipes sent by Zrece chefs including Potica cake, and Jota casserole.

We very much enjoyed singing our songs outside in four part harmony, not just because this was the first time in four months we had been able to sing together face to face - but because it brought back many fond memories of everyone singing these songs together in Zrece after concerts and church services, over several glasses of kuhano vino (mulled wine.) And it was wonderful that so many people in Slovenia were able to join us in the singing via the Zoom

Many people from Sedbergh have always enjoyed exchanges between the two towns, with school children and artists, singers and hillwalkers, poets and skiers, and many others. What made the day even more special was that we also had an exchange of weather - with bright sunshine and 35 C in my garden, as if we were the ones on the sunny side of the alps, while in Zrece it was raining as it often is here in Sedbergh.

J J MARTIN

Funeral Directors

Established 1869

Long Lane, Sedbergh

Brian Goad 015396 25334
Edward Waller 015396 20130

Complete Funeral Service
Day or Night

Chapel of Rest



AVOIDING SCAMMERS

Karen Evans

“I do a lot to help my elderly mum, like picking up shopping, sorting out her finances, making important calls and organising her post. But with lockdown in place I haven’t been able to help her as much. I’m particularly worried about what I’ve heard about scammers at the moment, and I wondered whether there’s anything I can do to help protect my mum?”

There are a few steps you can take to keep your mother safe and lessen your need to worry.

With your mother’s permission you can register her landline with the Telephone Preference Service. It’s free to register and doing so will reduce the number of unwanted sales and marketing calls you receive. This won’t block all unwanted calls (it won’t work on calls from abroad or companies she’s given her number to already, for example), so your mother will need to continue to remain

vigilant, but it’ll certainly lessen the number of them.

You can encourage your mother to talk to her phone provider to see what privacy services and call-blocking services are available. These services aren’t always free but are useful in ensuring any call coming through is from a trusted or known source.

In terms of unwanted post, with your mother’s permission you can contact the Mailing Preference Service to have her name taken off of any marketing lists. You can also contact Royal Mail and opt out of receiving any leaflets or unaddressed promotional material. Attaching a ‘no junk mail’ sign to her front door may also help with this.

It’s also vital that you chat to your mother to help her spot the marks of a scam herself. At Citizens Advice we always advise the following:

- Be suspicious if you’re contacted out of the blue, even if it’s from a name you recognise.
- If it sounds too good to be true it probably is.
- Never give out your bank details unless you are certain you can trust the person contacting you.
- Don’t be rushed – you never need to make a decision straight away and if you feel pressured say “no”, hang up the phone, or close the door. If you find yourself needing to take over your mother’s finances in the future, it’s worth looking into a long term solution like a Power of Attorney.

Lastly, if your mother is receiving care from her local authority and you think she might be being scammed,

PARKIN & JACKSON MONUMENTAL MASONS

14 Appleby Road Kendal LA9 6ES
Tel 01539 722838



- New Memorials
- 2nd Inscriptions
- Cleaning and Repainting
- Renovations
- Memorials designed to your personal specifications

Visit our showroom
or phone for a brochure

parkinandjackson@btinternet.com

www.parkinandjackson.com

Contact KEVIN BATEMAN

it's worth reporting your concerns to their Adult Safeguarding team.

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.

South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice

How to access:

- Call 015394 46464 - this is being staffed from 9:30 – 2pm
- Adviceline: 03444 111 444
- email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444

HAVE YOU BOUGHT ANYTHING ONLINE RECENTLY?...

Neighbourhood Alert

Almost 34% of all retail sales during May 2020 were carried out online, and new research suggests that only 16% of UK consumers intend to return to their old shopping habits post-lockdown.

Online shopping fraud during lockdown

Action Fraud, the UK's national reporting centre for fraud and cyber crime, received over 16,000 reports relating to online shopping and auction fraud during the lockdown, with losses totalling over £16m. Members of the public have reported buying mobile phones (19%), vehicles (22%), electronics (10%)

ABLE MEMORIALS

Monumental and Architectural Masons
New Memorials and Additional Inscriptions
Showroom with over 30 Memorials on display at
3 Wildman Street, Kendal

Please call for a brochure or free estimate

on 01539 735583

or 07779 025745

Home visits available by local mason Edward Waller

such as games consoles, AirPods and MacBooks, and footwear (4%) on sites such as eBay (18%), Facebook (18%), Gumtree (10%) and Depop (6%), only to have the items never arrive.

Top tips for shopping online securely:

Choosing where to shop:

If you're making a purchase from a company or seller you don't know and trust, carry out some research first. For example, by checking to see if others have used the site and what their experience was.

Email accounts:

Use a strong, separate password for your email account. Criminals can use

your email to access other online accounts, such as those you use for online shopping.

Scam messages:

Some of the emails or texts you receive about amazing offers may contain links to fake websites. Not all links are bad, but if you're unsure don't use the link, go separately to the website. And remember, if a deal looks too good to be true, it probably is.

Payment method:

If you decide to go ahead with the purchase, use a credit card if you have one as other payment providers may not provide the same protection.

What to do if you've fallen victim to online shopping fraud

We all make mistakes and these days the scams can be incredibly convincing.

If you think you've visited, or made a purchase on, a bogus website, you should first, take a note of the website's address, then close down your internet browser. You should then report the details to Action Fraud and contact your bank to seek advice.

Whether you've been a victim of fraud will depend on how much information you've provided to the

website, so keep an eye on your bank transactions, if you can. Contact your bank immediately about anything that you don't recognise, even small amounts.

For more information about how to stay safe online, please visit www.actionfraud.police.uk/cybercrime



The advertisement for Treadwell Flooring is enclosed in a blue border. At the top, the company name "Treadwell Flooring" is written in a blue, cursive font, with the tagline "Established Family Business since 1999" in a smaller, blue, sans-serif font below it. The main image shows a living room with a beige sofa, a patterned rug, and a wooden coffee table. Below this, there are two smaller images: one showing a dining room with a wooden table and chairs, and another showing a display of various colored carpet and vinyl samples. At the bottom, the text reads "Contract & Domestic", "Extensive Range of Floor Coverings", "Carpet, Vinyl, LVT and Wood", "Carpet Cleaning Service Available", and the phone numbers "T: 015396 21175 • M: 07795 598 913".



Tel: 015396 22038
Mob: 07771824958
E: info@mkconversions.co.uk

All types of building work undertaken

- Extensions
- Barn conversions
- New build
- Restoration work
- Building, joinery, plastering, tiling, roofing
- Topseal flat roofing approved installer



DEMENTIA ALLIANCES ACROSS CUMBRIA

Kevin Walsh

Dementia support organisations across Cumbria are doing what they can to help those living with Dementia and their carers to cope with the impact of the Covid19 pandemic especially as restrictions start to be lifted and people who have been isolating for months start to re-enter their local communities.

A simple visit to the shops is now very much different to what it was like in March. Everyone wearing masks, queuing on the marks on the floor, direction arrows to follow, and often waiting to enter the shop in the first place. All of these are difficult for many elderly and vulnerable people in and even more so for those living with dementia.

Whilst support organisations have been keeping in contact with clients on a regular basis. Carers will have had little or no respite as the usual gatherings and hubs have been on hold since March, and no sign of these opening to any great degree for some time to come. Everyone has

been learning new skills on-line with Zoom, Skype and Facetime.

The Alzheimer's Society has a programme of increasing the number of people in our communities who are more aware of the issues of living with Dementia. These Dementia Friends awareness sessions can now be provided on-line and several Dementia Champions have recently been trained to provide these sessions in the County.

There have been many new volunteers active in our communities and the mutual aid groups that have been providing much needed support will continue to be needed in some form for the foreseeable time. We would encourage these groups to offer the dementia friends training sessions to these volunteers as many will be in contact with the more vulnerable in their communities.

To find out more about when the sessions are to be held and to receive a link to book your place please email Myles on mylesripley@btinternet.com

JUNE BALLADS

ONWARD.....sometimes.

(To the tune of Onward Christian Soldiers.)

There are some pretty traffic lights
Along the road from me,
They always turn from green to red
As soon as me they see.

There is a line of bollards too,
All black and white and red
They often get knocked over so
Roll in the road instead.

When the lights do finally turn
and in my favour show,
The workmen move their diggers
out
so I must.....s l o w l y g o.

The lights change then before I
reach
The end of dug up patch
So I reverse for half a mile
And start again f r o m s c r a t c h.

The Sound of Summer Birds - but which ones?

*To the traditional tune of O Waly
Waly*

*The Water is Wide. –
<http://tiny.cc/wateriswide>
Answers at the end.*

With a chirrup chirrup
You leave the ground
I can hear your plea-
sant warbling song
I'm squinting up
How high have you gone?

Your flight is fluttery
Then you glide along

Perched on the hedge
A shy bird thee
A very long deeply
down curved bill
Your distinctive call
Gives you your name
cour-eee cour-eee
You fly fast away

Like a small bird of prey
Resting on a branch
Your call is distinct
and carries far
Cuc-oo cuc-oo
A pleasing sound
Then you take flight
into the wood

Delicate small finch
In yonder tree
Singing your song
all tinklings and trills
As you take flight
you're calling out
Whit-a-whit, whit
A tinkling sound

Perched on the wire
Small, plump and broad
Forked tail, tiny feet,
short pointy wings.
Prrit, prrit, prrit, prrit
your calling song
A fast fluttery flight
to the house beyond.Skylark

*Curlew
Cuckoo
Goldfinch
HouseMartin*

WRITING CHALLENGE NO. 6 AUGUST

Carole Nelson

Sedbergh Literary Trust is challenging YOU to write a piece about your experience and life in and around Sedbergh. When we started, we did not know anything about Lockdowns and face masks but now all the events of the last 5 months have certainly given everyone new experiences to write about.

There will be several on-line places (Sedbergh Community Forum, Booktown website, Lookaround website) where the writing will be displayed (no contact details will appear), so your work will be available to everyone to read.

We will choose a subject each month which applies loosely to Sedbergh life and hope at the end of the year to have a collection of writing that can be published.

August's Challenge is to write a PROSE PIECE, short story or article on the subject –

'My Life 2020,' in 500 words or less.

Hopefully we are now beginning to feel as though things may be calming down so this subject is designed to let you write about your experiences lately.

EMAIL your entry to booktown@sedbergh.org.uk by the end of August.

Or Print it out or write it out very neatly, add your name and a contact number and/or email on the back and post it through the door of Sleepy Elephant, 41 Main Street, Sedbergh.

"WHERE ALL THE BEST SAUSAGES COME FROM"

Colin Cowperthwaite

This article, written by Derek Hudson, appeared in the Yorkshire Post on 6th December 1971. Almost 49 years on, I thought it worthy of a second reading.

Any anthropologist planning a safari to catch Lake District men in the wild need not go so far as Kendal. Just go North to Sedbergh, young man, where every other denizen seems to have migrated from darkest Westmorland.

Perched at the remote top end of the West Riding, 80 miles from Wakefield, Sedbergh has capitulated to the Northern hordes after surviving



THE
MEDITATION
CENTRE

be still · be inspired · be free

Would you like to learn to meditate?

Our popular **Learn to Meditate Course** is now being offered on –line.

The first course starts in September and will be run over two mornings.

Learn to Meditate session 1: 5th September
10am – 1.00pm

Learn to Meditate session 2: 12th September
10am – 1.00pm

Please see the calendar on the website for more details.

Places are limited, so early booking is advisable.

To book: email meditationcentreateam@gmail.com
Telephone 07582 017 396
The Meditation Centre, Dent, Cumbria LA10 5QR
www.meditationcentre.co.uk

under the Yorkshire banner for generations. Further tragedy for the county.

Yet another of her fairest limbs is being amputated and transplanted to a hotchpotch creation called Cumbria, formed of Cumberland, Westmorland and slivers of Lancashire.

It is not surprising that Sedbergh (pop. 3,800) has fallen. For decades the grand old town has been overrun by special agents from neighbouring counties, in the guise of residents.

The shadow of Kendal's influence has hardened into a trap and, to the sorrow of many old campaigners, the gem of the Yorkshire Dales National Park, holding hundreds of householders from over the borders, is going under.

But not without many bitterly-fought battles. It has been a case of Westmorland to the right of them, Westmorland to the left of them and Lancashire also threatening on the left flank.

Mr Tom Scarr, a retired farmer of Station Road, Sedbergh, is a veteran freedom fighter. He recalled, with a sigh, the sterner stuff that Sedbergh folk were made of before the war. "In the 1930's they tried to put Sedbergh in with Westmorland under Kendal. People fought tooth and nail. They refused to go in. Now they are having to.

"Why are they carving the West Riding up like this? It used to be a first-class county, the West Riding did. But the way they are carrying on,

THE HEAD AT MIDDLETON

LA6 2NF TEL: 015396 20258

www.middleton-head.co.uk

email.enquiries@middleton-head.co.uk

A charming country inn, dating from 1642, situated on the A683 between the market towns of Sedbergh and Kirkby Lonsdale, within the Yorkshire Dales National Park.

En suite accommodation available for up to 14 persons in family or double rooms, perfect for family occasions, walking groups, get-togethers, stop-overs from the South to Scotland (just 7 minutes from Jct37 on the M6), guests with dogs....

Full English or Vegetarian breakfast included in B and B rate and a restaurant service is provided from 5pm until 8.30pm.

Bookings advisable for both rooms and restaurant reservations.

We look forward to welcoming you to The Head at Middleton.

David and Elizabeth Martin, proprietors since 1999.

there will be very little left of it. It is only going to be half of what it was.

“Give me Yorkshire. Why the Hell have we got to change over now and go into this place called Cumbria? What do they think they are going to turn us into? I am worried. We are going to be mixed up with Geordies, almost, on Tyneside. What have we got to do with them?” Mr Scarr, over 70 now, served 21 years on Sedbergh Rural Council. His Yorkshire patriotism has not dimmed. But he has doubts about some others.

“At one time a Yorkshireman’s word was his bond, and this was what it was all about. This has gone now though. The generation growing up now doesn’t give a damn what they are, so long as they get money for nowt !”

Nearby Dent is also joining Cumbria, a name which somehow conjures up visions of woad-streaked warriors. There, Mr Robert Ellison of Douby Court, a member of the local National Farmers’ Union committee, confessed that he would miss the ancient Yorkshire sense of rivalry.

“I suppose one big consolation is that they are making a new county and not just pushing us into another. We are still going to be Yorkshiremen. We have done well from the West Riding. They have had money to spend here. In a country area like Cumbria, I wonder if the same amount will be available from the rates. I think we will be worse off financially, apart from losing our old loyalty to Yorkshire in the end”.

On market day in Sedbergh, bellowing cattle and bleating sheep in



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448

fax 01539 730253

e-mail info@strampress.co.uk

website www.strampress.co.uk

Established 18 years

MH RESTORATIONS

Specialist Blast Cleaners

Sandblasting

Stonework

Brickwork & Timber Cleaning

Wet & Dry Blasting

Jet Washing Steam Cleaning

Repointing, Lime Pointing & Building

Maintenance

Throughout Cumbria, Yorkshire & Lancashire

For a FREE quote & advice contact Mathew Harrison



t: 07794079939 e: mathewblast@outlook.com

www.mhrestorationsandblasting.co.uk

the hectic auction mart outside the centre, drown traffic sounds. Perhaps local farmers would wish to add some protesting noises about becoming Cumbrians ?

Not according to Mr John Lancaster (a peculiar name) of Agriculture House, Kendal, the NFU group secretary. "Most farmers here are happy to go in with Cumbria", he claimed. "They realise Kendal would be a better centre for them".

Was it surrender ? Defeat? Dales farmers throwing away their Yorkshire heritage? Sadly, true.

Mr Metcalfe ("Call me Miggs for a first name, they'll know who it is") of Garsdale, said he was "born, bred and fed" a Yorkshireman. "But it won't make any difference who is going to

rule the roost. Anyway, we have gone downhill since the last war. We don't know who won the war yet!

"There is one good thing. We will be all right as long as we get plenty of that Cumberland sausage. That is why a Cumberland man has a better shine on him than some of us wizened Yorkshiremen. They make better sausages", said Miggs.

Mr Richard Middleton of Low House, Garsdale, believed it would not be too bad going into Cumbria, although he would not have thought much of joining up with just Westmorland.

His friend, Mr Joe Hartley of Thwaite Head, Garsdale, felt resigned. "If we could do anything about it then it might be worth making

a fuss. Another thing: if we were worrying fellows, we wouldn't be farmers in these Dales".

The official reaction came from Coun. John Dawson, a Sedbergh businessman and chairman of the rural council. "Facing facts, we have been moving toward Kendal and the West of the country for years. Many people work there. Hospitals, telephone services, NFU headquarters, are all in that direction. They are pointers to where we really belong".

But even Coun. Dawson could not deny his background. "I shall still be a Yorkshireman. Just because they are altering the administrative boundary it does not mean geography is being changed".

In Sedbergh's Main Street, Mrs Alice Hall, of Fairholme, was shopping with her daughter Elaine, aged 4. She said: "I will not like having to put Cumbria at the bottom of my address. Although I believe there was nothing else for it but a link with Kendal, I will be Yorkshire as long as I live".

A well-known butcher in the town, Mr Robert Udale, agreed with gusto. "We think we will still be Yorkshiremen. One thing is certain, nothing can change me!"

When Sedbergh is severed from the rest of the West Riding, the county will be losing a major chunk of charm: a famous Yorkshire public school, fascinating grounds for nature lovers, geologists and botanists, and a stubborn group of wistful Tykes, ever ready to perpetuate the Yorkshire pudding in new Cumbria.

THE TALE OF ANNIE BLADES AND A LITTLE BIT MORE!

Wendy Fraser-Urquhart

I grew up with Annie Blades. She was a large picture on the wall of my grandmother's room, and I learnt that this was her younger sister who had died tragically young, possibly in childbirth. My grandmother's maiden name was Mary Margaret Murray. Presumably, therefore, her sister should have been Annie Murray. What a pity I never thought to ask when she was alive.

I knew that my grandmother had been born in Ravenstonedale, the elder daughter of Betsy Agnes (nee Buck) and William Murray, who had eloped to Gretna Green to marry, she being the daughter of the family at the "big house" and he, several years older, their coachman. They were duly cast-off without a shilling and returned to live in a humble cottage in Newbiggin-on-Lune. Years later they moved, with their family, to the village of Kirkburton, near Huddersfield, where William and his sons became miners. As a child I spent many happy holidays with relatives who still lived there.

Many years later we became interested in family history and



**Lakes Lighting
Electrical Contractor**

Matt: 07544244662
matt.atkinson@rocketmail.com

All electrical work undertaken.

Have you got a pile of old tapes or records you would like to watch or listen to again?

I can transfer them to DVD/CD or put them on a USB drive for you

Video media

VHS & VHS-C

8mm Video

Mini-DV

Audio media

Vinyl Records

(LP & Single)

Audio Cassettes

I also do Actor's showreels & video editing, please get in touch
Hopefully cinefilm transfers in the near future too

Contact Andrew on 07493 620821

or email: techno.wizard@btinternet.com

churchyard in Ravenstonedale and moving on to the Record Office in Kendal we began to build a picture of the Buck and Murray families. In the 1861 census we found 9 month old baby Betsy Agnes Buck and her family, living in one of the small terrace houses in Newbiggin. So much for the big house and rich relations! The entry showed the following: George Buck, head, 32, draper, born Garsdale, Yorkshire; Mary Buck, wife, 30, born Garsdale; George W. Buck, son, 8, scholar, born Ravenstonedale; Mary M.B. Buck, daughter 6, scholar, born Ravenstonedale; Betsy A. Buck, daughter, 9 months, born Ravenstonedale; Isabella Middleton, 23, house servant, born Dent; George Buck, lodger, 65, agricultural labourer, born Garsdale. This was the first we had heard of Garsdale.

The Murray family we discovered living in Winton in 1851, 1861, and 1871. Sometime, between 1871 and 1881, they moved to a farm called Gars in Bowderdale, west of Ravenstonedale. Our very first discovery in the graveyard at Ravenstonedale was the headstone

for Robert Murray of Gars, husband of Ann, who had died on Christmas Day 1880, aged 77.

The census entry for Gars in 1881 lists the following residents: Ann Murray, head, 72, widow, farmer of 64 acres, born Crosby Ravensworth; William Murray, son, 27, married and born in Winton; Betsy Agnes Murray, daughter-in-law, 20, married, born Ravenstonedale; Robert William Murray, grandson, 1 year, born Ravenstonedale.

In 1887 Ann Murray died and, by 1891, William, Betsy Agnes and their children had moved into a cottage in Newbiggin. The family had grown and 11 year old Robert W. had siblings, Mary M., 9, (my grandmother), Annie B., 7, George B., 4; and John J., 1 year, and a baby born blind.

We looked really hard for evidence of the marriage of William Murray and Betsy Agnes Buck at Gretna in about 1879. A long day in the Record Office in Edinburgh revealed absolutely nothing of it, and further searches in Kendal Record Office likewise. We did, however, find the signatures of Betsy Agnes Buck and William Murray as witnesses to the marriage of his brother Robert at Kirkby

**Sedbergh
Red Squirrel Group**

Local conservation
for **your** red squirrels.

Report sightings of
reds or greys,
or to Join / donate at

sedberghredsquirrels100@gmail.com
www.sedberghredsquirrels.org.uk

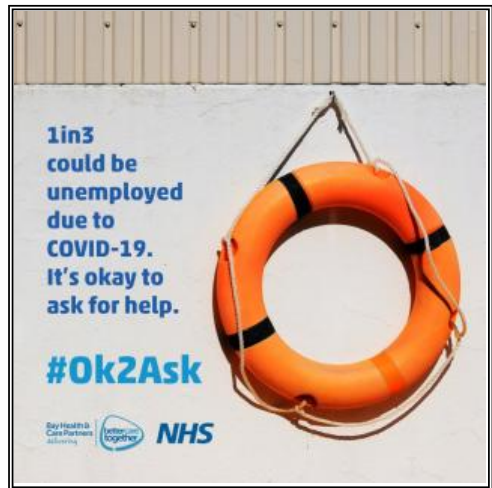


Stephen in December 1875. She would have been 15 years old at the time. We were moving to the conclusion that Betsy Agnes and William had not wed at Gretna at all, but merely said that they had. Perhaps, they had married later, perhaps, they had never married! We were determined to search for their marriage lines in St. Catherine's House when we returned to London.

As chance would have it, other things intervened. With this new found addiction to genealogy I was browsing through the magazines in my local W. H. Smith's in Maidenhead when I spotted a copy of "Family History" (No 12 – Sept. 1996). An eye catching headline asked, "Did your Relatives Elope to Gretna Green?" The article listed Gretna Hall Marriages, 1829 1855 and I quickly realised that the dates were far too early to be of interest for my search. However, I glanced through looking for Murray and Buck - nothing, of course, but what I did find was this entry

Buck, George (Garsdale, Yorkshire) married 24.3.1850 Blades, Mary (Garsdale Yorkshire)

So somebody did elope to Gretna but the tale was out by one generation! Mary Blades was the granddaughter of the Reverend Thomas Blades, the incumbent of St. John's, Garsdale and daughter of John Blades, yeoman and mine owner, while George Buck was merely a tenant farmer and son of an agricultural labourer. They were cast out without a shilling but from Garsdale to Ravenstonedale. And as



for Annie Blades - simple - full name Annie Blades Murray.

As for the marriage of Betsy Agnes Buck and William Murray, there really was no mystery. They were married in the Primitive Methodist Chapel, Newbiggin on June 5th 1879.

This item was originally published in the Newsletter of the Sedbergh and District Historical Society in June 2001, 3 years after we arrived. The study of Family History is how we came to be here. In our early days I did so much work on my family history but in recent years it has taken a back seat. Today I glanced at a couple of the many files accumulated over the years and am astounded at how much detail I have amassed. I think I must be distantly related to half the population of the town. My main families of interest are Blades and Buck but Dawson, Harper, Thexton, Middleton, Holme, Clark, Handley, Winn, Allen, Metcalfe, and Atkinson all pop up in the first few pages.

PRINCE EDDY

Karen Bruce Lockhart

Surprisingly, few people have heard of Prince Eddy – Prince Albert Victor, Duke of Clarence and Avondale. Yet he stood in relationship to Queen Victoria like Prince William to the present Queen. He was the eldest son of the Prince of Wales. Towards the end of the Nineteenth century he was a very attractive prince, good looking, kindly and much loved by the public. Unfortunately he is most remembered nowadays, if at all, for the rumour that he was involved in the Cleveland Street Scandal, a high society scandal involving a brothel, and as a candidate for Jack the Ripper – both of which rumours are probably totally unfounded. But very little is known of him as the Family destroyed all his

papers, and seldom spoke of him – possibly to shore up George as his successor.

As a child he was taught by a tutor a boring and dry man, and the family seem to have considered Eddy lazy and indolent, and later that he was unsuited to be king. He was sent to Dartmouth with his brother George. When he was 14 he joined HMS Bacchante and sailed round the world for three years, visiting among others the West Indies, the Zulu King Cetewayo in the Cape, and the Mikado in Japan, and was a great success in Australia. He then went to Cambridge (with an interval at Heidelberg) where there are differing opinions of how he did, but he seems to have been good at picking up knowledge rather than studying studiously. He then joined the

1 2 3 4 5 6 7 8 9 10



How well did you do?

BROOKS FAMILY PHOTO COMPETITION ANSWERS

1. Edward
2. Rosemary
3. Richard
4. Rowland
5. Thomas
6. Albert
7. Walter
8. James
9. Barbara
10. John

Hussars. He made an extensive tour of India and toured other countries representing the Queen. He fell in love with his cousin Princess Alex of Hesse, but she turned him down and subsequently married the Tsar (and was assassinated). He then fell in love with Princess Helene of Orleans (daughter of the Count of Paris) but this came to nothing in the end as she was Catholic, and her father would not allow her to convert. He supported liberal politics (he visited Parnell's grave when in Ireland), and was affable and completely lacking in haughtiness. Indeed, he was suggested by the Government as Viceroy of Ireland

At the beginning of 1892, the nation was looking forward to his marriage to Princess May of Teck (subsequently Queen Mary) on 27th February. He was twenty-seven on the 8th January.

JED'S GARDENING SERVICES

REGULAR GARDENING WORK
UNDERTAKEN
LAWN MOWING, STRIMMING, PRUNING,
PLANTING, WEEDING, ETC.
MANY YEARS' EXPERIENCE
TEL. JED 015396 21480
OR EMAIL JED.FISHWICK@YAHOO.CO.UK
FULLY INSURED. REFS AVAILABLE

The Prince had attended the funeral of Prince Victor of Hohenlohe in severe weather on Monday 4th January, when all the mourners had suffered greatly from the cold and strong wind. He then travelled to Sandringham by train and took part in a shoot on the Wednesday. Several members of the household at Sandringham were suffering from flu. During the lunch at the shoot he complained of feeling chilly but insisted on taking part in the afternoon. He continued to complain of cold but decided to walk two and a half miles home to warm himself up. He continued to feel unwell and retired early to bed. On the Thursday he again attended the shoot but returned home early and went to bed. By Friday 8th January he was clearly ill and failed to attend a birthday dinner in his honour. On Saturday alarm was raised and Dr Laking was sent for from London, but his report was so worrying that Dr Broadbent was also sent for from London. The two doctors stayed by his bedside hardly pausing for meals. On Tuesday hopes were raised when it was realised only one lung was affected, but by lunchtime on

Need Help?

**South Lakes
Citizens Advice is
still here for you**

Open for telephone or e-mail advice only

Tel: 03444 111444 or 015394 46464

E-mail: advice@southlakesca.org.uk or
www.southlakescab.org.uk/contactus



South Lakes
Citizens Advice

Wednesday it was clear his illness was very serious. On Wednesday he was delirious and calling for Helene – which must have been upsetting for Princess May who was in attendance. He died at 9.15 am on the Friday, 15th January 1892. He was buried at Windsor. Queen Victoria did not attend his funeral because of fears of the epidemic

In 1889 a pandemic known as “Russian flu” spread worldwide, and had several subsequent waves lasting until into 1894. It is thought that the disease was influenza A, but there is a theory it may have been a form of coronavirus. The two diseases are very similar, with very similar symptoms but have subtly different genomes and attack the lungs in different ways. It is estimated to have killed about 1 million people worldwide. It was no respecter of people – Prince Baudouin of the Belgians had died in January 1891.

Eddy has suffered from a very bad press since his death. At the time, the press was very much in favour of him. Since then he has almost been airbrushed out of history. But his dissipations seem mild compared to those of his father, and no more than what any man about town might have practised at the time. His father, despite his deplorable activities as Prince of Wales, made a perfectly good king. It is not the only time in history that a dissolute Prince has made a sober king – Prince Hal became Henry V. Prince Eddy’s interest to us just at the moment is not so much what kind of king he would have made, but the fact that he died in a flu pandemic.

THE ENGLISH SICKNESS

Karen Bruce Lockhart

Many will have read of the sweating sickness in Tudor times, and will have probably assumed it was just a serious form of flu. In fact, nobody really knows exactly what it was, but it was certainly more virulent than any form of flu current in modern times

It was known as the English Sweat as it was mostly confined to England, and only crossed the sea to the Hanseatic ports in one outbreak (apart from once to Calais in 1517, which was, of course, English) in 1528 and from there to Eastern Europe, but wherever it occurred it lasted only a few weeks.

It seems first to have appeared around the Battle of Bosworth. One theory is that Henry Tudor’s mercenaries brought it from the Middle East, and, certainly, Lord Stanley used the sweating sickness as an excuse for the non-appearance of his army, before he changed sides and thus lost the battle for Richard III. But there are no reports of it in Henry’s army, and, had his mercenaries brought it, why did it not spread with them across Europe as

a helping hand

Linda Greensmith



07919 152526

lindagreensmith1@aol.com

**A friendly and reliable service
for older people**

**Shopping : Transport
Companionship : Home Help**

they returned from the Middle East. It seems that the disease then followed the army to London where there were 15,000 deaths in 6 weeks, but it faded away within a couple of months. After that first appearance it again occurred in the summers of 1508, 1517, 1528 and 1551. Then it disappeared completely.

Although it was not as devastating as far as numbers of deaths as the Black Death, which had occurred only about 130 years before the first outbreak, it was as greatly feared. In Holinshead's Chronicles (1557) it is stated as being "so sharp and deadly that the like was never heard of to any manne's remembrance before that time". The reason for this fear was the swiftness of death. Death

occurred from between three and eighteen hours after the first symptoms. It was said to start with a "feeling of dread", followed by fever, extreme aches in the neck, shoulders, and extremities, abdominal pain and vomiting, followed by intense chills and a hot phase, when the patient almost literally sweated to death with chest pain, rapid pulse and cardiac palpitations. The sweating could start within as little as half an hour of onset. Indeed, there are descriptions of people dropping dead in the street. "Some merry at dinner and dedde at supper." After 24 hours the patient was either dead or recovering. It did not give immunity to future attacks – Cardinal Wolsey caught it twice, and many of his household died. Ann

Family run 17th Century
Coaching Inn with restaurant,
rooms & bar. Inspired by the
landscape in flavour & design.
Relax, indulge & tune-out.

+44 (0) 15396 20264
bookings@theblackbullsedbergh.co.uk
theblackbullsedbergh.co.uk

The Black Bull,
44 Main Street, Sedbergh,
Cumbria, LA10 5BL

T
H
E
B
L
A
C
K
B
U
L
L



Boleyn survived it, as did Erasmus on a visit to London. It is probable that Prince Arthur died of it. Both the sons of Charles Brandon Duke of Suffolk (Mary Tudor's husband) died leaving the succession to the throne to Lady Jane Gray. The mortality rate is thought to have been about 50% in some areas

It seemed to affect the upper classes more than others (possibly they had less immunity than those who survived the living conditions of the poor), and to spare the very young and very old. It was most prevalent in London, and among the student populations of Oxford and Cambridge. It seems to have affected foreigners less and did not really spread to Scotland, Wales or Ireland. Thus, it became known as the English Disease or sudor (latin for sweat) anglicus.

There are two possible similar modern diseases, one is hantavirus in the Americas where there are occasional small outbreaks. Although it is tempting to think the English sickness came from America, America was not discovered until about six years after the battle of Bosworth. The hantavirus also occurs in the Far East, but there it attacks the kidneys. Another possibility is anthrax, although that requires the spores to be inhaled or to enter the body by a wound. But neither of these diseases quite fit the symptoms described. Short of the possibility of digging up one of the Brandon brothers the disease must remain a mystery. Even that would not necessarily mean the virus would be traceable.

RICHARD HOGGARTH

RN & HE Hoggarth Building & Repairs

40 years experience



All Types of Building Work
No Job Too Small

Mini-Digger work undertaken

Tel:
015396 20805
Mob:
07799 420433



FOOD OF THE GODS

*Written by the late John
Cowperthwaite.*

I was born in Aysgarth, Wensleydale. One of my earliest recollections is my mother (bless her) bringing me out of Aysgarth Methodist Chapel and giving me a hiding because I wouldn't behave myself.

When I was about six years old my family moved into Garsdale, as my father had the chance of a somewhat larger farm than the small one he had at Aysgarth.

On this farm he tried unsuccessfully to wrest a living through the hungry thirties. Eggs were selling from nine pence to a shilling a dozen. Butter was being put into sheep dip as it only sold for nine pence, old money of course, per pound. Sheep were worth a few shillings each, wool four pence a pound. A new calved cow brought perhaps fifteen pounds. The harder

he worked, the deeper his debts became.

The valley of Garsdale was in those years a deeply religious place, there being in the dale four Methodist Chapels and a Church. At the bottom, nearest Sedbergh, was Garsdale Foot Wesleyan Methodist Chapel, unfortunately, now closed. Next was what was known as Middle Chapel (Low Smithy), also Wesleyan, and a mile further up, Garsdale Street Primitive Methodist Chapel. At the head of the valley, at Garsdale Head, was another Independent Methodist Chapel which had largely a railway congregation. All these chapels were well supported, as was also the Church of England. They were long and hard winters. In the autumn when eggs were at their cheapest they would be put down in water glass, and every possible ingredient would be made into jam or chutney.

The high spot of the season was the ritual slaughter of the well fed pig. Many was the bowl of black pudding I helped to make from the pig's blood and fat. Homemade sausages were made from the skins. Indeed, father used to say that the only thing wasted was the squeal.

What then was the attraction of the various chapels? Without a shadow of a doubt it was the competition between them in making potato pie suppers, which attracted us young men almost as much as the lovely ladies! Shush, after some fifty five years I almost caught a whiff of the splendid aroma. Most of the farmers would contribute a lamb, or perhaps some would co-operate together with a cow.



SEDBERGH
MEDICAL CENTRE

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

2020

Thursday 17th September
Wednesday 14th October



They would make these pies up at home and take them along to the chapels to re-heat. The crusts would be a good two inches thick, made in huge enamel bowls, filled with fresh vegetables and succulent gravy.

My eyes are clouding over with the gorgeous steam from the enormous pies, as down the years I can visualize them waiting to be attacked by hungry farm hands, and all this for the huge sum of one shilling and sixpence.

Of all the crimes for which Adolf Hitler was guilty in my book surely this was the greatest, for with the advent of food rationing, this feast died forever.

Some years ago I was invited back as an old scholar to speak at the closing ceremony in my Chapel. A sad journey. Whilst never ceasing to Thank God for the values I was taught in this Sunday School, may I also thank those good people who certainly for me made what has been my lifelong favourite meal. It is said that the way to a man's heart is through his stomach. Can it also be possible that the way to his God is via the same route? Or perhaps those pies were the food of the Gods!

**ACROSTIC POEMS WRITTEN
WHILST IN LOCKDOWN**

Year 7s and 8s - Settlebeck School

LOCKDOWN by Kaitlyn Alderson

L oved ones are unable to be seen:
O dd times.
C arers working around the clock;
K indness has helped us get
through this crisis
D eveloping treatments for ill
people.
O ngoing coronavirus has killed
many people.
W orking to save lives, our
N hs has helped thousands of
people with the disease

STUCK by Lucy Brown

S itting here
T ill it's done.
U pside down my life has turned
C alling and texting,
K illing time till it's all over.

LOCKDOWN by Tom Capstick

L ong hair
O dd
C ar gaining dust
K eep washing your hands
D esolation
O utdoors more
W arm weather
N HS!!!

01539 879969



01539 628131

Private Hire Taxis



**Outstanding taxi service
in Sedbergh &
surrounding areas.**

**4 - 16 seater vehicles
available to transport
you safely.**

**Contact us to find out
more.**

www.ldphtaxis.com • info@ldphtaxis.co.uk

COVID 19 by Lola Fagg

C oronavirus 1 000s of Cases.
O vertakes 9 flakes of hope.
V illages and
I ndividuals, Stay safe.
D ivides Families.

PANDEMIC by Rosie Hodgson

P eru hitting 10,589 deaths, the UK
topping 44,000 and
A merica at 132,000 deaths the
N ations
D evastated , but life goes on and
the
P andemic does not care, so be
M indful of others
I n all of this, and let's thank the
people who have been working
non- stop and don't get
C lapped for on Thursdays any
more. Thanks key workers

LOCKDOWN by Katie Lewis

L iving in uncertainty
O nly your family is with you
C ars are no longer on the road
K ebab shop owners are struggling
D aydreaming about how life was
O wners of shops are in a sticky
situation
W ondering when it will end
N othing to do

CORONAVIRUS by Grace Taylor

C haotic shoppers
O utside catch-ups
R ules to follow
O utbreak happened
N ations in lockdowns
A tmosphere carries germs
V irus spreading
I nfecting people
R ecovering - the prime minister

SEDBERGH & DISTRICT COVID 19 SUPPORT

COMMUNITY CUPBOARD AND SUPPORT LINE ARE CLOSING DOWN AT THE END OF AUGUST

HELP LINE - 07872 017730 (9:00am - 1:00pm) or CVSG@SEDBERGH.ORG.UK




Bring What You Want. Take What You Need

Outside Spar

At the bus shelter in Main Street

At St Andrew's Church Lych Gate

At the bus shelter in Maryfell



**K. W. Electricals
(Sedbergh)**

Tel: 07917 322626

Domestic & Commercial
Electrical Contractors



U nemployment rising
S ocial distancing

PANDEMIC by Emily White

P rocrastination
A wfully boring
N eed for toilet rolls
D eaths of others
E ndless lockdown and
M onths counting up
I n every part of the world
C oronavirus outbreak

And finally an extract from a poem which offers a lighter note by Lewis Sedgwick:

SOCKS

The country is in lockdown,
And everyone's lost their heads,
Cos' we can't go outside now,
We're shut inside instead, But I
finally think I've found a cure,
To this exponential crisis,
And if you're not completely sure,
I'll tell you what suffices: A single
pair, for you to wear,
Upon each dainty tootsie,
It's odd socks that are the prayer,
To stop the Co-vid oopsie.

HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

We hope the Lookaround team and its readers are staying safe and well. In these uncertain times and, at this time of writing, lockdown measures are easing, so hopefully we can look ahead to more normality.

Like other groups our monthly meetings are cancelled for the time being, but we look forward to meeting up outside, possibly, when the time is right and it is safe to do so.

In the meantime this is our contribution for August.

From Audrey Hoggarth:

There's a bridge and a mill
And farms up the hill
The bridge is a pain
But get to the top
You can see a lot
Stop for a talk
They are friendly folk

The W.I. meet in the hall
You're welcome if you call
So switch off your tellys
Put on your wellys
Get on your bike
Or maybe hike

And if you feel time
Needs helping by
Come in and join
Our W.I
As we meet and greet
Sing and chat

Listen to this and that
You're in for a treat
As there's lots to eat
Making your night
COMPLETE

From Mary Stainton:

Off the beaten track
You will find our village hall
W.I. Meetings, Domino Drives
We really have a ball!

Off the beaten track
The Visiting Speakers Strive
To find our Village Hall,
And teach us how to thrive!

Not much room for parking
The entrance is a pain
But we wouldn't miss our meetings
So we brave the Howgill Lane

We have talks, demo's and social
time

Nothing do we lack
It all goes on in Howgill
OFF THE BEATEN TRACK

PHYSIOTHERAPIST

HCPC Registered



John Bannister
Chartered Physiotherapist

John Bannister
Sun Lea, Joss Lane, Sedbergh

Tel. 07877301088
Email john@jb-physio.com
Web www.jb-physio.com

Competitive rates
Home visits available

**Flexible appointments to meet your
needs**

KILLINGTON W.I.

**The Afternoon Meeting For The
Entire District**

Wendy Fraser-Urquhart

Hip, Hip, Hurray! We met today,
July 14th in the People's Hall.

As our numbers have crept up to over 30 members, we have from time to time found that the committee room is a little too cosy, or in other words, crowded. However, it is so friendly that we have decided not to move into the main hall. Today however, Covid 19 precautions meant that we had no choice. Moreover, as many of our members are still 'shielding', our attendees were a mere dozen. (What a wondrous addition to our language all these new expressions are! At least they seem to be words rather than a string of mysterious initials. I think that I am turning into a 'grumble guts'). So we were well and truly 'socially distanced'. Two rows of well spaced tables had been set up down the centre of the hall with one chair at each table. The screen was set up on the stage. Marion, our secretary, was the designated 'COVID COMPLIANCE OFFICER' and gave us a stern talking to. WALK ROUND THE ROOM CLOCKWISE DO NOT PUSH YOUR CHAIRS UNDER THE TABLE AT THE END OF THE MEETING OBEY MY INSTRUCTIONS AT ALL TIMES. Yes! Of course I am poking fun at it but we really appreciated the thought and hard work which had gone into making our meeting safe and possible. Our thanks to the People's Hall Committee, and especially Gina

K.L. VENNING SLATERS LTD

www.klvenningslaters.co.uk

ROOFING AND SPECIALIST LEADWORK CONTRACTOR

Over 50 years experience in roofing, renowned for our excellence in working with natural slate, we offer superior levels of quality, expertise and value.

For a **FREE, NO OBLIGATION QUOTE** please call 015396 24481

Email: klvenning@klvenningslaters.co.uk



Barney for such careful preparations. Life has to move on.

We were joined by several more members by the magic (technical progress, I mean) of Zoom. We were most happy that our president, Susan had managed to make it safely back from Australia. We were not allowed to sing our song 'A pleasant thing it is to meet in friendship's circle bright'. Too much breathing involved. The business part of the meeting was brief as we do not yet have many plans for future activities. The birthday wishes were as warm as ever. This month Joyce Cox, Clare Pope, Cynthia Thompson and Diane Turner have all celebrated quietly at home, a change from the usual riotousness. During "lock-down we

have missed several annual 'ageings' but were happy today to give personal wishes to Lavinia for a decadal birthday. You're wearing well girl!

Entertainment followed, a series of slides showing interesting Sedbergh happenings through the years. Our thanks to Marion and Chris for these. We were so delighted to be together again and able to enjoy a good bit of 'crack'. I cannot finish in the normal way by giving details of our next meeting. Members – keep a close eye on your e-mails. Otherwise, I highly recommend another marvellous technical invention -the telephone. Look after yourselves and stay safe. Remember – it's not over yet.

SEDBERGH W.I.

Moira Folks

As we're still unable to have our usual meetings in the People's Hall because of Covid-19, our programme of garden mini-meetings for up to six people has continued in the past month so those members who choose to do so can take part. One grey day, Anne Symons hosted one of these with three Sedbergh members travelling to her home near Kirkby Lonsdale, while on the same morning Sandra Kemp invited four people to her garden, where rain stopped play! The plans for a meeting for another group at Marjorie's were also disrupted as the weather forecast didn't play ball...

Valerie's mini-book club meeting for June 11th was postponed till the 19th when four of us gathered in her garden. Since Carlisle Library is unable to provide us with books at present, we came prepared to talk about books we had read and enjoyed recently. Here are some of our individual recommendations:

'Cat's Eye' and 'Oryx and Crake' by Margaret Atwood

'Dark Matter' by Michelle Paver (A ghost story.)

'Where the Crawdads Sing' by Delia Owens (A young girl is abandoned and fends for herself in swampy SW Carolina.)

'The Silent Patient' by Alex Michaelides (A psychological thriller.)

'The Beekeeper of Aleppo' by Christy Lefteri (A fictional novel about real-life refugees.)

'The Five People You Meet in Heaven' by Mitch Alborn (The life and death of Eddie who is killed and sent to heaven, where he meets people he has known during his life and sees a different side to them.)

'Secrecy' by Rupert Thomson (This is about a sculptor in Italy under the Medicis)

'The Familiars' by Stacey Halls (This deals with the Pendle Witch trials in the 17th century so it is of fairly local interest.)

'Unsheltered' by Barbara Kingsolver (This relates parallel stories about two families living on the same patch of ground in New Jersey but separated by 130 years, one of the characters being a real-life correspondent with Charles Darwin.)

'A Circle of Sisters' by Judith Flanders (Non-fiction, the book gives a good picture of life in 19th century

IAN HIGGINBOTHAM & PAINTING & DECORATING

— professional personal service —

please call to talk over your requirements with no obligation

— www.painterian.co.uk —

07813 818958

info@painterian.co.uk

Britain, through four Macdonald sisters who married – or gave birth to - well-known men important in the arts, politics and literature.)

The mini-book club meetings for July were both held as planned on Thursday 9th July, with 5 members each in Sandra Kemp's and Pam Drower's gardens on a grey afternoon which turned to a light drizzle but didn't dampen our spirits. Again, we talked about books we've enjoyed recently: Lockdown has been a great time for reading widely to take our minds around the world and into other people's lives, away from the physical restrictions imposed on us in Sedbergh!

Sandra's group recommended the following:

'Island on the Edge: A Life on Soay' by Anne Cholawo (The author swapped a successful career in the city for life on a small island of just 17 inhabitants off Skye, after just falling in love with a photo of a house in an estate agent's window! She describes the wildlife and history of the island as well as many lovely and amusing incidents.)

'A Short History of Tractors in Ukrainian' by Marina Lewycka (This is about the reactions of 2 usually feuding sisters, who now join forces to try to disrupt the plans of their 84-year-old father to marry a much younger, blowsy, gold-digging woman.)

'A Thousand Splendid Suns' by Khaled Hosseini (Set in Afghanistan, it tells the story of the illegitimate Mariam, sent to Kabul to marry Rasheed at age 15. Decades later a friendship develops between her and a local teenager, Laila. Then the Taliban take over. It's a very moving story which our book club enjoyed several years ago.)

'Trumpet' by Jackie Kay (A jazz trumpeter dies and the secret he had kept all his life, that he was actually a woman, has to be confronted by his son.)

'Locked Rooms' by Laurie R King (One of a series she has written about the 'fictitious' Sherlock Holmes, whilst writing from Mary Russell's (also fictitious) scripts and memoirs about Holmes after his retirement. It's about Mary's childhood in San Francisco, the death of her parents in a car accident, and someone trying to kill her when she arrives in San Francisco with Sherlock. It's a good

One to one tuition
KS1 to KS5

- Maths
- English Literature
- English Language
- Drama
- Eleven plus
- Phonics & Numeracy
- Year 2 & 6 SAT preparation
- Dyslexia screening & support

Confidence building
Revision techniques

Specialised support available as one-hour sessions; our principal aim is to empower and enable students to be successful. Working closely with parents to understand individual requirements and support students' needs. Our students benefit from a friendly and motivating approach that builds confidence.

63 Main Street, Kirkby Lonsdale
LA6 2AH

Little Owls
- EMPORIUM -

twittwoodeucation@gmail.com
Call Liz on 07946560280

storyline and holds the reader's interest.)

'An Equal Music' by Vikram Seth (Michael, a professional violinist, never forgot his love for Julia, a pianist he met as a student in Vienna. Julia is losing her hearing and having to deal with changes to her life, and questions what gives our existence meaning: very moving and emotional.)

Recommendations from Pam's group included the following:

'Wild' by Cheryl Strayed (A young woman who loses her mother and turns to drugs and sex, embarks on the challenging Pacific Crest Trail, walking for 1,100 miles alone, a journey which ultimately heals her.)

'Now You See Her' by Heidi Perks

'The Clockmaker's Daughter' by Kate Morton

'The Man I think I know' by Mike Gayle

'The Lighthouse' by PD James and 'The Magpie Murders' by Anthony Horowitz (both excellent detective novels)

'Engleby' by Sebastian Faulkes (Set in the 1970s, this is a very dark but well written novel.)

The writer Ann Cleeves (on whose novels the popular 'Shetland' and 'Vera' detective series on TV are based), has started a new series of novels based in Devon, which are recommended. Some of our members had heard Ann Cleeves talk about them at the Borderlines Festival at Carlisle last year.

'Cloudstreet' by Tim Winton (First published in 1991, this has been described as 'the best Australian novel'. It's about 2 large families who

Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

share a ramshackle house near Perth and how their lives intertwine with many dramas, rifts and reconciliations, both tragic and comic: excellent and unforgettable!)

One of the great joys of book club, apart from being together talking about books (and having tea and cake!), is that we have a large pool of books to share with each other, so our 'must read' book piles are growing!

Lastly, news of our Federation Centenary Challenge: supporting Manna House in Kendal. We had our first group collections of groceries and toiletries at the end of June and Sandra Kemp delivered them to Manna House, where they were gratefully received. As it was her first visit, she was taken to see their garden, a collection of raised beds built over former parking spaces, where they grow fruit and vegetables and even have a fruit tree.

We are seriously considering the possibility of resuming socially-distanced meetings in the People's Hall when possible and safe to do so. Our members will be informed individually when a decision is made.

SEDBERGH PEPPERPOT CLUB

Shirley Smith

Reading the July edition of Lookaround, I came across the first of the May poems, which I read with interest. Imagine my surprise when I turned the page and saw that the third poem was about me! Initially, I felt shock, horror, dismay, but when I stopped reeling, my rational side took over with the realisation that it provided a really good piece of publicity for Sedbergh Pepperpot Club, sadly lacking in this time of Lockdown. Finally, I must say a big thank you to the writer of the poem, not only for the kind comments, but also for highlighting what 'Pepperpot' is all about.

Be assured that, as soon as we are all allowed out of this, the support for young musicians will return to normal.

Help with music and exam costs, loan of instruments and the chance to learn to play the ocarina, the recorder or violin, will all be available again. Sedbergh Primary School has an after-school orchestra and Dent Primary School has a violin group in school time.

If you are not already a member, please join Sedbergh Pepperpot Club and help us to continue supporting young musicians locally. Annual membership costs only £6 or £10 for two at the same address. Outings to concerts, including those given by Sedbergh Orchestra, plays, open gardens etc will be organised again on a regular basis, once we have the green light. Please contact Sedbergh Pepperpot Club by emailing yantethera@gmail.com or phoning 015396 21196.

FRAME MARQUEES & TEEPEES
VENUE COVER FOR ALL OCCASIONS
FURNITURE HIRE & TABLE LINEN

Marquees & Teepees
KILLINGTON

T: 015396 20602
W: WWW.MARQUEETEEPEE.CO.UK
E: OFFICE@MARQUEETEEPEE.CO.UK



Valerie Hinde

Chartered architect and designer

New build and extensions
Refurbishments
Conservation
Listed buildings
Planning applications
Building regulations
Community
Commercial

49 Robin Lane, Bentham, LA2 7AG
Tel 07503 731818 015242 61407
valeriehinde@gmail.com
www.valerie-hinde.co.uk

ON-LINE SINGING

Anastasia Micklethwaite

Since April, members of the Sing Joyfully! and Kirkby Lonsdale Singers vocal ensembles have found a new way to meet and enjoy each other's company whilst continuing to engage in singing at home, by taking part in weekly virtual singing sessions with their Musical Director, Anastasia Micklethwaite.

Singers have been joined on Tuesdays for 10 weeks by a few new members for a 2 hour long singing session 'together' where they have been able to engage in fun warm ups, look at aspects of vocal technique and sing music in preparation for a Gospel music themed concert. The

concert was to have taken place at St Mary's church in early June, but will be postponed now until 2021.

Over the summer months of July and August, when the choirs usually take a break, Anastasia is offering a series of small group vocal workshops, offered on-line via ZOOM, looking at specific pieces of repertoire, solo works in a masterclass setting, vocal technique, breathing and warm ups to promote healthy solo singing at home. 1:1 lessons are also available.

If you are interested in developing your singing and learning more, please contact Anastasia on 07952 601568 or email amicklethwaite@hotmail.com

THE KNITTING INDUSTRY

Jenny Haygarth

We would like to apologise to the poet for our erroneous typo correction in the poem below last month. The word "swaving" was assumed to be "swaying" .

THE KNITTING INDUSTRY

Whole families on a knitting gallery
perched

Above the cobbled streets far down
below

In aprons shawls and clogs and
bonnets clad.

Their tools are curving pins in
knitting sticks.

They're swaving up and down the
movement goes

With arms and bodies flashing
stitches fly.

There's mirth and glee and happy
songs abound

JHS Joinery

Qualified and Experienced Joiner
Providing a Quality Service

- Laminate Floor
- Spindle Balusters
- Internal & External Doors
- Wall & Floor Tiling
- Flat Pack Assembly
- Any small jobs considered

Jim Speak
Carpenter Joiner

Tel: 07496 946204

jim.speak1949@gmail.com



Go faster faster getting up a steam
Still greeting people passing on
their way

Retelling stories keeps them
rattling on.

The children want to play instead
but no

Must do long hours the families
need to eat

The children can't go out to play
just yet.

Swaving – “They sit rocking to and fro like so many weird wizards.... this rocking motion is connected with a mode of knitting peculiar to the place, called swaving, which is difficult to describe... Ordinary knitting is performed by a variety of little motions, but this is a single uniform tossing motion of both the hands at once, and the body often accompanying it with a sort of sympathetic action...”

SEDBERGH COMMUNITY SWIFTS

Tanya and Edmund Hoare

Early August is when our swifts usually leave us to begin their long migration back to Africa, and the skies fall silent once more. It is so sad to see them go and how quickly the three months that they are with us passes. Their autumn migration takes longer than in spring, presumably because they do not have the urge to breed. However there may still be some swifts around until the end of the month, if our Lowgill birds are anything to go by, as we once again have some late breeding birds.

There has been such a contrast in the weather this summer, with hot dry sunshine in May, followed by many cold, wet and windy weeks, which is not good for swifts. Watching the nests through our cameras, the parent swifts were coming in less frequently to feed their chicks as they struggled to find enough insects. Fortunately young swifts are remarkably resilient to cold and can even go into a torpor, so they can cope for a few days. The non-breeding swifts, who have only themselves to look after, can roam far and wide to find food. Consequently you may have seen far fewer circling around. Yet on a sudden day of fine weather on June 20th we had jubilant reports of the re-appearance of large numbers of swifts – especially in Bainbridge Rd and Lupton field on Back Lane. This shows how the swifts have not actually departed but do come back when conditions improve.

We have ended up with a wide range of breeding times and overlapping development: at the time of writing (15 July) we are expecting the first chicks to fledge in a day or so. Yet the chicks of the later breeding pairs are still young and won't fledge for almost another three weeks, around 8th August. And a new pair, which didn't even lay eggs until 30th June, are still incubating them! Which means that we have swifts on eggs at the same time as some fledge from the nest. As we have written before, when the chicks make that crucial maiden flight from the nest, unlike other birds they do not return to it, are not fed by their parents and are fully independent of them. And very soon afterwards they make that hazardous migration back to Africa. Truly remarkable.

For those of you who have put up nest boxes, as yet unoccupied by swifts, have patience. We've been told that a pair have bred for the first time in a box we put up five years ago in Winfield Rd. They are very unpredictable birds. Another box at Havera had breeding swifts in the first year, undoubtedly helped by the playing of swift attraction calls.

Spurn on the Lincolnshire coast is a prime bird watching site for migration, and at Gibraltar Point on 28th June record numbers of swifts migrating south were observed. Reports of over 45,500 were counted which by all accounts must have been a spectacular sight. These were the young non-breeding birds, and it was suspected that the appalling weather had prompted this early movement.



LAURA'S LOOM

British Wool · British Made

Visit Laura's Loom for beautiful woollen blankets, handwoven scarves, walking socks and more, all made from Yorkshire Dales and Cumbrian wool.



Studio 2A, Farfield Mill, Garsdale Rd,
Sedburgh, LA10 5LW
Open every day 10:30-4:30

www.laurasloom.co.uk

Each year in the middle of August we have helped on the Swift Stand at the Rutland Bird Fair, a massive international event lasting three days but this year it has had to be cancelled and in its place a 'virtual' Bird Fair is being organised. I do not have details at the time of writing but if you Google it you could browse the stands at your leisure. Our swift stand was in Marquee 8, stand

41.

Enjoy the end of the swift season, watching these incredible birds that truly are masters of the sky.

To contact SCS: email ta.hoare@btinternet.com or ring 01539 824043

BLUE GREEN ALGAL BLOOMS

Myles Ripley

Blue Green algae are a member of the cyanobacteria in the Prokaryotic Kingdom and so are not plants although they do photosynthesise. They are very small and have an ability to reproduce very rapidly in warm conditions. As they get more and more dense, they develop a gas vesicle which causes them to float to the top of the water which, in still conditions, can cause scums of them at the edge of lakes. These gas vesicles are thought to allow them to access the light during the day and then they may be able to sink in the night to exploit the high concentrations of minerals deeper down in the water. The high levels of minerals are thought to be one contributory factor to the development of these blooms which in turn are released by decomposers more rapidly in warm conditions. However,

it is thought that the increasing use of fertilisers, increased run off from land “improved” by extra drainage and possibly increased sewage outflow load (which contains high level of mineral such as phosphates from washing powders/soaps/detergents) all contribute to the likelihood of blooms.

Why are people concerned by these blooms?

1/ They are very unsightly and the prospect of having your legs covered in green “slime” when paddling at the edge of lakes is rather offputting. The bloom is often described as if green oil based paint had been spilled in the water.

2/ Some people are allergic to the algae and a skin rash can be caused. This is more likely if they are in a wetsuit since the water will be in closer contact with the skin and slightly “rubbed in”. This would be a greater risk if the person had any form of cut/graze since the algae could enter the blood. Showering after watersports would be advisable.

3/ The algae can produce a toxic excretion which, if ingested, can cause nausea and there have been fatal cases in dogs and grazing animals where the animals have lapped up water from the edge of lakes. A “floundering” watersports human might swallow a significant amount of water. But the biggest risk is to your pet if you let it drink at the edge of green ponds/lakes/canals.

Having said which, I have been involved with a group who regularly use Killington and in the last two summers have only had one mild case of a skin rash. However, we



advise all our members to shower after using the lake, and to be aware of any symptoms after their watersports, especially if they have had any sort of accident causing a cut to the skin.

What can we do to assist in preventing these blooms?

We should consider what we put into our domestic waste water and consider using "greener" washing chemicals. Phosphate minerals are beginning to become scarcer so it makes sense to reduce our use of them. Rycrofts sells a range of less damaging "Ecover" products.

Use less inorganic fertiliser in our gardens, especially if rain is forecast before the plants can absorb it from the soil. Use of compost rather than inorganic fertiliser is better on both counts

IF you have a septic tank system, ensure that it is not leaking.

Don't let your pets defecate in, or close to, streams or lakes

JUNE WEATHER

Brian Wright

June weather: Hardly 'flaming June' as after a dry start we finished up with 7.35" (186.6mm) which is not what we might normally expect! In the early part of the month we had some warm days with a maximum temperature of 72F (22C). Although it was cooler when the rain came it did not get anywhere near last month's low ending with a low 43F (6C). Wind-chill did not make a significant difference. Winds were almost absent early on but as the rains came a gust of 24.2mph (38.9kph) was recorded.

The rains brought a much needed boost to grass growth but that meant cutting the grass in the garden!! I do find this frustrating when the sheep need grass. During the dry spell I was only filling two boxes of cuttings but after the rain I was taking 4-6 boxes showing we were in need of some rain!! Whenever there is new grass it goes straight through the sheep. You would think an animal designed to eat grass could manage a bit of fresh grass!

Those of you who go on Facebook will have seen Ann's pics of the owls and will have noticed they are Tawnies, not Little as I said last month. Having had a better look at them it is obvious. We also have a couple of youngsters that sit together in the tree all day. That is until the rain came when they disappeared but I am please to say they came out again when it was fine. Whenever you go into the garden you know they are about as the blackbirds are 'clacking'. I have found a couple of pellets and the contents show they

ACUPUNCTURE

BACc Member
www.acupuncture.org.uk



Experienced practitioner

Acupuncture can be helpful with many different conditions

June M. Parker

Dip Ac, MBACc

49 Bainbridge Road, Sedbergh

Tel: 015396 20972



Prepare your Garden for Spring 2020 with essentials from Dawsons

Compost

- 60 Litre bags of Multi-Purpose Compost - £4.70 each or 4 Bags for £16.00
- 60 Litre bags of Compost with John Innes - £5.20 each or 4 Bags for £19.00
- 75 Litres Decorative Woodland Bark - £8.00 each or 4 bags for £28.00
- Grow Bags - £3.50 each or 4 bags for £11.00

25% off Errington Reay Traditional Garden Pots

Our range includes classic planters and troughs made using traditional methods.

Glazed Garden Pots

A variety of different colours, sizes and styles available, call in and have a look. There's up to 50% off RRP on a large selection of our glazed garden pots, with prices starting at just £5.

Wooden Garden Furniture

available flat packed or assembled, please ask for details.

Decorative Slate, Top-Soil, Gravel, Sand and Cement are available too.

Contact us for prices and further information on 015396 20210
email: office@dawsonsofsedbergh.co.uk ~ www.dawsonsofsedbergh.co.uk

are feeding on small rodents, of which there are plenty around. We have a chiffchaff around and his incessant call would suggest he has not found a mate. The swallows were successful getting three chicks away from four eggs. Although the swifts are visiting they have taken up residence. The sparrows have had a bumper season as I regularly count more than a dozen feeding. We are over-run with jackdaws as their youngsters try to pinch food. We have three woodpeckers coming to feed on nuts. The youngster, which is as big as its parents, was sat on a feeder fluttering its wings, as baby sparrows do, begging food! The goldfinch are back so presumably they have been

of breeding as we now get 3 or 4 feeding on nyger seed. We have some nice colourful chaffinches visiting which are presumably this year's. We haven't seen the long-tailed tits for some time so let's hope they are away breeding. It has been a very colourful month around the garden, paddock and chicken run with lots of foxgloves flowering, often amongst the nettles! They vary in colour from white, through orange, pale pink to the familiar purple/mauve. Don't the bumblebees love them? I removed a small wasp's nest from a downstairs window. We don't seem to have had the usual numbers about yet this season.

SWIFT RESCUED AND LAUNCHED

Elsbeth Griffiths

Grateful thanks are due to those following, principally, to Tom Wilson who climbed up a ladder, which he brought for the purpose, to rescue a swift trapped by its legs when trying to fly from a nest box in Bainbridge Road. Then nursed the swift while it was being disentangled and climbed up to 'launch' it into the air, which was successful. Also Philippa Prall, who asked Tom to come, and Harry Cooling who managed to disentangle the nylon fibre which was wrapped around the swift's legs. At the beginning Harry tried to capture the swift from a bedroom window, but it was too firmly attached. Also, Ian McPherson, who came to help, said the swift must be launched as, usually, swifts are not able to fly from the ground. Finally, Myles Ripley and



Steve Hopps



Property Maintenance
Painting and Decorating
Gardens tidied & maintained
All types of work considered
Tel: 015396 23388
Mob: 07870 785322
steve.hopps2@gmail.com

Covid Group, Helen Bromley and Paul Davis.

The swift was an adult and, when Tom, Paul Stephenson and Wally Thornton came to check a couple of days later, they looked in the nest box and found two swiftlets. Later an adult came back and entered the nest. They also checked the nest for any more problem material.

Tanya Hoare helped very much, as well, and she has been in touch, having seen the photographs, identifying swift as being adult. She says:

'What a dramatic situation for the poor swift yesterday. I want to thank you all for saving it, what a marvellous community effort that was. It was extraordinarily lucky that Tom Wilson was asked, that really was a terrific thing to do. Saving a breeding adult is so important because we want it to return next year. The blue nylon fibre could have been brought in by sparrows, if they had been nesting there previously. Alternatively, the swift could have brought it in, tangled up with its own nest material.

Once again, thank you all so much. It is a tribute to Sedbergh's community spirit.'

DEAR ADA

Amy Manning

I've seen you from the start
It's my job you know
This pregnancy business
I spied on you
Just starting to grow

Wherever I go you're with me
I can't leave you behind
I don't want to
A lot has happened these 9 months
The world is a different place
We live in history
What to expect when you're
expecting
Not a pandemic

I feel you move

You hiccough
You practise your breathing
Your legs they kick
Your arms reach towards my hip

Your brother
He talks about when you are "free"
Then we will know you
But you know us already
You have heard all the stories we
read
The dancing we do
The songs we sing

I was starting to get nervous
You'd been in long enough
It's my job
I know too much
39 weeks is enough
And then you appeared



CUMBRIA WOOLSHED

CUMBRIAN WOOL FURNISHINGS COLLECTIVE

An exciting collaboration showcasing the wonderful products of well established local businesses

Laura's Loom

Herdwick
Limited

Woolly Rug Co.



WOOLS
OF CUMBRIA
CARPETS

HOME
OF



BANKFIELD
MILL
CARPETS & RUGS

Amy Bateman
Photography

Cable & Blake

The Bespoke
Home Co.

The Gateway Unit, Dochray Hall Ind. Est.,
Kendal, LA9 4QY

01539 721252 Open: Mon-Fri 9.30~5 & Sat 10~4

Craig Chamberlain IT Services

Problem with your computer?
Perhaps I can help?

www.craigchamberlain.it
info@craigchamberlain.it

Support, training and advice
for home & business.

Personal and professional
service in your own home
or office.

Simple honest explanations in
plain English for all ages and
levels of computer literacy.

07526 825 153

The day you were born....
Maybe it was the beetroot bean
burger with chips,
Your brother enjoyed it with dip,
Or maybe the pineapple paid off,
You decided it was time to be born,
Your Papa has made "raised beds",
He cycled upstairs,
Later comparing it to labour "12
efforts",
Your brother, he biked for his "daily
exercise", to see the new cygnets,
We played with playdough,
Nain read to you,
I walked and I rested,

You come into a different world,
One where your brother asks "did
Boris say we can do this?"
But a quiet one,
The birds are singing,
The streets are calm,
And the people are living.

We walked home from hospital,
Oliver on his scooter,
You in the wrap,
To our "stay at home" house.

On day 3 we went to the beach,
One of Oliver's favourite places,
Your grandma came to meet you,
She couldn't cuddle you but she
saw your blue eyes your fair hair and
learnt your name,
Oliver was happy to have
"grandma's special picnic".

We wait to meet your Taid and
Nain,
Your cousins and our friends,
But in the meantime we enjoy this
time the 4 of us,
You feed, you grow and we bond.

Amy (née Symonds) grew up in
Sedbergh and went to Settlebeck
School. She now works as an
obstetrician and gynaecologist at the
RVI in Newcastle-upon-Tyne. At the
moment she is on maternity leave
following the birth of her daughter
Ada, who arrived on the 22nd of May.

Taid and Nain are Welsh for
Grandma and Grandad, and this is
how Hugh and Pauline Symonds are
known to their grandchildren, as
Hugh has recent Welsh ancestry.

FAMILY MUSINGS

Sarah Woof

Sitting outside in the sunshine and looking around the garden my gaze fell on plants, much loved by my late parents, hearts tongue and other ferns, roses and pinks. I also noticed buttercups which I love but Mum did not. When was the last time you held a buttercup under someone's chin and asked, "do you like butter?" This reminded me of that wonderful Vicar of Dibley episode when Alice chatted about "I can't believe it's not butter", which is hilarious.

Mum paid her grandchildren 1p for every dandelion head they picked for her. When I was a child I got 1d, and 2d if I got the root. Dad's favourite red

rose is still blooming, all bringing happy memories into my mind.

Our house was built in 1937 for my parents to move into when they got married. Mum often told the story of locals wandering down to have a look at it, once the builders went home, and being astonished she was not having a wash house built out back. Also, her mother sitting on the loo when no doors and joking about best view ever, all way to Lakeland fells!

The said house contains a lot of the original features, especially the kitchen cabinet with its cupboards and drawers and pull-out worktop. There is a similar one on the set of "Open all Hours". Grandma had one but the worktop pulled down and inside were 4 china drawers shaped

**FIRST4
HOME
IMPROVEMENTS**

DAVID BAINES

FOR YOUR ENTIRE HOME IMPROVEMENT NEEDS

- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
- LOFT CONVERSION

DAVID BAINES

015396 25346 07837 766 219

davidbaines@first4homeimprovement.co.uk

like gravy boats. As a little girl I hid food in them and then forgot. Eventually, a horrid smell had Grandma searching everywhere, thinking a rat or mouse had died under a cupboard. Boy oh Boy, wasn't I in bother when the cause was found!

What my Grandma would think of all this technology and meetings held on Zoom I cannot think, as she was a 'straight down the middle' sort of person who took no nonsense whatsoever from anyone. Which didn't always go down to well with customers in the shop, and if they tried on clothing and asked her opinion she gave it, straight. Whatever that was! But to me she was Grandma, the only grandparent I got to meet, except the one I adopted but that's another story, I loved her and she loved me and I remember her with affection.

As the years go by another generation plays at our home and, perhaps, soon will be wanting a bit more than 1p per dandelion head. If they, too, have happy memories of here to look back on in their adulthood we will have done a good job. Stay safe folks.

Matthew Cook

Former Stonemason to York Minster and specialist in pre-1914 building repair

- Stone repairs and replacement
- Re-pointing with lime mortar
- Stone cleaning
- Specialist surveys and consultancy

07791894782

www.cookmasonry.co.uk Info@cookmasonry.co.uk

Garsdale Design

We provide architecture, planning, urban design, 3D geodesign and heritage services for the Dales and Lakes

Our skills and experience are unrivalled whatever the size of the project

Our service is personal and tailored to individual needs

We are an RIBA Chartered Practice



Contact details:

phone: 015396 20875 (office hours)

email: info@garsdaledesign.co.uk

web: www.garsdaledesign.co.uk

LOCAL FARMER TO LEAD NATIONAL PARK AUTHORITY

Andrew Fagg

A hill farmer and former rugby union player from Malhamdale has been elected Chairman of the Yorkshire Dales National Park Authority. Neil Heseltine has been a Member of the Authority for six years and is one of four Parish Council appointees on the board. He is an upland farmer, producing beef, lamb and wool at Hill Top Farm, alongside 'public goods' such as wildflower meadows and pastures rich in biodiversity.

He was elected Chairman at today's annual general meeting of the

Authority and succeeded Carl Lis, who stepped down after serving a total of 12 years in the role. Addressing the full Authority meeting, Mr Heseltine highlighted the importance of continual improvement.

“I’d like to thank members for their support. Becoming chair of the Yorkshire Dales National Park Authority is a huge honour,” he said. “I’m motivated by what’s outside the window – the Yorkshire Dales National Park – the landscape, the environment, the wildlife, and the people who live in that landscape, work in its environment and who visit. It’s important that as an organisation we recognise the collective work that has gone on before and strive to improve. That was something that resonated with me from my sporting life, where the principles of continually striving to be better are the same. I’m not suggesting that’s going to be easy, we’re in the midst of one of the biggest challenges of our lives, but with that challenge comes opportunity and new ways of working.”

The Chairman of the National Park Authority is a key leadership role. Mr Heseltine will speak for the Authority; guide its work; maintain political links with local councils and other agencies; and support the Authority in fulfilling its statutory purposes.



J. E. WILKINSON

BUILDING CONTRACTORS

Quality Craftsmanship

New Builds ● Renovations

Roofing ● Plastering ● Stonemasons

Lime Plastering & Pointing

WINNERS

YDNP BEST BUILDING DESIGN AWARDS 2010

NEW BUILDING CATEGORY

Tel: 015396 25531 Mob: 07989 197580

BRITISH WOOL

press release by farmer network

British Wool asks farmers to stay tight-knit with them

The Farmer Network continued its series of online events, focusing on an update from British Wool regarding the current market situation. The meeting was funded by the COVID-19 Cumbria Community Foundation Fund and the Prince's Countryside Fund. On the 2nd of July 2020 Farmers listened with great interest as Gareth Jones, Producer Marketing Manager from British Wool, explained the detrimental effect that Covid-19 has had on the wool market.

The global cross-bred wool market slowed significantly in February 2020, shutting completely at the beginning of March and slowly starting to operate now as lockdown measures are relaxed. February to May is usually the busiest selling period of the year and the market closure has resulted in approximately 7 million kgs (26%) of the 2019 clip not being sold. 25% of the annual wool clip is sold to China and the wool trade saw the effects of Covid-19 well before lockdown as China stopped buying.

Although China has now been out of lockdown for a couple of months, the market remains quiet and many companies have changed their operating practices and are now making PPE equipment, rather than their usual goods. Take that into account along with the type of products British Wool goes into, mainly carpets both domestic and commercial for airports and hotels, and it's not hard to see why the price has dropped while the economy has been at a standstill. British Wool have been operating remote auctions to try and keep the market moving as much as they can.

Large wool producing nations such as Australia and New Zealand are experiencing the same problems. The average British wool price for the 2019 clip is 32p/kg, the price farmers receive will vary dependent on the type of wool they produce. Some mountain wools may only achieve 15p/kg while some of the finer white wools could expect more than 70p/kg. Current prices are in line with the 2008 financial crash. The balance for the 2019 clip will be paid upon receipt as normal, but no advance will be paid on the 2020 clip. Full payment will be made for this from May 2021, once British Wool can better assess the market situation and pay an appropriate price based on market performance. Gareth told the group that although the prices are disappointing, British Wool are still accepting all types of wool and urged farmers to send their wool as normal rather than disposing of it in other ways.

British Wool continue to work on marketing the product, Gareth

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland

030 300 3003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday
1400 - 1600
01539 795000 or 0845 6060265

Police in any area

101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Yorkshire Dale National Park

0300 456 0030

If you would like to see any numbrs listed here, please let us know.

explained that they are working very closely with the Chinese market and opened an office there in 2018. The demand for a premium market has risen in demand and they have recently launched a premium bedding range with a brand called Lovo. The demand for clothing has risen in recent years and British Wool are working with two Universities exploring options for new clothing ranges as well as face masks, etc. These are the consumers of the future, working with environmentally sustainable products.

Although British Wool are encouraging farmers to send their 2020 clip as normal, some farmers may choose not to do this. If the wool can be stored in clean, dry conditions, this could be done with a view to sending the wool in next year instead. There is no way of predicting how the market will be performing in 2021, so this would be a decision for the farmer to make.

Farmers can also dispose of wool in other ways including sending to landfill, wool composting, category 3 incineration, or processing to make fertiliser, but it is important that this is performed in the correct legal manner. Local APHA offices can give advice and the Farmer Network has produced a fact sheet for farmers detailing all the necessary information.

DARK SKY RESERVE BID ENDORSED

Andrew Fagg

An application for International Dark Sky Reserve status for the Yorkshire Dales National Park has been endorsed by the National Park Authority's board, after research showed the quality of the dark sky in the Dales to be 'exceptional'.

At the Annual General Meeting of the Yorkshire Dales National Park Authority (YDNPA) heard that more than 400 light measurements had been taken at night across 290 locations in the National Park from late 2018 through to early spring this year.

More than 100 locations had readings of 21.2mpas (magnitudes per square arcsecond) or more, which is the minimum requirement for a Dark Sky Reserve.

Members of the board agreed that the core area of the Dark Sky Reserve could comprise a large arc of land around but not including Hawes, taking in the upper ends of Swaledale, Rawthey Valley, Garsdale, Littondale and Wharfedale. The core area would cover 30% of the entire National Park.

Members also adopted a Light Management Plan. It contains principles on external lighting which will be given effect in the next local plan.

Joss Lane & Loftus Hill Car Parking Charges

1 hour = £1.00	4 hours = £4.00
2 hours = £2.00	5 hours = £5.00
3 hours = £3.00	One week = £10.00
Annual Resident Permit, Day = £40	Annual Resident Permit, 24h = £60

Both available from the Information Centre only,
renewable annually on 1st September.

The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

Available to hire for all kinds of functions

⌘ Parties ⌘ Meetings ⌘ Concerts ⌘

⌘ Wedding Receptions ⌘ Dances ⌘

⌘ Theatre ⌘ Discos ⌘ Lectures ⌘

Availability calendar and forms online at

sedberghpeopleshall.org

Or at Sedbergh Information Centre
72 Main Street

Nick Cotton, the YDNPA's Member Champion for Recreation Management, said: "I would like to thank the National Park Authority volunteers who worked alongside members of local astronomy groups to gather the light readings necessary to support our Dark Sky Reserve application. The dark sky in the National Park has been recognised as one of its special qualities for many years. Now we've got the data to back it up.

"Dark Sky Reserve status will help us gain international recognition and preserve the dark sky of the National Park. It has the potential to boost the tourism economy too. On a clear winter's night in the National Park you can see the Milky Way, planets, shooting stars and sometimes even the northern lights. People will come to stay in the National Park for that. Our dark skies festival, run with local businesses, goes from strength to strength and shows the high level of interest amongst visitors and residents alike.

"Many Parish Councils have become keen supporters of obtaining Dark Sky Reserve status for the

Yorkshire Dales National Park. I would encourage those councils who haven't yet got involved to send in a letter of support, as we need to demonstrate that the reserve bid has strong community support."

The full Authority meeting heard that the aim was to submit the application to the International Dark Sky Association by the end of July. The bid document is currently being finalised with the help of YDMT Consultants Limited and Fiona Southern of Carrock Landscapes Ltd.

In February, local businesses asked people to sign pledge of support for the bid. So far, 424 of pledges have been signed.

The Yorkshire Dales National Park would become the fourth National Park in England to become a Dark Sky Reserve, after Northumberland, Exmoor and The South Downs.

PERSONAL MESSAGES

FOR SALE

Treadmill – electric, foldable, portable - £40

Double bed – pine frame and headboard, mattress as new - £40

Dent – 015396 25362



07498
870267

*Tuesday drop in coffee mornings
are currently suspended.*

*In the meantime we will be offering a telephone
service; please call the Grief Share number above
if we can help*

NANCY RECIPES

Nancy Murdoch

Chocolate Surprise

4 oz Margarine
1 oz Sugar
1 tablespoon Golden Syrup
4 oz Self Raising Flour
1 dessertspoon Chocolate Powder
4 oz Raisins, Coconut, Chopped Walnuts, Chopped Cherries, Sultanas
The fruits and nuts can vary according to taste. You will need 4 oz altogether.

Method

Melt the margarine, sugar and golden syrup gently in a saucepan then allow to cool for a few minutes. Then add the flour, chocolate powder, fruits and nuts.

Mix well, turn into a base lined 7" square tin or round 7" tin. Press down well and smooth the top. Bake for 20-25 minutes at 180C, 350F, Gas 4. Allow to cool. Melt 2 oz cooking chocolate and spread over the cake. Decorate with walnut pieces. Cut into neat squares or wedges. Serve at party time!

Robert Powell

Website Design & Management

Tel: 20482

www.robpowell.co.uk

Red Tomato Chutney

4 lb Ripe Tomatoes
1 lb Cooking Apples
3/4 lb Onions
1/2 pint Malt Vinegar
1 teaspoon Ginger
1 teaspoon Powdered Cloves
1 teaspoon Cayenne Pepper
1/2 oz Salt
1/2 oz Mustard Seeds
3/4 lb Demerara Sugar

Method

Skim and roughly chop tomatoes, peel and roughly chop apples, finely chop onions. Simmer in 1/4 pint of vinegar for 45 minutes. Dissolve sugar in 1/4 pint vinegar and add all the spices. Add to cooked pulp and simmer for another 15 minutes. Pot up in clean jars and store until Christmas.

EDITORIAL

On the one hand it's good to see the number of visitors walking around the town, on the other hand, (like many other people I'm sure) I'm wondering can this happen and the virus still be contained?

It's the conundrum those in authority face, how to limit the damage to the economy, yet at the same time keep people as safe as possible. The answer is that it's up to everybody to behave as responsibly as possible, wear a mask where necessary, try to keep a safe distance, and don't just assume the new normal is the same as the old normal.

Ed Welti

TELEVISION PROGRAMME QUIZ

There was a tremendous response to this brainteaser and I'm sure many of you did the quiz at home without submitting their entries. However, to put you out of your misery, here are the answers.

- 1 TOP OF THE POPS
- 2 UPSTAIRS DOWNSTAIRS
- 3 STARSKY & HUTCH
- 4 PADDINGTON BEAR
- 5 CRACKERJACK
- 6 OPEN UNIVERSITY
- 7 HAPPY EVER AFTER
- 8 CROSSROADS
- 9 AIRWOLF
- 10 DR. WHO
- 11 CAGNEY & LACEY
- 12 CHOC A BLOCK
- 13 SESAME STREET
- 14 DOUBLE YOUR MONEY
- 15 BILL AND BEN
- 16 MINDER
- 17 DRAGNET
- 18 KNIGHTRIDER
- 19 SUNDAY NIGHT AT THE LONDON PALLADIUM
- 20 ONE MAN AND HIS DOG
- 21 ODD ONE OUT
- 22 ANGELS
- 23 HILL ST BLUES
- 24 STAR TREK
- 25 BLUE PETER
- 26 KRYPTON FACTOR
- 27 FUGITIVE
- 28 BREAKFAST TIME
- 29 MORECAMBE AND WISE
- 30 DUKES OF HAZZARD

There were four entries that tied for first place with 29/30 and these will each receive a food hamper valued at £5.

They were:-

- Mary Haygarth of Dent
 - Lynne Wade of Farfield
 - Joanna Burrow of Dent
 - Belle Burrow of Dent
- Well done to all those that took part.

These are the 1987 winners. 2020 participants are doing it for fun only.

PUNCH & SON
 (Cliff Baines)
FUNERAL DIRECTORS
 6 Queens Drive
 Sedbergh
 Workshop
 Sedbergh

PATIENT.
 Doctor, Doctor, I cannot see very far
 DOCTOR.
 What is that in the sky?
 PATIENT.
 The sun
 DOCTOR.
 How far do you want to see?

MILLTHROP NURSERY

Have winter colour in the garden.

Universal Pansies in six bright colours, available end of August + Hardy Polyanthus
 60p or pack of 6 for £3.20

HANGING BASKETS

Be prepared for next year. Good quality baskets in 2 sizes @ 15% reduction.

Good range of Dwarf and Slow growing Conifers
 £1.75

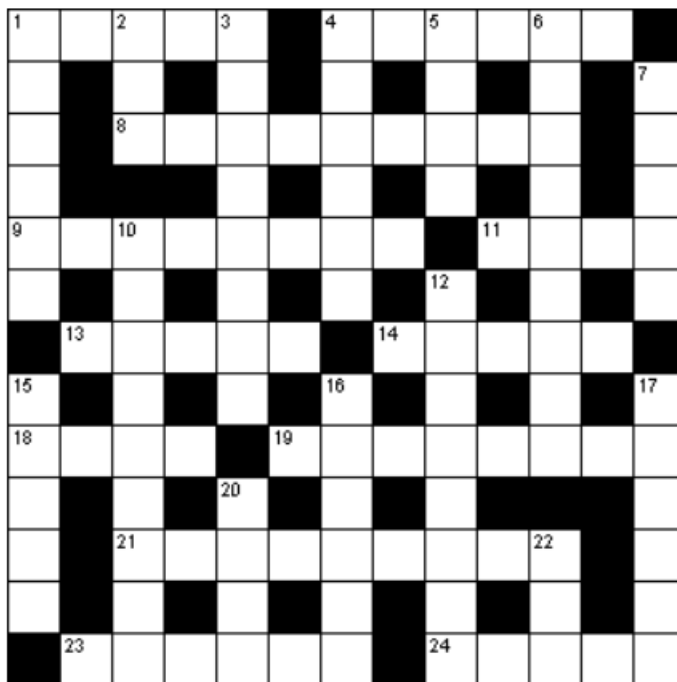
Christmas Trees to grow on £3.00	Rockery & Alpine plants £0.45
-------------------------------------	----------------------------------

Heathers £0.65

SHAMROCK POTTING COMPOST
 80ltr bags @ £6.20

RIVERMEAD, MILLTHROP
 Phone Sedbergh

PUZZLE 1 (SOLUTION ON PAGE 92)



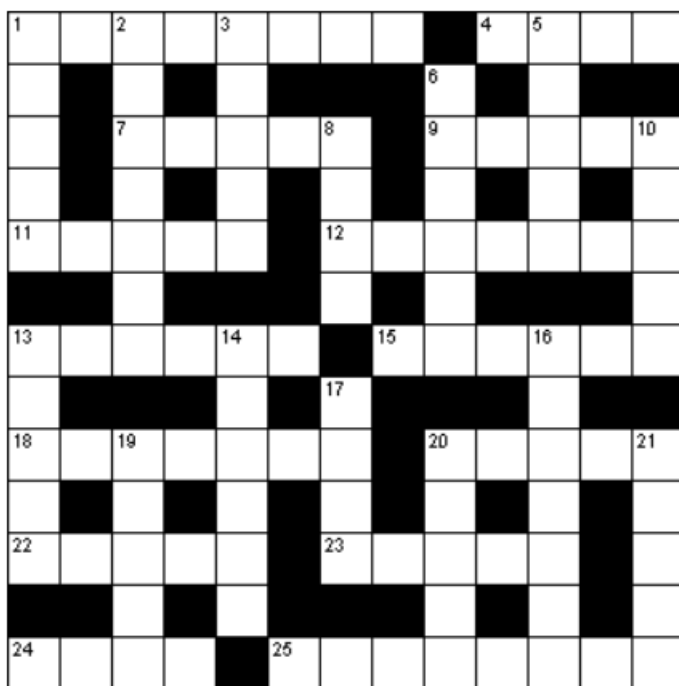
Across

1. Replace blood group of furry animals with male chromosome for a period of time (5)
4. Young woman made a meal of the discussion (6)
8. Various sunhats do for many (9)
9. Very large chicken or mouse discovered (8)
11. Produced a drama demo inside (4)
13. Found how contract editor behaved (5)
14. Annoyance arising from Martian germ (5)
18. Portent uncovered by some nerd (4)
19. Possessing skill, dealt ten in a whirl (4)
21. Make a call then elope excitedly (9)
23. Used to seize recital onstage, essentially (6)
24. Wipe out hidden camera sequence (5)

Down

1. Canyon derived from something distant but within sight (6)
2. Insect in coffee bean tin (3)
3. Trim rose for unsettled wilder weather (8)
4. Endless talk about an athletic competition (6)
5. Musical ring? (4)
6. Contest a mention of concealed evidence (9)
7. Travels by horse in safari desert (5)
10. Musical group or chest rash spotted (9)
12. Poker stake, slow pace, sounds kind of dear (8)
15. Gibbon escapes, skeleton found (5)
16. Scam pushed in university grounds (6)
17. Stick to some salad here (6)
20. Discovered ideal sound, in addition (4)
22. Mineral reveals period of geological time (3)

PUZZLE 2 (SOLUTION ON PAGE 92)



Across

1. Ambiguous Chinese inn drama (8)
4. Annoys insects? (4)
7. Subject uncovers earth emerald (5)
9. Sap hiding a garden pest (5)
11. Bird shelter in kangaroo story (5)
12. Frantic floorshow, ate crab (7)
13. Van swerved in response (6)
15. Star sign is part of a circle belonging to that female (6)
18. The arms indicate confused rodent (7)
20. Body discovered in sitcom ET (5)
22. Devil revealed crude monster (5)
23. Loud noise, proceed to wild dog (5)
24. Portray sunbeams, essentially (4)
25. Wasn't fond of mixed up idle kids (8)

Down

1. A politician may or may not be found (5)
2. No saint in a variety of countries (7)
3. An administrative division in short, is proficient (5)
5. You and me belonging to that woman act as a guide (5)
6. Snack bar berry provides short cut (6)
8. A headless fruit apiece (4)
10. Discourage rude terrier, essentially (5)
13. Found pain in stomach educates (5)
14. Reach out for concealed text endorsement (6)
16. Poor actor imitation gets sack (7)
17. Some similar ideology is very dry (4)
19. Is all wrapped up in maximum mystery (5)
20. Strip of water found in pelican alcove (5)
21. Shy in verbatim idiom (5)

PUZZLE 3 (SOLUTION ON PAGE 93)

	7	9	19	13	9	3		6	14	6	22	3
25		20		18		16		9		10		15
10	5	26	19	17		6	3	10	10	17		5
1		17		10		3		15		4		24
	7	12	3	10	24	3		18	14	20	6	22
14		3				13		5				3
6	9	13	8	3	10		7	24	18	3	3	24
23				16		14				16		7
9	20	11	5	15		24	18	17	9	15	3	
14		3		10		24		15		17		2
5		19	18	14	21	3		24	18	9	6	3
20		18		5		20		5		20		24
24	18	14	5	20		13	3	6	5	13	3	

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

The Sedbergh & District 'Lookaround' is edited, published and distributed monthly by the 'Lookaround' editorial team of volunteers and printed by Stramongate Press, Kendal.

The content of 'Lookaround' does not reflect the views of the editors and whilst every effort is made to ensure that information is correct, the editors cannot accept any responsibility for inconvenience caused through errors or omissions; if there is an error in your article or advert, please contact the editor as soon as possible.

The current issue is available from Sedbergh Tourist Information Centre, Rycrofts, Sedbergh Post Office and Spar. Also from Dent Stores, the Barbon Churchmouse and by post (please address enquiries to the editor). Back copies are available to read at the History Society Archive at 72 Main Street or online at www.lookaround.org

Items for the 'Lookaround' should be emailed to:

editor@sedberghlookaround.org.uk posted to 'Lookaround' c/o 72 Main Street, Sedbergh, LA10 5AD or deposited in the 'Lookaround' post box at the same address.

ARTICLES

Articles and reports are inserted for free and photographs may be included (depending on space). Articles should ideally be submitted as a word attachment to an email

addressed to the editor rather than as the text of the same email.

The font should be 'Arial', 11point and the piece should be single spaced and with as few 'hard returns' or paragraphs as possible. This is to make the job of proofing and formatting easier and also to ensure that all articles have the same impact and appearance.

Please put the title on the first line at the top of the article and the author's name on the second line. If you include images with your article please indicate where you feel they would be best placed. Conforming to these requests very much helps the proofreaders/formatters in getting your article to the compiler for printing in good time.

We are very happy to accept handwritten or typed pieces, if handwritten please use capitals to help us transcribe the article accurately and again, please place the title on the first line and the author's name on the second line.

CALLING ALL ADVERTISERS

Many of our advert contracts will expire for the February 2020. We will be emailing you to remind you but please don't forget to renew we depend on you.

New advertisers are of course always welcome too.

PUBLICATION DETAILS

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 may be in full colour. All copies have a full colour cover by a local photographer.

The closing date for everything is 15th of every month.

ADVERTISING

Please see page 4 for the main points on advertising in Lookaround. Further details can be found below.

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 but not on a business basis, & also make an appeal for wanted items.

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

Please ensure your submission is legible. We want to make sure we publish what you want us to publish.

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 (for the last 18 years). 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). See page 4 for information on how to pay.

CHILDREN'S BIRTHDAYS

Children's Birthdays are included free on the Birthday Page. Please send us the date, name and age of your child before the submission date (15th of the month) of the issue when the birthday should appear.

COVER PICTURES

If you have any pictures to go onto the cover of Lookaround, please send a high definition copy with the location and your name, and you will be credited. If the interest of the picture is in the centre it will be difficult to use as the centre is on the spine. Each half of the picture needs to work as one cover (back is the left hand side, front is the right).

LOOKAROUND BY POST

We will post Lookaround to you in the UK at a cost of £2.00 per issue, or anywhere in the world for £6.00.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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
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 A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) <i>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB</i> e-mail: Daleslea@outlook.com	21789

CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i> Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i> e-mail: sam@thecapps.co.uk	34032
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT <i>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS</i> e-mail: ed_welti@btinternet.com	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6</i> e-mail: ali@interact.co.uk	20360
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) <i>Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC</i> e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk	45845

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; NC = No Children; CW = Children Welcome;
 TL = Table Licence; DFB = Dairy Free Breakfast

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
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	11/19	Mr Alison	015398	24666
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
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
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	10/18	Dr Ripley	mylesripley@btinternet.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 Robertsonshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	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	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
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
Grief Share	02/19	Duty Team Member	07498	870267
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 Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Giffellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	
Labour Supporters Group	12/17	Mr Cross	Sed:	22566

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	04/19	Mrs Lidiard	07734	699723
Lunch Club	03/18	Mrs l'Anson	Sed:	21757
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com		
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003
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 Gym	12/19	membership@sedberghgym.club		
People's Hall	07/19	Tourist Info Centre	Sed:	20125
Peppercot 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
Red Squirrel Group - Sedbergh	09/19	Mr Hopps sedberghredsquirrels100@gmail.com		
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
Sedbergh United Charities	09/19	Mr Sykes	07786	384917
Senior Golfers	01/20	Mr Braddon	0330	1138850
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
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	12/19	Sedberghswimclub@gmail.com		
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339
Tennis Club	04/19	Mr Lewes	Sed:	20052
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
Voluntary Car Scheme	11/18	Mrs Skomp	Sed:	20305
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/19	Mrs Morrison	Sed:	20209
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

* = Latest Amendments

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

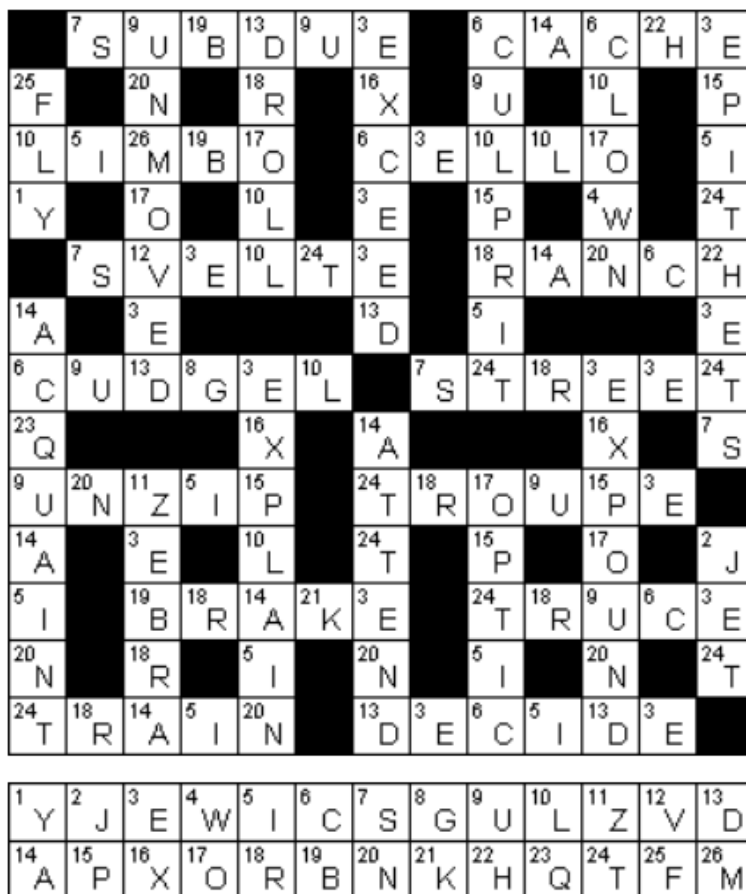
PUZZLE 1 SOLUTION

Y	E	A	R	S		D	E	B	A	T	E	
O		N		T		I		A		E		R
N		T	H	O	U	S	A	N	D	S		I
D				R		C		D		T		D
E	N	O	R	M	O	U	S		M	A	D	E
R		R		I		S		A		M		S
	A	C	T	E	D		A	N	G	E	R	
B		H		R		C		T		N		A
O	M	E	N		T	A	L	E	N	T	E	D
N		S		A		M		L				H
E		T	E	L	E	P	H	O	N	E		E
S		R		S		U		P		R		R
	T	A	L	O	N	S		E	R	A	S	E

PUZZLE 2 SOLUTION

M	A	N	D	A	R	I	N		B	U	G	S	
A		A		D					B		S		
Y		T	H	E	M	E			A	P	H	I	D
O		I		P		A			R		E		E
R	O	O	S	T		C	A	B	A	R	E	T	
		N				H			E				E
A	N	S	W	E	R			A	R	C	H	E	R
C				X		A				A			
H	A	M	S	T	E	R			C	O	M	E	T
E		U		E		I			A		M		I
D	E	M	O	N		D	I	N	G	O			M
		M		D					A		C		I
R	A	Y	S			D	I	S	L	I	K	E	D

PUZZLE 3 SOLUTION



PEOPLE'S HALL HIRE RATES

Main Hall

Session	Z	A	B	C	D	All day
Local Hirers	£10	£20	£20	£15	£36	£90
Other Hirers	£15	£30	£30	£22.50	£54	£136.50
Commercial	£20	£40	£40	£30	£72	£182

Committee Room

Local Hirers		£15	£15	£10	£15	£55
Other Hirers		£22.50	£22.50	£15	£22.50	£82.50
Commercial		£30	£30	£20	£30	£110

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0754 (C, L)	0838	M - F	502	SCC	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1705 (C)	1745 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0728 (C)	0754 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
					Last Update: May 2018				
L = Library					SCC = Stagecoach				
C = College Days Only					W = Woof's of Sedbergh				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)									

Western Dales Bus S1 Kendal Shuttle Saturdays from 21st December 2019 ufn							
Dent Station Connecting Trains (see full timetable next page)							
<i>Dent Station</i>							
<i>Train to Carlisle</i>		1048			1815	1944	19:44
<i>Train to Leeds</i>		1041			1732	1938	19:38
Buses From Dent to Kendal							
Dent Station			1053			1737	1947 S
Dent Village		0820	1108		1505	1752	2002 S
Sedbergh Maryfell		0835	1123	1315	1520	1807	2017 S
Sedbergh Library		0837	1125	1317	1522	1809	2019 S
Sedbergh opp. Morphets		0839	1127	1319	1524		
Killington M6 Bridge		0847	1135	1327	1532		
Oxenholme Station		0857	1145	1337	1542		
Kendal K Village		0902	1150	1342	1547		
Kendal Blackhall Road		0908	1156	1348	1553		
Kendal Morrisons		0913	1201	1353	1558		
Buses From Kendal to Dent							
Kendal Morrisons		0923	1223	1403	1608		
Kendal Blackhall Road		0928	1228	1408	1613		
Kendal K Village		0933	1233	1413	1618		
Oxenholme Station		0938	1238	1418	1623		
Killington M6 Bridge		0948	1248	1428	1633		
Sedbergh opp. Morphets		0956	1256	1436	1641		
Sedbergh Dalesman	0800	0958	1258	1438	1643	1855 S	
Sedbergh Maryfell	..	1000	1300	1440	1645	1857 S	
Dent Village	0815	1015		1455	1700	1912 S	
Dent Station		1030			1715	1927 S	
S = summer time only (British Summer Time)							

BUS SERVICES

Western Dales Bus S3 Dent/Sedbergh Tuesdays Winter 2019. From Tuesday 17th December 2019 ufn

Buses From Dent to Hawes				
Dent Village		0942	1144	1421
Sedbergh Spar		0958	1200	1437
Sedbergh Dalesman		0959	1201	1438
Sedbergh Maryfell		1001	1203	1440
Farfield Mill entrance		1003	1205	1442
Garsdale Street		1012	1214	1451
Train to Carlisle		1054	1222	1448
Trains to Leeds			1205	
Coal Road (Garsdale Station turning)		1017	1219	1456
Moorcock Inn		1018	1220	1457
Hawes Creamery		1029	1231	1508
Hawes Market Place		1031	1233	1510
Hawes Dales Countryside Museum		1033	1235	1512
Buses From Hawes to Dent				
Hawes Dales Countryside Museum		1043	1320	1522
Hawes Market Place		1045	1322	1524
Hawes Creamery		1047	1324	1526
Moorcock Inn		1058	1335	1537
Coal Road (Garsdale Station turning)		1059	1336	1538
Train to Carlisle		1054		
Trains to Leeds				1559
Garsdale Street		1104	1341	1543
Farfield Mill entrance		1113	1350	1552
Sedbergh Maryfell		1115	1352	1554
Sedbergh Library	0915	1117	1354	1556
Sedbergh opp. Morphets	0916	1118	1355	
Dent Village	0932	1134	1411	
Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Winter 2019. From Fri 20th December 2019 ufn				
Buses From Dent to Kirkby Stephen/Brough				
Dent Village		1017		1454
Sedbergh Spar		1033	1300	1510
Sedbergh Dalesman		1034	1301	1511
Sedbergh Maryfell		1036	1303	1513
Cautley, Cross Keys		1043	1310	1520
Fat Lamb		1050	1317	1527
Kirkby Stephen Station arr		1057	1324	1534
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1106	1324	1534
Kirkby Stephen Town		1111	1329	1539
Kirkby Stephen Co-op		1113	1331	1541
Brough Clock		1121	1339	1549
Buses From Brough/Kirkby Stephen to Dent				
Brough Clock		1131	1349	1559
Kirkby Stephen Co-op		1139	1357	1607
Kirkby Stephen Town		1141	1359	1609
Kirkby Stephen Station arr		1146	1404	1614
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1151	1404	1614
Fat Lamb		1158	1411	1621
Cautley, Cross Keys		1205	1418	1628
Sedbergh Maryfell		1212	1425	1635
Sedbergh Library	0950	1214	1427	1637
Sedbergh opp. Morphets	0951	1215	1428	
Dent Village	1007		1444	

BUS SERVICES

S4/S5Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green
Thursday Only commencing Thursday 21st June 2018 until further notice

Dalesman	09.00		
Sedbergh, Maryfell	09.02		
Cautley, Cross Keys	09.10		
Fat Lamb	09.18		
Kirkby Stephen Station entrance	09.24		
Kirkby Stephen Market Place	09.29		
Kirkby Stephen Co-op arr	09.30		
Kirkby Stephen Co-op dep	09.35	11.45	14.35
Kirkby Stephen, Market St	09.36	11.46	14.36
Kirkby Stephen Station entrance	09.41	11.51	14.41
<i>Trains from Leeds to Carlisle</i>	<i>09.34</i>	<i>11.06</i>	<i>15.01</i>
<i>Trains from Carlisle to Leeds</i>	<i>09.20</i>	<i>11.46</i>	<i>14.31</i>
Ravenstonedale, Kings Head	09.47	11.57	14.47
Newbiggin on Lune	09.50	12.00	14.50
Tebay roundabout	09.58	12.08	14.58
Killington M6 bridge	10.08	12.18	15.08
Kendal, Castle Green	10.17	12.27	15.17
Kendal, Blackhall Road	10.22	12.32	15.22
Kendal, Morrisons	10.27	12.37	15.27
Kendal, Morrisons	10.38	13.28	15.38
Kendal, Blackhall Road	10.45	13.35	15.45
Kendal, Castle Green	10.50	13.40	15.50
Killington, M6 bridge	10.59	13.49	15.59
Tebay roundabout	11.09	13.59	16.09
Newbiggin on Lune	11.17	14.07	16.17
Ravenstonedale, Kings Head	11.20	14.10	16.20
Kirkby Stephen Station entrance	11.27	14.17	16.27
<i>Trains from Leeds to Carlisle</i>	<i>11.06</i>	<i>15.01</i>	<i>17.04</i>
<i>Trains from Carlisle to Leeds</i>	<i>11.46</i>	<i>14.31</i>	<i>15.46</i>
Kirkby Stephen, Market Place	11.33	14.23	16.33
Kirkby Stephen Co-op arr			16.34
Kirkby Stephen Co-op dep			16.35
Kirkby Stephen Market St			16.36
Kirkby Stephen Station entrance			16.41
Fat Lamb			16.48
Cautley, Cross Keys			16.55
Sedbergh, Maryfell			17.03
Sedbergh, Library			17.05

DENT RAILWAY STATION TIMETABLE

Valid until 14th December 2019

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
M-F	Sat	Sun	M-S	Sat	Sun
06 48	07 52	10 34	07 05	09 09	10 40
09 16	09 15	11 01*	09 38	10 41	14 05
10 48	10 48	13 55	12 10	12 10	16 18 ~
12 17	12 17	15 52	16 04	16 04	18 41
14 43	14 43	17 48	17 32	17 32	19 03 *
16 46	16 46	20 20	19 38	19 38	20 27
18 15	18 15				
19 44 #	19 44				

* = To From Blackpool North—runs until 8th September

= Runs 3 minutes later on Friday

~ = From Nottingham

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect
from Friday 22nd June 2018 ufn R = Request only

	Fri	Fri	Fri	Fri
Dent		10.25		14.25
Sedbergh, Spar		10.39	12.44	14.39
Sedbergh, Dalesman		10.40	12.45	14.40
Sedbergh, Maryfell		10.41	12.46	14.41
Cautley, Cross Keys		10.48	12.53	14.48
Fat Lamb		10.54	12.59	14.54
Kirkby Stephen Station arr		11.01	13.06	15.01
<i>Trains from Leeds to Carlisle</i>		11.06	12.35	15.01
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.07	13.08	15.03
Kirkby Stephen Town		11.12	13.13	15.08
Kirkby Stephen Co-op		11.13	13.14	15.09
Brough, Clock		11.21	13.22	15.17
	Fri	Fri	Fri	Fri
Brough, Clock		11.26	13.27	15.21
Kirkby Stephen Co-op		11.34	13.35	15.30
Kirkby Stephen Town		11.35	13.36	15.33
Kirkby Stephen Station arr		11.40	13.41	15.38
<i>Trains from Leeds to Carlisle</i>		-	-	-
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.47	13.43	15.48
Fat Lamb		11.54	13.50	15.55
Cautley, Cross Keys		12.00	13.56	16.01
Sedbergh, Maryfell		12.07	14.03	16.08
Sedbergh, Library	10.05	12.08	14.04	16.09
Sedbergh, opp. Morphets	10.06	12.09	14.05	16.10
Dent	10.20	-	14.19	-

Fri = Friday Only

Lookaround Editorial Team

Myles Ripley	Team Leader and Chairman	Jane Fisher	Proofreading
Susa Ellis	Treasurer	James Palmer	Proofreading
Philip Johns	Secretary	Ed Welti	Compilation and Vice Chairman
Elsbeth Griffiths	Proofreading	Valerie Welti	Advertising Administration

All Editorial Team members are also Trustees.
Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

Combined plans for Western Dales Mission Community - August 2020						
	Time	2 nd	9 th	16 th	23 rd	30 th
St. Andrew's, Sedbergh LA10 5BZ	10.30am	HC	HC	HC	HC	HC
Cornerstone Community Church, Sedbergh LA10 5AF		No services at present; please contact Rev. David Crouchley, 015396 20329, for details of the Sunday morning Zoom worship.				
St. Mark's, Cautley LA10 5LZ		Please contact Judith Bush, 015396 20058, or Maureen Hinch, 015396 20843, for details of services.				
St. John's, Garsdale LA10		Please contact Bill Mawdsley, 015396 20723, or Rosemary Lord, 015396 20993, for details of services.				
Garsdale Low Smithy Methodist Chapel LA10 5PF		Please contact Rev. David Crouchley, 015396 20329, for details of the services.				
Garsdale Street Methodist Chapel LA10 5PQ						
All Saints, Killington LA6 2HA	2pm				Short service	
Holy Trinity Howgill LA10 5JD	2pm			Short service		
St. John's Firbank LA10 5EF	2pm		Short service			
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC		EP		
Dentdale Methodist Chapel LA10 5QJ		Please contact Rev. David Crouchley, 015396 20329, for details of the services.				
	Wednes day	5 th	12 th	19 th	26 th	
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
HC- Holy Communion (HCx- Extended Communion)				BCP- Book of Common Prayer EP- Evening Prayer		

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican

~~~~~

### ROMAN CATHOLIC

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

**Parish Priest Kendal  
Tel: 015397 20063**

~~~~~

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

~~~~~

**worship@peopleshall**

1st Sunday each month 10:30 am  
**Rev David Crouchley Tel:20329**

~~~~~

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

**Pam Coren (Clerk) Tel: 22586
Sally Ingham Tel:07939 569559**

~~~~~

### DENTDALE

#### CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ  
Every 4th Sunday 1900  
**Sarah Woof Tel: 25212**

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

~~~~~

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843
Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723
Firbank: Colin Wilson 20952
Howgill: Helen Hoggarth 20805
& Pauline Marshall 21651
Killington: Jennifer Thornely 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25418

Email: christinelucy2014@gmail.com

~~~~~

### METHODIST CHURCH

Dent; Dent Foot;  
Cautley; Garsdale Street;  
Garsdale Low Smithy; Hawes Junction  
**Rev. David Crouchley Tel: 20329**

~~~~~

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

~~~~~

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal  
Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

# 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

**Monday by appointment only**

## Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

**(By appointment only)**

Baby Immunisations/Travel Clinic – Wednesday  
afternoons

**(By appointment only)**

Dressings Clinic – Friday afternoons

**(By appointment only)**

## Blood clinic

Monday – Thursday – 8.20am – 12pm

**(By appointment only)**

**Please telephone the surgery to make  
appointments for all the above clinics.**

See our website

[www.sedberghmp.nhs.uk](http://www.sedberghmp.nhs.uk)

for further details

## Bridging the Gap

*First Monday - 1400 - 1600*

Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

*Access Codes to the Defribs are supplied  
on contacting Ambulance Control on 999*

## POLICE

101 or 999

Crimestoppers 0800 555 111

## Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

## DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,  
Katherine Parrott-Edwards & Sarah Boom  
(Hygienist)

Monday to Friday 0900 - 1700

## SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

## DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

## SEDBERGH & DISTRICT INFORMATION CENTRE

*for resident & visitor information*

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

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

Tel: 015396 20125/20504

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

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](mailto: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

## POST OFFICE

Main Street - Phone 20406

## MARKET DAY

Wednesday

Last Page Update:

March 2019