

Sedbergh & District

LOOKAROUND

May 2007

Issue 244

Donation 50 pence

At long last, we have our Web Site sorted with the grateful thanks going to Mike Clark and David Collier for their valuable assistance. The new address is printed below and is on the Sedbergh Community Webserver which is designed

to assist and help every part of the Sedbergh Community in this ever increasing world of technology.

For further information, refer to last month's *Lookaround* and Page 41 of this issue.

Dennis & Jacky Whicker

Sedbergh Gala

Saturday 19th May 2007

1pm Lupton Field, Back Lane, Sedbergh

Procession starts Maryfell 12.30pm

Theme: Heroes and Villains

Gala Queen * Town Band * Barracudas * Fancy Dress

will be in the Gala Procession

Local Farmer's Market * Craft Stalls * Fell Races * Bouncy Castle * Beer Tent

Football * Kids Games * Donkey Rides * Rounders * Bell Ringers

* Rodeo Bull * Birds of Prey Display

Army Aerial Rope Slide * Maypole * Punch & Judy * Children's Sports

and much, much more!



Spitfire Flypast & Birds of Prey



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

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

e-mail: lookaround@whicker73.freemove.co.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

CHILDREN'S BIRTHDAYS MAY 2007



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

The recipient this month is:-

Elyzabel Walker who is
11 years old on 17th May.

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

Day	Name	Age
4	Mark WOOF	9
7	Georgina CRAGG	9
8	Kane WOODHOUSE	8
9	Amber WOOF	1
11	Zoe ALDERSON	4
12	Aidan WILLIAMSON	1
13	Ruben SWALLOW	5
14	Harry PAGE	8
17	Elyzabel WALKER	11
20	Ted HODGSON	3
20	Brogan STANLEY	10
22	Paris HEYWOOD-	5
22	Bethany HANDLEY	7
22	Megan HANDLEY	7
22	Francine GLANVILLE	9
22	Terence GLANVILLE	9
22	Patrick BANNISTER	10
23	Darryl HODGSON	11
24	Rebecca HARPER	10
24	Kelly SCARR	10
25	Bobbi-Mae KIRBY	2
28	Kieran MILBURN	11
31	Harry COOLING	11

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
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Single Column x 3"	=	£12.50
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B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month (Double December)	=	£1.00
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All enquiries to
13 Kings Yard, Sedbergh LA10 5BJ
Adverts by 15th of every month.

**No adverts
by e-mail or FAX please**

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

Articles etc. by 19th of every month

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh (2007/12) <i>ID; IT; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amservice.net	20251
Mr & Mrs Wilkinson	Netherclough Holiday Cottage, Garsdale (2007/06)..... <i>ID(4 poster); IT; IS; L; TVL; NS; P; VB; EM; (use of Kitchen)</i> Web Site: www.nethercloughcottage.garsdalesedbergh.co.uk	21397/22019
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2008/02) <i>ID (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2007/09) <i>IT; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs L Smith	Father Haw, Howgill Lane, Sedbergh (2007/07) <i>ID; PB; TVL; CH; NS; NP; P; DR; VB</i> e-mail: lsfatherhaw@hotmail.com	20937
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2007/10) <i>ID; IT; IS; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (2007/09) <i>IF; ID; 2ES; CH; L; TV; NS; P; VB; PetsW; CW</i> Web Site: www.ullathorns.co.uk	015242 76214
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2007.09) <i>ID (ES); ID/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2007/04) <i>2D (4 Poster); 2D; IT; IS; All ES; TVL; P; CH; CW; FC; NS</i>	21012

CAMPING, CARAVANNING & SELF-CATERING

Greenholme, Killington, Sedbergh (2007/07)	<i>S/C 2 - 9 people; D; PB; CH; L; TVL; P; NS(B); DW; DR; CW</i> Web Site: www.greenholme.fsnet.co.uk	21153
Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (2007/09)	<i>4-5 Berth; H+C; Shower; Sep WC; Full Kitchen; TV; Dogs Welcome (Max 2); NS</i>	21567
Borrett Barn Caravan, Marthwaite, Sedbergh (2007/05)	<i>4 Berth; H+C; Shower; WC; TV; NS</i>	21175

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking;
 NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs Welcome
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening Meal
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence; DFB = Dairy Free Breakfast

PERSONAL & SMALL ADS £1

AIREY

Jim and Doreen would like to thank relatives and friends who gave us cards and gifts on the occasion of our **Golden Wedding Anniversary** on 30th March 2007. Also Ali and David for the party.

DAWSON

Jack and Jenny thank family, relatives and friends for cards, gifts, and generous donations of over £800 given to our chosen charity, South Lakeland Society for the Blind. We had a wonderful time with many memories to treasure.

FARRER

Ronnie would like to thank everyone for the cards, presents and good wishes on his recent 65th Birthday. Also for the money donated to the Parkinson's Disease Society.

GARDNER

Congratulations Laura on your **21st Birthday** on May 9th. All our love and best wishes Dad, Mum, Graham, Shaun and Dom. XXXXX

MASON

Thank you all for your generosity after raising £450 for the Air Ambulance in lieu of presents on the occasion of the **Golden Wedding Anniversary** of John and Connie.

WANTED

Electric Plug-in Frying Pan. Phone Jane on 20525 Monday to Wednesday only.

FOR SALE

Dog Kennel for sale. £25. Chair Workshop, 99 Main Street. Tel: 21489.

FOR SALE

Green three seater suite. Good condition. Newly cleaned. Tel: 01539-729470.

FOR SALE

Two Fort Cosmo wheelbarrows £20 and £10, Rover model 61 20" petrol mower (2002) £200, Ochiai E-6B petrol hedge trimmer £40, Robot Coupe R301 ultra £150, Matfer kitchen Mandoline £30, chafing dish £20, two pine bedheads 3' beds £10 each. Tel: 20280

FOR SALE

Four Dining Chairs. Priory Range type £30 ono. One Bedroom Chair £10. Two Mirrors £10 each. Tel: 015396-20319.

FOR SALE

Two pairs Hotter Cream coloured Summer Shoes. Size 6½. New and unworn. Genuine reason for sale. £25 each pair. Ring 21176.

FOR SALE

Kraft Lloyd loom type ottoman. At least 50 years old. 1 TINY tear in the top. Gold in colour with small gold feet. Measures 3 ft X 1.4 ft. Very attractive. £40 ono. Tel: 015396-25561.

FOR SALE

Richmond Ladies Hybrid Bicycle. Silver frame. 18 speed Gripshift controls. Includes Mudguards and Carrier. Used Once £80. Tel: 015396 - 21572 or 07969 - 851633.

St Andrew's Church, Sedbergh

RING THE CHURCH WITH SILVER

Saturday 5th May

Coffee ~ Lunches ~ Teas

Cake Stall

In the Church Rooms 10am to 4pm



SOUTH LAKELAND CARERS ASSOCIATION

*Sedbergh & Kirkby Lonsdale Carers
Support Group.*

As you see by our title we have combined two areas into one group and have been meeting at Thorns Hall for some months now enjoying the lovely hospitality of this beautiful old house. Some months we sit and chat and catch up with how we are all getting along in our caring roles, last month Miss Sarah Hayhurst came along and talked about and then demonstrated Reflexology which everyone found interesting and informative. If you look after a relative or friend who could not manage without your help whether you care for them 24/7 or do things to help them once a day or a few times a week you are a carer and are very welcome to join us, there is no obligation to come every month and no membership to sign up to. As well as the group we produce a Newsletter every and arrange outings and training and information days for carers, we liaise

with social services for support for your cared-for and provide a listening ear, to contact us please phone our office on Kendal (01539)742602 or write to SLCA, Stricklandgate House, 92 Stricklandgate, Kendal LA9 4PU. Or e-mail carers@stricklandgate-house.org.uk or contact the Support Worker for this area on 07896860057. Our Group meets on the 1st Tuesday of every month from 2-4pm and a lift is possible.

We are also recruiting volunteers to help us support Carers, duties would include sitting with a cared-for so their carer can go out (2-3 hrs) taking a Carer to do their shopping, helping at the Groups (we have 6 around the area) and at the fund-raising events, again if you would be interested or want more information please contact us.

Wed Aug 1st is the date of our next Coffee Morning in the URC, Sedbergh, do come and support us and find out more of how we support Carers.

Sarah E Woof (Support Worker SLCA)



REFLEX
Remedial Massage

Josephine Lade LCSP (Assoc)
015396 23696

If you suffer from any of the following:

Repetitive strain injuries
Chronic soft tissue injuries
Stress/tension headaches
Sciatica Osteoarthritis

Remedial Massage may help you.

Appointments now at The Highfield Practice,
Kendal & Ginger Tree, Hawes. Call **015396
23696** for further information & appointments.
Home visits may be available.

SEDBERGH PARISH COUNCIL

From the minutes of the meeting held on 28th March.

Charity Fun Game, 27th May, Howgill Lane Playing Field – permission given provided that the bar on the playing field be closed at 6.00pm, that no glass is used and that the area is cleaned up afterwards.

Litter – SLDC have announced a litter collection along the A684 to Lincolns Inn Bridge this week.

Flagstones on Main Street – after several complaints these have been relayed en-bloc and the road closed to allow them to set properly.

Gladstone House Project – Liz Rice, Project Manager, provided a report. It was agreed that the sewing machine could remain at Gladstone House for use

At the Chair Workshop

- Chair seating
- Supplies – cane, rush, seagrass, ropes, cords
- Tool sharpening

- ❖ Haberdashery
- ❖ Bead jewellery
- ❖ Restringing
- ❖ Repairs – clasps, earrings, chains

99 Main Street, Sedbergh.
Tel 015396 21489

by the residents.

Child Line North West – It was agreed to make a donation of £50.

Local Bus Services – Cumbria C.C. informing that Service 564A (Cowgill-Kendal Saturday) has been transferred from D&H Travel to Stagecoach, that Service 567A (Sedbergh to Kirkby Lonsdale Thursday) has been transferred from D&H Travel to Woof's of Sedbergh. Service 804 (Sedbergh to Hawes Tuesday) to be discontinued.

The Council welcomed the offer of Janet Benson to act as its Internal Auditor.

The following planning applications were considered:
16 Guldrey Terrace, Sedbergh – FPP – single story extension - *No objections*
7 Sycamore Ave, Sedbergh – FPP - erection of a garden shed – *No objections*
Rosebank, Briggflatts Lane, Sedbergh – FPP – erection of single story extension to provide disabled. *No objections*
Masonic Hall, Howgill Lane – Amended plans for FPP – demolition of two story rear extension, erection of a three story rear extension, creation of access and parking and change of use to six housing units. *The Council has no objections, but would like to see this development be*

So much to see at

Farfield Mill Arts & Heritage Centre

In conjunction with the
Women's Arts International Festival
at The Kendal Brewery, Farfield is hosting a satellite event

'BEYOND SURFACE'

by Jo Budd

Who has exhibited nationally and internationally,
and works with fabric rather than paper of canvas.

5th May - 6th June

NOT TO BE MISSED

Other Exhibitions during May

'BEGINNINGS'

Local student Elizabeth Hadley's Jewellery

28th April - 15th May

'TAKING UP THE THREAD'

A contemporary craft touring exhibition by Highlights

18th May - 20th May

PLUS Artists' Studios, Heritage Floor,
Galleries and Riverside Tea Room.

OPEN DAILY 10:30am - 5:00pm

Last admission 4:30pm

For Info: www.farfieldmill.org Tel: 015396 21958

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made available for occupancy by local families
 The Green, Frostraw Lane – listed building consent for conversion of lean-to store to form domestic accommodation. *No objections*

The Green, Frostraw Lane – FPP - convert agricultural building to form office / consulting space. *No objections*
 Sedbergh School Cricket Pitch – FPP – siting of an electronic scoreboard. *No objections*

Planning decisions had been received as follows:
 Oak Ends, High Oaks, Marthwaite – erection of extension above and to the front of existing single story dining room – *Granted*

Ash Hining, Howgill Lane – replacement of conservatory with new garden room – *Granted*

Haycross Berens, Ingmire, – listed building consent for removal of two sheds and erection of detached garage. – *Granted*

Trees in Conservation areas:
 Sedbergh School – remove three diseased horse chestnuts – *No objections*
 Farfield House – remove four non-native conifers – *No objections*

Joss Lane Car Park
 Some of the market stalls are using up to five parking bays which will inevitably impact negatively on car parking capacity. It was agreed that market stalls should be limited to two bays, and the use of additional bays will be charged pro-rata.

A barrier is needed to separate the stalls and shoppers from the parking/driving area.

A recycling skip for plastics will be sited where the charity clothing bins are now. Two of these will moved to the top corner of the car park and two will be removed altogether.

Footpaths
 There is a protruding and hazardous paving stone where Davis Yard joins Back Lane. Cumbria Highways to be informed.

Access to the footpath on to Maryfell opposite the Police Station is often blocked by parked cars. SLDC Housing Department to be informed.

Annual Parish Meeting / Parish Council AGM

The Parish Council decided to hold both meetings on May 30 at 7.00 pm, directly before its usual monthly Council meeting.

J J MARTIN
Funeral Service
 (B Goad)
Established 1869
Main Street, Sedbergh

Complete Funeral Service
 Day or Night
 Chapel of Rest

Day or Night
 Dent 25334 or 25429



Sedbergh
LOCAL PRODUCE &
FARMERS' MARKET

Wednesday 9th & Saturday 19th May Joss Lane, Sedbergh
*Invite your friends to come along and shop at Sedbergh's New Farmers' Market.
Lots of new and exciting stalls as well as your favourite weekly Wednesday traders*

Future Dates:-
13th June; 11th July; 8th & 25th August; 12th September; 10th October

DENT PARISH COUNCIL

There have been two well-attended public meetings in Dent recently: the first, at the end of March, was about producing a parish plan, and the second was the Annual Parish Meeting at the beginning of April.

A Plan for Dentdale

This meeting was attended by about 100 people. It discussed whether the community should try and have some control over how Dentdale develops in the future by producing a parish plan. Julia Wilson, from Voluntary Action Cumbria, who has helped a number of parishes with their plans, spoke about how carrying out a survey of local opinion means decisions taken by the Parish Council are much more likely to reflect the views of the public. The evidence from a survey also makes it easier to access sources of funding and to influence the actions of other bodies like the County Council and the National Park. In addition, the process of producing a plan often brings people together and reinforces the sense of community.

Paul Rogers, who as Chair of Burton-in-

Kendal Parish Council had worked on its parish plan, spoke about the practicalities. He stressed the importance of involving as wide a cross-section of the community as possible in its production.

At the end of the meeting, a show of hands resulted in almost unanimous support for having a plan, and over 30 people volunteered to be involved in its production in different ways.

Affordable Housing

At the start of April, over 60 people came to hear John Hay from Two Castles Housing Association talk about the proposal to build a mixture of small houses and family-size dwellings on the field above Ghyllside.

In the discussion, it was felt that it was



Sedbergh People's Hall
Available for Hire
To book visit
Sedbergh Office Services
or call 015396 20788
Details & availability:
www.PeoplesHall.org

important that we had an accurate and up to date list of housing need, and the Parish Council agreed to look at how best to do this.

Concern was expressed about whether any houses built would always be affordable. In response, John Hay said that both rental and shared-equity (up to 80%) options would be available, and it was likely that the planning regulations would be used to keep the prices down to as much as 30% below open market rates in the future.

Several people asked whether the houses would be for local occupancy, and remain so in future. It was explained that South Lakeland and Two Castles would jointly allocate the houses using the current criteria, which give priority to

St Andrews Missionary
Coffee Morning
10 am Wednesday 9th May
URC Rooms - Usual Stalls



local people. Since the last houses were built in Dent, new legislation has made it easier to ensure houses stay with local people when they change hands.

Questions were also asked about the appearance of the houses. John Hay explained that the YDNPA will insist they fit with existing Dentdale dwellings, and may require them to be stone faced like the existing Ghyllside ones, rather than rendered like the Glebe Fold houses.

Annual Parish Meeting and Report

The Parish Council Report was presented to the Annual Parish Meeting. It can be accessed in full on the Dentdale website www.dentdale.com. In the subsequent discussion the issue of street parking on the cobbled area in Dent village was raised, and the Parish Council undertook to try and find a solution.

Flintergill Close

Our attempts to persuade Cumbria Highways to modify the cobbled gully that runs along the entrance to Flintergill Close have met with some success. At a recent on site meeting, they agreed to remove the cobbles from a small section of the gully to enable elderly and disabled residents to cross more easily.

Next meeting

The next meeting of the Parish Council, to which members of the public will be welcome as always, will be on Monday June 4th in the Sedgwick Room.

Jock Cairns
Chair, Dent Parish Council

MUNCHEON MUSIC



SEDBERGH SCHOOL
WEDNESDAY
LUNCHTIME CONCERT

Featuring Guitar

at 1:15pm

Wednesday 9th May

Informal music making in

The Queen's Hall

Admission Free

Soup and a roll provided

COUNCILLOR'S CORNER

I am very pleased to announce that a plastic recycling bank is firmly in place on the Joss Lane Car Park in Sedbergh! When you take your plastic materials to the recycling bank, you will find that there is a separate section for plastic bags, polythene and plastic covers and another for plastic household waste, including toiletry, cleaning fluid and water bottles, yoghurt pots and food containers.... So please think twice now before throwing out your washing-up liquid bottle, or even something as basic as a milk container... it can all be recycled!

I do apologise for the delays in the bank's installation, which as you are no doubt aware, I have been requesting for some time and working hard to secure. I want to thank the Sedbergh Parish Council, the body which manages the Joss Lane Car Park, for working with the District Council and hosting this new facility. If successful, I am more than happy to look at ways of securing more of these banks to be placed elsewhere in the community... though it would be first a question of evaluating demand and finding suitable sites and then working

closely with the District Council and their suppliers to assess viability. As always, please keep me posted as to your views on this!

The process towards creating a unitary body for Cumbria, signifying the biggest shake up in local government organisation since 1974, is a step closer to being considered. The County's bid has passed the Government's initial selection process, meaning that it has met the basic criteria outlined in the invitation to submit a unitary proposal.

Consequently, Government officials will now consult widely with stakeholders, including District and Parish Councils. It is during this three month consultation period, that the Cumbrian District Councils, including South Lakeland, can discuss their alternative proposal (for full details see www.bettergovernmentforcumbria.org.uk) with Government Ministers; a proposal which I wrote about last time and which was given full support from South Lakeland District Councillors.

It was given full support, because like our counterparts in the Allerdale, Barrow, Carlisle, and Copeland Councils, there is a real fear amongst local Councillors that

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the County Council's bid fails to reflect public feeling and people's sense of belonging to a particular area and does not involve a realistic set of figures regarding the proposal's implementation and running costs. For me personally ... I want what is best for our community ... a model that facilitates local government by local people, responds fully and effectively to local need, cuts out red tape and minimises inefficiencies and duplication, and is financially sustainable. You wouldn't think that would be a lot to ask!... but we still have some way to go towards achieving this, lets just hope the consultation period bears fruit and realises these hopes in some meaningful way.

There was an important public meeting held recently in Sedbergh that I participated in, regarding 'Sedbergh Childcare Needs.' Hosted by Representatives of Children's Services (Cumbria County Council), the meeting was called to assess child care needs

ACUPUNCTURE



I treat
a wide variety of conditions.

Free Half Hour
initial assessment
and telephone advice.

June M. Parker
Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh
Tel: 015396 20972

**GARSDALE VILLAGE HALL
COFFEE MORNING**

and Cake Stall

Friday 11th May 10 am - 12 pm

Proceeds for St John's Church Restoration Fund

followed by

An Evening Celebration with

GAYLE CHOIR

at 7:30pm

Supper to Follow

Proceeds for Garsdale Street Chapel

Members of the "Walk Cumbria" team

will be sharing with us at both these events.

Please Come and Join Us

within the community and to consider various options to meet those needs. Options that were highlighted include:

- (1) the use of registered Ofsted approved Childminders, recruited, supported and trained by Children Services; including some initial set up costs
- (2) Nestor Accredited Home Child Carers who operate within your home
- (3) or the employment of a Nanny, registered through the Voluntary Ofsted Register, by one or more families who are also eligible to claim childcare tax credits for using such services. If childcare is an issue for you or you wish to consider becoming a Childminder, I would strongly encourage you to contact the relevant Children's Service Area Office on 01539-773184 for further information, support and guidance.

On this and other issues, please keep your letters, e-mails and phone-calls coming in.

Cllr Craig Stephenson

SLOVENE CHOIR CONCERT

Saturday May 12th 7:30 pm
People's Hall, Sedbergh

Beautiful songs from Slovenia from the
Zrece Women's Choir, Pevke iz Brinjeve Gora
and the Northumberland Male Voice Folk Choir.

Tickets & details Sedbergh 21166
www.lakelandvoice.co.uk

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

On Wednesday, 21st March, Ken Clarke
gave the society a talk on "Victorian
Photography and the Brunskills of
Sedbergh and Bowness".

The true inventor of photography was a
Frenchman, Joseph Niepce whose first
successful image was of a view from his
window in about 1826. Then in 1839 two
people published papers on different
methods of obtaining a permanent image.
Daguerre in France had built on Niepce's

work to produce daguerrotypes. These
were high quality images but they
produced a mirror image and could not be
reproduced. Fox Talbot in England
introduced the modern system of negative
and positive image production which
enabled copies to be easily made. His
first photo was of a window at his house,
Laycock Abbey, taken in 1835. Initially
because of cheaper cost and superior
quality the method of Deguerre was the
more popular but eventually after a
modification the Fox Talbot process
became supreme.

Photographic studios were open in
London by 1840 and by about 1850 they
had reached the Lake District. The
technology improved with time but it still
required the sitter for a portrait staying
still for a considerable time. Various
props were available to hold the head still
which looked more like torture
implements than aids to photography.

William Brunskill was born in Ingleton
in 1797 but later moved to Sedbergh and

Hawgills Gift + Home
Main Street, Sedbergh

All the very best in gifts, homewares, jewellery,
glassware, cards, biscuits, jams and lots more!

Great new gift ideas arriving all the time.

Gift Vouchers also available!

in 1818 married Hannah Wright. Later that year Hannah died in childbirth. In 1821 William married Elizabeth Blenkarn and in 1824 their son, Richard, was born. Their second son, John William, was born in 1825. William was a painter, plumber and glazier and his two sons joined him in the family firm. The family lived in various premises in Sedbergh probably starting in Settlebeck cottages. From there they moved to a house in Main Street in the area of what is now the Nat West bank. From there they had moved to what is now 7 Main Street by 1847. In 1850 Richard married Isabella Ellis.

By 1858 the two brothers had started taking photographs as several street scenes of Sedbergh exist showing a house with a gallery on the site of what is now the library.

However, this must have been a minor occupation because the 1861 census lists them as being painters, plumbers and glaziers like their father. They soon started to buy property, in Kendal and by 1865 in Back Lane on the site of the present numbers 21/22. It was there that they probably had their Sedbergh studio. For health reasons and also because of the greater number of tourists they decided to open a studio in Bowness although for some time they seemed to spend the winter in Sedbergh and the summer in Bowness. Pictures of their original studio in Bowness still exist. They eventually decided to move permanently to Bowness and sold their Kendal and Sedbergh properties. They built themselves a purpose built house with a large glass window to provide the light needed for photography. The house

CHRISTIAN AID WEEK

13th - 19th May
in Sedbergh and District.

Sunday 13th at 6.30pm

United Service

at St Andrew's Church, Sedbergh

Guest Preacher – Miss Wendy Ross-Barker

The Amazing Christian Aid Shop
in Sedbergh URC Church Rooms

Monday 14th – Friday 18th

Monday – Wednesday 9.30am - 4pm

Thursday 9.30am – 1.30pm

Friday 9.30am – 12.30pm

Also Tuesday 6pm – 8pm

Tea & Coffee served each day.

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

Donate it and we'll try to sell it!

Items for sale gratefully accepted

at URC Hall as follows:

Good as new clothes –

Saturday am. 12th May

Monday am. 14th May

Other items until Wednesday am 16th May

Coffee Morning

10am Saturday 19th May in

Dent Memorial Hall

still exists.

Their business flourished and even when Richard died a man was employed to take his place. When John William died his wife carried on the firm until it finally closed. Luckily about 17500 of their images survived and have been bought by the Armit Museum in Ambleside.

The chairman thanked Ken Clarke for a most interesting talk that had provided a fitting end to the winter programme. Thanks to a generous donation the society has been able to buy from the Armit Museum copies of the 300 photos connected with Sedbergh. *Richard Cann*

SLOVENE/ENGLISH SINGING WEEKEND

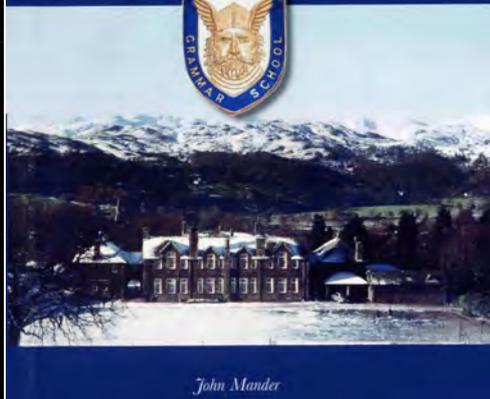
Walking through the woods in spring surrounded by wildflowers and the sweet song of birds has to be one of the most pleasant experiences. But when that is accompanied by the chance to meet five delightful Slovene women and hear their exquisite harmony singing, then the whole experience becomes a stroll through paradise.

The Brinjeva Gora (pronounced Breen-yay-va Gora - means "the hill of Billberries") rises above Zrece in a similar way to Winder above Sedbergh. Only this hill is wooded with beech and pine, and on the top are two churches with tall spires stretching above the treetops. Spring came early this year and



the spomincica (forget-me-nots) and marjetica colour the hillside like it has been painted with rainbows. In a clearing in the wood I meet the five singers - the Pevke iz Brinjeva Gora - who are all from one family: three sisters, a daughter and a niece - and am invited into their lovely old house for an evening meal and to hear them sing.

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Their songs reflect life in Slovenia - about life, and death, and work and love - with uplifting harmonies which they create themselves. Surrounded by mountains, with Austria not far away, it is hard not to think of the Von Trapp family. But the quality and blend of their voices reminds me of other families who sing together in England - The Tabush sisters, the Wilson's, and the Copper family. In between the songs there is much laughter and even more wine - with translation provided by Zdenka to help my stumbling Slovene.

The singers have very kindly accepted an invitation to join the harmony singing weekend in Sedbergh over the weekend of May 11-13 when they will join a male voice folk choir from Northumberland. Voice Male sing arrangements of British folk songs, many of them from the North East, as well as songs from other countries. They have a special love of Sedbergh - their secretary even went to school here - and only a few months ago they stayed in the Dent Youth Hostel and sang at the harvest festival in Cowgill. There will also be singers from several local choirs attending the weekend. There will be several opportunities to

meet the Slovene and English singers at workshops and a concert in the People's Hall on Saturday, for meals at the Howgills Bunk Barn, or on a Sunday walk singing amongst the bluebells. You are very welcome to join the singing, practice your Slovene language skills or just come and listen. And if you would like to learn some Slovene folk songs to sing with the women when they are here you are welcome to join Howgills Harmony to learn them.

Veselim se petja skupaj zvami.

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The Holistic Approach

Reflexology is a healing technique. The word holistic came from “holos” which is Greek meaning “whole”. Reflexologists aim to treat the individual as a whole, treating the body, mind and spirit. Trying to bring a state of balance and harmony,

to reduce tension and induce relaxation. When the body is relaxed, healing is possible. The reflexologist doesn't heal; it is the body itself that does the healing.

A very short History

There is evidence of some form of foot and hand therapy being practised in both China and Egypt as long ago as 4,000 BC. This is evident in a wall painting, found in the tomb of Ankmahor in Egypt. North American Indian tribes have also been known to practise a form of foot therapy.

What is Reflexology?

Reflexology has developed to become a gentle form of natural healing. Therapists apply pressure and manipulate reflex areas on either the hands or the feet, although prefer to work on the feet. There

<p> <i>Bakery & Tearoom</i> Main Street, Sedbergh Tel: 21058 for Traditional Bread Homemade Cakes & Scones Freshly Baked Daily  Eat in or Take-away Homemade Soup & Sandwiches Tea & Coffee Light Meals & Snacks + much more <i>Open 7 Days a Week</i> Order your Fresh Bread & Cakes! Holistic Centre * OPEN * offering various Therapies including Aromatherapy, Reflexology, Reiki, Homoeopathy, Person Centred Counselling Plus more</p>	<p>SEDBERGH & DISTRICT HISTORY SOCIETY Wednesday 16th May A Trip to Appleby A walk around the town, conducted by <i>Vivienne Gate</i>. Meet in the Loftus Hill Car Park Sedbergh at 1 pm, or the Broad Close car park Appleby at 2.30 pm. All meetings in Settlebeck High School, start at 7:30pm unless stated. EVERYONE IS MOST WELCOME TO ATTEND ANY OR ALL OF OUR LECTURES Chairman: Richard Cann 20771 Secretary: Josie Templeman 20790 Treasurer : Marlene Mason 20509 Member Sec: John Sibley 25024</p>
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are more than 7000 nerve endings on each foot; these nerves are connected to the brain. From the brain they are then connected to each organ and parts of the body. These nerve endings create the reflex areas that reflexologists work within. Reflexologists also work within the energy pathways of the body; if you become ill then these pathways can become blocked. The aim of the reflexologist is to bring a state of balance and harmony to the body.

Helping with stress

Unfortunately at some point in everybody's life they will feel stress and its consequences. It is estimated 75% of all illnesses are stress related. When we suffer from stress the body's defences can break down and we become susceptible to all kinds of illness. Reflexology helps to reduce the effects of stress and over time aid with recovery. Toxins begin to build up and when we are suffering from stress our bodies become less efficient in expelling them. Reflexology helps to



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maintain our ability to clear these toxins and waste products from the body.

Benefits of Reflexology

Relieves stress and tension, cleanses the body of toxins, improves circulation, helps balance the body, offers preventative health care, soothes the emotions, revitalises energy, touch is important to our mental well-being, improves recovery, and can improve sleep patterns. As such there are a huge number of benefits to having reflexology.

I studied reflexology for a year at North Area College in Stockport. I have now been practising for just under a year. I have also gained a considerable amount of experience and confidence through my volunteer work at Stepping Hill Hospital, who run Pamper Days for their Careers. I also volunteer at Beechwood Cancer Care in Stockport, giving reflexology treatments to their patients. I will soon be attending college again in Wales, to get a higher qualification and further my knowledge of reflexology, which I can't wait to start!

If you would like further information on reflexology or are considering having a treatment don't hesitate to contact on 07968 20 27 39. *Sarah Hayhurst*

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BROADBAND DRIVE

for Garsdale and Grisedale gains ground

As announced in the last issue of Lookaround, on 12 March there was an extremely well attended open community meeting - organised by John and Delya Wilkinson – which outlined the issues facing residents of Garsdale and Grisedale when trying to access a high speed internet service.

As a result of this meeting, the *Garsdale and Grisedale Broadband Committee* was elected to champion this cause.

The new committee comprises:

Chairman: Andrew Lathwell, Ingheads
015396-20150 andrew@lathwell.com

Secretary: Julie Calvert, Garth Gill
015396-21189 juliecal4@hotmail.com

Treasurer: Jane Taylor, Railway Cottages
015396-20819 junkeep@aol.com

Graham Lant, Clough View

015396-20066

Neville Woodfine, Banks Farm

015396-21063

The committee will

- investigate the different ways of getting a reliable, affordable broadband service for everyone in Garsdale and Grisedale as soon as possible
- acquire funding through available grants for the project
- lobby MPs, councillors and the media to publicise the need for broadband
- keep residents informed of progress.

We volunteered to be on the committee because we all want to have a broadband connection as soon as possible. If you feel that you could offer any help or advice with the project please contact us.

Since then, the committee has made some positive progress.

At the first committee meeting it was agreed to separate the issues of broadband access and the miss-selling of services by BT. The committee has decided to narrow its efforts on what can be practically and positively done to achieve the availability of affordable, best technically-possible broadband for all residents of Garsdale and Grisedale.

To recap the issue, there are approximately 70 properties in the Garsdale and Grisedale area that are currently unable to access broadband; some even have inadequate dial-up connection. We strongly feel that, as a rural community, we are being significantly disadvantaged by this situation. Without broadband access, the residents of Garsdale and Grisedale are sliding to the wrong side of the 'digital divide', unable to maintain pace with the national standard of communication, education, income, quality of living, housing prices, etcetera, which are essential to the long-term prospects and viability of the region.

It has been confirmed that BT is not going to provide high-speed internet access of any kind to the area in the foreseeable future. So, our focus is on investigating, funding and executing the best alternative.

To this end, the committee has undertaken further investigation of the technology and funding options available to residents. We have also formally secured the support of Tim Farron, MP, and the Northwest Development Agency (NWDA) in our mission. In addition, we have received a letter of support from the Chair of Governors of Settlebeck High School, who is concerned about the

impact that a lack of broadband service will have on students in the community.

Leveraging this support as required, the committee has now formally applied to NWDA's Project Access Initiative for funding for a feasibility study. This involved outlining the economical, ecological, educational and community imperatives for providing broadband to the community.

The feasibility study is essential if we are to be able to successfully apply for funding for a full broadband implementation project. Among other things, it will assess the geography of the area and advise the best technical solution that can provide the community with an affordable broadband service. It will also advise of any planning or

regulatory issues that such a solution might raise, and advise the cost and timeline for delivery of such a project.

Various media outlets that have rallied behind our cause have also been updated with this progress.

We feel we have a strong case, and hope to report a positive response from Project Access along with a timeline for action in the next newsletter.

In the meantime, if any Garsdale or Grisedale residents have not yet registered their interest in receiving broadband with the committee, or have any queries about this issue, please do so by emailing me at andrew@lathwell.com or calling 20150. All support and suggestions welcome!

Andrew Lathwell



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**YORKSHIRE DALE
NATIONAL PARK**

The completion of the new Y.D.N.P. building is a significant milestone in the history of the statutory body, which has now reached half a century. The building in Bainbridge cost £2,000,000. It has had mixed reactions. The staff who work inside praise the open plan arrangement. Those who see it only from the outside seem to be unhappy with its appearance, although the tree screening should reduce the starkness as they become established. Two good features are that it is in the national park and provides local employment. Unfortunately a significant part of the staff cannot afford the houses and have to commute.

The building contract was subject of a major dispute with the contractor. A lot of time was expended both by officers and some members, who formed a working group to deal with it. I was one of these having a legal background. Eventually a compromise was arrived at avoiding litigation. The finance of the building was £1m from Defra, 1650,000 from the sale of buildings and the rest from interest and other sources.

The membership of the authority is being reduced from 26 to 22, which means 1 parish member being dropped. Richmond District has made the sacrifice, so there will be one representative for the whole of Wensleydale and Swaledale. The South Lakeland parishes retain their

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The last year has seen the new local plan, adopted in April 2006 being bedded in. There have not been any hugely contentious planning applications. One which did occupy a lot of time was a proposal for a biking centre at the entrance to Reeth. It was evenly balanced, a modern business which fitted in well with the N.P. ethos but on a site that opponents claimed was too large and would detract from the landscape. The buildings and the perimeter of the site were trimmed making the complex more acceptable in visual terms. Eventually, after being to the committee several times the plans were passed 8/6. I supported the proposal, the applicants were a skilled and impressive couple who I thought would provide a well run facility which would attract money to the local economy and provide employment.

The role of the members has changed this year. One half are assigned to the

planning committee which meets monthly. The other half have titles of “member champions” being involved in all the other work of the N.P. which is considerable such as recreation, information services, natural environment and associated scientific work and corporate governance. The intention is that roles will change each year and everyone will become acquainted with several aspects of what the N.P. is involved in.

There is some worry about money, the main source £3 million+ being the annual grant from Defra. There was a distinct possibility of a standstill sum for next year, which because of inflation means a reduction in real terms. The ministry found extra funds to provide an increase but there may be some leaner times ahead.

*Graham Dalton
YDNPA Member for Sedbergh,
Dent and Garsdale Parishes*

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KILLINGTON W.I.

Here we are again! Back in the committee room of the People's Hall. Another excellent turnout at this meeting and we were delighted to welcome two new members, Margaret Fearnhead and Elizabeth Perrott. We are sure that we are going to enjoy their company. This month we again decided to have a "back-to - front" meeting with our speaker first, followed by tea, and finally, business. It seems to work well and our speaker does not have to wait while we make our earth-shattering business decisions.

This month we were particularly glad to have Amy Symonds to talk to us about her experiences as a volunteer teacher in Swaziland last summer. Amy is a medical student at Leeds University and used her

long vacation to gain experience of life in a developing country. Her assignment was to help in a school and assist the class teacher with her 50 pupils.

Sometimes Amy was left in sole charge to cover for the absence of the teacher. She became very fond of her charges and they of her. All the tuition was conducted in English which to them was a foreign language but mastery of which opened up opportunities for them. The scourge of Aids was one of the main problems which she noted, with many of the children being orphaned and at best cared for by older siblings or distant relatives. The government of the country is trying to cope with the problem by preaching sexual abstinence and marital faithfulness but not ensuring a free source of

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condoms. It does not seem to be working. Amy's talk was very well illustrated and presented, and we all felt that her late grandmother, Pam Symonds one of our past presidents, would have been extremely proud. Thank you Amy.

Tea followed and along with other edibles we finished off our delicious Christmas cake!! Extremely good value.

The competition for a sunhat was won by Mary Fisher who had decorated her straw hat with fresh spring flowers. Shirley's vase of daffodils on the table gave us more pleasure as did seeing the Spring Show cup back again, though Frostrow W I ran us very close this year. Talking of daffodils, it is already time to put together our W I order for next year's bulbs. We also had a record breaking 'bring & buy', and the raffle was won by Mary Bateman.

Our next month's meeting, at 2-pm in the People's Hall committee room on Tuesday May 8th, will find us studiously discussing the resolution for consideration at the Albert Hall in June. Our President has been boning up on this in order to keep us all well informed and will cast pearls of wisdom before swine. I will pass these pearls on to you next month and I hope the suspense is not too much for you! The competition will be interesting (which is one way of saying that I don't remember what it is – members please consult your programmes!) See you all soon.

W F U

HOWGILL W. I.

The April meeting was held at Howgill Village Hall. Vice President Dilys

McCaffery gave a warm welcome to members and two guests.

Speaker for the evening was Val Osbourne who has a love for textiles and embroidery and is Chairperson of the Embroiderers Guild in Appleby. Her lifelong ambition was to go trekking in Nepal to Base Camp Everest.

In 2004 along with husband Peter, they travelled from Heathrow airport landing at Kathmandu, the capital of Nepal. Accommodation was in lodges which were very basic, luggage was transported on yaks. All they had to carry was waterproofs, food and drink. They met people of different races and religions in traditional dress.

The scenery and mountains were spectacular. It took eight days to reach base camp. Three days to get down and three days relaxing. It was exhausting with a high risk of altitude sickness. They were well looked after by their trek leader leaving them with memories of a journey of a lifetime. On display were items of embroidery which she had brought home to treasure. Dilys thanked Val for an interesting talk and slides.

Refreshments were served before President Mary Silva chaired the business part of the meeting. Two members enjoyed the half yearly Council Meeting held at the Town Hall. Jonathan Wild gave the History of the family business, Yorkshire Tea and Bettys of Harrogate and how his book 'Hearts, Tarts and Rascals' was written every pound from the sale of his book will go to his 'Trees For Life' fund.

Two members are interested in attending

(Continued on page 24)

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the 'Great Milk Debate' to be held at Appleby on April 24th. This is organised jointly by the N.F.U. and W. I.

Our next walk is on May 1st when we will be walking Smardale Gill, meeting at Low Borrowbridge at 9.15 am. Names to be taken next month for the Lune Valley Group meeting hosted by Thornton-in-Lonsdale on Monday May 21st.

Edward Lawton is guest speaker at our May meeting to be held on May 3rd at Howgill. 'My Oboe and I' will be the subject and everyone is welcome. *A.H.*

DENTDALE W.I.

There was plenty to plan and arrange at the April meeting. The most urgent item on the agenda was probably the venue for the July outing and with the way the year seems to be flying by, it will be upon us soon enough! Constable Burton gardens and surrounding area received support from the majority of the membership and

no doubt, Belle Burrow our programme secretary, will give more information at the next meeting.

Tickets for the group meeting on 21st May are available and ideas for an exotic Caribbean pudding are still eluding us, so, any ideas to Catherine Sugden please?

Two outings from the WI News have taken our fancy and lists were out for Music for a Summer Evening at Bowness on 20th May and a Spring Walk at Leighton Moss 16th May.

Gill Iannou agreed to co-ordinate orders for the Federation bulb scheme and Gill was also busy finalising details for two proposed day trips to the Houses of Parliament for tea and a tour around with the train taking the strain for the travel arrangements. The first tour will be on the 1st June.

Catherine Sugden and Pat Allen represented Dentdale at the Half Yearly Council meeting. Kendal Town Hall was

packed and we were in for a very full programme. Among the talks and reports, Susan Winter spoke briefly about "Cycle Cuba." The main speaker for the evening was Jonathon Wild telling us about the fascinating history of Betty's and Taylor's of Harrogate which has been written into a book entitled "Hearts and Tarts and Rascals". Jonathon is a passionate advocate of fair trading and very supportive of the WI Movement. He told us that the collection of tokens from tea packets has resulted in the planting of nearly three thousand new trees!

Back in Dentedale, our speaker for the evening was Susan Garnett who gave an illustrated talk entitled "On Horseback in Corbieres, France." Once we had been introduced to the horses, Susan wove the riding around interesting information on the geology and geography of the region that they were riding through! Domestic architecture and details of accommodation and well-laden meal tables were all included in the very enjoyable talk.

Thelma Bellfield won the competition for a floral arrangement in one colour and Judith Newsham the raffle prize.

Next Month on 9th May we will be discussing the resolution for the National AGM and then, Lesley Baker will be talking on "Women of Ethiopia and Uganda and their problems." Visitors always welcome to join us. *P.A.*

FROSTROW W.I.

The 4th April was a busy day for us with our coffee morning and monthly meeting falling on the same day. It was a glorious Spring day and the coffee morning was

very well supported – the home made cakes being popular as usual. Many thanks to everyone who gave us their support.

At the meeting in the evening President Anne Petyt thanked everyone for their help with the Coffee Morning. Thanks also went to the ladies who entered the Sedbergh Spring Show. We were just one point short of winning the W.I. cup! next year maybe! Secretary Pauline Mather read the report from the Council Meeting in Kendal. Our Group Meeting is on 21st May at Westhouse Village Hall when Pat Ascroft will talk about Cycling Cuba.

Monday 30th April is the "Great Milk Debate" in Ulverston. Any members wishing to attend should meet in Joss Lane car park at 5.45pm.

Our guest speaker for the evening was Liz Matthews who gave us a fascinating and humorous talk about her travels in India in pursuit of her interest in textiles and embroidered cloth. Liz brought lots of samples with her, including one piece of material which we thought was a bedspread but was in fact the cloth for a turban! The workmanship on the embroidered pieces was amazing, especially considering that everything was worked freehand with no patterns to follow – just the skills handed down from one generation to another.

Margaret Copestake thanked Liz for such an interesting talk about the textiles of Gujarat. The competition for "A silk scarf" was won by Denise Thomson and the raffle prize went to Barbara Escolme.

Our next meeting on 2nd May is the Resolutions Meeting. *Denise Thomson*

SINGALONG

in aid of the People's Hall

Saturday 26th May

People's Hall

8:00 pm

Raffle ~ Bar

Jacob's Join



FAMILY MUSINGS

Hubby and I have been married 26 yrs, that means 26 Lambing Times so you'd think I would pass through it swimmingly by now.. wouldn't you, taking it all in my stride, the long hours of work, the scent of sheep, his being so very tired, his preoccupation with his white woolly ladies but for some unknown reason it has me beat this year, perhaps because my days are quite full too, I get really tired as well, and know how easily I could become totally preoccupied with my Job something I fight against partly because there is lots to do when I get home. Reading recently of the "ideal" wife and housewife about the year I was born it suggests "renewing my nail varnish as soon as it chips, cooking a thrifty dinner, calming the children, touching up my lip-stick and listening charmingly to all he wants to tell me, not asking questions in case that touches on a subject he will hesitate to share!" Well, don't wear nail varnish or much lipstick, no children to calm, try to cook thriftily (forget the double and clotted cream, the wonderful local made apple pies ordered at the stores every week when I should make my own!) and am unsure how to listen charmingly, but I will really

really try to, how about that then? Problems solved, and it will soon be clipping time, dipping time, silo time, hay time.. and so we go on, and I am a bit white and woolly myself so perhaps I need to Baa now and then? (Those of you with 50+ lambing times to your credit probably think I am bleating a bit anyway!) Elder daughter has been home recently followed by her mum-in-law and Jack her brother-in-law, he was thrilled to help a Lamb be born and she was in her element laying turf on the big bald patch on the top lawn, son came for a days gardening, hubby cut down a hedge (he is really lovely and I am feeling quite sheepish about what I wrote earlier but everyone is entitled to a moan, aren't they?) and I kept busy, a real gardening

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Saturday 26th May

7.30pm

Sunday 27th May

3pm

Sedbergh Methodist Church

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day, helped by take-out Fish and Chips from down the road eaten outside on the patio.

"Sometime" is really wonderful did you know? Sometime we are going out for Sunday Lunch as the off-springs birthday pressie to hubby, sometime we are to invite close friends and A + T for Sunday lunch, sometime we are meeting A + T and her folks for a meal, sometime lots of things will happen. 70 years ago this year our home was built and it was quite radical for our village which led to local folks having a walk down to look at the day to day progress of the local builder and as it progressed to pass comment on the layout, the large windows, the fact there was no wash-house being built etc. Then after their marriage in July my

parents moved in and they held many parties and celebrations here inc all wedding anniversaries to just beyond their Diamond. Which is why on June 9th we are having an "Open House" to celebrate the houses 70th Anniversary, perhaps you were one of those who came to look at the progress all those years ago, or you have been to an event here perhaps one of the Cancer Relief Garden Parties we used to have, or you have never been .. do come then and join in the celebration as the second generation of the family enjoy living here.

At the close of a family meal we opened a box of Chinese Fortune Cookies, mine was thought to be very apt and well worth closing this months column with.. "You are not a complete idiot, there are some parts missing".

CHARITY 8.5 TON TRACTOR PULL DAY

Sunday 27th May

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followed by

ROBBIE WILLIAMS Tribute Night and Disco

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8:30 pm till 2:00 am

Admission £6

All monies raised will be shared between Breast Cancer, Cystic Fibrosis, Holme Chase Maternity Unit, Sedbergh Playgroup, Zebras and Howgill Toddlers.

**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

Sedbergh beekeepers held their 11th Annual General Meeting on 26th March, twenty-six members, 'Friends' (informal members not yet keeping bees, and retired members), and guests attending. The formal business was complete in less than an hour, the Chairman's, Treasurer's, and Secretary's reports for 2006/7 reflecting the club's very successful, indeed another record year, of growth in numbers, achievements, and enjoyment of the craft. The Chairman presented John Rogers with the Bill & Mary Eglin Trophy for his outstanding contribution to the club in 2006/2007, as treasurer, equipment secretary, and mentor to several new and novice members; the



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new Lunesdale Trophy for the overall winner of the 2005 Honey Show to Kevin Seward; and the Novice Trophy for the best novice entry at the Honey Show to Tiffany Seward. The new committee was then elected: Charles Brown, Chairman; John Rogers, Treasurer; Malcolm F-U, Secretary; and Tommy Brooks, Bill Eglin, Richard Challenor, Alan Tett, Bill Hastings, and Michael Hiscock, Ordinary Members. After refreshments, Ian Molyneux, Northern Regional Bee Inspector of the National Bee Unit of DEFRA gave a lecture on the use of oxalic acid solution as a 'hive cleanser' that also is an effective treatment for varroasis, the parasitic mite that is the curse of the present day beekeeper!

The club was, for the 11th time, well represented at the 11th Sedbergh Spring Show on 31st March. Charles Brown & Alan Tett are to be congratulated for gaining second place in the Local Organisations' Promotional Stand competition with the club's display. As this was decided by the votes of the general public that visited the St John Ambulance rooms where the competition was held, we are doubly proud to have done well again. Thank you to all who

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Tel: **015396 21031**

voted for us!!

This extraordinarily early, warm, and dry spring weather, that has seemed to go on and on, has undoubtedly advanced the growth of new bees in our hives, so that a big honey crop - perhaps not the all-time record of 2006 (in spite of the awful spring) - is likely to be affected by many swarms, in spite of our best efforts to discourage them!

Our first meeting in May will be at our live bee demonstration (weather permitting) at 2.30pm on Saturday 19th May at Sedbergh Gala. Finally we shall be holding our second apiary visit of the season at Field Maple in Holme at Alan & Margaret Tett's apiary at 2.30pm on Saturday 26th May. This time of the year

is usually the peak of the swarming season and one of the most important times for regular detailed inspection of every colony. Not only are we looking for the usual things, lots of bees, a healthy queen laying lots of eggs, healthy larvae and pupae, plenty of stored pollen and honey, with space for more, and freedom from any signs of disease, but also for the telltale signs that the bees have taken the decision to swarm, Nature's way of reproducing the colony, or have already done so! We have guest bee suits for both adults and children if you would like to see for yourself and get some 'hands-on' experience. You will be made most welcome at any or all of these events.

Malcolm Fraser-Urquhart

DENTDALE SHOW 2007

Dentdale Show will hold its second annual event over the August Bank Holiday weekend on Dent Playing Field.

Plans are still being pulled together, but the show will have many similarities to that of last year. The weekend will commence on the Friday evening with a Live Band and Disco, and include a Bar and BBQ. On Saturday, we are hoping to have the show opened by a celebrity, though this has not yet been confirmed at the time of going to press. Weather permitting, there will also be a Hot Air Balloon offering tethered rides. For further details of this, please contact Matt Clayton on 015396 25022. The Fell Race is also scheduled for Saturday, where runners will race out and back to Aye Gill Pike (Rise Hill), covering a total distance of 2.88 miles. There will also be a range of side stalls over the weekend, including Bouncy Castle, Poo Grid, Bale Tossing, and Digger Challenge, to name but a few.

The Sheep Show will be held once again on the Sunday, with Bacon Butties and Tea/Coffee for the hungry entrants (No, not the sheep, the farmers!).

A Craft/Food Fair will be on display in the Marquee for the general public to view and purchase on both days, along with the local Craft Competitions. A wide range of food and drink will also be available to tempt your taste buds and quench your thirst.

Further details will be covered over the coming months in the Lookaround, general posters and our detailed brochure, which will be fully distributed by mid/end July.

Dentdale Show was not established as a profit-making organisation, but some of

our profits from last year were contributed back into the community. However, we need to be very aware as a committee that this year, and indeed future years may not serve us as kindly as last, therefore every effort has to be made to ensure we do not disperse too much of our capital.

If anyone would feel they would like to contribute in whatever small way to the weekend, please give me a call on 25004. Help is always needed to ensure the smooth running of any event, and the weekend would not be possible without the help of our local community, for which we were eternally grateful for last year. So many people gave up their time, too many to mention, but you all know who you were.

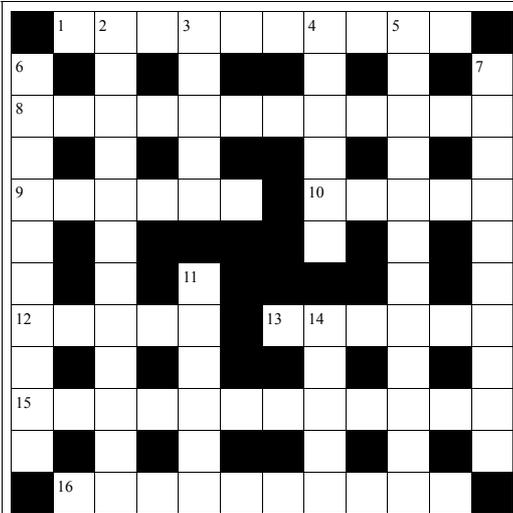
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Sedbergh

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Please contact Dental Practice Sedbergh 015396 20626 or Ian Dawson on 015396 20886.



KILLINGTON SPORTS

Commencing 6pm on Thursday 31st May

Open Sports - Fell Races

Field & Track Events - Children's Races

Side Shows - Wrestling

Pillow Fight - Tug 'o' War

Mountain Bike Race

Adults £4 - Children £2 - Free Parking

All enquiries ring:

015242 76496 or 015396 21343

All cups to be returned please.

16 Angry mammals heard and seen through the eyepiece (10)

Down

- 2 Teaches clay worker to be another sort of hobbyist (12)
 3 Fight involving myself and martial arts legend (5)
 4 What to build ones house from to avoid lupine destruction? (6)
 5 Wedding guest spoiling ham in our food (4,3,6)
 6 Occupation is crazy, like a wolf going after a female (4,2,4)
 7 Phoney suet is so terrible, it belongs in Maths! (10)
 11 Denies views lack force (6)
 14 Leave vehicle next to a kind of coat (5)

Across

- 1 A failed show about man I caught making nuclear weapon (6,4)
 8 Readiness to help to gain skill (12)
 9 Two men found back to back in the doghouse (6)
 10 Grand old toy found up in Japanese city (5)
 12 Kind of cannon perhaps, that's not tied properly (5)
 13 Now put about in residential area of city (6)
 15 Apt places to try it on? (7,5)

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Answers to April - ACROSS: 1 Top of the Pops; 7 Union; 8 Arctic; 9 Dotted; 10 Heron; 13 Swoop; 15 Stroke; 17 Oberon; 18 Glass; 19 Man about town. DOWN: 1 Thunderstorm; 2 Plinth; 3 Fence; 4 Earthy; 5 Otter; 6 Second person; 11 Aplomb; 12 Tomato; 14 Ocean; 16 Tight.

CHRISTIAN AID WEEK

in Sedbergh and District 13-19 May

It's really that time of year again! Most who live in the Sedbergh area already know what a significant week this is in the life of the local churches and communities. The Christian Aid committee, a dynamic and dedicated team always open to new members, is representative of all the local Churches Together membership of the District. The committee greatly values the tremendous support received annually from residents of the area for the projects and events they organise during the week. Briefly, apart from the door-to-door collections in the area and at Killington Motorway services on Saturday 19th, the programme this year includes the following:

- Sunday 13th at 6.30pm – United Service at St Andrew's Church, Sedbergh Guest Preacher – Miss Wendy Ross-Barker
- The Amazing Christian Aid Shop in Sedbergh URC Church Rooms (for further details see the advertisement)
- Saturday 19th May – Coffee Morning at Dent Memorial Hall from 10 – 12.

The guest preacher at the Sunday service is Miss Wendy Ross – Barker, a long term Christian Aid Volunteer who lives in the Chester Area. The focus of the Week and the service this year is the situation in El Salvador. It is a country which in its recent past has suffered from political oppression and is prone to natural disasters: earthquakes, drought, floods and hurricanes have all battered

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the country in recent years. But with the increase in global warming, there has been a corresponding increase in the frequency and intensity of hurricanes, devastating land and settlements.

Inspired by Archbishop Oscar Romero, shot dead by the army while celebrating mass in 1980, the churches stand on the side of the poor and oppose the forces of persecution and poverty both inside and outside the country.

Christian Aid supports this work of the churches to assist the local people through their partner agencies in El Salvador. Three of these agencies are Procares, Flor de Piedra and Aprodehni. Procares trains people to grow fruit and vegetables to improve their health and incomes; Flor de Piedra, runs HIV-prevention programmes in San Salvador

and Aprodehni works with communities and young people to reduce the risks posed by natural disasters and to strengthen people's response to emergencies.

The "Shop" run by the Christian Aid Committee and team of other volunteers is a really amazing one off event each year and worth a trip to Sedbergh to view and support. There's always something of interest to everyone – in recent years even a three-piece bathroom suite has been donated and sold. So, why not come along and join in the events that contribute to the life enhancing work of Christian Aid worldwide? If you'd like to help there are lists for volunteers to sign up in all the local churches or give Kath Hannam a ring on 015396 20897.

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TIM FARRON MP

I am writing this having just returned from a meeting to discuss the provision of childcare facilities in Sedbergh – or indeed the shortage of provision of childcare facilities. I think that Craig Stephenson will be covering this elsewhere in Lookaround but if you have any views on this issue or indeed have children who could benefit from some childcare facilities provided by the County Council then please do contact either myself or Craig. The problem is that we don't really know how large the issue is and this needs to be understood before the council can decide upon the best solution to the shortage.

The other major issue I am currently dealing with the County Council over is

the future of Baliol School. In order to be confident that the school has a viable future the management need to be confident that there will be a good supply of children to attend. I am fairly confident that Cumbria County Council will be willing to play a significant role in promising to take up some of the places but I am keeping up the pressure on them to make sure that they do take on this responsibility.

The lack of progress on the Auction Mart continues to be a frustration for me. We seem to be in an unhappy limbo where the site is no longer an auction but is also not showing any signs of becoming anything else. As a result the place is beginning to deteriorate, with fires being lit there and rubbish building

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up. We have seen in several parts of the constituency companies buying land to speculate on its value increasing with no thought for how it is going to be used while their profits grow. We face the situation in a number of places around the area where buildings or land are not being maintained properly and are becoming not just eyesores but significant problems to the communities who find themselves living alongside them. I spoke about this in a debate in the House of Commons not too long ago to try to get the Government to act on this problem. I only hope that the Auction Mart site is not another example of this practice.

Finally, there are another 17 wards on South Lakeland District Council up for

election on May 3rd and one of them is again in Sedbergh. Assuming that some of you are reading this before this date then please can I urge you to ensure that you vote. Vote for whoever you feel will work hardest to represent the needs of Sedbergh on the District Council, but please do vote. It is so important that we have committed Councillors who feel confident that they have the support of the people they represent.

As ever if I can help you with these or any other issues then please do contact me by writing to Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND, emailing me at tim@timfarron.co.uk, or phoning me on 01539 723403.

Thanks for your support

Tim Farron

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Prawn Cocktail & Marie Rose Sauce	£3.90	AT		Salmon Steak with Parsley Sauce	£9.40
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Pate with Garnish, Toast & Butter	£3.30			Breaded Scampi	£6.80
Soup of the Day	£3.25			Breaded Haddock	£6.80
Egg Mayonnaise	£3.40			<u>Vegetarian Dishes</u>	
Grapefruit Cocktail	£3.40	MIDDLETON		Tropical Vegetable Curry	£6.80
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Venison Steak with Red Wine Sauce				Vegetable Tikka Masala	£6.80
Venison Casserole				Macaroni Cheese	£6.80
Supreme of Pheasant Chasseur				<u>Rice Dishes</u>	
Pork in Pepper Sauce				Chilli	£6.80
Cod & Prawn Crumble		Chicken Tikka Masala	£7.70		
<u>Main Courses</u>		ESTABLISHMENT		<u>Salads</u>	
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Mixed Grill	£12.40			Cold Meat Salad & Roll & Butter	£6.40
Fillet Steak	£12.40			Prawn & Rice Salad	£6.80
Sirloin Steak approx. 8oz uncooked	£10.30			<u>Sandwiches</u>	
Half Roast Chicken	£7.90			Prawn with Marie Rose Sauce	£4.20
Chicken Kiev	£6.80			Ham, Beef, Cheese & Tomato;	
Lasagne	£6.80			Cheese & Pickle or Salad	from £2.70
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Cumberland Sausage	£6.80			Portion of Chips	£1.70
Gammon & Pineapple	£6.80			Mixed Side Salad	£1.70
Barnsley Lamb Chops	£9.90			Portion of Mushrooms	£1.70
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Pork Chop in BBQ Sauce	£7.20			Menu	
Cheese & Ham Pasta	£6.80			Tel: 015396 20258	
Tuna Pasta Bake	£6.80			www.middleton-head.co.uk	
		enquiries@middleton-head.co.uk			

DENTDALE OVER SIXTIES

Do you live in Dentdale? Are you over sixty? Or do you have relatives who are? If so, you'll probably already know about the Christmas party, held every year in December, to which we invite all permanent residents in Dentdale who are over sixty. Do you also know about our Summer Outing? This year it will be on Wednesday, 20 June, and we shall be visiting the Lakeland Sheep and Wool Centre, near Cockermouth. If you're over sixty you'll be receiving an invitation in due course, but do put the date in your diary now.

Do you also know about the Over-Sixties Friday Club? It's held in the Sedgwick Room, in Dent Memorial Hall, from 1.30 - 4.00, every Friday afternoon throughout the year, except for

Christmas, New Year and Good Friday. We are a drop-in club, providing a wide range of interesting activities, tea and biscuits, and the chance to have a good chat and a laugh with old and new friends. We make a charge of £1 per person towards the cost of the room hire and tea and biscuits. We try to arrange transport (voluntary drivers) for anyone who might need it. Members may also, if they wish, book to have lunch beforehand, at 12.30, at a cost of £2 - 15 per head.

From 1.30 - 2.30 members may choose to chat, read newspapers (local and national), select a book to borrow from our extensive library cupboard, or play games such as scrabble, dominoes or rummikubs (a numbers game). From 2.30 - 3.30 we usually have an invited

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speaker or a demonstration, often with hands-on participation for members. Over the past year subjects have ranged widely: felt-making, silk-painting, holiday travels, history of Dentdale, war-time experiences, to name but a few. We have some regular updates eg on the work of the Parish Council, and currently have an ongoing project to produce our own Dentdale Over-Sixties Seasonal Recipes book. At 3.30 we have tea and biscuits.

During the spring and summer months we sometimes go out for the afternoon (again courtesy of volunteer drivers). Last summer, we had several visits to local places of interest, including Country Harvest at Ingleton (for tea and shopping). In November we usually

arrange a Christmas shopping trip.

Once a month a representative from Age Concern in Kendal attends to hold a confidential "surgery", where anyone over sixty can drop in for confidential advice or information.

If you've never been before, do drop in and visit us one Friday afternoon: you'll be made very welcome. And - another date for your diary - we shall be holding our annual fund-raising event on Friday, 27 July: Strawberry Teas and Bring and Buy Sale, in Dent Memorial Hall. Please come and support us, and/or make a donation to our funds.

If you'd like further information, or could help in any way, please contact Nancy (25335) Belle (25203) or Jane (25686)

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SEDBERGH FIRE SERVICE

With the greater emphasis on prevention and protection now achieving some real results it is pleasing to note that the Sedbergh crew have attended fewer calls during this period as compared with last year with only 8 emergency calls being attended in their own station area. The crews did play a vital role during the tragic water incident at Killington Bridge where a canoeist sadly lost his life.

In addition Sedbergh attended the Grayrigg train crash in February and again played an important part searching carriages for survivors.

Community safety work continues to be an integral part of the service's objectives and Community Fire-fighters have carried out 18 Home safety checks and fitted 13 free smoke detectors. Members of the community are reminded about this free service which the Fire-fighters from Sedbergh will carry out in homes. A smoke detector will save lives. We would appeal to those members of the community who live in the more remote parts of the area to take up this offer and get a free smoke alarm fitted and a Home safety check done as soon as possible. If people ring 0800 358 4777 arrangements will be made to carry out the check.

A new scheme is also being run at Sedbergh Fire station for the first time with students from Balliol School, Settlebeck School and Queen Elizabeth School in Kirkby Lonsdale attending a 10 week training programme of Fire and Rescue service activities to give the young people some real life training and to develop their own confidences and life skills. The training requires all the students to work as a team and



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understand the importance of safe working practices. In addition they will learn new skills like basic life support and carry out home safety checks with the Sedbergh Fire-fighters.

A talk was given in February to the local blind society group which resulted in more home safety checks and provided the group with some valuable life saving advice.

The local Fire station and crew have a very important role to play in keeping the community safe not only in responding to emergencies when they happen but also talking to residents and giving valuable fire safety advice to stop the fires occurring in the first place.

If anybody wishes to discuss any aspect of the Fire and Rescue service's role in the local community, please contact me.

John Smith Group Manager B & S.L.
(Kendal) 01539 797622 Mob 07917 305758

e-mail john.smith@cumbriacc.gov.uk

ORGANIC BOX SCHEME

What existing Organic box scheme users think about Organic box schemes

The Organic Way magazine (Spring 2007) conducted a survey of its members recently to determine:

- why members subscribe to box schemes and what they expect from them
- to determine the range, quality and price of organic vegetables in box schemes.
- how committed members were to box schemes.

The most commonly used reasons for users to have *started* to use a box scheme are:

- To support the local economy
- To reduce food miles
- To have a supply of fresh organic vegetables
- Convenience of having vegetables delivered
- More sociable and friendly way of buying organic produce
- The scheme was farm based.

These were also the main motivators for continuing with a subscription to the box scheme.

77% received their boxes weekly – the

rest, fortnightly. Most people ordered year round, although some grew their own vegetables affecting their box ordering.

Over half received fruit with their vegetables.

Respondents valued their boxes as follows:

Value	Excellent	Good	OK	Poor
Price	26	49	23	2
Quality	41	48	11	0
Range	30	51	19	0
Taste	62	35	3	0
Flexibility	33	24	35	8

There were very few complaints about box schemes. Some were concerned about source and locality. Some commented on the repetition of certain vegetables and particular times of the year. This is usually to do with seasonality, when vegetables are being grown. The overwhelming majority of respondents were committed to their box scheme because:

- they were happy with the quality
- valued a local source of seasonal organic vegetables
- they were tastier
- the variety led them to try vegetables previously unknown to them
- convenience of having fresh produce delivered to their door.

If after reading this, you are interested in trying an organic box scheme, then we have a local supplier based in Clapham who delivers to your area. You will find their details in their advertisement in this paper.

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SEDBERGH PRIMARY SCHOOL

Sedbergh Primary school's fundraiser

In February Mr Minto, from Derian House, came to talk to the children about what Derian House provides for children who are terminally ill.

The children went back into class and all came up with ways in which they could help. There were lots of great ideas and some fun ways in which to raise money.

Year 6 came dressed in their pyjamas, much to the amusement of the younger children. Year 6 donated money, mainly from their own pockets, to have this privilege. £19.66 was raised.

Year 5 held an auction, donating the 'Lots' themselves. Patrick made an excellent auctioneer. The bidding was very manic over some items, especially the jar of Smarties - raising £5!! It was certainly a fun afternoon- £204.00 was raised

Year 4 had a sponsored walk, walking to the top of Winder. (Mr Cayley even managed to get a geography lesson in!).

Year 4 really enjoyed having the cobwebs blown away and finding the source of Settlebeck Ghyll. - £558.00 was raised.

Year 3 saved money in a Smartie tube. Every time they did a job at home they got paid and popped the money into their tubes. The Smarties from the tubes were used in the auction! - £102.55 was raised.

Year 2 decided to do jobs at home and get paid. There were lots of tidy bedrooms! The most unusual job was Albert cleaning out his freezer. - £22.50 was raised.

Year 1 decided to make and sell cakes. On Wednesday morning, the children set up their shop and sold cakes for 20p. All

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staff enjoyed this fundraiser! (They had to pay 50p). £96.93 was raised.

Reception held a raffle. Each child brought a prize suitable for a child in school. They made their own raffle tickets and they sold them for 20p each. The raffle was held on Friday afternoon in front of a school full of excited children. - £106.80 was raised.

Mr Minto came into school to collect a cheque for £1110.44. He was so pleased with everyone's effort and couldn't believe the amount raised.

WELL DONE SEDBERGH PRIMARY
And many thanks to parents, relatives and friends of the children for your support.



GETTING YOUR BACKUP

The information that is held on a computer can be very important to a business or group or individual, and if the computer breaks down thoroughly and the data files can no longer be accessed, you can be sure that someone's hair will stand on end, and beads of sweat form on their forehead.

Backup. It's something that businesses and individuals with a computer often do very poorly or not at all. The new Sedbergh community webserver (see last month's *Lookaround*), in addition to hosting the websites of those businesses and community groups in Sedbergh and district that subscribe to it, offers an automated backup service for your data.

In the old, old days, you would try and remember to make a copy on floppy disc, then later on onto CD, perhaps, or onto a zip disc or memory stick, or if you have a computer network onto other machines on the network.

All of this is OK, but could and can be rather hit-and-miss, and even if you have an automated system of backing up your data onto a specialised device on the network, that is only a really safe method if the backup device is in a separate building that's most unlikely to go up in smoke at the same time as the computers do.

These days, the obvious thing is to back up your data onto a webserver, because that will almost certainly be located somewhere else (the Chamber of Trade's is in Slough, of all places – there's a reason for that) and with a reasonably fast broadband connection the process can be automated and not take very much time per day to run. Those businesses who've been doing this for some time find it happens without anyone at a desk being aware of it.

The main difficulty in doing a backup this way is that it's not usually a service that the company who provides your webserver offers. Actually that needn't matter, as it can still be done even without needing to ask them, but of course you'd have to know how.

The Chamber of Trade community webserver allows its subscribers to back-up their data, automatically and regularly and, provided you have a broadband connection, speedily. The files are stored on a separate area of the server from your web pages and are not accessible by any unauthorised persons. To find out more, see www.sedberghcoft.org.uk/webserver, (please see my article in last month's *Lookaround* if you have trouble with this) or email admin@sedbergh.org.uk.

David Collier

Philip Horner
Fencing & Walling

Walling
Man & Tractor
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Mob: 07855 349157
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HISTORY SOCIETY

Members' Evening

A large audience assembled in Dent Memorial Hall on Wednesday 21st February to hear Denis Sanderson start off by talking on 'The Geological History of Dentdale and Area'.

Standing in the very schoolroom where he had sat at lessons as a child, in a region famed for its geological associations, he was able to put his local knowledge to good use. In an informative and lively presentation he explained where various features of interest could be seen in the locality. He started by walking us up Barbondale where the beck follows the line of the Dent Fault with Silurian age rock to the left and limestone to the right. The Dent Fault is not quite

dead and he reminded us of the earthquake of 9/8/1970, the biggest recorded in England, measuring 4.9 on the Richter Scale, Haycock Ghyll is another good vantage point and at Gawthrop the older Ordovician rock shows through. Flinters Ghyll is a good place to observe the flat like paving called Hawes Limestone and Binks Quarry up Deepdale is a good spot to see fossils. He likened Rise Hill to a giant layer cake with 11 or 12 different aged limestones sandwiched between sandstone and shale.

This was a really good laypersons guide to local geology and will have no doubt encouraged members to take a fresh look at our local rock formations.

The second talk by Julie Leigh entitled

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'The Policing of 19c Cumberland and Westmorland' was based on her research into local policing, particularly relating to the Kirkby Stephen area.

An amusing role play exercise illustrated the difficulties encountered by the then elected village constable with conflicting evidence, unreliable witnesses and local petitioning. The local lock-ups were very basic, very confined and offered no privacy.

As the population grew so did the crime. The area was infested with vagrants and beggars. The annual fairs caused disturbances and the influx of railway navies and Irish workers hastened the need for a coordinated policing system.

By 1856 there was a government police

force in every county. The PC's. were not popular and suffered local abuse. The local beat might have been 21 sq. miles and other responsibilities included the fire engine, weights & measures, animal welfare, at cattle markets in particular, and school attendance. There was a long list of clothing and equipment which had to be handed down to new recruits.

All in all the policeman's lot did not seem to a happy one.

Tony Hannam thanked both speakers for a most interesting evening.

This report was submitted and printed last month but for some unknown reason, we did not receive that latter part of the article, so it has been reprinted in its entirety.

ED

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A SEDBERGH VIEWPOINT

After a quiet start to the year, Sedbergh has come alive again these last few weeks. Recent events have included a successful pantomime, the ever popular Spring Show and our first Farmers' Market. Congratulations to all who organise these much appreciated events. We look forward to several more Farmers' Markets in the coming months. The first one coupled with the usual Wednesday market stalls at Joss Lane made the place buzz and provided an almost carnival atmosphere. It was blessed with good weather and an influx of tourists. It is good for our community to be able to welcome holiday makers once again. Our countryside brightened by warm sunshine over the Easter

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holidays was welcoming to visitor and local alike.

Now we look forward to our regular events of the year, particularly this month's Gala, always an enjoyable event (whatever the weather) which requires much organising, setting up and taking down again afterwards by a team of hard working volunteers. This month always hosts Christian Aid Week which will bring collectors to our doors and its popular "shop" will operate from the URC Rooms. An evangelical mission "Walk Cumbria" is visiting Sedbergh this month and local churches are staging a musical production "Saints Alive" at the end of the month. All this in May. There is so much here to challenge us and to entertain us. I see Sedbergh bursting with energy and enthusiasm. I hope that energy and enthusiasm is rewarded by the community's response.

Last month I expressed my confusion about the extent of our Parish Council's involvement in our Car Parks at Joss Lane and Loftus Hill. Thanks to Parish Councillor Dorothy Blair's note in last month's *Lookaround* I am now a little less confused! However it does seem to

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me that the Parish Council, with the best of intentions, has perhaps unwittingly saddled itself with an expensive long term headache of ever increasing maintenance costs which will have to be recouped from us Council Tax payers and the car parking public. No car driver wants to pay to park when there is unrestricted parking available free of charge on residential streets close to the shops. It is the local residents who can't park in their own street who will suffer in the end. I foresee a rash of double yellow lines approaching!

It is now a year since our present Parish Council was elected and the Lib Dems took over control of SLDC. Have they delivered their pre-election promises? Now it is pre-election time again and



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leaflets galore (destined for recycling) are dropping through our letter boxes.

Whatever the promises and whatever our personal choices I believe it is important that we should use our vote to elect someone to represent us on SLDC. So I look forward to seeing you at the Polling Station on Thursday 3rd May.

Best wishes

N Hastle.

CANCER CARE.

An "Open Garden" will be held at Rhumes, Dent on Sunday July 8th and Afternoon Teas will be served to raise money for the work of Cancer Care in this area. The event will run from 1-4pm and as is the practice Tea and Biscuits will be served inc in the admission price of £2.50 with cakes being sold separate. The usual "team" from CC are unavailable so anyone who would be able to assist in any way is asked to please contact Sarah on 25212 as soon as possible.

SETTLEBECK HIGH SCHOOL

News from the Headteacher

I am writing this just after our Red Nose Day fund-raising events and, once again, I am impressed by how our students pull together and fund-raise for charities with such enthusiasm. They made over £420 through their efforts last Friday which, for a school of 200, represents over £2 per student; a very creditable achievement.

This short term has featured a number of exciting opportunities for Settlebeck students. In particular, the trip to Zreče was, once again, a great success due to the warmth and friendliness of our hosts, the interesting programme of events and the good companionship of Year 9, who were a pleasure to spend a week away with. We are now looking forward to the return visit from our friends from Zreče on 17th – 22nd May. We are looking for as many homestays as possible again this year. Any family who would like to be involved in hosting one or two Zreče

students during this period, please get in contact as soon as possible.

Mr Burrowes and the Science Department are continuing to develop projects for creativity within science. We have the Cumbria Film Collective working with us again this term, this time with our Year 7 and Years 5 and 6 from Hawes Primary School. We spent an initial bracing morning climbing Settlebeck Ghyll on 5th March, with more than 70 students from both schools looking at the effects of global warming on our flora and fauna.

Year 8 are working with Cumbria Film Collective on a creative response to mechanisms which is involving the Science, Technology and Music departments. Several students also spent an interesting 2 days recently studying astronomy with other Rural Academy schools.

Our kitchen continues to go from strength to strength as the numbers of students taking school meals has

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increased by nearly 50% since September. I would like to thank Pat Eccles, the Kitchen Manager, Hayley Williams and Joan Campbell for their sterling work in devising the wide range of new recipes which provide well-balanced and nutritional meals at a competitive price. This summer we have plans to re-vamp our kitchen/dining facilities and hope that by September students will find these facilities more comfortable and efficient.

With Easter fast approaching, I am increasingly aware of my imminent departure. Judith Greene, the new Headteacher, will be visiting regularly during the summer months to facilitate a smooth handover. In the meantime, there is a lot to do, not least Year 9 National Tests and Year 11 GCSEs but also in preparing for our School sports day on Wednesday 20th June, the Settlebeck Summer Fete on Tuesday 10th July and our Alternative Curriculum week starting Monday 16th July.

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SOUTH LAKES SOCIETY FOR THE BLIND SEDBERGH GROUP

George Watson created and organised an amusing and light hearted quiz for the March meeting. Keeping order was a challenge but he coped extremely well without having to resort to Jeremy Paxman's tactics. The theme was Sedbergh and it's surroundings and some of us realised just how much we have to learn about this part of Cumbria!

In the April meeting we heard from Sheila Wolfenden from Asda Stores, who treated us to a selection of fruit as an encouragement to healthy eating. We learned about the pitfalls of too much sugar and salt and the benefits of the five-a-day regime (or is it now eight-a-day?) Everyone enjoyed the talk and especially the goodies.

The next meeting takes place on the 15th of May when we will be discussing childhood memories, possibly with the help of artefacts from the past. New members and volunteers are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633.

JGL

SEDBERGH BADMINTON CLUB

Our First Team played in the second division for the first time this season and finished well in spite of struggling to get the same team out every week.

Our Second Team missed out on winning the division finishing second gaining promotion to the third division.

The third team finished mid table in the fourth division, but pulled out all the stops and won the Albert Pearson Cup. Well done!

John Armitstead and Angela Mason joined forces to win an open competition at Penrith and Keith Burrow and Lynn Iredale won the mixed doubles in the Westmorland Handicap event.

Around 20 Juniors have been coached on Friday nights this year; we played in the Penrith Junior League again, winning the second division with some excellent home and away matches being played.

We also have juniors who go on to represent Cumbria in county tournaments, joining coaching cells held at Penrith and Kendal: Joe and Adam Robinson did extremely well.

Rosie Mason (u13) won the first competition of the year at Penrith and went on to finish second in the singles and won the doubles at a Cumbria Competition next. Well done Rosie!

In the next local competition at Kendal, the u13 was won by Tom Cooling and the u15 by Adam Robinson, and they combined their skills to win the doubles as well.

Emily Armitstead won the u15 singles, doubles and the mixed doubles at the Westmorland Competition. Unfortunately both competitions were badly attended by



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Sedbergh Juniors which was disappointing.

At our own end of season competitions Thomas Thexton, Joe Clare and Adam

Robinson were victorious after some very entertaining and hard fought matches using the new scoring system. Certificates this year were awarded to Jordan

Burrow, the best beginner,

Joe Clare, best male junior, Emily

Crompton was the best team player,

Emily Armitstead, best female junior, and

Rosie Mason was the overall player of the season.

We all enjoyed a well attended end of season get together at the Bull Hotel.

Richard Mason.

**SEDBERGH & DISTRICT
11th SPRING SHOW**

Garth Steadman, Champion Butcher of the North of England, opened the 11th Annual Sedbergh Spring Show on a day of glorious sunshine. Garth who has traded in Sedbergh for 46 year is also President of the Chamber of Trade, and Chairman of the Town Twinning Committee. In his opening remarks he said what a grand place Sedbergh is in which to live and work, and admired the skill of the many talented entrants. He presented the prizes to all the proud winners at the end of the afternoon

This was again a record year for the show with 580 entries on display, and competitors ranging in age from 3 to 97!

The Children's Section was particularly strong with excellent support from the local primary school, and the judge made a

particular point of praising the high standard achieved the children.

The afternoon was greatly enlivened by the splendid playing by the Town Band and everyone remarked what a happy day it was. A small cash surplus was raised that will be used to make next year's Spring Show even bigger, brighter, and better!

The committee would like to thank everyone that helped before and on show day, but especially Lucid Training Centre for printing such excellent brochures, and to those who gave so generously to the raffle, including The Middleton Head



Inn, The Red Lion, Powell's Grocers shop, Sedbergh Chemist, Spar, the Green Door, the Flower Shop, A Stephenson's - Fruit & Veg., Jack & Mary, Mr & Mrs W Milburn, Mr & Mrs G Milburn, Rita & Helen Nicholson, Mr & Mrs R Sowerby, Mr & Mrs Ozzie Tatt, and Mr & Mrs R Underwood.

Congratulations to the winners of the trophies and cups:-

Overall Winner of the Sedbergh Spring Show Shield

Mrs Margaret Fearnhead
Prize for most new entries to the show

Mr Garry Cowdroy
Lookaround Cup for "Best in Show" adults

Mrs Carol Hayhurst
Lookaround Cup for "Best in Show" - children

Howgill Toddler Group
Handicrafts Cup - joint winners,
Mrs Margaret Fearnhead
and Mr Tom Allison

Handmade toys Cup Mrs Jean Sowerby
Flowers and Plants Cup

Mrs Margaret Milburn
Garments Cup Mrs Margaret Milburn
Home Produce Cup

Mrs Janet Postlethwaite
Art & Photography Cup

Mr Garry Cowdroy
Children's section Cup

Miss Emma Postlethwaite
W Milburn & Son Cup

Miss Amy Mahon
Special Cup Miss Lily Davies

Local Organisations' Certificate
Kirkby Lonsdale Country Market

WI Cup Killington WI

The full results for each class will be available at the Lookaround Office or a SAE (only because there are too many to list).

GLADSTONE HOUSE

We are hoping to clarify some misapprehensions regarding Gladstone House and its purpose.

Gladstone House was built in 1962 as a community centre to be used by sheltered housing tenants. When it was first built it was managed by Sedbergh Rural District Council, who allowed it to be used by a few different societies.

After the county boundaries were altered it became the responsibility of South Lakeland District Council. From this time onwards, all sheltered housing tenants paid an amenity charge. This charge currently stands at £26.05 per week and covers the cost of Gladstone House, the managers and Careline Service.

As the bungalows are quite small, sheltered Housing tenants may invite friends or family, as many as they like to the Communal Lounge in Gladstone House. This way, the Sheltered Housing Tenants have a place to entertain visitors.

We are always happy to welcome visitors at Gladstone House and would like people to come and view the Reminiscence Quilt that is on show.

GH Tenants Committee

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SPRING FAMILY FUN TRIALS

Kirkby Stephen Grammar School & Sports College, Settlebeck High School, Sedbergh Primary School and Howgill Harriers present Spring Family Fun Trails. Run or walk approx 3 mile course on footpaths and trails around Sedbergh. The same course will be used over three different Thursdays: 17th + 24th May and 7th June - see how you improve over the 3 weeks.

Starting each evening at 6:30pm with registration at Sedbergh School Rugby Pavilion, Busk Lane, Sedbergh. There will be a free minibus from Kirkby Stephen Grammar School at 6pm. Entry fee for all three events are: £3 under 16 and £6 over 16 if you pre-enter or £5 and £10 if you enter at the event. Please note that the minimum age for entry is 10 years of age. Entry forms from Howgills Gift + Home, 61 Main Street, Sedbergh or telephone 015396 21212.

Prizes will be awarded for best ul2, ul4 & ul6 as well as adult prizes for all the usual categories. Plus awards for the best parent & child, the person who makes the most improvement over the three events and spot prizes will also be awarded. A certificate will be presented for everyone completing all three events.



**SEDBERGH PRIMARY SCHOOL
Foundation Stage Easter Fun**

During the last week of term the children in the Nursery and Reception classes at the Primary School decorated pebbles which some of the children had collected on their river walk. They also made Shredded Wheat nests for mini eggs, melting, mixing and spooning their mixture.

On Wednesday morning an Easter Bunny hid all the decorated pebbles around the Maryfell playground. Both classes went up to the playground with their teachers and helpers to hunt... Every child exchanged a decorated pebble for a chocolate nest and it all became very quiet! Then children joined together in Easter themed activities e.g. egg and spoon races, patterning on enormous egg shaped paper and playing on the play equipment.

Great fun was had by all!!



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**SEDBERGH MACMILLAN
SUPPORT GROUP**

The local MacMillan Support Group for Sedbergh, Dent and Kirkby Lonsdale held their A.G.M. on 15th March 2007.

The newly elected officers are:-

President Mrs. Caroline Sandys-Clarke
Chair Mrs. Judith Meadows

Secretary Mrs. Ann Bannister

Treasurer Mrs. Jill Kay

We also have a new committee member, Mrs. Joanne Orr.

The amount raised by the committee last year was £3,600.00. The committee would like to thank everyone who supported them last year and hope that they will continue to give their support in the coming year.

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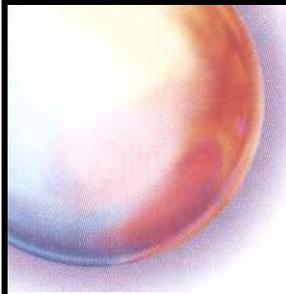
PHOTO CALL

Last month I managed to identify every person in the March Photo thanks to Ken McClurg, Jean Dodd, Janet Oughton and Joan Campbell.



Back Row L to R: Janet Dinsdale; Irene Thompson; Joan Mason; Margery Woof
Jean Dodd; Susan Bennett; Linda Taylor
Middle Row L to R: Dorothy Woof;
Dorothy Alderson; Jacqueline Dixon;
Christine Murdoch; Angelica Musgrove;
Suzanne Woof
Front Row L to R: Brian Booth; Robert Fothergill; Roger McClurg; Jeffrey Allen
Alan Hunter

This months is a comparitively modern one so ever hopeful. Names as usual to Shirley Tebay, Walnut Bungalow, Dent, Sedbergh, Cumbria. Tel : 015396 25001 or email shirley.tebay@btinternet.com



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MARCH WEATHER

Yes we did have a bit of the usual “many weathers” during the month but generally it was a fairly mild, dry month for a typical March. Total rainfall was only 2.96 inches. We only had 3 nights of actual frost i.e. below freezing but we had 10 nights where ground frosts were recorded. The minimum temperature was 25.5F. At the other end of the scale we had temperatures in the 60sF during the last week of the month with a maximum of 65.8F! However although relatively mild the strongish winds of March produced a wind-chill factor dropping the night time temperatures below freezing on all but one night with a low of 9F. Wind speed maxima reached double figures on all but 2 days with a high of 30.0mph. On all but 5 days the maximum wind came from the now usual North West quarter. To make the “many weathers” complete we had a covering of snow on Mothering Sunday and the next day. Again this was not as heavy as other parts of the country had witnessed.

The mild weather saw an increased activity with birds starting nesting. Blackbirds were building and the Storm cock (Mistle thrush) was singing from his perch in the chestnut tree. Towards the end of the month the starlings visited their old nest in our kennel wall and wood pigeons were seen carrying in nesting materials. The daffodils gave a good display, including Wordsworth’s on the side of Lake Ullswater. Primroses and celandines gave us signs that winter was nearly over with their colourful display. Early hawthorn was bursting into leaf and

hazel catkins became lambs tails in time to welcome the lambs in the fields. Now the search is to find the tiny red female catkins on the hazel. Some early blackthorn was in flower during the mild spell at the end of the month allowing the bees to pollinate it for those all important ingredients for sloe gin! A few Fieldfares were seen but no mass migration unless they had all flown north after dark.



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SHORT STORY COMPETITION

BBC Radio Cumbria and Sedbergh Festival of Books and Drama are running a competition to find stories to include in this year’s festival.

Winning stories will be read ON AIR, at the Festival and printed into a small book.

The theme of the stories is FREEDOM, this is in its widest senses, not only about slavery please.

Entries from over 18’s only, should be no longer than 1000 words long. Please send your entry to Freedom Story Competition, Sedbergh TIC, 72 Main Street, Sedbergh LA10 5AD. Please make sure that stories are legible and preferably typed or printed.

LADIES NFU

The March meeting guest speaker was Mrs Burrow on embroidery. She first showed us slides of the work she has done eg beaded bags, pictures, book covers, cushions and lots more, telling us about the work that was involved with each items. After the slides she showed us samples of her work, which included a portrait of her husband done in different stitch work.

April meeting was An Evening of Antiques by Mr Higgs. 25 members and guests were present and brought items of interest for Mr Higgs to talk about and to value, some dating back to the 18th century. He told us how to look after wooden furniture and also on cleaning pewter. Mrs C Mason and Mrs A Sykes won the raffle.

Our next meeting is on Tuesday May 15th in the Peoples Hall Committee Rooms at 7.30pm. The guest speaker is Mrs G Price on a Tour of Levens Hall. New members welcome.

EATING OUT

The Gallery in Sedbergh wins the award, if I gave them, for the very best Hot Chocolate, Farleton View Fisheries Cafe for the best home-made cakes and what a view from the conservatory and the Hideaway at Lupton for their scones and view of the canal. The extension at Dent Craft Centre is a delight with the antique tools hanging on the beams and as for the Fish and Chip night at Meadowside Cafe... the place gets packed out its that good! All these places are disability friendly and all except Meadowside have level access and help is available.

E.N.Joy

ST. JOHN THE EVANGELIST, FIRBANK - SPONSORED PARISH WALK

(Approx 6 miles)

Starting at 10 am on May 12th from Killington Church > Firbank Hall > Howgill Church. (Please bring a packed lunch to be eaten at Firbank Church).

Sponsor sheets or donations to Firbank Church. Phone Alison on 015396-20134 for more information.

Please come and join us. If anyone wants to join the walk at any point on the way please let Alison know.

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RING 'N' RIDE

There are a few occasions when there is no transport available for runs from Sedbergh & Dent to Kendal, Hospital or elsewhere.

Would it be possible to have a "Ring 'n' Ride" set up in the area to help with transport? There is one running in Manchester which works very well.

If anyone is interested in supporting this scheme, has any ideas as to how to set one up or would like to run it, please leave details in Sedbergh Office Services on the Information Sheet.

Georgina

STEADMAN'S BUTCHERS

More Awards For Steadman's

The awards keep coming! Prize-winning butchers Steadman's of Sedbergh this week added to their impressive list of achievements by taking three top awards at the BPEX North West Regional Roadshow in Bolton.

Ryan Moffat manager of Steadman's entered three varieties of sausage in the under 25 year old class while Garth was away on holiday and came way with one gold and two bronze awards.

His "best banger" was a traditional pork sausage, a particular customer favourite, with bronze going to his beef & horseradish and pork, and cheese & onion varieties.

Garth Steadman said: "Entering for awards allows us to get an independent measure of the quality of our products. I am proud Ryan has won three awards and to gain a gold is a tremendous achievement."

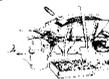
THOUGHT FOR THE MONTH

It is often easier to talk about Jesus to someone you do not know rather than to someone you do. Opportunities to share ones belief are often missed through a fear of being made fun of or being ignored or of losing a friend. This month sees "Walk Cumbria" come amongst us, people unknown to us sharing what being a follower of Jesus means to them, and can be to you. Jesus was not welcomed everywhere and neither will these people, but do at least listen to what they have to say, and think about it.

LD

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SAINTS ALIVE

"Saints Alive" will be performed on 26th & 27th May where everyone is invited to attend. People are still invited to attend rehearsals on Monday Nights at the Methodist Church at 7.30 pm. All singers and instrumentalists welcome.

Many thanks for the generous donations made towards our roof fund over the past weeks and for our neighbours patience during the building work."

Sunrise walk.

Over 30 people, both locals and visitors, began their trek up Winder for the Churches Together Sunrise Service on Easter Sunday. Wandering up at 5.30am in the semi-dark was a both peaceful and noisy with birds and animals all around us. 'Sedbergh Lifeline' were standing by just in case anyone was sleepy enough to walk off the path, but thankfully no-one was! By 6.30 we were in place and shared a short service before watching the glorious sunrise that turned the sky a lovely combination of reds and pinks. We are planning to do it again next year and there were even rumours of bacon butties next time!

SEDBERGH PRIMARY SCHOOL

Visit by Tim Farron, Local MP

On the 15th March, Tim Farron, local M.P. came to talk to Year 6 about his worries concerning global warming and to discuss with us things that we can do to help.

He started by talking about greenhouse gasses, explaining that global warming was caused by these. He told us that it is 450 degrees celsius on Venus because of the greenhouse gasses there, covering the planet completely.

Then we had a discussion about the effects of global warming. Because of temperatures rising, the ice caps are beginning to melt causing sea levels to rise. This could mean polar animals becoming extinct. Small islands could flood completely and rivers might rise. Although in England we have the money to make barriers to protect the coast from flooding, poorer countries could suffer.

We talked about what we could do to help the planet and had a discussion about which is more beneficial, flying to the south of France or taking the car through the channel tunnel and right across France. We said how we could help the planet, for instance, using energy saving light bulbs and buying solar panels and wind turbines. We also gave him some things to bring up in the House of Commons. Then people asked questions of all kinds like "Why can't we have someone to come round collecting our plastic recycling so we don't waste as much energy driving into Kendal to recycle our plastic?" and "Why can't paper bags be used instead of all this plastic packaging?" Then we had a photograph taken with a few members of

the class.

It was an interesting and inspiring discussion and it has helped us all to understand global warming better and to make us feel that we can all do our bit. It also made us happy that our ideas and hopes for our future planet can be heard by people with the power to make a difference.

*Mary Ormerod
Year 6*



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CANCER CHARITIES TABLE SALE

On Saturday July 7th a couple of us are to hold a TABLE SALE at "Rhumes", Dent to raise funds for some of the valuable support which is made available by Charities which support people being nursed and cared for at home with their Cancer. We have not as yet made the final decision as to which charities to support other than Cancer Care but will decide in time to advertise the event. PLEASE NOTE we do NOT have room for anymore "tables" and kind though you all are in the giving of items to sell we CAN NOT ACCEPT ANY before the day. Refreshments will be sold and help with those would be most appreciated and there will be a raffle.

RECYCLING NEWS

This month we are answering some more of the questions raised in recent months.

Why are plastic and cardboard banks always full?

These materials are both light and bulky and as a consequence the banks fill up very quickly. At our busiest sites, Asda and Morrison's in Kendal, the plastic banks are emptied every day, 7 days a week, sometimes more than once each day. We do therefore ask that plastics and cardboard are squashed to minimise the amount of space taken in the bank.

Squashing a plastic bottle will reduce the amount of space it takes up in the bank by more than half.

What are we doing about the problem?

We are constantly increasing the frequency of emptying to meet demand. We monitor the sites at Asda and Morrison's several times a week, and other sites are also monitored on a regular basis. We will also be introducing more plastic banks in other parts of South Lakeland. We know that many people travel to use the main sites and that they would like plastic and cardboard banks nearer to home. This will also help householders who would like to recycle plastic and cardboard but do not presently do so.

If you have any questions about recycling please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at recycling@southlakeland.gov.uk

Thank you for recycling.

DENTDALE METHODIST CHAPEL

This month has a lot of interesting and

exciting things happening around the dale and the Methodist Circuit, mainly for us it is the visit of Mr Eric Brennand a local preacher with a tale to tell in a lovely relaxed humour filled way over a buffet supper on the eve of May 12th. Please don't be the ones to miss out, do come. Contact us for information/tickets etc.

Walk Cumbria takes place in our locality from Sat May 5th -Sun 13th with events taking place in Dentdale on Tue 8th, all day, and Fri 11th in the morning and combining with our event on the 12th. There is a BBQ and Songs of Praise arranged by Churches Together, probably in Sedbergh on the eve of 6th May and in the afternoon at 2.30pm we join the congregation of St Johns at Cowgill for their Lambing Service. Then on Pentecost, 27th May there is one huge get-together at St Andrew's, Sedbergh and I think its "Saints Alive" but see elsewhere in this *Lookaround*.

Just to keep us all on our toes our services stop being at 2pm from the 20th when our evening services begin for the summer at 7pm each Sunday. We shared communion and then afternoon tea after our Easter Day service when Tim encouraged those who were weary or discouraged. The Circuit Prayer meeting comes to us on Mon 14th and Pray and Share continues fortnightly at 1.45 on Thursdays inc 10th (I think!).

We are postponing our planned Flower Festival until next year, having a "Tea in the garden" on Aug 4th and hope to arrange one or two other events when things ease up a bit. On Wed June 20th we are having a Coffee Morning in the URC Rooms in Sedbergh, do come and join us.

S E Woof (25212)

SEDBERGH TOWN BAND

Spring Show. On Saturday 31st March the Band, conducted for the occasion by Tony Crofts, provided an hour's worth of well received, varied music to entertain the early afternoon visitors to the Annual Spring Show held in the People's Hall.

Town Gala. As in previous recent years the band will lead the parade onto the Lupton fields to start the Gala to be held on Saturday 19th May. Later in the afternoon they will be giving a concert on the field which will feature some of the numbers new to their repertoire.

Sedbergh Town Band Members Win at the Mary Wakefield Westmorland Music Festival

Eleven year old twins, Samuel and Henry Wray, who are Sedbergh Town Band members had a successful day at the Westmorland Music Festival. Both entered the Brass Instrument Solo for pupils in Year 8 and under. Samuel won The Freda Weston Cup with a tremendous performance of 'O Star of Eve', on his euphonium and Henry was awarded a second place for a moving rendition of 'Concerto de Aranjuez' on the flugel horn, playing an arrangement by Alan Lewis, Sedbergh Town Bandmaster.

Samuel and Henry then went on to win The Muriel Benson Cup by taking first place in the duet class for pupils in Year 8 and under. They performed an arrangement of 'All I ask of You', by Andrew Lloyd Webber.

SEDBERGH TENNIS CLUB

The new season's starting and we're looking forward to seeing old faces and meeting new ones.

Carpet & Upholstery Cleaning



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- NCCA registered
- Fully Insured
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Sunday May 6th is Fun Day. It starts at 2pm and comprises of an afternoons tennis for both Adults and Children, rounded off with a Barbeque.

Other dates for the diary are Sunday 24th June which is Junior Tournament Day, Matches begin at 10am and Sunday 1st July, Adult Tournament Day, Matches begin at 2pm.

Once again we have entered the Kendal League and would be delighted to hear from anybody who would enjoy playing with us this season. Please contact Angela Mason our team captain on 25461.

Club Nights remain every Tuesday Evening from 7pm onwards and Sunday Afternoons.

Subscriptions are also due, Family Membership £30.00 Adult £20.00 Junior £8.00

Please send either to the Treasurer Jackie Robinson at Hebblethwaite Hall Barn, Cautley or pop in the letterbox of 15 Guldrey Lane, the office of Rosemary Lewes, white building on the right just past the Tennis Club Car Park on the way up the hill!

Junior Coaching is once again being organised through the local schools, so join the kids on the courts and enjoy the season.

MAY GARDENING

Think of an old fashioned, country cottage garden and along with the border of simple flowers you will probably picture a patch of mint, a clump of chives and a sizeable patch of rhubarb. Rhubarb does, after all seem to be such a very British vegetable, so is hard to believe that live plants were unknown in the West until the 18th century.

Before that, the Chinese who had used rhubarb roots in medicine for over 2000 years, and the Russians who grew and harvested native rhubarb plants for export, held a trade monopoly maintained by the Kiakhta Rhubarb Commission which prevented the international trade in export of plants. It was not until around 1750 that Rhubarb seed was introduced into European botanic gardens and the plant was grown on a field scale. At this time the species of rhubarb grown were purely for medicinal use and it was not until the 19th century that edible rhubarb was developed from the species *Rheum rhaponticum*.

Although we usually grow rhubarb in our gardens as a vegetable, it does make a striking border plant. *Rheum palmatum*, the Chinese Rhubarb is the one most commonly grown. It has deeply cut leaves which are a rich wine red when young. The cultivar 'Atrosanguineum' has rich pink flowers instead of the usual greenish white. Both emerge from their woody rootstocks in April and quickly shoot up to produce a wide spreading clump of decorative foliage and flowers. Contrast this with the fine cut foliage of astilbes, and some strong growing, blue flowered *Campanula* 'Prichard's Variety'

and you have a bold and lush planting combination for a shady and moist corner of the garden.

Elaine Horne

DIALECT DIGEST

A recent Yorkshire Dialect Society meeting in the lovely coastal resort of Filey included some tapes of local dialect recorded fifty years ago. These aptly illustrated how different parts of the county had their own unique versions of the language.

The dialect of the fishing community included words and phrases which would not be understood even a few miles inland.

'Flither' is a type of limpet which was collected in extremely harsh conditions by women for use as bait by their menfolk on the cobbles, and 'beeting' means making or repairing nets.

The weather plays a large part in fishing, so there are many words to describe the conditions. 'Blash' describes sudden gusts of wind with heavy rain, 'lop' short lumpy waves on the sea, and if it's dull and gloomy, it's known as 'dowly'.

A 'glazy' is an oilskin coat, a 'foy' is a salvageable wreck, and a piece of line attaching a hook to the main fishing line is known as a 'snood'.

What is apparent from these examples is that something which requires a whole sentence to describe it in standard English can often be summed up in a single pithy dialect word.

Perhaps that's why Yorkshire folk have got a reputation for being rather reticent!

Michael Park

TRUCK PULL BINGO NIGHT

On Friday 5th April, the truck pull team held a Bingo Night in the White Hart Club with all monies raised going towards promoting and funding this years big tractor pull, from Kendal to Sedbergh on 27th May. Breast Cancer, Cystic Fibrosis, Helme Chase Maternity Unit, Howgill Toddlers, Zebras and Playgroup will all share in the money raised.

The Bingo raised £592 and our thanks go to the Club, Red Lion, Bull Hotel, Dalesman, Middleton Head, Gallery Café, Rycrofts, Paper Shop, Spar, Howgill Home and Gifts, Sleepy Elephant, Three Peaks, Pharmacy, Powells, Green Door, Martins, Julie & Bomber Lowther, Pauline & Ellis, Pinfold Caravans, Ellie's Bakery, Flower Shop, Chinese take away, plus all the gifts donated from parents, staff and friends of Howgill Toddlers, Zebras and Playgroup.

Special thanks also to Lorraine Kirby, Angela Metcalfe and H plus big thanks to Joanne Haygarth, Joan Campbell, Jeanette Harrison and Maureen Airey plus everybody who supported us on the night.

We've done our bit, now it's up to Caspa and his team to get that tractor back to Sedbergh. Good Luck to all the team.

Truck Pull Team

WENSLEYDALE RAILWAY

May 2007 will be the busiest month yet for special events on the Wensleydale Railway. Details are given on the website www.wensleydalerrailway.com and in the printed timetable (available from Tourist Information Centres in Hawes, Aysgarth,

Leyburn, Bedale, Reeth, Northallerton, Richmond, Sedbergh and elsewhere).

There will be extra train services morning and late afternoon for the three days of the Dales Festival of Food and Drink in Leyburn (May 5-7) and extra afternoon trains for the Millennium Trust woodland event and Guided walk from Redmire to Aysgarth (May 19) and the Swaledale Festival Guided Walk (May 31). There are scheduled train services on all Fridays, Saturdays and Sundays in May, and every day in half term week (May 28 – June 3). Special events include Community Rail week-end (May 18-20), the Kilburn White Horse 150 Anniversary (May 25), and a Hog Roast (with special connecting trains) at Leyburn on Wednesday evening May 30. Regular train services also serve local events such as the charity cream teas in Redmire village hall (May 6 and 28) and Finghall Barrel Push (also May 28). May 14 is the deadline for claiming the Early Bird discount on bookings for Day Out With Thomas on June 9 and 10.

EXCUSES EXCUSES

These are genuine reports from British Council flat tenants complaining to the Council about problems with their accommodation!!

- My lavatory seat is cracked, where do I stand?
- I am writing on behalf of my sink, which is coming away from the wall.
- 50% of the walls are damp, 50% have crumbling plaster and 50% are plain filthy.
- This is to let you know that our lavatory seat is broken and we can't get BBC2!

COMMUNITY OFFICE NEWS

Mentoring

Is anyone interested in becoming a mentor for local kids who need a bit of extra support? This may be a meeting once a week to discuss any worries they may have; going into school to give support; giving advice if requested and generally be an older friend.

Recycling

There is concern about the amount of household rubbish being put in the recycling bins on Joss Lane car park, particularly the paper bin. If there is one inappropriate item the whole consignment has to be condemned and goes straight to landfill. Last week there was a plant in the paper bin and so the whole weeks responsible recycling was in vain. Please be careful and conscientious about using the recycling bins and please report any non recycling activity that you see.

DENTDALE CRICKET CLUB

A practice match twenty/20 format has been arranged for 2 pm Sunday 20th May. Weather permitting we will have a Barbecue and a bit of fun. Will all players old and new please join in. Our first match is at Dent



v Kirkby Lonsdale at the Rugby Club on 3rd June.

Our fixtures list is as follows:-

3rd June - Kby Lonsdale RUFC	Home
10th June - Bellringers	Home
17th June - Gregsons	Away
24th June - Sheeptown Cavlrs	Away
1st July - Holker	Home
8th July - Bentham Exiles	Home

15th July - Barrow Nomads	Home
22nd July - Gregsons	Home
29th July - Archbishop Hutton	Home
5th Aug - Lancaster Univ.	Home
12th August - Holker	Away
19th August - To Be Arranged	
26th August - NO GAME (Dentdale Weekend)	

2nd Sept - Sheeptown Cavaliers Home
A pre-season meeting will be held at 8 pm on 14th May at the George & Dragon. Please attend if you can.

Anyone wanting more information please contact David (Larry) Hunter on 07713-787515 or John Hyde on 015396-25503.

We are still looking to borrow/hire, for a few days, a sit on wicket roller. Can anyone help?

NORTH WEST CANCER RESEARCH FUND

The Committee wish to thank all who helped to raise the excellent total of £290.95 at the Coffee Morning on April 11th.

With NWCRF, 90p of every £1 raised is spent on research which takes place at the Universities of Liverpool, Lancaster and Bangor.



ANNUAL PARISH MEETING

The Annual Parish Meeting will be held at the People's Hall on Wednesday, May 30th at 7.00pm. All residents within the parish of Sedbergh who are entitled to vote are welcome to attend. There will be no set agenda, but the meeting may discuss any matter of relevance to the parish.

ORGANISATION	CONTACT	Tel:	015396
After School Club	Mrs Packham	Sed:	21484
Age Concern South Lakeland PH (M & F)	Mrs Alderson	Sed:	20814
Angling Association Latest Amendment	Mr Wright	Dent:	25533
Art Society (S & D)	Miss Nelson	Sed:	20034
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed:	21902
Book Group	Mr Wheten	Sed:	21488
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bridge Club	Mr Estensen	Sed:	21060
Butterflies Tots & Carers	Mrs Gerrard	Sed:	21217
Canoe Club (S&D)	Mr Hinson	Sed:	20118
Caving Club (Kendal)	Mr Teal	Sed:	20721
Chamber of Trade	Mrs Baines	Sed:	21287
Chameleons Drama Club	Mrs Bush	Sed:	20058
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Bush	Sed:	20058
Dent Memorial Hall	Mrs McClurg	Dent	25446
Dentdale Players	Mr Duxbury	Dent	25535
Dent School (Friends of)	Mr Hartley	Dent:	25317
Dog Training (Sedbergh)	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	Mr Clark	Sed:	21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed:	20302
First Responders (Dent) Latest Amendment	Mrs Pilgrim	Dent:	25589
Football Club (Dent)	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group Latest Amendment	Mrs Fisher	Sed:	20764
Garsdale Village Hall	Mr Adams	Sed:	21085
Golf Club	Mr Lord	Sed:	20993
Good Companions (Dent)	Mrs Woof	Dent:	25275
Gladstone House	Mrs Mackereth	Sed:	20346
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
History Society	Mr Cann	Sed:	20771
Howgill's Harmony	Mr Burbidge	Sed:	21166
Howgill Harriers	Mr Brassington	Sed:	21212
Howgill Schoolroom	Mrs Stainton	Sed:	20665

Howgill Toddlers	Mrs Alderson	Sed:	22050
Kent Lune Trefoil Guild	Mrs Mitchell	Sed:	21144
Ladies National Farmers Union	Mrs Escholme	Sed:	20376
LETS around Sedbergh	Miss Wheaten	Sed:	20959
Liberal Democrats	Mrs Cleasby	Dent:	25476
Playgroup (Sedbergh)	Mrs Brewer	Sed:	21504
Over 60's (Dent)	Mrs Murdoch	Dent:	25335
Parent Support Group	Mrs Goad	Sed:	20402
Parish Council (Dent)	Dr Ioannou	Dent:	25023
Parish Council (Garsdale)	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	Mr Chivers	Sed:	21456
People's Hall	SOS	Sed:	20788
Peoples Hall Day Centre (Mon & Fri)	Day Centre	Sed:	21126
Pepperpot Club (Sedbergh)	Mrs Smith	Sed	21196
Pistol and Rifle Club	Mr Middlemiss	Sed:	20662
Playing Fields (Sedbergh)	Mr Hinson	Sed:	20118
Rag Ruggers	Mrs Hennedy	Sed:	20899
Residents Association (S & D)	Mrs Capstick	Sed:	20816
Royal British Legion	Mrs Brassington	Sed:	21212
Scouts	Cubs	Sed:	
	Scouts	Mr Mawdsley	Sed: 20723
Settlebeck High School P.T.F.A.	Mrs Wood	Sed:	21385
South Lakeland Carers Association	Mrs Woof	Dent:	25212
South Lakeland Voluntary Society for the Blind	Mr Axford	Sed:	21019
Squash Club	Mrs Cooling	Sed:	20622
St Andrew's Church (Sed) Sunday School	Mrs Denton	Sed:	20521
Slimming Club	Mrs Uttley	01539	722568
Swimming Club	Ms Pakeman	Sed:	21279
Tennis Club	Mr Robinson	Sed:	21014
Town Band	Mrs Waters	Sed:	20457
White Hart Sports and Social Club	The Committee	Sed:	20773
United Reformed Church Rooms	Mrs Mason	Sed:	20048
Westmorland Gazette Correspondent	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	Mrs Sugden	Dent:	25303
Women's Institute (Frostraw) Latest Amendment	Mrs Mather	015242	76333
Women's Institute (Howgill)	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	Mrs Sharrocks	Sed:	20754
Young Cumbria	Mrs Hartley	01524	781177
Young Farmers Club	Miss Capstick	Sed:	21032
Young Kidz	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	Mrs Woof	Sed:	21644

NO SMOKING ZONES Smoking Zones' that used to appear
 Due to the imminent introduction of periodically in *Lookaround* will no longer
 'No Smoking in Public Places', the 'No appear. *Ed*

BUS SERVICES

Sedbergh to Kendal via Oxenholme

Monday – Friday

Sed			
0745	564	S	❖
0940	564	W	
1005	564	S	❖
1015	Wed 564B	W	❖
1240	564	W	
1300	564	S	❖
1440	564	W	❖
1550	564	S	❖
1711	564	W	

Saturday Only

1005	564	S	❖
1050	564A	S	❖
1300	564	S	❖
1550	564	S	❖
1615	564A	S	❖

Sedbergh to Kirkby Stephen

Monday – Saturday

0900	M-F 564	S	❖
1120	564	S	❖
1440	564	S	❖
1655	564	S	❖

Sedbergh to Kirkby Lonsdale

0945	Thu 567A	W	❖
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Sedbergh to Cowgill

1330	Wed 564B	W	❖
0940	Sat 564A	S	❖
1500	Sat 564A	S	❖

Blackhall Road, Kendal to Sedbergh

via Oxenholme

Monday - Friday

Dep			
0830	564	S	❖
0835	Sch 564	W	
1030	564	W	
1050	564	S	❖
1300	Wed 564B	W	❖
1330	564	W	
1410	564	S	❖
1625	564	S	❖
1630	564	W	
1745	564	W	❖

Saturday Only

0905	564A	S	❖
1050	564	S	❖
1410	564	S	❖
1425	564A	S	❖
1625	564	S	❖

From Kirkby Stephen to Sedbergh

Monday – Saturday

0710	M-F 564	S	❖
0940	564	S	❖
1225	564	S	❖
1515	564	S	❖

From Kirkby Lonsdale to Sedbergh

1215	Thu 567A	W	❖
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From Dent to Sedbergh

1000	Wed 564B	W	❖
1035	Sat 564A	S	❖
1600	Sat 564A	S	❖

M-F Monday to Friday Only
 Tue Tuesday Only
 Wed Wednesday Only
 Thu Thursday Only
 Sat Saturday Only
 Sch Schooldays Only (M-F)
 W&F Wednesday & Friday Only
 T&F Tuesday & Friday Only
All times are from and to The Dalesman Inn

B = Braithwaite's Coaches W = Woof's of Sedbergh
 S = Stagecoach in Cumbria
 ❖ = Provided with Support from CCC

Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.
 For Comprehensive up-to-date information ring :-
 Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)
 All times valid from 4th April 2004

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Canon A W Fell Tel: 20283

Church Wardens:

John Beck 22109 & Lavinia Mahon 21740

ROMAN CATHOLIC

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

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
 Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
 Sunday 10.30

Rev. C Gotham Tel: 22030

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30

Mrs T Satchell Tel: 20005

UNITARIAN & FREE

CHRISTIAN CHAPEL

Market Place, Kendal
 Sunday 11.00

Wednesday 19.30

Rev. G Jones Tel: 01539 - 722079

*For enquiries for the following services,
 Please ring the relevant telephone number*

CHURCH OF ENGLAND

Firbank; Howgill & Killington
 Cautley & Garsdale

Canon A W Fell Tel: 20283

Church Wardens:

Cautley: Judith Bush 20058 & Linda Hopkins 21455

Garsdale: Mary Grant 20573 & Bill Mawdsley 20723

Dent & Cowgill

Rev. P Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday

Tel: 21436

*Would you like to know that someone is
 praying for you? Or do you have a
 relative, friend or neighbour in special
 need of prayer? In the Churches, we pray
 every Sunday for this
 community and we
 should like to hear of
 any special needs.
 Please ring any of the
 above telephone
 numbers so that we may
 pray for you and/or
 others.*



OPTIONS for health and well-being

Sedbergh Tel: 015396

Ian McPherson	T'ai Chi, Flower Essences, Homoeopathy	20648
Melanie Kingsbury	Aromatherapy, Counselling	07 8888 57775
Denise Williamson	Homoeopathy, Bowen Technique	20846
June Parker	Acupuncture	20972

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 16th December 2007

MAY					
1	1000	National Parks Influence Starts	DCMH	20 1000 Digital Photography	DCMH
1	1000	Spinning a Yarn	DCMH	20 1300 Indian Workshop	DCMH
1	1030	Beginnings Starts (6)	FM	21 1930 WI Group Meeting	Thornton
2	1000	Firbank Church Coffee Morning	URCR	22 1900 Neighbourhood Forum	DMH
2	1930	WIF Resolutions Meeting	PH	23 1000 Garsdale Church Coffee Morning	URCR
3	0700	Local Elections		25 1100 Washday Blues	DCMH
3	1930	WIH Music & Humour	FCH	26 SS Half Term Begins	
5	0930	Beekkeepers' Furness Convention	Bardsea	26 1430 Beekkeepers' Artificial Swarming	Field Maple
5	1000	Open Garden	Cancelled	26 1930 Saints Alive (26)	SMC
5	1000	Ring the Church with Silver (5)	StAS	26 2000 PH Singalong (26)	PH
5	1030	Beyond Surface Exhibition Starts (6)	FM	27 0900 Charity Tractor Pull (27)	Kendal
5		Walk Cumbria begins		27 1500 Fund Day (27)	PH
6	1000	Open Garden	Cancelled	27 1500 Saints Alive (26)	SMC
6	1400	Tennis Club Fun Day	G	27 2030 Robbie Williams Tribute Night (27)	PH
7		May Bank Holiday		28 Spring Bank Holiday	
8	1400	WIK Resolutions	PH	28 1000 Bring 'n' Buy Sale (28)	DMH
9	1000	StAS Mission Coffee Morning (9)	URCR	28 1900 Duck Race & Coffee Evening	HVH
9	1000	Farmers Market (8)	JLCP	29 1400 Dry Stone Walling	DCMH
9	1315	Muncheon Music (9)	SSQH	30 1000 WIK Coffee Morning	URCR
9	1915	WID Women of Ethiopia & Uganda	DMH	30 1400 Art in the Park	DCMH
11	1000	GVH Coffee Morning (11)	GVH	30 1900 Sedbergh Parish Council	PH
11	1930	Gayle Choir (11)	GVH	31 1100 Bollywood Event	DCMH
12	1000	Charity Walk	KPC	31 1830 Killington Sports (31)	BK
12	1930	An Evening With Eric Brennand	DMC		
12	1930	Slovene Choir Concert (12)	PH		
13		Walk Cumbria Ends			
13		Christian Aid Week (13)			
14	1000	Christian Aid Week (13)	URCR		
14	1500	Reading Group	L		
14	2000	Dent Cricket Club AGM	G&D		
15	1000	Christian Aid Week (13)	URCR		
15	1030	Beginnings Ends (6)	FM		
15	1415	SLSB Meeting	PH		
15	1930	George Hamilton IV Concert	SMC		
16	1000	Christian Aid Coffee Morning	URCR		
16	1300	HS Appleby Town (16)	LHCP		
17	1000	Christian Aid Week (13)	URCR		
17	1000	National Parks Influence Ends	DCMH		
18	1000	Christian Aid Week (13)	URCR		
18	1030	Taking up the Thread (6)	FM		
18	1930	Early Tourism in the Dales	DCMH		
19	1000	Farmers Market (8)	JLCP		
19	1000	Coffee Morning	DMH		
19	1030	Taking up the Thread (6)	FM		
19	1230	Sedbergh Gala (1)	Sedbergh		
19	1900	International Jazz Concert (19)	SSJAT		
20	1000	Love is in the air Starts	DCMH		
20	1030	Taking up the Thread (6)	FM		
JUNE					
1	1000	Love is in the air Starts	DCMH		
1	1030	Beyond Surface Exhibition (6)	FM		
2	1400	Bollywood Event	DCMH		
2	1930	Salsa Evening (44)	PH		
3		SS Half Term Ends			
3	1000	Love is in the air Ends	DCMH		
3	1200	Bollywood Event	DCMH		
3	1400	Dent Cricket v KL RUFC	Dent		
5	1000	Lensless Landscapes Starts	DCMH		
6	1000	Dent Foot Chapel Coffee Morning	URCR		
6	1030	Beyond Surface Exhibition Ends (6)	FM		
6	1330	HS Kendal Town	LHCP		
6	1930	Town Band Summer Concert	PH		
6		WIF Outing	TBA		
7	1930	WIH Members Evening	HVH		
9	1430	Beekkeepers' Spring Cropping	Holly Bank		
9		70 years of Rhumes	Rhumes, Dent		
10	1400	Dent Cricket v Bellringers	Dent		
11	1500	Reading Group	L		
12	1400	WIK Textile & Embroideries of India	PH		
12	1900	Beekkeepers' Meeting	Beck House		
13	1000	Zebra's Coffee Morning	URCR		
13	1000	Farmers Market (8)	JLCP		
13	1315	Muncheon Music	SSQH		
13	1915	WID Folk Songs. A British Journey	DMH		

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

17	Fathers Day				
20	1000 Dent Methodist Chapel Coffee Morning	URCR			
20	1310 HS Aysgarth Mill	LHCP			
22	1945 Dent Folk Festival	Dent			
23	1030 Dent Folk Festival	Dent			
24	1000 Tennis Junior Tournament	G			
24	1030 Dent Folk Festival	Dent			
26	1000 Lensless Landscapes Ends	DCMH			
27	1930 Sedbergh Parish Council	PH			
28	WIH visit to Brantwood				
30	0930 Beekeepers' Summer Convention	PH			
30	1000 The Dales Landscape Starts	DCMH			
JULY					
1	1000 The Dales Landscape Starts	DCMH			
1	1400 Tennis Senior Tournament	G			
1	1400 Dent Cricket v Holker	Dent			
4	SS Term Ends				
4	1000 URC Coffee Morning	URCR			
4	1930 WIF Nyumbani	PH			
5	1930 WIH Stroke Association	FCH			
7	Table Sale	Rhumes, Dent			
8	1300 Open Garden	Rhumes, Dent			
8	1400 Dent Cricket v Bentham Exiles	Dent			
9	1500 Reading Group	L			
10	1400 WIK Garden Party	HB			
11	1000 WIH Coffee Morning	URCR			
11	1000 Farmers Market (8)	JLCP			
11	WID Outing	TBA			
14	1430 Beekeepers' Queen Selecting	The Bothy			
15	1000 The Dales Landscape Ends	DCMH			
15	1400 Dent Cricket v Barrow Nomads	Dent			
18	1000 Royal British Legion Coffee Morning	URCR			
18	1900 HS Brigflatts	BF			
21	1000 Geology in the Dales Starts	DCMH			
22	1400 Dent Cricket v Gregsons	Dent			
24	1900 Neighbourhood Forum	CVH			
25	1000 Network Coffee Morning	URCR			
25	1930 Sedbergh Parish Council	PH			
27	1000 Strawberry Teas	DMH			
29	1400 Dent Cricket v Archbishop Hutton	Dent			
AUGUST					
1	1000 Carers Coffee Morning	URCR			
1	1000 Geology in the Dales Starts	DCMH			
1	1930 WIF Good Heavens, it rhymes	PH			
2	1930 WIH Flower Arranging	HVH			
4	Tea in the Garden	Dent			
4	1430 Beekeepers' Varroa Management	Lingarth			
5	1400 Dent Cricket v Lancaster University	Dent			
6	August Bank Holiday				
8	1000 NW Cancer Coffee Morning	URCR			
8	1000 Farmers Market (8)	JLCP			
8	1915 WID Pancakes Savoury & Sweet	DMH			
13	1500 Reading Group	L			
14	0900 Lunesdale Show	KL			
14	1400 WIK Outing	TBA			
15	1000 StAS Mission Coffee Morning	URCR			
25	1000 Sedbergh Charter Market	Sedbergh			
25	1000 Farmers Market (8)	JLCP			
DIARY KEY					
BF	= Brigflatts				
BK	= Becksides, Killington				
BS	= Baliol School				
BVH	= Barbon Village Hall				
CDC	= Community Development Centre				
CO	= Community Office, Main Street				
CS	= Casterton School				
CVH	= Casterton Village Hall				
CWT	= Cumbria Wildlife Trust				
DCMH	= Dales Countryside Museum, Hawes				
DCP	= Dent Car Park				
DMH	= Dent Memorial Hall				
DMC/S	= Dent Methodist Chapel/Schoolroom				
EG	= Embroiderers' Guild				
FCH	= Firbank Church Hall				
FM	= Farfield Mill				
G	= Guldrey				
GFK	= Grassrigg Farm, Killington				
GH	= Gladstone Houser				
GL	= Garsdale Ladies				
GVH	= Garsdale Village Hall				
HB	= High Becksides				
HC	= Health Centre				
HS	= History Society				
HVH	= Howgill Village Hall				
JLCP	= Joss Lane Car Park				
KC	= Killington Church				
KL	= Kirkby Lonsdale				
KVH	= Killington Village Hall				
L	= Library				
LHCP	= Loftus Hill Car Park				
MCCCKL	= Methodist Church Centre KL				
PH	= People's Hall				
SBH	= Sedbergh Bright Hour				
SC	= Swimming Club				
SCC	= Sedbergh Cricket Club				
SHS	= Settlebeck High School				
SLSB	= South Lakeland Society for the Blind				
SMCR/H	= Sed. Methodist Church Room				
StAS/D	= St Andrew's Church, Sedbergh/Dent				
StJCG	= St John's Church, Garsdale				
SR	= Spooner Room				
SSC	= Sedbergh School Chaplaincy				
STO	= Sedbergh Tourist Office				
URCR	= United Reformed Church Rooms				
WHC	= White Hart Club				
WID	= Women's Institute, Dentdale				
WIF	= Women's Institute, Frostrow				
WIH	= Women's Institute, Howgill				
WIK	= Women's Institute, Killington				

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218
 Repeat Prescription ☎ 015396 20239
 Out of Hours ☎ 01539 781999
 Bay Call ☎ 0845 0524 999

Dr W Lumb

Monday 0830 - 1100 * 1500 - 1800 *
 1230 - 1300 Dent

Tuesday 0830 - 1030 1500 - 1800 *

Wednesday 0830 - 1030 1430 - 1700 *

Thursday 0830 - 1100 *

Friday 0830 - 1100 * 1500 - 1800 *

Dr A Orr

Monday 0830 - 1030 1430 - 1730 *

Wednesday 0830 - 1100 * 1500 - 1800 *

Dr C Hunt

Tuesday 0830 - 1100 *

Thursday 0830 - 1030 1500 - 1800 *

Friday 0830 - 1030 1500 - 1800 *

Practice Nurses

Monday 0845 - 1300 b 1400 - 1700 b

Tuesday 0830 - 1300 a 1400 - 1730 a

Wednesday 0845 - 1300 b 1400 - 1630 b

Thursday 0830 - 1300 a 1400 - 1730 a

1300 - 1800 b

Friday 0845 - 1300 b 1400 - 1730 b

a = Adele Reynolds

b = Anne Crome

District Nurse	Health Visitor
☎ 015396 21690	☎ 015396 20979

A Collinge Optometrist

Every Friday 0900 - 1300 1400 - 1730 *

DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner, Mrs D Ross
 & Mr B Taylor

Monday to Thursday 0900 - 1700

Friday 0830 - 1500

* = *By Appointment Only*
 # = *Telephone Consultation*
 FP = *Family Planning*

LIBRARY Main Street ☎ 20186

Monday 1700 - 1900

Wednesday 0930 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 0930 - 1230

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1500

e-mail office@sedbergh.org.uk

web page www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

e-mail via site www.cabkendal.ndo.co.uk

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

☎ 01539 795000 or 0845 6060265

SLCVS @ Community Office

1st Wednesday every month

10 am to 12 noon

☎ 01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

e-mail: admin@sedberghcdc.org.uk

POLICE ☎ Kendal 0845 33 00 247

PUBLIC TOILETS

Main Street, Sedbergh & Main Street, Dent

VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

Monday to Friday 1400 - 1430 *

Mon, Wed & Fri 1900 - 1930 *

Saturday 1330 - 1400 *

Sunday *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY