

Sedbergh & District

LOOKAROUND

May 2008

Issue 255

Donation 50 pence

Only 76 pages this month - but filled with so much information. We have never known of so many events in one particular month either, something for everyone. The month of June is no exception. Do give events your support

which helps to keep this one of the best communities in the country.

Please also support our many advertisers who support the community by supporting Lookaround.

Dennis & Jacky Whicker

Sedbergh Gala

Saturday 17th May

1pm Lupton Field

Procession leaves Maryfell 12:30pm

Theme: Favourite Films

Fell Races ~ Local Farmers Market ~ Craft Stalls
Town Band ~ Paint Ball ~ Real Ale Beer Tent
Inflatable Assault Course ~ Donkey Rides
Mini Motorbikes ~ Moonwalk ~ Gala Queen
Punch & Judy ~ Rodeo Bull ~ Fancy Dress
Dog Show ~ Kids Football & Rounders

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 2008



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:-
Georgina CRAGG who is
10 years old on 7th May

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



Day	Name	Age
2	Oliver WOOF	1
2	Nicole HOPE	9
4	Mark WOOF	10
7	Georgina CRAGG	10
8	Kane WOODHOUSE	9
9	Amber WOOF	2
11	Zoe ALDERSON	5
11	Miles BLANCH	10
12	Aidan WILLIAMSON	2
13	Ruben SWALLOW	6
14	Bethany BECK	4
14	Harry PAGE	9
19	Isabel MOFFAT	2
20	Ted HODGSON	4
20	Brogan STANLEY	11
22	Paris HEYWOOD-	6
22	Bethany HANDLEY	8
22	Megan HANDLEY	8
22	Francine GLANVILLE	10
22	Terence GLANVILLE	10
22	Patrick BANNISTER	11
24	Rebecca HARPER	11
24	Kelly SCARR	11
25	Bobbi-Mae KIRBY	3

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2008/10) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2008/09) <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*)</i> ; Di (min 4 by arrangement) e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2008/12) <i>F/D (4 poster); ES; CH; TV; P; NS; DW; CW</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2008/05) <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (2008/12) <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amservice.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2009/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2008/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2008/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455

CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Sycamore Cottage, Lunds, Sedbergh (2008/09)	01969 667356
<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	
Borrett Barn Caravan, Marthwaite, Sedbergh (2008/05)	21175
<i>4 Berth; H+C Shower; WC; TV; NS</i>	
Borrett Barn Flat, Marthwaite, Sedbergh (2008/05)	21175
<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	
Mrs A Bramall.....	20360
<i>Summerhill, 7 Highfield Road, Sedbergh (2008/03) Sleeps 6-8 1D; 1T; ES; PB; CH; L; TVL; P; NS; NP(*)</i> e-mail: ali@interact.co.uk	

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

BRITTON

Happy **18th Birthday** Harry and Andrew. Looking forward to the weekend. Hope you have a great time - So Proud. Love to you both. Mum, Andrew and Billy.

=====

BRITTON

Happy **18th Birthday** Uncle Harry and Uncle Andrew. Will be looking forward to a game of footie with you. Love Declan and Kai.

=====

BRITTON

Happy Birthday Harry and Andrew. With much love to you both Jackie, Darren and Ettie Louise. XX

=====

DALZELL

Happy **18th Birthday** Bradley on 4th May. Lots of love from Dad, Lesley, Chloe and Lewis. xxxx

=====

MIDDLETON

A seat will be dedicated in the memory of Billy, Marjorie & Bruce Middleton & Bruce's Ashes will be scattered on Sunday 25th May at 3pm. Family & Friends are invited to join the Family for a Buffet Lunch at 'Rhumes' from 1pm. Transport will be provided for those who wish to attend the 'Ceremony'. Others may stay at the house. Tea will follow. No mourning clothes. This is a day of celebration, happy memories & gathering of friends & family. Do come. Sarah & John 25212.

NICHOLSON

I would like to thank the carers for looking after me after my stay in hospital and my friends for the lovely gifts and flowers. Rita.

=====

WOOF

I would like to thank all my family, friends and neighbours for the lovely cards and presents sent to me on my **65th Birthday** and Retirement from M. Winn and Son Ltd. Also a big thank you to Roger and Linda for the party on April 11th at Crooklands Hotel and for their kind gifts and warm wishes. Thanks again. Joe

=====

NANNY AVAILABLE

Full or Part Time. Fully Qualified. For more details contact Rachel on 07814-712923.

=====

FOR SALE

New 7ft x 5ft Hen Cabin. Laying boxes, perches, etc., included. Tel: Sedbergh 21771.

=====

FOR SALE

Electric Garden Tiller and Cultivator. Used once only and gave an excellent result. £30. Tel: Dent 25457

=====

FOR SALE

Whirlpool full size dishwasher. Excellent condition. New kitchen forces sale £50. Phone 015396-25027.

PERSONAL & SMALL ADS £1

FOR SALE

Mamas & Papas 3 in 1 system: pram, pushchair and car seat. £79.95 (cost £500 new). Travel Moses Basket £4.95. Moses basket (rush) £2.95. Door baby bouncer £9.95. And various clothes. Lucia Marquart. Sedbergh 21166.

FOR SALE

Haytor Hobby 41 Rotary Petrol Mower with roller. In working order except self drive. £25. Tel: 20897.

FOR SALE

Good Quality single and double bedding. Full sets of single including quilt covers and fitted bottom sheets £5. Full sets of double bedding including quilt covers and bottom sheets £7.50. Assorted set of towels - Large bath towels/hand towels/face cloths. Excellent condition, hardly used. Offers! Tel: 015396 25592.

FOR SALE

About 200 stone slates from Barn Roof in Dent. Tel: 01524 35031

WANTED

Lock up garage wanted for small car in Sedbergh. Long term arrangement preferred. Please ring 0772 4114475.

HEALTH CENTRE

For the month of May, patients are requested to ring the Surgery to make an appointment as the attending times are being reviewed and may alter. The services provided will not be affected. Please ring 20218.

**ORTON
MALE VOICE CHOIR**

Dent Methodist Chapel

Monday 5th May

7:30pm

Refreshments to follow

Everyone Welcome

Collection to Chapel Funds

**Paul
Hoggarth**



Building Contractor

**6" Wood Chipper For Hire
Small Plant Hire**

015396 21413

07968 977429

OPEN GARDEN

Grassrigg Farm, Killington

Saturday 3rd & Sunday 4th May

11am to 6pm

Tea or Coffee & Homemade Biscuits

Bring 'n' Buy + Plants Stall

Admission £2

Proceeds for

Sedbergh & Dent Foot Methodist Chapels

ALL WELCOME

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SEDBERGH MUSIC FESTIVAL

Treat at the Sedbergh Music Festival

At the Sedbergh Music Festival on Sunday, 22nd June, you will be taken on one of the more remarkable journeys in song. A Winter Journey in song, for Nicholas Hurndall Smith and Alexa Wightman will take us with the distressed and disappointed lover from valley floor to meet the sinister Organ Grinder way up in the bleak vastnesses of winter mountains in Schubert's *Die Winterreise*.

The tunes are memorably affecting, hauntingly simple, beautifully linked and crafted, the piano accompaniment subtly expressive of the inner torments of the forlorn lover who starts out young but then gradually turns before our eyes into a drained, and hopeless outcast stumbling through blizzard and emptiness. Our wanderer is alternately furious at the world, savagely critical of himself, vainly trying to pull himself together and hold on to the beauties of love now lost, yet all the time knowing that the only real virtue he has left is sheer dogged will and persistence, and even that is sagging and seeping away – the piano tells you this in the footsteps in almost every song, sometimes rapid and agitated, sometimes stopping to think, but more of the time, plodding on as it were with gritted teeth against the odds.

We begin to realise that although Schubert himself loved fell and forest walking in and around Vienna, he has used the idea of a walk mostly as a

metaphor for all manner of different journeys. Yet a collection of musical holiday snaps or music blog it most certainly ain't! Some performers see it as a journey of rage at the perversity of the universe, some of tragic hopelessness, some see the song cycle as coming from a deeply ingrained slight from the cruel lover the singer and pianist know will be the only love of the wanderer's life.

As I write, I have no idea how the Hurndall Smith / Wightman pairing will see this work, and the excitement will be to be sitting in St Andrew's Church on that evening, and hearing the awesome journey unfold.

Stuart Manger

MUNCHEON MUSIC



**SEDBERGH SCHOOL
WEDNESDAY**

LUNCHTIME CONCERT

at 1:15pm

Wednesday 7th May

Informal Music Making

The Queen's Hall

Admission Free

Soup and a roll provided

DENT PARISH COUNCIL

The April meeting of the Parish Council was a short one which followed the Annual Parish Meeting. Only urgent matters were dealt with, including a number of planning issues and the grass cutting contracts for the playing field and car park picnic area. As a result, this report is briefer than usual, but the full minutes are published on the Dentdale website www.dentdale.com.

Annual Parish Meeting

About 50 people attended the Annual Parish Meeting at which Councillors commented briefly on their work over the last year, as well as reporting on the work of the committees which run the car park

and the playing field. Comments were also made about the Council's finances, including the £4,879 that was awarded in grants last year to sixteen local bodies. As in previous years, the Parish Council had cost more to run than it received in income, which is why the precept had been increased in 2008-09 from £5,875 to £7,170.

The full text of the Council's Annual Report can be found on the Dentdale website.

Margaret Fothergill

Thanks were expressed to Margaret Fothergill for her work on the Parish Council in the light of her resignation at the end of April. Margaret has been involved with a lot of the

**GEORGE AND DRAGON
DENT**



“Mayfest”

Real Ale Festival

Thursday 1st – Sunday 4th May

30+ Real Ales from around the country and beyond,
with Ciders & Continental Beers to quench your thirst.

Also serving a great selection of food

"LIVE ENTERTAINMENT"

Friday 2nd May – Paul Aaron from 9.00pm

Saturday 3rd May – Kerrison Brown from 9.00pm

We look forward to greeting you into the Dales

Good Food, Good Beer, Good Times

It'd be rude not to!!

detailed work on planning decisions whilst she has been on the Council, and her contribution will be considerably missed.

Proposed New Sedbergh Health Centre

The Annual Parish Meeting started with a talk by Dr Lumb in which he explained the proposals for the new Health Centre in Sedbergh and the reasons why he felt a move was necessary. Members of the public were appreciative of Dr Lumb's work in developing the idea, and raised a number of points about the proposal. In discussion, it was generally felt to be a welcome development and Dr Lumb was thanked for his presentation.

Dent Post Office

The Annual Parish Meeting also discussed the proposed closure of the permanent Post Office counter and its replacement with an outreach service. Many people felt concerned about the impact the proposals would have on the sustainability of the community and particularly on those that did not have a car. Others expressed the view that because only 55 people used the Post Office regularly it was difficult to argue that there was sufficient demand for a permanent service. A number of people felt that any outreach service should not be sited in the Sedgwick Room, and the meeting heard that other possible sites in the village were already being investigated by the Post Office. At the end of the discussion, six people offered to meet and consider an appropriate response to the Post Office

L

Drive Time

L

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www.drivetimekendal.com

consultation.

Recycling

From time to time litter is left around the recycling bins in the car park, rather than being put in the appropriate bin. If you see anyone doing this and are able to challenge them, it would help us keep the car park clean and tidy for everyone to use.

Parish Council Vacancy

As a result of Margaret Fothergill's departure noted above, the Council has a vacancy which will be filled in due course either by election or co-option. We would welcome new members, so if you would like to know about what is involved please get in touch with me or any of the councillors for an informal chat.

Next Meeting

Because of the Bank Holiday, the next Parish Council meeting will be held on the second Monday of the month on May 12th at 7.30pm in the Sedgwick Room. The public is welcome to attend as always, and to raise matters of concern in the Public Forum item which takes place about 8pm.

Jock Cairns
Chair, Dent Parish Council

SEDBERGH PARISH COUNCIL

Notes of the Meeting of the Parish Council of Sedbergh held in the People's Hall, Sedbergh on Thursday 27 March 2008.

Matters Arising from the Minutes

Cllr Longlands further reported that he had looked at the proposed light in the Folly. It was his personal opinion that the electricity supply should be taken from Norweb, at a cost of approximately £1k. Cllr Hopkins proposed that this course of action be taken, seconded by Cllr Scarr. It was agreed that Cllr Longlands would move the matter forward, with a standard square light being installed.

Cllr Blair reported that she had attended a meeting at the Police

THE RAISING OF ST. ANDREW'S CHURCH ROOF, DENT.

“Dentdale Memories”

*A new production by
Jim & Pam Bowness of BVS Productions.*

A film showing at St. Andrews Church, Dent of local people sharing their recollections & that of their ancestors on the way of life in times past.

Ken Pope, Ken McClurg & players
will be performing
the Settle Carlisle Railway music
& Francis Bennett will give a recital
in local dialect.

Local ladies home-made delicatessen stall & refreshments will be served.

**Saturday 10th May,
2pm – 3.30pm & also 7pm- 8.30pm**

A warm welcome to everyone

*Donations at the door all proceeds towards
St Andrews Church Dent roof fund.*

LEVENS CHOIR

presents

'Taverner to Taverner'

Music from the reigns of
Elizabeth I and Elizabeth II.

Saturday 10th May at 7.30pm

Kendal Parish Church

Tickets £7.50

from Tel. 015395 67583,

Choir Members,

or on the door.

Children and Students free

Full programme details from

www.communigate.co.uk/lakes/levenschoir

station regarding the travellers, which included representatives from various district councils, police, etc. Positive steps were taken at this meeting, and Cllr Blair stated that she would write an article for the Lookaround, and a list of useful telephone numbers would be displayed outside the Police station.

No response had been received from the Chamber of Trade regarding the new Christmas lights. It was agreed to contact the Chamber again on this issue.

Cllr Hopkins reported that a number of people had attended the first public consultation meeting on the Parish Plan. A second meeting was to be held on Tuesday 1 April.

Vacancy on the Council

One written and one verbal application had been received. An article in the April Lookaround would give further details, and Cllr Blair

CHRISTIAN AID WEEK 11 - 17 May

In Sedbergh and District.

6.30pm Sunday 11th – United Service at the United Reformed Church

The Christian Aid Shop in Sedbergh URC Church Rooms

Monday 12th – Friday 16th

Monday to Wednesday 9.30am - 4pm Thursday 9.30am – 1.30pm

Friday 9.30am – 12 noon 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 –Sat. am. 10th May; Mon. am. 12th May.
- Other items until Wed. am 14th May

Saturday 17th – Coffee Morning at Dent Memorial Hall from 10 am to 12noon

asked Councillors to encourage applications, or nominate suitable candidates. It was agreed that the situation would be reviewed in the week commencing 7 April.

Correspondence

Book Town Sculpture – A letter had been received from Book Town Literary Trust, looking for a site for large stone sculpture of books in bookends. Cllr Hodge agreed to find out more details and report to the

next meeting.

Allotments – A package had been received from Jim Atkins regarding the allotment project, and requesting support with funding to cover development costs. Good progress had been made, and 24 people were on list waiting for allotments. Cllr Hodge proposed a grant of £1k, seconded by Cllr Scarr, and this was agreed. Cllr Hodge further suggested that Mr Atkins be congratulated on all his work, and the continuing support of the Parish Council be reiterated.

37-39 Main Street – A copy of a letter sent to the Assistant Building Conservation Officer at YDNP had been received, requesting something was done about the 37-39 Main Street which is in an increasingly poor state.

Planning

Trees – *Permission had been granted*

(Continued on page 12)

QUIET GARDEN TRUST
“Rhumes”, Dent
 Garden Open for
 Quiet Reflection &/or Prayer
 Saturday 10th & Sunday 11th May
 from 10 am to 6pm
 Further details from Tel: 25212

for the removal of trees and of one branch from a tree at Millhouse, Millthrop.

Applications -

Installation of mast and dishes and removal of mast at Highside Farm, Frostrow – *no objections*

Consent to display sign on east elevation at Westwood Books, Long Lane – *no objections*

No decisions had been received.

Finance

Report of meeting of the Audit Committee – Cllr Hopkins briefed Cllrs on the recent meeting of the Audit Committee held on 20 March. Work was progressing on the asset register, although some clarification was still required regarding the

People's Hall playing field and Queen's Gardens. It was noted that some benches were also owned by the Parish Council, and Cllr Allan agreed to investigate this.

Car Parks

Joss Lane – There was no apparent progress with drains, and Cllr Blair agreed to chase Dave Conlon, SLDC about this matter. She also advised that she had written to Dave Conlon, SLDC regarding the cleaning contract, to clarify when its expiry date. She further agreed to contact SLDC regarding the emptying of the cardboard recycling bin, as it appeared not all cardboard was being removed.

Loftus Hill – Cllr Blair reported that

Sedbergh Town Band

Presents a series of

Master Class Recitals

Featuring

Sunday 4th May	Morgan Griffiths	Euphonium
Sunday 8th June	Nick Hudson	Trombone
Sunday 29th June	Steve Sykes	Tuba
Sunday 10th August	Ian Porthouse	Cornet
Sunday 26th October	Owen Farr	Horn

all at 2.30.pm at the URC Church, Sedbergh

Tickets £5.00

from TIC, Green Door, NISA

Sedbergh Town Band is a registered charity. Number 1086817

Mule Gimmer Lamb Sales 2007

Bentham Shearlings, Skipton, Kendal, Bentham(Sat) and Hawes

The DVD

Send a cheque for £13.50 (to include P&P) to
Linda Allan, Middleton Hall Cottage, Kirkby Lonsdale, Carnforth, LA6 2ND.
For Further Enquires contact 015242 76448.

www.Bonnysheep.com

the public toilets are now open during the day, although electrics were not quite finished. She had advertised locally for a cleaner, although had received no interest as yet. It was suggested that a job share would be the most workable option. It was agreed to investigate taking out a contract for the provision of sanitary bins, toilet rolls, etc. Cllr Longlands agreed to ask Barkers to install internal and external lights controlled by a timer that switches them on each morning and off at night, with an inbuilt daylight sensor. A missing trap/grill in the men's urinals was to be investigated.

It was agreed to have an opening ceremony which could be publicised in the Lookaround.

Cllr Blair produced the proposed text of signs for the pay and display signs, and for a 'no ball games' sign for the bus shelter on Main Street and these were agreed.

She further advised that the white lines in Loftus Hill car park were very indistinct and it was agreed to get a price for their renewal.

Cllr Blair displayed the proposed

border to the new town signs, including the use of the YDNP ram's head over the top. These were agreed.

Queen's Gardens

Cllr Sedgwick had looked at Queen's Gardens, and given Cllr Blair his list of suggestions of required work, including leaf removal, pruning, removal of fallen branches, repairs steps and bench. It was agreed to ask the gardener for an itemised list of jobs done each month, and that Queen's Garden Committee should meet with him to look at list provided by Cllr Sedgwick in the week beginning 14 April.

AGM/Annual Parish Meeting

These meetings would take place on 22 May at 7pm. 21 days public notice is legally to be provided and Cllr Hopkins agreed to prepare papers to assist the new Clerk.

Protective Barriers for the Playground

Cllr Blair reported that the boys of Sedgwick House, Sedbergh School had suggested they could raise funds at their charity evening towards the cost of the barrier, and could also

(Continued on page 14)

work on designs for the barriers. This was agreed and Cllr Blair agreed to pass on the Council's thanks to Mr Ayling, Housemaster at Sedgwick.

Recruitment of Clerk

Five candidates had been short-listed for interview on 8 April. The subcommittee of Cllrs Hodge, Blair and Hopkins were given delegated authority to appoint.

Any Other Business

Photographs of a motor accident due to road surface conditions on Howgill Lane would be passed onto the County Council.

The parking of cars adjacent to the zebra crossing on Long lane/Maryfell meant that buggies/wheelchairs could not walk on the footpath. Cllr Blair agreed to write to SLDC on this matter.

There was also a poor road surface around the zebra crossing and also in the bus bay on Long Lane and Cllr Blair agreed to write to the County Council about both of these.

Councillors expressed their thanks and appreciation to Gordon Chivers for his work as Clerk. Cllr Blair agreed to write to him on behalf of the Council to formally convey this.

SEDBERGH SWIMMING CLUB

At the AGM last year it was agreed that the Swimming Club AGM would be moved to June. It is hoped that this will make the transition, into a new academic year in September, a lot smoother.

At the end of this swimming year in June, we will issue invitations to existing lesson pupils to enrol for the following year as we have done previously.

We would like to take this opportunity to thank you for your ongoing support for the Swimming Club and to Sedbergh School for allowing us to use this facility. Special thanks should go to all the volunteers who 'man' and life-save at the community sessions, without whom we would not have the benefit of the pool usage.

The date for the Sedbergh Swimming Club AGM will be Monday 16th June at 7.30 pm at The Bull Hotel. Everyone is welcome especially if you would like to offer your services on the Committee or have any suggestions to improve the running of the Club. Hope to see you there.

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SOUTH LAKELAND CARERS

Our office has now moved, we are now at the Deaf Vision (formerly Cumbria DeafAssoc) building, 5 Castle Street, Kendal, LA9 7AD. We plan to run a Carers Drop-In Centre in the ground floor conservatory at our office on one day EVERY week, more details soon. At present we are just finding everything and getting used to being in a different part of town. We are near St George's Church and the Castle Street Centre, not far from Ann Street and the river. Do come in and see us.

The SEDBERGH support group continues at the Peoples Hall, and in April we all enjoyed teasing our brains into action for a quiz before

tucking into cheese, crackers and fruit. We run on the 1st Tuesday of each month from 2-4pm, in August and December we do something different so please contact the office before you come.

Until told otherwise please use the usual phone number, we are having a session looking at our publicity and thinking about updating it and recently held the first training day for volunteers, we now have a Volunteer Development Worker and an extra Young Carers Support worker, we are expanding!

We seek to support people who care (unpaid) for a friend or relative, be it full or part time.



Barbon Inn

telephone 015242 76233

Featuring

JUST BRIAN

Sixties & Seventies Music

Friday 9th May

LIVE entertainment 8 - 11 pm

For Your Diary

2pm

Saturday 10th May

Barbon Hill Climb

SUNDAY LUNCH

STARTERS

HOMEMADE SOUP of the day	£3.95
OAK SMOKED SALMON	£5.95
PRAWN COCKTAIL	£4.95

MAIN COURSES

SUNDAY ROAST (ask at the bar for choices) with Yorkshire pudding roast & mash potatoes & fresh vegetables	£7.95
BRIE & COURGETTE CRUMBLE (Vegetarian)	£8.95
Served with buttered new potatoes & fresh vegetables	
LUXURY WHITBY SCAMPI & hand cut chips	£8.95
Served with homemade tartar sauce & dressed salad	
THREE COUNTIES SAUSAGE & MASH WITH ONION GRAVY	£8.25
Cumberland, Westmorland & Lancashire sausage made by award winning Sausage maker (Mark) Dales Butcher's Kirkby Lonsdale.	
HOME MADE MINCED STEAK LASAGNE	£8.50
Served with hand cut chips & dressed salad	

SANDWICHES	£5.95
Roast beef, Prawn marie rose, Cheddar cheese & pickle, Tuna sweetcorn mayo.	

CHOICE OF PUDDINGS	£3.95
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SUNDAY ROAST LUNCH

One course £7.95 ~ Two course £9.95 ~ Three course £11.95

EARLY BIRD MENU EVERY EVENING 6 pm to 6-45 pm Main Course £5 Starter & Main £8 Starter, Main & Pudding £10

SEDBERGH PEOPLE'S HALL

The People's Hall Committee

Registered Charity 523829

The Annual General Meeting of the People's Hall was held on 7th April. Steven Longlands, the Chairman, welcomed everyone and presented his report. He said it had been a good year for the Hall except for a very low point when Josie Templeman, a useful and loyal member of the committee, became ill and then sadly passed away.

The committee welcomed a new member during the year, Sean Hobson, who has taken over from Andy Denton as Treasurer. Another new member joined at the meeting, Gina Barney, who had agreed to

become the new Secretary.

Sue Pereira has replaced Olive Hunter as cleaner and grateful thanks go to both for their good work.

The first phase of the proposed re-development of the Hall is well in hand thanks to the hard work of Barbara Hartley of Garsdale Design Ltd and the re-development sub-committee. Barbara Hartley has generously prepared some display boards of the proposed new development which were displayed at the Spring Show. Many thanks to everyone who came to the Spring Show, had a look at the plans and talked to the committee members who were there, your feedback and positive comments are much

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Why not round off Gala Day with an evening at the cinema?

The Golden Compass

Certificate PG

Starring Dakota Blue Richards, Daniel Craig, Eva Green, Nicole Kidman. 113 minutes

"There is a world where witches rule the northern skies, where ice bears are the bravest of warriors, and where every human is joined with an animal spirit who is as close to them as their own heart. But this world is dominated by the Magisterium, which seeks to control all of humanity, and whose greatest threat is the last remaining Golden Compass and the one child destined to possess it."

May 17th at the People's Hall, Sedbergh. Doors open at 6pm. Film starts at 6.30pm
Tickets: £4 Adults, £3 Children (under 16), £10 Family (2 adults & up to 3 children)

Flicks in The Fells Telephone: 015396 20504 email: flicks@sedbergh.org.uk

appreciated. A consultation process with users of the Hall and with local organisations is well in hand and again, thanks to all of you who have returned your questionnaires. A fuller report will appear in the pages of the Lookaround and readers will be kept up-to-date with progress.

As part of the re-development of the site, it is hoped to make some sort of feature from the Second World War tank obstacles which currently form part of the boundary fence and the committee would welcome any information or photographs of them, or indeed on any of the surviving Home Defence sites in Sedbergh. Please telephone Andrew Allan on 21255 if you can help.

During the year the following work has been done on the Hall: A hot water supply has been installed in the toilets and bar and new cushioned chairs have been purchased.

Thanks to the generous legacy of the late Frederick Norman Kiddle a hearing loop system has been installed.

A welcome new use of the Hall is by

'Flicks in the Fells' Community Cinema but, unfortunately, Age Concern is no longer a hirer.

A microwave and kettle have been generously donated by Mrs Cath Gibson.

Hiring rates will be raised for the first time in three years.

The following were elected to the People's Hall Management Committee: Andrew Allan, Gina Barney, Ron Gerrard, Sean Hobson, Elspeth Griffiths, Hilary Hodge, Tim Ingle, Sandra Longlands, Steve Longlands, Jack McClean, Anne Petyt, Cicely Robertshaw, Sam Rusling and Kath Swift.

At the end of the meeting Norris Chamley thanked the committee for looking after the Hall for the past year and said he looked forward to the developments.

The officers of the People's Hall are:
Chairman: Steve Longlands
Vice-Chairman: Andrew Allan
Secretary: Dr Gina Barney
Treasurer: Dr Sean Hobson
Booking agents: Sedbergh Office Services

FARFIELD MILL

Farfield Mill launched it's own 'in house' tearoom – **Weavers** at Farfield – on 3rd April. This is the first time the Mill has managed it's own catering and they have taken the opportunity to make it work more closely with the rest of the attraction. You will therefore find, as well as great food and superb coffee and cakes, wonderful art and craft on display from a range of regional makers.

From **Weavers** you can watch Farfield's master weaver at work on their Victorian style Dobcross Looms, weaving this season's throws and rugs for sale in the Mill shop and in shops around the county.

Weavers concentrates on local produce and most of the supplies are coming from local shops and suppliers in and around Sedbergh. Award winning meat and pies from Garth Steadman, Sedbergh's renowned butcher, fresh crisp fruit, vegetable and salads from Powells in Sedbergh and straying a little further to Kendal for Farrers Coffee and Lakeland blend tea – the very best!

The menu is distinctly Cumbrian in flavour with dishes like Cumbrian Lamb Hotpot, Weaver's Platter featuring Garth's wonderful Pork Pie and Wensleydale cheese with fresh salad. Weaver's Brunches are proving popular – oak smoked salmon on Cumbrian potato cakes

farfieldmill

Arts & Heritage Centre

If you haven't visited for a while – you'll see some changes. You could visit the new **Weavers** at Farfield tearoom for lunch or tea and browse the exhibitions and displays.

Mechanical Drawing – the Schiffli Project

May 3rd - June 29th

Dover and Howgill Galleries

An exhibition of art work by fifteen artists including Alice Kettle, Rowena Arden, Nigel Cheney and Melanie Miller, using an historic embroidery machine which is the last remaining machine of its kind. Bringing together some of the leading contemporary textile artists, each has approached the machine in a very individual way.

There will also be an associated talk given by Dr Melanie Miller and Schiffli artist Kate Egan on

Saturday 14 June at 2.00pm in the new Dover Gallery

FREE FOR LOCALS DAY

If you live within a 5 mile radius of Farfield Mill, you are invited to come along and visit on Saturday 10th or Sunday 11th May. Please bring this advert along with you.

PLUS Artists' Studios, Heritage Floor, Galleries, Shop and Weavers Café - now open offering a range of food with a distinctly Cumbrian flavour.

OPEN DAILY 10AM – 5PM

last admission 4.30pm

One mile from Sedbergh Town Centre on A684
Email: admin@farfieldmill.org www.farfieldmill.org Tel: 015396 21958



CHIROPODY SERVICE

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10am to 4pm Tuesday - Friday

Supplier of HJ Hall Socks

topped with a free range poached egg, or you may prefer the field mushrooms on lightly toasted bread topped with tasty bacon and a poached egg. Home made soup of the day with crusty bread at just £2.95 is a walker's delight – and just the job after a bracing walk on the surrounding Howgill Fells. You can also find sandwiches, Jacket Potatoes, veggie options – and a range of home made cakes and scones to make anyone cave in to temptation!

Located in a glorious heritage woollen mill and alongside the River Clough (sit outside on the riverside patio when the sun shines!) Weavers is a great place to lunch, whether you want to visit the arts & heritage centre or not.

Open from 10 am until 5 pm currently. Visitors to the tearoom only are not charged Mill admission – but you may well want to make a morning or afternoon of it and spend some time watching the studio artists at work, enjoying the craft and art displays, seeing demonstrations by craft makers and visiting the superb

exhibitions in the Dover and Howgill Galleries. There are often opportunities to take part in short courses or have a go at weaving, knitting or rag rugging yourself.

Farfield Mill and **Weavers** at Farfield are on the A684 Garsdale/Hawes Road just one mile east of Sedbergh where there is ample free parking.

By car leave the M6 at Junction 37 and drive five miles through stunning Howgills landscape to Sedbergh, England's Book Town, from where Farfield Mill is signposted. From Hawes the entrance is on the right , just follow the brown tourist signs.

Weavers is happy to take bookings and you can contact them, or any of the Mill staff on 015396 21958.

Sedbergh People's Hall

Available for Hire

To book visit

Sedbergh Office Services

or call 015396 20788

Details & availability:

www.PeoplesHall.org

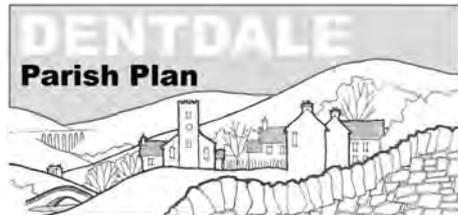


**SEDBERGH & KIRKBY LONSDALE
NEIGHBOURHOOD FORUM**

*Feedback From Previous Meetings
and Updates on Local Projects.*

Day Care: Sinead McCann has talked to representatives from the People's Hall and a meeting with Age Concern is yet to be arranged. Dorothy Blair stressed Sedbergh Parish Council will be pressing hard for the day care service to be located at the People's Hall.

Appleby Fair: Dianne Whitehead is liaising with Dorothy Blair and met with the Police and SLDC Environment Officer yesterday. They are pushing ahead with plans. It was mentioned that Eden has plans for the next five years but, unfortunately,



**Survey Results
And Action Plan**

**7.30pm
Tuesday May 20th**

Dent Memorial Hall



**South Lakes Society
For the Blind**

presents

An Exhibition of equipment
for people with sight problems

- Magnifiers
- Everyday Living Aids
- Reading Machines
- Computer Accessibility
- and lots more

Tuesday 20th May

1pm to 4pm

People's Hall

Free Admission

For further information Tel: 01539 742633

everything seems to stop at the Eden Boundary. It was stressed that problems arise because travellers move into South Lakeland a month before Appleby Fair and there is nowhere for them to go. Last years concerns focused on Cautley and Gina Barney asked that no additional facilities be provided there to encourage travellers to stay but asked for more police supervision of the area.

Direct Dental: If you don't have and NHS dentist or are travelling a long way to see one, contact NHS Direct at Direct Dental, Hilltop Heights, London Road, Carlisle, CA1 2NS, for a local dentist.

GRANTS

Audio and Large Print Lookaround
Requested £500 Awarded £500
Sedbergh Toy Library
Requested £135 Awarded £135
Rose Theatre Group
Requested £1,000 Awarded £800

HIGHWAYS

QUESTION & ANSWER SESSION

Area Engineer, Nick Raymond,
responded to questions on:-

- ◆ Repairs needed to the parapets of Straight Bridge and Lincoln's Inn Bridge. (*Straight Bridge is in the programme for the next financial year. Lincoln's Inn Bridge has only just been hit, but will probably be included in next years programme*)
 - ◆ There is a need to enforce weight restrictions as bridges are being damaged by heavy lorries. (*Bridges are being damaged mainly through drivers using inappropriate routes as short cuts. It is very difficult for the police to enforce weight restrictions, and there may be a need to change some of the restrictions in place*)
 - ◆ A lot of motor bike signs have been put up. Are these permanent or part of a campaign? (*These have been put up by the Cumbria Safety Partnership - will check*)
 - ◆ Road edges eg. Howgill Lane, are disintegrating. (*Large vehicles push out the verge and damage the margin of the road*)
 - ◆ Will Highways be involved in the Auction Mart planning application. (*No knowledge of this*)
- ◆ Parked cars obscure visibility at road junction in Sedbergh making it difficult to exit safely. (*Well aware of the need for double yellow lines at junctions and for these to be enforced*)

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Fax: 015396 21142

FROSTROW WI

A hectic start to the month for us – our coffee morning followed by our monthly meeting – on the same day! The coffee morning went well, with a steady stream of visitors. Thanks to all the people of Sedbergh who supported us.

On to our evening meeting. The minutes were read and approved and the treasurer gave her report. We were pleased to see Nora again and glad to hear that she's feeling much better. A donation in memory of Josie Templeman has been given to the Federation Memorial Bursary Fund. Further ideas and suggestions for a Book Club were discussed. Anne

suggested an outing to Holehird, where a walk could be arranged for the walking group and a visit to the gardens for the non-walkers.

A group of us had a brilliant card-making day at Grosvenor House Papers in Kendal, including a lovely buffet lunch. All the materials were provided and everyone went home with three cards. Many thanks to Pauline for organising this.

On 11th March Garth Steadman gave an interesting talk about butchery, showing us traditional and more modern cuts of meat and outlining the services and products available. He also provided some mouth-watering titbits for us to sample.

The walking group met in Killington for the March walk and made use of the brand new church car park. The morning had been wet but by two o'clock the weather was glorious – warm and sunny! We walked down to the River Lune and then alongside it for some distance. Next we turned up the fields, through Beckside and on to the television mast. Passing through a farm, we met the farmer who showed us the lambs he had in the barn. Some were only two hours old but they were all gorgeous. Reluctantly tearing ourselves away from the lambs, we continued through Aikrigg and back to Killington. Christine very kindly provided tea and sumptuous cakes. Thank you, Christine.

Anne welcomed Val Finch who

SEDBERGH ANGLING ASSOCIATION

The new season is now open and new members are very welcome.

Please contact the Secretary,
David Wright Tel: 015396 25533.

Prices for 2008 are:

Senior Members	£30
OAP's	£15
Juniors	£5

There is a Joining Fee for Senior Members of £20

Day Tickets are available throughout the season - now until October 31st

@ £10

Weekly Tickets @ £50
from 3 Peaks Outdoor shop,
Sedbergh Tel 20446.

Season Tickets are available to Non-Residents

Please contact : Visitors Secretary,
Craig Dandy Tel 015396 21920.

spoke to us about the history of the Quakers in Sedbergh. In the time that George Fox was growing up, the country was in a state of unrest. Contributing factors included Henry V111 and the Reformation, the beheading of Charles 1st and Cromwell's leadership. People were feeling disaffected by the Church and separatist meetings were springing up. In 1652 Fox travelled North from Leicestershire. He walked up Pendle Hill and had a vision of people waiting to be "gathered". When he arrived in Sedbergh he found separatist groups. He started preaching, not in church, but in places like St. Andrews churchyard and the hillsides of Firbank. He believed that the church was not a building but a federation of people. He did not consider rituals and ceremonies to be necessary. Brigflatts was built in 1675 and is the second oldest Meeting House in use

Interested in football?

Why not get a team together (6 per team)

Under 6, 8 10,12 ,14 and 16s

All team members must of appropriate age

Join in our Football Tournament
Friday 23rd May

Sedbergh playing field
(adjoining Peoples hall)

Teams to give details into Paulyne,
Matt,Sarah Goad,or Julie Lowther
Phone 01524 781177/ 015396 20402

By 21st May,

Junior matches start at 3.00pm

Senior Matches start at 5.30pm

BBQ Refreshments Raffle

A great time for all the family

PLEASE NOTE TRAINERS AND
SHIN PADS TO BE WORN

DENTDALE WI

**ARRIVE
ALIVE**

7.30pm
Wednesday 23rd May 2008
Memorial Hall Dent

Presentation by a
DSA Driver for drivers over 50

Covering: eyesight, licensing requirements,
Mobility, Medication, Complex Junctions,
Traffic Signs
and Speed

Members of the public welcome
Tea & coffee will be served
Admission £2.00

in the country. A service lasts about an hour and in this country it is a silent meeting, unless someone feels moved to sing or say something. Quakers try to recognise "that of God" in other people and welcome people of all faiths. In times of war they would be conscientious objectors but would help both sides by providing ambulances etc. They are often used as mediators.

Jean Mitchell thanked Val for such a fascinating insight into "The Religious Society of Friends". Margaret Copestake won the competition for a chocolate box or sweet tin and Jean Mitchell won the raffle. *D. T.*

FAMILY MUSINGS

Dent Station is cropping up all over the place, yes I know it is up besides the railway but has also appeared in my weekly magazine and in the Travel section of The Times newspaper in articles about unusual holiday venues. I suggested to hubby that I had found the perfect place for our holiday, the best place on earth and we could go by train, he just gave me that look he often seems to give me, somewhere between mild amusement and total exasperation .. so that's a no then?

You may remember me saying that Slimming Clubs are not for me.. just ignore that because elder daughter and I signed in a few weeks ago with younger daughter joining us soon after. The lady in charge or to give her her full title the consultant looked elder daughter up and down and sideways and said something to the

AFTERNOON TEA

In Aid of

AIR AMBULANCE



2pm



Saturday 24th May
Dent Memorial Hall

Pants ~ Cakes ~ Bric-a-Brac
Raffle

effect of not knowing why she was there she didn't look overweight, to which I replied that it was a ruse to get me there. Anyway one things for sure no-one would look me up and down and sideways, especially sideways and think I shouldn't be there! The good news is, I lost 3½lb the first week and 2lb the second despite being well confused with the Red and Green days and the syn value of foods and what are free and

THE ROTARY CLUBS OF KENDAL & KENDAL SOUTH WESTMORLAND
are delighted to present

“Men in Harmony”



A Charity Concert by

K Shoes Male Voice Choir

and their guests

Welwyn Garden City Male Voice Choir
and Soprano Elizabeth Solera-Shepherd

7:00 pm Saturday 24th May

United Reformed Church, Highgate, Kendal

Tickets £7.50 from

Kevin Bateman
Richard Bird
or on the Door

07817 060619
015394 44742

Money raised
will be
donated to


*The Community of Sedbergh
is invited to an*

AFTERNOON TEA

2pm to 4pm

Saturday 24th May

URC Rooms
to raise awareness of
home and hospital visits
Free Entry

what are not really a good idea or are limited, but when our Boss at work took us out for coffee and cake the day we packed the office into boxes ready for our move the lemon cake I had was slowly savoured by every tantalising mouthful. Never has so little been so enjoyed by yours truly, a real treat.

My "honorary grandson" looks different every time I see him and he now has a name, Nathan Barnabus, or at least that's what they said last week unless it has changed again, a lovely way to relax after work is to have a nurse of him and then spend time with his sister and brothers. Our trip to the Wild Animal Park at Dalton was a most enjoyable day, 8 youngsters and three adults one of whom was heavily pregnant and spent most of her time cuddled up to a radiator in the cafe leaving her hubby and me to keep an eye on the children .. and be asked more than once by other adults "Are they all yours?" And one lady commented that my "grandson", the 3yr old, looked like me, I just smiled, then I

wondered if I looked old enough to be his Daddys mother and stopped smiling! A trip followed to the B Potter Attraction at Bowness with P and M who enjoyed the exhibits but then we came out into the shop with all the tempting toy animals and expensive gifts and had a bit of a fall-out, anyway eventually a compromise was reached, but no I am not paying £2+ for a block of chocolate in a box with Tom Kitten on it!

May brings many different and new experiences our way, our garden will feature in a couple of events which prompted younger daughter to suggest that perhaps I should get to work in it, we will scatter my brothers ashes overlooking his beloved village and hopefully enjoy a family get-together at the same time, and last but not least I am having extensive Dental work done, so, plenty to keep my mind of Cake!

You have my permission to enjoy cake for me as well as yourself and if that means you don't look as good sideways I know a good slimming club .. meanwhile bike here I come, I want that dog!

Sarah

GARDEN OPEN

Greenbank
(off Joss Lane Car Park)
SEDBERGH

Sunday 25th May
12 noon - 4pm

plants for sale
Teas raffle etc

CHRISTIAN AID WEEK

Sedbergh and District. (11-17 May)

May has always been my favourite month; it has always seemed so full of light, life, growth and general happiness. Perhaps that is because we have a lot of family birthdays in the month, mine included, but I think that May itself is a vibrant month in this part of the world and one which invites a celebration of life in all its fullness. Elsewhere round the world things aren't so bright – while we are dented by the global economic stringencies, others are devastated. Christian Aid helps people hit by disasters beyond their control and helps put in place local programmes assisting people to create stable, self-sustaining lives and living conditions for themselves and their local communities, by themselves. Here, in the Sedbergh area, we again have an opportunity to help in this life giving work by joining in the activities of Christian Aid week organised by the Christian Aid committee. It is a dynamic and dedicated team always open to new members, and 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, the programme this year includes the following:

Sunday 11th at 6.30pm – United

Service at the United Reformed Church, Sedbergh

The “For this week only!” Christian Aid Shop in Sedbergh URC Church Rooms

Monday 12th – Friday 16th

Mon – Wed 9.30am - 4pm

Thurs 9.30am – 1.30pm

Fri 9.30am – 12 noon

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 – Sat. am. 10th May; Mon. am. 12th May.
- Other items until Wed. am 14th

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

**Joiner
&
Handyman**

“Special Rates for OAP’s”
NO JOB TOO SMALL!

Steve Chadwick

015396 21581

*Prompt Local Service
All work of the highest quality & guaranteed*

May
Sat. 17th May – Coffee Morning at
Dent Memorial Hall from 10 – 12.

N.B. The shop. It would be of assistance if donated good as new clothes are on hangers so they can go on the rails. If you need help with transport to bring goods please ring: Kath Hannam on Sedbergh 20897

Help with the Shop would be greatly appreciated. Please sign the list at the back of one of the local Churches or phone Kath if you are willing to lend a hand at the shop during the week.

The focus of the Week and the service this year is on what is happening in Ghana and Bangladesh and how Christian Aid works there.



Main Street, Sedbergh Tel: 21058
for
Traditional Bread
Homemade Cakes & Scones
Freshly Baked Daily

Eat in or Take-away
Homemade Soup & Sandwiches
Tea & Coffee

Open 7 Days a Week

Now Serving Daily
Breakfast ~ Lunches ~ Sandwiches
Toasties ~ Paninis ~ Pies
and Much, Much More!
including many Vegetarian Meals
Large selection of drinks
Children's meals available

A Warm Welcome Awaits You

Ghana has been going through some very difficult decades and is starting to rebuild itself. One of their major shortages is schools so Christian Aid is working in partnership with a local organisation called "Send" to set up new schools for the children.

Bangladesh suffers from both too much water and too little! Often hit by devastating floods from the river systems in the monsoon season, changing global climate conditions have caused sea levels to rise which have contaminated many underground drinking water sources with sea water. Working together with the Bangladesh Centre for Advanced Studies, Christian Aid is supporting the work of village water councils, the Pani Parishads to help people tackle the problem by teaching methods of rainwater collection and storage using tanks and pots.

We're a long way away from those sorts of problems but what we collect here in our area during Christian Aid week can put more than a drop in someone's bucket in Bangladesh – it can really help them to transform their lives. The "Shop" run by the Christian Aid Committee and team of other volunteers is a really tremendous one off event each year and worth a trip to Sedbergh to view and support. There's always something of interest to everyone. So, why not come along and join in the events that contribute to the life enhancing work of Christian Aid worldwide?

Anne Pit

RECYCLING NEWS

As we are now in the spring and many people are getting back into the garden, weather permitting, we will look at how we deal with garden waste.

Over recent years we have distributed over 17,000 compost bins in the district, and these are an excellent way to use your garden waste to best effect. If you don't already have a compost bin and would like more information about using one or buying one at a reduced price visit our website or telephone 0845 077 0757.

We also provide a green garden waste collection service throughout South Lakeland, using green wheelie

THE IRONING ELF

hate doing it yourself?
then give it to the elf!

domestic ironing undertaken
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& surrounding villages

Tel: 07527 469741

bins for grass cuttings, leaves, hedge cuttings etc. The green waste is taken by wagon to sites where it is composted in piles called windrows. These piles are turned periodically to introduce air into the mixture. During the composting process the temperature of the waste can reach up to 80 degrees centigrade. The composting process used is suitable for the types of green waste we collect, but cannot be used to compost food waste.

The compost used is supplied to local farmers and also used in land reclamation. One of the contractors, SITA, also sell to the public from the Household Waste Recycling Centre in Carnforth, unfortunately there are no facilities for sales to be made in South Lakeland.

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

Thank you for recycling.

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 28th May

A Conducted Walk Around

Whitehaven

Meet at 12-30 pm

in Loftus Hill Car Park

or

at 2pm in

South Shore Car Park

Whitehaven

ALL ARE WELCOME

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: Mike Beecroft 21878
Treasurer : Marlene Mason 20509
Member Sec: John Sibley 25024

KILLINGTON SPORTS

Beckside Farm, Killington

Commencing 6pm on Thursday 29th 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

All enquiries ring: 015242 76496 or 015396 21343

DENTDALE WI

It was easy to detect a theme of gardening and thoughts of warmer days running through the April meeting.

We've finally settled on an afternoon outing to Clearbeck Gardens as featured in the February edition of WI Life, for our July outing. This will be preceded by lunch at Bridge House Farm, Wray!

We were reminded that tickets should be ordered for the Holker Hall Garden Festival weekend opening on Friday 30th May. Rain or shine, always a good day out!

On a non-gardening note, Catherine Sugden our president, mentioned the group meeting on 19th May at Barbon Village Hall and the open meeting to be held in the Memorial Hall Dent, on 21st May given by the Driving Agency and entitled "Arrive Alive"

The Speaker for the evening was Chris Cook who purchased Westhouse Nursery nr Ingleton four years ago. In his introduction, Chris said that in owning the nursery he was now living his dream. He had always been interested in horticulture,

having won a prize for growing beetroot when he was seven years old. He was very enthusiastic about his subject, telling us about his attendance at plant trials to pick up and pass on the latest ideas when they became commercially available. We were shown a selection of empty hanging baskets from the traditional wicker and moss lined to the latest plastic varieties and a beautiful selection of garden pots too. With the Meeting closed, members were able to buy some of the trays of flowers and much in demand were the newly launched trailing pansies! Margaret Fothergill thanked Chris on our behalf.

Catherine Sugden won the competition for her pot plant of African violets and Margaret Fothergill won the raffle.

Our next meeting will be on May 14th when we will discuss the resolutions and our Speaker will be Peter Stephenson telling us about his father's career from "Burnley to Hollywood." Visitors always welcome.

P. A.

CUMBRIA WILDLIFE TRUST

Dippers, Flycatchers and Nest Boxes

Many birds can be helped by nest boxes.

If you walk along the banks of any of our local rivers you will probably pass by a small brown bird with a white bib, perching on a stone above the water. This is the local breed of dipper. The birds hunt for their food under water, walking or swimming and moving pebbles to dislodge insect larvae, their favourite prey. They are fiercely territorial birds, and can be seen at any time of the year. We have a particularly strong population in our area.

Dippers nest under river banks, or on bridge supports, building a small domed nest. The same nest site is often used year after year, and they may start breeding from February onwards. Although numbers have decreased a little over the past 40 years, there are still about 50 nesting pairs on local rivers and streams. Numbers may have fallen as a result of lower water quality. More rapid run off of rain water may be another cause. Nests have been swept away by spring floods. Also, changes to river banks and structures have resulted in the loss of some nest sites. For instance, birds like to nest on bridge supports where stones or bricks are missing. Careful restoration can leave suitable niches where nests might be built.

To provide improved nesting sites boxes and ledges have been placed in likely locations on our streams and rivers which are not easily reached by

predators. The work has been planned by ornithologist Peter Mawby, formerly of Sedbergh. The National Parks Species Officer and local people have helped in the placing of the boxes.

In your garden you may see a small bird flying acrobatically from a perch and returning to the same place with a fly in its beak. This is probably a flycatcher. Following a recent talk to the Sedbergh Support Group of the Cumbria Wildlife Trust on the decline of both pied and spotted flycatchers 25 nest boxes have been made (by people of all ages!) to a design particularly suited to these birds. It is hoped to have them in place in time for the nesting season. The boxes will be sited near the edges of woodland.

Flycatchers and dippers feed on insects or their larvae. They are a characteristic feature of our hill country. It would be a pity to lose them.



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**Old Time Dance
with Syd Banks**

in aid of the People's Hall

Saturday 31st May



People's Hall

8:00 pm

Raffle ~ Bar

Jacob's Join

SETTLE/CARLISLE RAILWAY

Over 40 tourism businesses and Tourist Information staff from along the Settle Carlisle Railway enjoyed a trip to Saltaire in Yorkshire arranged by David Allison of Tracks North for the Settle Carlisle Enterprise Network (SCENE). This familiarisation trip was arranged to give members and insight in to what the visitor can enjoy on a trip to Saltaire, one of the first model industrial villages set up by Titus Salt <http://en.wikipedia.org/wiki/Saltaire>

The visit was enlivened by presentations by "Mrs Dinah Stewart" (Sir Titus Salts housekeeper, played by Hattie Townsend, "Mrs Ellin

Dooley" (common mill worker played by Maria Glot) and "Rev David Cowan" played by Roger Clarke. In costumes of the Salt era they lead the group around Saltaire describing the church, houses, community hall and mill. The group offer these services as Saltwalks www.saltairevillage.info and ensure visitors to this World Heritage Site get the most from their visit. Tourism in the Bradford area were described John Swineburn Bradford Tourism marketing manager, spoke about the attractions of Bradford over lunch in the Victoria Hall.

Carl Bendelow

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SEDBERGH PRIMARY SCHOOL

On Wednesday the 19th of March Gym club's annual performance took place.

18 gymnasts from Y3 and Y4 took part. They all lined up in the corridor, the music began and in they marched walking on the balls of their feet, backs straight, shoulders down and toes pointed!

The gymnast formed 3 lines of 6, eagerly waiting to perform. They demonstrated some fantastic floor work: forward rolls. cartwheels, stag leaps and bridges were amongst the routine.

Next, the children showed their vaulting. They squat-Jumped on to the box and chose to cartwheel or

jump off making sure they did a good landing not forgetting to present.

Whilst some were vaulting, another group were performing forward rolls on the bench, trying their hardest to stay on and presenting at the end.

In another area the gymnasts were cat leaping on the bench, trying to get their knees up and toes pointed.

The fourth area was where the children performed their own routine. This was a great opportunity for the gymnasts to show how far they have come in such a short time.

All the gymnasts did a final presentation to a very appreciative audience, whose applause said it all.

Well done everyone.

GARDENS OPEN BARBON

In aid of St Bartholomew's Church Tower Fund, Barbon

15 of the villagers of Barbon

and one in Middleton (Sat only) are opening their gardens on

Saturday 31st May from 10 until 5

Sunday 1st June 12 until 5

There is great variety from big and splendid down to tiny and interesting.

There are the mature as well as the new gardens, all with work in progress.

The gardens can be visited on foot although those who have to, can get to all the entrances by road.

To give maximum enjoyment tickets may be used on either or both days.

Refreshments and tickets will be available throughout at the village hall.

TICKETS: Adults £5 ~ Senior Citizens £3.50 ~ Children Free

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PHOTO QUIZ

Can you identify this picture. Answer
on Page 68.



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BONNEYSHEEP

Bonnysheep.com Moves into Video.

2007 was not a great year in the farming calendar. If outbreaks of foot and mouth weren't bad enough put in the mix blue tongue and wheat and barley prices going through the roof it appeared that sheep weren't at the top of farmers shopping lists last back end. The prices at the marts reflected this. The disjointed sale season meant that some mule gimmers were sold at home, many were sold through the Auctions to bad trades and even worse - many farmers selling their lambs some £20 a head

down on the previous year. It was possibly not the right year to start making a DVD about the Mule Gimmer Lamb Sales but that is what we have done. Showing the highs and the lows of an eventful sale period.

The DVD runs for just over an hour and shows extensive coverage of the Skipton show and prize winners with a quick look at the shearing trade from the day. For added interest we have Bentham Shearing Sale and footage from the Saturday sale of Mule Gimmer lambs. We have thorough coverage of the Kendal Gimmer Sale and the DVD finishes with a look at Hawes- prize winners from the Sunday and a look at trade on the Tuesday sale. The DVD also incorporates the many photographs that were sent in to the Bonnysheep.com website.

It can be bought in Nisa for £12 or by sending a cheque for £13.50 (to include P&P) to Linda Allan, Middleton Hall Cottage, Kirkby Lonsdale, Carnforth, LA6 2ND.

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TIM FARRON MP

Most of the past month has been spent here rather than down in London due to the Easter Parliamentary Recess which, as a result of Easter coming so early this year, has bizarrely not been at Easter.

This has enabled me to spend a bit of time campaigning for the District Council elections getting out and meeting people on their doorsteps. Something I always enjoy partly as I meet such wonderful people but also because it keeps me in touch with the issues that you care about.

A lot of my time has also been spent campaigning against the proposed changes to the post office service we face in this part of the world. In some parts of the constituency this has

involved working to get Post Office Counters Ltd to decide not to close post offices. In others, such as in Dent, where the proposal is not so dramatic as to remove the service completely but to replace it with an outreach service run by another post office, my time has been focused on improving the service Post Office Counters Ltd are proposing to introduce. Their plans for Dent are far from satisfactory. The Memorial Hall is not a great place to run the post office from given its use by the school, the number of days they propose to run service is not adequate and we need a commitment to the service to be for much longer than the year or so currently planned. I cannot help but feel that Post Office

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Alan & Chris Clowes are now back at The Cross Keys after spending nearly three years as volunteers on an empowerment project in South Africa.

Two girls from the Thandi project, Sharon and Edwina, have returned with them and will be staying for four months.

This will be a great opportunity for them to receive training in the hospitality industry.

Hopefully with their help, Alan & Chris can introduce some new dishes to the menu.

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Counters Ltd have not really thought through their plans for Dent at all well and that there may be another simpler solution to their issues. I am keeping pressing the senior management to go and look at Dent for themselves to see if they can see an easier and better solution.

Not being in London has not stopped me from continuing to press the Government on the issues that affect us here, particularly with regard to agriculture. The Government has been slow at building up stocks for the vaccine to combat the Blue Tongue disease we saw break out in several places last year. They currently only have stocks for about one third of the livestock population in the country. As the weather warms up (surely it must soon) farmers are waiting anxiously to see if there are any outbreaks this year. If there are I believe the stocks we have should be targeted at those farmers most in

need. Clearly first call must go to those areas directly affected, but second call should go to those farming rare breeds like the Rough Fells you see around the Sedbergh and Dent area. This is an extremely old breed of sheep and it would be a tragedy to see it disappear through a cull from becoming infected by this disease. The Government claims that this prioritisation of rare breeds is not allowable under EU regulations but I am far from convinced. Their willingness to leap to blame the EU for their own failures does them no credit.

Anyway I must get back to campaigning.

As ever I can be contacted by writing to me, Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

SPRING SHOW

Sedbergh & District's 12th Annual Spring Show

BBC Radio Cumbria's newsreader and reporter Martin Lewes opened Sedbergh's twelfth annual spring show on 12th April and was called upon to choose the best in show exhibits for both adults and children. Mr Lewes, also well known as the announcer at the town's annual Gala, said how proud he was to live in such a beautiful area, and congratulated the exhibitors, the judges, and the organisers for demonstrating each year the town's wonderful community spirit and talent. He contrasted these traditional values with the sad state of much of the world outside. He

presented the trophies and prizes to the winners from the record nearly 600 entries. The musical entertainment during the afternoon was again provided by Sedbergh Town Band.

The committee would like to thank all those in Sedbergh who gave so generously of their time and to the raffle prizes. These include the George & Dragon in Dent, the Red Lion, Garth Steadman, Powell's, the Sedbergh Chemist, The Dalesman, The Sedbergh Cafe, The Cross Keys in Cautley, The Bull, The Flower Shop, The Green Door, the Sedbergh Spar, the Sedbergh Nisa, Ellies Bakery, A Stephenson's, Bob & Jean Sowerby, Amanda Sowerby, John &

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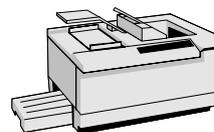
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Sue Sowerby, Rita & Helen
 Nicholson, Bill & Margaret Milburn,
 and many others. Thanks also to all
 who generously gave their exhibits to
 be auctioned for the benefit of the
 funds for next year's Show.

Cups and trophy Winners

Overall Winner of the Sedbergh
 Spring Show Shield

Mrs Margaret Milburn

Roger Underwood cup for most new
 entries to the show

Mrs Pauline Mather

Mrs Moira Folks

Lookaround Cup for "Best in Show" -
 adults

Mrs Wendy Fraser-Urquhart

Lookaround Cup for "Best in Show" -
 children

Miss Abbi Woof

Handicrafts Cup

Mrs Jean Sowerby

Mrs Linda Hopkins

Handmade toys Cup

Mrs Margaret Fearnhead

Mrs Shiela Ousby

Flowers and Plants Cup

Mrs Jean Sowerby

Garments Cup

Mrs Margaret Milburn

Home Produce Cup

Mrs Janet Postlethwaite

Art Cup

Mrs Susan Garnett

Photography Cup

Mr Garry Cowdroy

Children's section Cup

Miss Hattie Davies

Master Kieran Milburn

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MARCH WEATHER

March "many weathers" certainly did its best for us! We had everything from snow and frosts, gales, bright sunshine, dry spells and rain and plenty of it!! Temperatures were in the mid 40sF during the day generally but we had a couple of days when it didn't make it out of the 30sF and five days when it made the 50sF with a maximum of 56.8F on the last day. Only once did the night temperature not drop into the 30sF but we had some keen frosts with lows in the 20sF on six nights and a couple more below freezing. The minimum temperature recorded for the month was 23.4F!! When you add windchill we had temperatures of 7F!! It was

windy at the start of the month but not quite the often heralded gales. Nor did the month go out "as a lion" though quite windy except for the last day. The maximum gust recorded was 30.9 mph on the 12th March from the South West for a change.. Our heaviest snowfall was on Easter Sunday with about 3 inches with us. Rainfall was another thing with a total of 4.57 inches for the month. We had a spell of 7 days without rain but it then made up for it by raining on 18 days in the month. Our heaviest 24 hours added 0.79 inches.

March is a "golden month" with dazzling displays of daffodils, forsythia in bloom along with primroses and cowslips then by the

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end of the month celandines are in full colour. I didn't get up to see Wordsworth's daffodils this time but they usually put on a good show. I understand there is some concern that the wild daffodils are hybridising with garden varieties. Fieldfares and redwings have been in evidence and there has been much activity on the nesting front. Rooks have started a small colony in a nearby sycamore, jackdaws have again nested in the hole on the side of the house and a blackbird has built an enormous nest on top of the robin box in the shippon. The robin, meanwhile, has built a nest in a pile of old bags in the shippon. At least in there the magpie

doesn't find them until they have fledged. Some skeins of geese and six swans were making and early return North in the middle of the month. We've seen a couple of longtailed tits several times. Let's hope they are planning to nest nearby. They make a wonderful hanging nest out of moss and sheep's wool. A rare visitor to our garden have been a pair of bullfinches. Not beloved of fruit tree growers as they can do so much damage pulling off buds but they are certainly striking birds. It seems some rabbits have survived the myxamatoxis outbreak as several are scampering around the field at night.

<p><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £4.10 Garlic Mushrooms on Toast £3.65 Pate with Garnish, Toast & Butter £3.50 Soup of the Day £3.30 Egg Mayonnaise £3.40 Grapefruit Cocktail £3.40 Garlic Bread £2.50</p> <p><u>Extra Special Main Courses all £11.45</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Steak with Red Wine Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p> <p><u>Main Courses</u></p> <p>Roast Dinner of the Day £6.99 Mixed Grill £12.40 Fillet Steak £12.40 Sirloin Steak approx. 8oz uncooked £10.30 Half Roast Chicken £7.99 Chicken Kiev £6.99 Lasagne £6.99 Steak & Kidney Pie £6.99 Cumberland Sausage £6.99 Gammon & Pineapple £6.99 Barnsley Lamb Chops £9.99 Marinated Lamb Steak (6oz) £9.99 Pork Chop in BBQ Sauce £7.60 Cheese & Ham Pasta £6.99 Tuna Pasta Bake £6.99</p>	<h1>THE HEAD AT MIDDLETON</h1>  <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h2>Menu</h2>	<p><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.70 Grilled Rainbow Trout £9.70 Breaded Scampi £6.99 Breaded Haddock £6.99</p> <p><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £6.99 Stilton & Vegetable Crumble £6.99 Vegetable Lasagne £6.99 Mushroom & Nut Fettuccini £6.99 Broccoli & Cream Cheese Bake £6.99 Vegetable & Pasta Bake £6.99 Vegetable Tikka Masala £6.99 Macaroni Cheese £6.99</p> <p><u>Rice Dishes</u></p> <p>Chilli £6.99 Chicken Tikka Masala £7.99</p> <p><u>Salads</u></p> <p>Ploughman's Lunch £5.99 Cold Meat Salad & Roll & Butter £6.99 Prawn & Rice Salad £6.99</p> <p><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.80 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.90 Toasted Sandwiches from £3.10 Portion of Chips £1.70 Mixed Side Salad £1.70 Portion of Mushrooms £1.70 Roll & Butter £0.65</p>
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**SEDBERGH TOWN BAND
MASTER CLASSES**

To celebrate the Tenth Anniversary of the formation of Sedbergh Town Band the band has been lucky enough to obtain an Arts Council grant. Part of this is to enable a programme of five Master Class Recitals to be held throughout the year. Each Master Class will feature a different instrument, covering in turn the various sections of a brass band. A short recital will complete each event. The five instrumentalists are all renowned virtuosos from the brass band world.

Morgan Griffiths was the principle euphonium for Black Dyke Mills Band and then for the Yorkshire Building

Society Band (YBS). In 1999 he was awarded the title of 'Euphonium Player of the Year' and in 2007 was appointed as musical director to the YBS Band.

Nick Hudson premiered the Wilfred Heaton Trombone Concerto for BBC Radio 3 and gave the first public performance at the Royal Albert Hall of Philip Wilby's concertino 'White Knuckle Ride'. He has played with most of the UK's top brass bands and has presented master classes and performed throughout Europe and the USA.

Steve Sykes was principle tuba with Grimethorpe Colliery Band and has played with most of the leading UK brass bands. He now works as a

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freelance musician performing in Europe, USA and Canada. Steve has also directed championship bands for many years..

Ian Porthouse has been principle cornet with a number of bands including Black Dyke Mills and Yorkshire Building Society Band and was Musical

Director of Pennine Brass. He is Director of studies at Birmingham Conservatoire, tutor to the National Youth Brass Band and has conducted a number of prestigious bands.

Owen Farr graduated from the Royal Northern College of Music in 2002 and was then voted player of



the year by his fellow players in the Williams Fairey Band. He is a lecturer at the Birmingham Conservatoire and tutor at the Welsh College of Music and Drama.

Each Master Class will be held on a Sunday afternoon in the URC Church at 2.30pm beginning with Morgan Griffiths on the 4th May. You are invited to join us for what undoubtedly will be inspirational entertainment, arising from the awesome technical brilliance from these top class performers.

*Hilary Hodge
Secretary Sedbergh Town Band*

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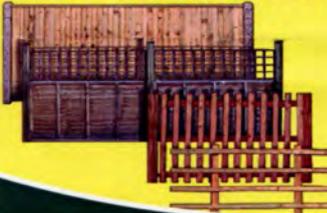
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EARLY MORNING EXERCISE

For me, the best time to exercise and practise Tai Chi is in the mornings. If I leave it until later, I find it much harder to extricate myself for long enough from all the other "important" things I feel I must do. From a health perspective, few things are as important as exercise, so I have made it a habit to start the day with Tai Chi practice.

With this in mind, I am planning to run an early morning exercise class in Queens Gardens in Sedbergh throughout the summer. This will be on Monday mornings (not bank holidays) starting on 12th May. Timing

is still open to discussion. I was thinking of 7.00 to 8.30, but it could be earlier or later if that suited people better.

There will be two sessions, each lasting 45 minutes. The first session will consist of warm-ups, joint mobilisation and stretches. This will be pitched to accommodate the participants, but I expect it to be reasonably vigorous. I will be giving information about the benefits of the various movements.

The second session will be based on a short (12 movements) Tai Chi form called the Eight Diamonds. The movements will be slow and gentle

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(remember Calendar Girls?) with the emphasis on good body alignment and posture. The Eight Diamonds form was created by my teacher, Raymond Towers, to illustrate the eight major principles of Tai Chi. It is a good form for beginners to learn because of its simple structure. If you have already learned one of the longer forms, the eight principles will inform your movements.

There is a consensus about the benefits of Tai Chi. Because it is based on the natural movement and natural alignment of the body, it encourages release of tension and the good function of the organs of the body. It requires no special equipment and can be done anywhere. If you are looking to start increasing your level of exercise, I would urge you to try it.

If you are interested in Tai Chi, but

unable to come on Monday mornings, consider Ian McPherson's Tuesday evening class in Sedbergh. His number is (015396) 20648.

Participants may come to one or both sessions. The cost will be £4 for one session and £6 for two sessions. The first session will take place regardless of weather conditions (wearing appropriate clothing). If it is very wet the second session will be cancelled.

If you are interested in joining the early morning classes, please contact me as soon as possible, so we can discuss timing. My telephone number is (015396) 20972.

June Parker



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WINDFARM PROPOSAL

*The Armistead Windfarm Proposal
(on the Low Fells south of Old Hutton
village)*

This letter should be of interest to everyone in the circulation area of the *Lookaround*, whether you are absolutely against wind farms, are uncertain, or in favour of them. Whatever your view, it is important that you are aware of what is happening.

Banks Developments (of Co. Durham) submitted a planning application at the end of March to build a wind farm on land adjacent to the B6254 Kirkby Lonsdale to Kendal road. Details were revealed in two public exhibitions in the Old Hutton

Public Hall and these are for a six turbine wind farm, each machine 328 feet (100 metres) tall. That is 2.5 times higher than the existing electricity pylons. The proposed site is the highest point of the SW/NE ridge that includes Scout Hill, Warth Hill and Kitriding Hill and is right on the boundary of the possible extension to the Yorkshire Dales National Park which is currently being considered by Natural England.

This can hardly be described as unobtrusive and, as the developer's viewpoint data shows, the turbines will be visible over a wide area. Of course the distance between a viewer and the wind farm will make a difference to one's perception. On

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this point it is notable that the Cumbria Wind Energy Supplementary Planning Document adopted late in 2007 classified visual impact into five levels. Viewed from a distance up to 2.4 kilometres turbines are classed as '**Dominant**'; to 6km they are '**Prominent**'; to 12km, '**Conspicuous**'; and to 18km, '**Apparent**'. Beyond 18km they may be visible but will be generally '**Inconspicuous**'. On these criteria, the proposed Armistead wind farm will be '**Conspicuous**' from parts of Barbon, Casterton, Biggins, Lupton, Sedbergh, and Kendal, '**Prominent**' from many parts of Old Hutton, Endmoor, New Hutton, and Lambrigg wind farm is also in view adding a degree of cumulative impact. The wind farm would be '**Apparent**' as far away as Grange-over-Sands and Arnside Knott.

However, the effects will be most dramatic from the hills and **serious landscape impact** will be evident from the Howgill, Middleton, Barbon and Leck Fells, Scout Scar, and Hutton Roof. The turbines will be seen from parts of Kirkby Lonsdale,

especially from the A65, and significant stretches of the A683 from Casterton to Sedbergh. Though invisible from Oxenholme village they will ruin the charming easterly view from The Helm – a popular local walk. Most of all, the turbines will dominate the many picturesque views and quiet byways within the Kendal Low Fells east of the M6.

Perhaps the most worrying aspect of this proposal is that it could mark the beginning of the industrialisation of the whole of the Lune Valley. We are already aware that other developers are considering wind farms at sites which include Firbank Fell, Cragg Lot near Arkholme, Scout Hill and Holmescales Quarry near Gatebeck, and Dalton Crag near Hutton Roof. Armistead should be a wake-up call to us all.

In addition, to the visual effects, there are many other downsides to the Armistead proposal. There are frequent sightings of birds such as lapwings, curlew, oystercatchers, black-headed gull, buzzard, hen harrier, merlin, raven, skylark, twite

(Continued on page 46)

and other birds on and around the site where a number of these species also make their home and breed. The proposed site is a significant catchment from which important springs feed into the Lune as well as the Bela watersheds. Significantly, these springs feed into Burns Beck Moss SSSI and Wyndhammere where trout spawn and white-clawed crayfish (an endangered species) and newts live and breed. In addition there are eight homes at risk from noise and shadow flicker and then there is the massive construction process of four kilometres of heavy-duty track and the turbines themselves.

Of course there will be some

readers of Lookaround who feel inclined to support the proposal. The main reasons are likely to be twofold. Firstly, they may feel understandably concerned about climate change and our need to reduce greenhouse gas emissions (notably carbon dioxide) and believe that the construction of wind farms will do that. Secondly, the statement, *'I'd rather have wind turbines than nuclear power stations'* crops up again and again. Without going into too much technical detail, we wish to comment on these two issues.

Firstly, wind farms are not a suitable technology for addressing emissions reduction. In 1992 the Government allowed a wind farm owner to claim to

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save 1 tonne of CO₂ for every 1,000 kilowatts hours of electricity generated. Today Government press releases from the office of the Energy Minister, Malcolm Wicks, only allow a saving of 0.36t/1000 kWhs. Even this figure is too high because it does not take account of the CO₂ generated in manufacture, erection and maintenance of the turbines, or for the CO₂ produced by coal or gas-fired power plants running inefficiently on standby for when the wind does not blow. If it did, the figure would fall even further. No, wind farms make only a marginal contribution (if any) to reducing carbon dioxide. There are far more effective and less intrusive ways of doing this.

Secondly, wind turbines cannot replace nuclear generation. This is because nuclear power stations provide our 'base load' electricity. This is the quantity needed day and night every day of the year for our industry, electric railways, computerised systems, hospitals, street lights, home fridges and freezers, and so on, to keep them operating. Wind turbines are simply too unreliable and variable to do this and produce no useful electricity for about 60 to 110 days a year depending on the site.

The proposed Armistead windfarm would be the biggest engineering works to affect this area since the construction of the M6 and, in our view, is little more than legalised vandalism motivated by huge subsidies and large profits. This application can be stopped by 'people power' and if you care about your

locality, or if you have sympathy with those who will be within noise or shadow flicker range please write to SLDC indicating your objection at the latest by the end of May.

The Friends of Eden, Lakeland & Lunesdale Scenery (FELLS), working with ABLOT (an Old Hutton-based opposition group) will be leafleting the district and plan to hold public meetings within the area where the whole affair can be explored face to face. We hope to see many of you there.

To find out more visit the www.ablot.moonfruit.com or contact Mike Hall at hallmj@kencomp.net.

TO OBJECT, PLEASE WRITE TO SLDC BY THE END OF MAY CITING PLANNING APPLICATION NUMBER: SL/2008/0318

ADDRESS: Mr Barry Jackson, Planning Officer, South Lakeland District Council, South Lakeland House, Lowther Street, KENDAL, Cumbria, LA9 4DL or e-mail to development.control@southlakeland.gov.uk

*Mike Hall (Vice-Chairman, FELLS)
Bernard Drinkall
(on behalf of ABLOT)*

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SLOVENIA - A COURSE IN LANGUAGE AND CULTURE

There are some who say that Slovene is a difficult language to learn - but those who have learnt to speak phrases and some of the basic grammar will tell you the opposite. They know that it is the easiest language in the world because of the enormous amount of support that learners get from Slovenians who are understandably very pleased that English people have gone to the trouble to learn some of their language and to respect their culture.

It is true that some aspects of the grammar are complicated, but others are very simple. There are no sounds in the Slovene language which are not there in English, but unlike English the language has a far more regular structure. Some of the letters are written differently but they are easy to learn to pronounce and, once learnt, words are pronounced as they are written - unlike many of the words in other languages (such as bough, tough, cough, hiccough, bought etc. in English.) And as George Handley says about learning a foreign language: "It must be easy - even tiny children in that country speak it!"

The myth that Slovene is a very difficult language is put about generally either by people who have never bothered to try and learn it, or by the Slovenians themselves who are so polite that they let everyone off the hook by saying their language is too difficult to learn!

Although there are not many people in the world who speak Slovene, my

experience has been that even though it is a country with less than 2 million inhabitants you might want to talk to all of them, and spend a lifetime trying to get round them all!

Even being able to speak a few phrases to our visitors - or when visiting Slovenia - is better than the assumption that everyone should speak our own language.

Many of our ancestors who set out to colonise the world for Great Britain believed that British culture was the only one that mattered, that other countries had nothing to offer and everything to gain by taking on our culture and our language. Now we are hopefully less arrogant and believe that learning something of the

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diversity of cultures around the world can help us have a deeper understanding of our world and ourselves. In seeing how others do things differently we learn to see what we take for granted about our own culture - and appreciate its strengths and weaknesses.

And it is well known that learning a new language can help to stave off the horrors of senile dementia and keep the mind young.

So as luck would have it there is now an opportunity to learn some simple Slovene language skills and something of the way of life on a weekly course in Sedbergh. As well as basic grammar and vocabulary topics will include how to travel

cheaply and easily to Slovenia (which includes pronouncing place names,) how to make some traditional Slovene cakes, how to use basic phrases in the language, have a simple conversation in Slovene, and sing drinking songs...and then practice them with visitors from Slovenia and several choirs from our twin town visiting later in the year.

On our recent visit to Zrece, where we stayed with a family who have a small boy the same age as our daughter, we popped over the border to Croatia to visit our friend Andreja Ponikvar who teaches the Slovene language at Zagreb University. Andreja has not only written the best book on learning Slovene for beginners, she also came to Sedbergh a couple of years ago and did an evening in the CDC centre and a class at Settlebeck. She has very kindly agreed to return later in the summer with another Slovene teacher from Nottingham University to help the Sedbergh Slovene language students with their studies.

The course, which has just begun, still has some places on it for those who would like to join us. It runs on Mondays from 7.30pm-9.30pm with a break for refreshments. To find out more please ring David Burbidge on 015396.21166. Course members are also welcome to join a cultural exchange to Slovenia in August staying in our twin town as well as visiting several other places of interest.

David Burbidge
www.lakelandvoice.co.uk



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First the good news. We have received a very generous donation from a private individual for which we are very grateful. We also have received a Grant from the Neighbourhood Forum of £500. This money will help to obtain new equipment for recording the *Lookaround* digitally for the Blind members of our community.

Now the bad news. The equipment that we set our minds on to play back the recordings for the Blind is now no longer available as they have gone out of production. Enquiries are on going around the country to try and obtain some but it is not looking good.

Hopefully, we shall have an update next month but meanwhile, if you

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know of anyone that would appreciate either an Audio or Large Print version of *Lookaround*, please contact the Office.

Pictures show readers Malcolm & Ann Petyt, Stuart Manger & Imogen Blatchly at the latest recording session which was overseen by Technician Trish Weatherall & Editor Elspeth Griffiths.

D J Whicker



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HOWGILL W. I.

We met at Firbank Church Hall on April 3rd. Mary Silva presided giving a warm welcome to members and two guests.

Hilary Wilson was congratulated on her article published in the Sunday Telegraph on the plight of Hill Farmers.

Anita confirmed our summer outing will be on Wednesday June 25th to Broadleays at Windermere followed by tea provided by Windermere W. I. Names and numbers to be finalised at the June meeting.

Mary Silva was our delegate at the half yearly Council Meeting at the Town Hall in April.

The next Howgill Hikers walk will be lead by Liz Moore and will be on Wednesday May 21st.

All eyes were on the flip board when our speaker Gazette Cartoonist Colin Shelbourne explained the four elements to drawing a cartoon. He illustrated that two or three basic shapes can quickly become an animal or person with character and with facial expressions and movement. Finished off with a fitting joke.

On the front cover of the

Wesmorland Gazette each week you will find a Shelbourne cartoon based on a story which is making headline news, complete with an appropriate caption which aims to make a point or highlight a campaign. Helen Beare thanked Colin for the humourous illustrations and skillful drawings enjoyed by everyone.

The competition for a "Cartoon" was won by Sheelagh Denniss with Barbara Axford second. Mary Silva was the raffle winner and the social time Quiz was won by Liz Moore with Mary Silva second..

On May 1st we will meet at Howgill when June Parker will be demonstrating "Quigong". Visitors welcome. A. H.

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KILLINGTON W.I.

Our March meeting was cancelled so that we could support our local butcher when he spoke to a gathering of local WI's about the Guild of Quality Butchers. It was a most interesting afternoon and everyone enjoyed sampling Garth Steadman's sausages and burgers.

The April meeting saw us back in the Committee Room and joined by another visitor, Barbara Leigh. The usual business was soon dealt with and our President, Shirley Richardson, informed the members that the Lune Valley Group Meeting will be held on Monday 19th May at 7.30 p.m. in Barbon Village Hall and that she had got ten tickets for the event.

Thandi Project. We are indebted to Anne Jones who, whilst staying with Alan and Chris Clowes in South Africa, set up the financial arrangements at the Thandi end, so that children at the local school can have one good lunch per week during the school term until the end of December. We reminded the members that this is not a WI project, but one undertaken by friends who happen to belong to Killington WI and hope it will be ongoing for some considerable time.

We then welcomed our guest speaker, Mrs Margaret Thomas, though singer might be more appropriate. Her topic was "Folk Songs from the British Isles" and she told us that many folk songs were

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sung whilst the people were working and that they were passed down orally from one generation to the next. When it was feared that they could be lost, groups travelled the country recording them. She encouraged us to join in where we knew the words. Margaret Fearnhead thanked Mrs Thomas for a most entertaining afternoon.

We then enjoyed our cup of tea and a belated birthday cake for one of our members who had celebrated a special birthday in March. Our raffle was won by Edith Robinson and the competition of completing a limerick was won by Barbara Kooper. VCC

OBERAMMERGAU PLAY

The Passion Play at Oberammergau in Bavaria, Germany— is performed every 10 years.

In the midst of the horror of the 30 years' war, the dreaded plague swept across Europe. High in the Bavarian Alps the citizens of Oberammergau attempted to seal themselves off from the outside world. When a homesick young man sneaked into the village and brought the pestilence with him, 84 residents died within 3 weeks. In desperation, the town council made a solemn vow that if God would stop the plague, out of gratitude, they would present a play depicting the suffering and passion of Christ for the duration of their existence.

Miraculously, the plague took no more lives in the town. True to their word, the villagers performed their first play in 1634, and have continued to do so to this day. Nestled in a high Alpine valley, Oberammergau provides a breathtaking setting. Today, the play takes place in a covered auditorium with an open-air stage, built in 1930 to insure performance regardless of weather conditions. The open-air stage design creates a backdrop of green fields, mountains and blue skies, Even if you aren't 'church' orientated, this wonderful spectacle of pageantry and drama which is world renown for the costumes and musical presentation is an absolute "must".

In the millennium year, I had the privilege of seeing the world famous Passion Play at Oberammergau—an

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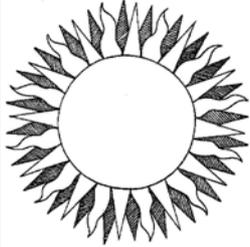
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experience I want to repeat and share with others. Since 2000 I have organized a coach holiday every year. (2008's holiday is in August to Austria). In 2010 I will be taking two holiday groups, (June & July), which will incorporate a 2 night stay in Oberammergau with tickets for the Passion Play. Built for comfort, not speed, but knowing how to enjoy ourselves, we make the most of our holidays visiting some wonderful places, whilst keeping time on the coach to the minimum. Our ages range from mid thirties up to mid eighties & beyond. There are already folks from the Sedbergh area planning to go. If you are interested in joining us on either the trip to the Passion Play in 2010 or if you just want a leisurely holiday to Austria this summer please get in touch with Susan Adams. 015242 61182.



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Ruth Francis	Remedial massage	015396 20275
Elizabeth Hilton	Light therapy	015396 21800
Deyna Hirst	Yoga consultant	015396 21556
Ian McPherson	Homeopathy and T'ai Chi	015396 20648
Melanie Missenden	Counselling and aromatherapy	015396 21058

Health practitioners in the local area

SEDBERGH TOWN BAND

The Spring Show

On Saturday 12th April the Band again provided background music for an hour in the early afternoon of the Annual Spring Show. Under the skilful baton of assistant bandmaster Tony Crofts a large number of visitors to the Show were treated to an entertaining selection from the Band's impressively large and wide repertoire.

Band Equipment

Since its formation just under ten years ago thanks to various grants and donations the Band has been able to become well equipped. The range and quality of instruments has

steadily grown: the original military style uniforms have been replaced by a more conventional civilian brass band uniform of blazers, ties and striped trousers: the music stands display distinctive Sedbergh Town banners: a sizeable marquee has seen duty at a number of functions and the Band has made effective use of the light weight hi-tech staging.

The latest addition to the Band's equipment was received recently: thanks to generous grants and the Band's fundraising activities a specially designed trailer will facilitate the transportation of all the assorted equipment needed at the various venues where the Band appears.

MAY GARDENING

The cool wet summer last year resulted in an excellent growth of moss in several of "my" lawns and I noticed, that with my first cut this spring, the moss growth was so deep in some places that the mower blades had to be lifted to prevent the machine from being embedded in the lawn. Moss at least 2" deep demands some action.

I have tried various moss control methods but my current favourite is the old fashioned Sports Turf Institute way which uses Iron Sulphate dissolved in water and applied to the lawn using a watering can with a rose attached. I use a heaped tablespoon full dissolved in a 2 gallon can. Along with various other gardening practices, this moss control method is not nowadays approved by the EEC or whoever regulates our garden chemicals, so you will find no mention of moss in lawns on any pack of Sulphate of Iron that you buy. However, you are allowed to use the chemical as a plant feed, so go ahead and feed your lawn with it, and you will find that, quite coincidentally all the moss present blackens and dries out as the grass green up. Iron Sulphate is harmless to pets and its only drawback is that it stains paving and other hard surfaces a rusty brown – so go carefully around any areas where paving and lawn meet.

Having applied your Iron Sulphate you will have to remove the dead moss in order to make space for the



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grass to thrive. In a small area a good going over with a spring rake will do the trick but if your lawn is a reasonable size then it is much more satisfying to hire or borrow (or buy if you really mean business) a scarifier to do all the hard work for you. This will generate enormous mountains of moss and thatch (the dead leaves of grass which build up into a mat and stop the lawn from "breathing") which you either compost or remove to the tip. Your lawn will appreciate all the hard work but be prepared to do battle at the same time again next year.

Elaine Horne

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A PEARL OF WISDOM

From the first time, as an embryo, that we stick our thumbs in our mouths until the day we breathe our last, we experience the world through our mouths. Eating or drinking, kissing or hissing, laughing or weeping, the jaw does it all. Like our feet (and there's another fascinating subject), we take it for granted. Until it goes wrong.

Jawache, locking or clicking of the jaw are fairly obvious signs of a mouth under strain but one of the commonest symptoms of TMD (temporo-mandibular dysfunction) is headache. This can settle over the ear or jaw but it can also spread up

over the eye or down the neck. Even low back pain can be caused by faulty functioning of the temporo-mandibular joint, that is, the jaw.

The TMJ is *the* vital joint of the body. We have to eat, so however funny-looking the rest of us might be, the top and bottom jaw have got to more or less meet. Sometime this imperative screws up other parts of the body. And something odd has happened to the western jaw. If you look at photos in travel guides of Pacific islanders, or Chinese farmers or Indonesian fishermen or whatever, you will see mugshot after mugshot of beautifully spaced gnashers. Over the last century, however, the maxilla

(upper jaw) of Western Europeans has shortened by ¼". Why? It may be that bottle-fed babies don't have to work for their food and don't develop their muscles of mastication. Perhaps our low roughage diet underworks the same muscles later in life. It has been suggested that we sing less than we used to and that affects the shape of our mouths. Whatever the reason, mouth breathing, glue ear, sinus problems and crowding of the teeth of the upper jaw are more prevalent in Western than in Eastern Europe.

There is a very old saying that you don't diagnose what you can't treat. Poor old jaw. No branch of medicine has all the answers so jaw disorders have often been neglected in the past. Over the last decade or so, there has been much more sharing of information and a multi-disciplinary study group has been set up. This is great news for those of us who work with the jaw. More importantly, it could be good news for people with headache and painful jaws too.

Daphne Jackson
MSc(Ost) DO. Osteopath.
Kendal and Sedbergh
01539 740452.

1st SEDBERGH SCOUTS

The Group held a coffee morning on Easter Saturday and wishes to thank all those Scouts, parents and supporters for their hard work in making the event so successful. The funds raised (£145) will contribute to the Group's expanding programme of activities and the maintenance of our

HQ building.

Recent Scout activities included the troop Christmas/New Year treat, which was a trip to Morecambe Superbowl, where we had an enjoyable game of 10 pin bowling and some time for snacks and arcade games. In February we had a visit to the climbing wall in Kendal, where after a practice on the small wall we were able to try climbing in the main hall, with some of the Scouts managing to reach the top. The Troop ran a "bring a friend" evening in April when the Scouts used their pioneering skills to build sedan chairs, then had a race to see which Patrol was the fastest. This was a good test of their lashing, and both the chairs survived the race.

Sedbergh Scouts will be holding its Annual General Meeting at the HQ building (rear of Bull Hotel) at 7.30pm on Friday 6 June. The 'business' part of the meeting will be extremely brief. Refreshments and entertainment will be provided and video/slides will be shown to illustrate some of the activities undertaken during the last year. All Scouts, parents and supporters and any members of the public are welcome to attend to find out more about Sedbergh Scouts, ask questions, or make suggestions for the future working of the Group.

If you are unable to attend the meeting but would like to find out more about the Group, please contact Bill Mawdsley (Scout Leader) on 015396 20723 or Jim Atkins (Chairman) on 015396 20031.

LADIES N. F. U.

The February meeting on the 19th was well attended. Our speaker for the evening was Mrs. Susan Garnett, the subject being Pact and Phantoms of Upper Eden.

Along with some lovely slides of the local area showing us the old roads with lovely little pack horse bridges that the drovers used in bygone days, plus in and around the Smardale Viaduct. She also told us some spooky tales about the various old inns the drovers used on their travels to the North East including the Cross Keys, Cautley and the Black Swan at Ravenstonedale.

The March meeting took place on the 18th when Mrs. D. McCaffery told us about the Art of Spinning and Weaving. She brought along some beautiful silk, chiffon and velvet scarves which she had dyed, and are sold at Farfield Mill and Heritage Centre, where she has a studio.

She also brought a lovely rug spun and woven from Herdwick and Rough Fell wool.

The April meeting on the 15th held in the Methodist Schoolroom when Mr. Lowe showed slides of the Lake District National Park.

He took us around Coniston, Troutbeck, Hesketh Newmarket, Caldbeck, Egremont and Grasmere pointing out the old 17th and 18th century houses and farmsteads with the old mullion windows etc.

His scenic tour make one realise that we really do live in and near to one of the most beautiful parts of

England.

Our next meeting is on Tuesday 20th May in the People's Hall and new members will be most welcome.

Thank you to everyone who gave donations and supported the Coffee Morning held on Wednesday 16th April in aid of Breast Cancer.

We raised the marvellous sum of £320 for this very worthy cause. Thank you all once again.

LOST AND FOUND

Just before Christmas I wrote in the Lookaround about having lost some money in October having used a local cash machine and then forgotten to pick up the money. I wanted to let people know that there had been a happy outcome as a result of this article as so many people stopped me to ask about it. I was in fact touched by how many people showed an interest and expressed sympathy. Many thanks to all those who did.

The good news is that the money was returned thanks to a student from Sedbergh School and the attention of one of the staff at Barclays Bank, Karen Holmes.

Although I had informed my bank of the loss and they claimed to have investigated it, what I didn't know was that this simply means checking whether the money has been dispensed by the machine. I assumed a phone call might have been made to the bank where the cash dispenser is! I sometimes despair at the lack of communication that seems to exist in this age of technology when this

should supposedly be easier.

Anyway Karen had, by chance, read my article in Lookaround and remembered that some money had been brought in by a Sedbergh School student and deposited in the safe around the date I'd mentioned. She went out other way to phone me on a Sunday, beyond the call of duty, to tell me that this might be my money. Then when back in work investigated it further, established that it was mine and phoned me at work to let me know. Furthermore she arranged to have the money delivered to my school. I am grateful to the Sedbergh School student for his honesty, to the diligence and care of Karen Holmes and to Lookaround without which it is unlikely my problem would have been resolved so happily.

Sally Ingham

SEDBERGH MUSIC FESTIVAL

June 13th. - 29th.

Brochures are now available at the TIC and in Bookshops Sedbergh Summer Singers and the Dent Players are joining forces to put on two performances of Gilbert and Sullivan's comic opera 'Trial by Jury'.

Trial by Jury was first performed in 1875 and is a little gem of wit, sentiment and charm. The story concerns a case of breach of promise and contains some typical Gilbertian humour and some of Sullivan's most sparkling music.

The performances will take place in the People's Hall and a Festive

supper will be available before the show. Tickets for the combined meal and opera, or just the opera, will be on sale at the TIC from mid-May.

Previous articles have mentioned bands and choral societies. There will be several solo recitals of interest. Martin Roscoe is a piano recitalist of international repute who will be giving an all-Beethoven recital of four of the composer's greatest sonatas. Here too, dinner will be available before the recital.

Jeremy Lamburn will be giving three short recitals in the URC. Each recital will feature two of Bach's unaccompanied 'Cello Suites. This will be a rare opportunity to hear all six of these truly virtuosic works.

Nicholas Hurndall Smith and Alexa Wightman will be performing Schubert's song masterpiece. Die Winterreise (Winter Journey) - a work of profound beauty.

Alia Kravchuk will bring the Festival to a close with a song recital on the final Sunday. Alia is a principal soprano with Hanover Opera. Alia is of course married to a local Sedberghian and has delighted us at each of our previous Festivals.

There is something for everyone during the Festival and thanks to the generosity of Sponsors and Patrons we have been able to keep prices down to the minimum. Remember also that all events, apart from Trial, are free to young people of school age. Pick up a brochure and sample the delights!

Deryck Cox

FRIENDS OF FARFIELD MILL

The 1st Annual General Meeting of the FRIENDS OF FARFIELD MILL was held on 15th March 2008 at 10.30a.m.

Anne Pierson (Chair) welcomed everyone and gave a brief account of the last year's events at Farfield including the appointment of the new Director (Clare Hamilton), progress with the Farfield Project and the recent refurbishment. Anne also talked about the formation of the Friends as a replacement to the previous membership scheme in October 2006 and their focus on providing financial and practical assistance for the Mill. Friends, in addition to free entrance to the Mill,

also have access to other organised events and activities.

Anne then introduced the members of the current committee, talked about their different roles within the organisation and what had been achieved since the formation in October 2006

- a social programme including theatre, cinema, art gallery and museum trips, the monthly luncheon clubs, the Xmas carol evening and the recent jewellery lecture
- fundraising which includes monies raised from increasing Friends' numbers, the Spring Draw and an encouraging number of Life Friends

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- a growing number of Friends who act as volunteers within the Mill on both a regular and occasional basis
- the Newsletter which keeps Friends informed of planned events and enables the Director to detail improvements and projects happening at the Mill.

Moira Roberts (Membership Secretary) advised that during the initial period of 14 months (from the formation of the Friends in October 2006 to December 2007) the number of Friends has grown to 440 from a previous membership base of 250.

The current committee confirmed that they were prepared to continue and no nominations had been received within the deadline as detailed in the AGM notification. It was proposed and agreed that the current committee and Officers continue for a further year. The need to strengthen the committee with additional members was discussed.

The date for the 2009 AGM was agreed as 14th March 2009 and the meeting closed at 11.30a.m.

*Anna Atkins
(Minute Secretary)*

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on 20807 for further information

NOAH'S LARK

A 'Pantomime' that appears in April? It could only happen in Sedbergh.

And happen it did. There were 4 performances of which everyone was very well attended.

If you did not attend, you missed an excellent professional performance which reflected on the brilliant script for the Play. It would be wrong to pick anyone out but the scriptwriter/ costume maker Sandra Gold-Wood and Director Viv Hailwood worked tirelessly over many weeks to get the perfect production.

Very well done to all the performers, especially the children, and the backroom boys.

Due to everyone being involved in the productions, there was nobody free to video or take pictures of the performances. If you took any and would allow the team to have sight of them, could you please contact Sandra on 21808.

As I write, I believe that another Panto is in the pipeline, but will it be as good as the last. *Oh yes it will! Oh no it won't! Oh yes it will!*

D J Whicker

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DENTDALE CRICKET CLUB

Following our 'Crisis' meeting we are now reasonably confident that we will fulfil our fixture list shown below.

If there are any players, young or old, who would like an occasional game please contact our Cricket Managerial/Selection Team of Chris McClurg (07970-363063) Rob Mitchell (07966-582663) or John Hyde (Chairman) on 015396-25503.

We play 40 overs per side on Sundays, friendly but competitive games, in a wonderful setting. If you can't play why not just come along and watch.

FIXTURES 2008

MAY

11th Sedbergh M.W. Away
18th Lancaster Univ. Home

JUNE

1st Holker Home
8th Bellringers Home
15th Bentham Exiles Home
22nd Kirkby Lons. RUFC Home
29th Sheeptown Cavaliers Away

JULY

6th Sedbergh M.W. Home
13th Archbishop Hutton PTA Home
20th Barrow Nomads Home
27th Gregsons Home

AUGUST

3rd Holker Away
10th 5 a side Competition Home
17th Hawes Home
31st Sheeptown Cavaliers Home

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DENTDALE METHODIST CHAPEL

First, an apology. We announced the visit of the Orton Male Voice Choir to the chapel for Fri May 9th and then realized that it clashed with an event at Garsdale, so we have changed ours to Monday May 5th and hope you can come. There will be a supper afterwards and we look forward to a great time together.

In May we change from afternoon to evening services, and the Big Issue is that Tim our Minister goes on Sabbatical from May - July and will not be around, we wish him well and look forward to hearing all about what he experiences when he returns.

For some people worship is enhanced by new worship songs,

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perhaps ones with a good beat or more lively tune, for others the "old favourites" make their hearts sing, so we will be celebrating the oldies on Sun May 25th and invite people to come with their choices .. or best to let us know before so we can sort the words.

Then later in the year perhaps we will have a service dedicated to the new worship songs to keep the balance.

It was good to hear the Dr say he rather likes the Surgery being held in our schoolroom/kitchen at the recent Parish Meeting, it has been held there for quite some years and we look forward to many more.

Each week our printed notices contain events in the village as well as the Circuit and a Text for the week along with suggestions for prayer & action, recently we have collected biscuits and puzzle books to send to the Troops overseas, and material and thread and office supplies for Project Linus are welcome, there is a box on the coal bunker for gifts. This project provides comfort blankets for children.

S E Woof. Secretary

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**SOUTH LAKES SOCIETY
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Sedbergh Group

Sadly the size of the group was much reduced this month due to illness and hospital and health centre appointments. Good wishes were sent to the people who were not able to be present.

The afternoon session followed the theme of jokes and funny stories. There were wonderful contributions from the group. Some limericks were recited, mainly about folk from Dent. Why Dent and not Sedbergh? There was a topsy-turvy rhyme, one regretting memory loss and a story about a ghost that wasn't. The jokes surprisingly centred largely on vicars and to a lesser extent on parrots with a bit of golf thrown in – in one case a vicar who played golf – no parrot in that case fortunately. There was also the odd goldfish, some sheep on the fells and several naked ladies swimming in a crocodile infested pond. Surreal? Absolutely but what fun. Thanks to Betty Harper for the idea.

Dennis Whicker brought everyone

up to date with the Audio and Large Print Lookaround, and the exciting plans for the revamped People's Hall were explained and discussed. Specific suggestions were put forward regarding the use of the Hall by people with vision loss.

The next meeting, on May 20th, includes an exhibition of low vision aids which is to be situated in the main hall and which will be open to the general public. The outing on June 17th will be to the Barbon Inn for lunch. New members with sight problems, and also volunteers are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633.

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They're black, round and cost about £80.

Although most tyres are made to very high quality standards, there are still variations in the thickness of the rubber, the steel belts and the radial webbing that form the structure. One consequence of the variations is a slight weight difference around the tyre. This is well known and easily cured by balancing the wheel and tyre.

A less well known effect of the variability is something called run-out – a measure of how straight the tyre will run if fitted to a wheel and allowed to roll along a flat level surface. Some will run straight and true, others will veer to the left or right in varying degrees. You will see an indication of this on most new tyres – have you ever noticed coloured lines running around the tread on your new tyre? Some of these are to give the tyre distributors easy to read information about where the tyre should be shipped to, but one of them will be a run-out indicator – usually red or blue, and the extreme left or right hand line. The nearer to the centre it is, the straighter the tyre will run, and which side of the centre it is denotes the direction of the run-out.

A steering problem can arise if both tyres on the front axle happen to run out significantly in the same direction. Ideally, when you're next buying new tyres you should select two with run-out of about the same amount, but in opposite directions – in other words,



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with the coloured lines both to the inside of the centre of the tyre, or both to the outside. That way the two will cancel each other out and you'll get straight steering.

Regardless of the tyre combination, a regular weekly check of the tyre pressure – when they are cold – is the best way to avoid premature wear. You will feel the improvement in the fuel consumption as well. And a quick check for condition (no cuts, bulges, or screws sticking out of the rubber!) at the same time is good practice, too.

Tips from the Institute of Advanced Motorists Web Site and by permission.

YDNP

Flower Power : Hay Time in the Dales

Staff at the Dales Countryside Museum are currently working on their summer family exhibition, "Flower Power : Hay Time in the Dales". This free exhibition will run from July 25 to September 3 and will be part of the Yorkshire Dales National Park Authority's Hay Time Festival.

The exhibition will feature banners created by groups from within and outside the Yorkshire Dales National Park with our outreach officer, using all aspects of hay time as inspiration. There will also be hands-on exhibits, digi-stories and oral history from local



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people and activities to keep children of all ages busy.

If you have memories or photos of hay time and would be willing to share them, please get in touch with staff. We will make an arrangement to visit you to record your impressions of hay time, either in the past, or now!

The Yorkshire Dales Hay Time Festival 2008 includes over 100 events, walks and talks celebrating the wonderful diversity of plant and animal life to be found in the traditional hay meadows of the Yorkshire Dales National Park. There's something for everyone from Teddy Bear's picnics to identifying flowers on limestone hills, from dusk lantern processions looking out for moths and bats to guided walks through some of the finest traditional hay meadows in the Dales. Join us for a truly memorable experience!

To find the full list of events go to www.yorkshiredales.org.uk/hay_time_festival

Fiona Rosher

fiona.rosher@yorkshiredales.org.uk

DOG FOULING IN DENT

In Dent, we are very fortunate in having a playing field; it is regularly used by the cricket and football clubs, and also has been the venue for a number of events such as the Dent Folk Festival and Dent Show.

However we are currently experiencing problems with dog fouling on the field, and are therefore having to take action against dog owners who allow their dogs to run free on the field and foul. Dog owners are advised that they can exercise their dogs on a lead along the public right of way along the edge of the field. Additionally the playing field committee expects dog owners to clear up after their dog has fouled.

It is regrettable that the actions of probably a small number of inconsiderate dog owners are forcing us to take this action, but we are concerned about the unpleasant aspects of fouling, as well as the public health issues.

*J Pilgrim
Chair, Dent Playing Field Committee*

GARSDALE LADIES GROUP

In March the Garsdale Ladies Group, (together with several most welcome gentlemen), enjoyed an imaginative talk by Maureen Lamb, prior to the imminent publication of her book on the subject of the background to Farfield Mill as we know it today. This was no ordinary talk, but a skilfully compiled narration of the setbacks, disappointments, broken promises and financial problems that had been overcome in

the preceding decade, to bring to completion the restoration of an historical mill to the successful venture we know today. Pauline Fozzard, Ruth Gamsby, and Barbara Lake, who surprised us with their thespian abilities, convincingly enacted the voices of those in office who raised only to dash the hopes of Maureen in the early days, plus a cameo of just how harsh life was for those who lived and worked around the Mill when it was operating as a woollen textile producer a century or so ago. At the end of the evening we were all impressed with Maureen's sheer dogged determination and wish her well with the launch of her book.

Marion Smith

farfieldmill

Farfield Mill Arts & Heritage Centre,
Sedbergh, Cumbria. LA10 5LW

Weavers at Farfield, a tearoom with a distinctly Cumbrian flavour, has recently opened and we are currently recruiting for a Cook and a Front of House Supervisor.

Salaries:

Cook £18,000 – £20,000

Front of House supervisor

£12,400 – £13,500

depending on experience

Both posts are full time, 40 hrs per week.

Please ring Sandra O'Neill on

015396 21958 for more details.

PHOTO QUIZ ON PAGE 33

The answer is revealed as follows and was sent to *Lookaround* as a warning to readers.

A couple had their house burnt down .. nothing left but ashes. They had good insurance so the house will be replaced and most of the contents. That is the good news.

However, they were sick when they found out the cause of the fire. The insurance investigator sifted through the ashes for several hours. He had the cause of the fire traced to the master bathroom. He asked her sister-in-law what she had plugged in the bathroom. She listed the normal things, curling iron, hair dryer. He kept saying to her, 'No, this would be



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something that would disintegrate at high temperatures'. Then her sister-in-law remembered she had an 'Air Freshener Plug-In', in the bathroom.

The investigator had one of those 'Aha' moments. He said that was the cause of the fire. He said he has seen more house fires started with the plug-in type room fresheners than anything else. He said the plastic they are made from is THIN. He also said that in every case there was nothing left to prove that it even existed.

When the investigator looked in the wall plug, the two prongs left from the plug-in were still in there.

A relative of the couple had one of the plug-ins that had a small night light built in it. She said she had noticed that the light would dim and then finally go out. She would walk in to the bathroom a few hours later, and the light would be back on again. The investigator said that the unit was getting too hot, and would dim and go out rather than just blow the light bulb. Once it cooled down it would come back on.

That is a warning sign.

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NEW SEDBERGH DENTIST

New Dentist for Sedbergh Dental Practice

On 26th April we welcome Ben Houghton as an additional part-time associate dentist. Ben has been qualified for eight years, married with a young family and has recently moved to Lowgill. Ben's appointment should ease our treatment waiting time and provide additional emergency cover, especially during school holiday periods. We can accept patients directly on a private basis. Our prices and practice information leaflets are available from the practice in Finkle Street or by phoning 015396 20626.



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DENTDALE DIBBERS

Interested in gardening, or visiting gardens-remember to come along to "Rhumes" 7pm Thursday May 8th and be part of the beginning of the "Dentdale Horticultural Society" or whatever we decide to call ourselves! Refreshments will be provided.

Dibber

PARKINSON'S DISEASE SOCIETY

The Sedbergh Group of the Society will be holding a Stall in aid of the Society at the Charter Fair on Saturday 16th August on Main Street in Sedbergh.

Any assistance before and on the day would be gratefully appreciated. Please contact the Lookaround Office if are able to help.

DENT GALA 2008

This will take place on August Bank Holiday Monday, 25th August and will start sooner than usual this year, as the Gala committee meet to arrange the many aspects of this event we invite your support.. .ie please save suitable items for the Tombola, the Raffle and other competitions. Books for the Book stall, articles for the White Elephant Stall and so on. Could you store items for us? Will you come on the day and help on a stall/ sideshow for an hour or two? We will be asking for help and do hope you will say Yes!

Instead of adverts in our programme it would be good to have some memories of previous Gala events .. have you a happy memory you would like to share .. can you remember the 1st one? Were you involved in getting it organised? Have you won the Fancy Dress in the past? Do you remember some notable event which happened at the Gala?

Contributions please to Gala Secretary as below. Do you have photographs of previous Gala Days? Do let us know.

S E Woof Gala Secretary 25212

TRAVELLERS - APPLEBY FAIR

As most of Sedbergh residents on the east side of Sedbergh to the Parish Boundary are well aware of the influx of people the above Fair brings to our area. The Parish Council is still working with Police and South Lakeland District Council officers to ensure the weeks leading up to the Fair and afterwards runs smoothly.

We ask that if you encounter any problems or incidents during this time you contact either

Police Tel: 0845-3300247
or

SLDC Environmental Enforcement Officer Tel: 0845-0504434

These telephone numbers will be displayed at the Police Station, Long Lane, Sedbergh. Please don't assume the authorities know what is going on. Let us all try and make it run smoothly.

*D. Blair
Chairman S.P.C.*

NORTH WEST CANCER RESEARCH FUND

The NWCRF Sedbergh Branch Committee wish to thank everyone who supported and helped in any way to raise £267 at the recent Coffee Morning.

NWCR is carried on at Bangor, Liverpool and Lancaster Universities and only a small percentage of funds raised is spent on administration as much work is undertaken by volunteers.



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NEW COMMUNITY VENTURE

How many times have you had a spare hour where you feel you could do something useful? How many times have you been in Kendal and could have spared an hour to visit someone in hospital but did not know who was in and on what ward? How many times have you sat at home or in hospital and would have appreciated a visit from someone?

On Saturday 5th April, 8 members of the community met to discuss this "gap in the community".

It was identified that many individuals, families, groups and organisations provide much needed care in the community by looking after and tending the needy and do a sterling job by paying home or hospital visits on a regular basis.

It was felt that despite all the excellent care provided, there were a few people in our community that 'fall through the cracks'. That is to say that they are in need of a home or

hospital visit but seldom or never get one.

This meeting identified these issues and felt that a small independent community group could be formed to 'fill those cracks'.

Although it was discussed at great length and the group had an idea of the requirements, it was felt that more information was required from the community from those who feel that they are in need of these visits and from those who feel that they could make those visits.

It is with this in mind that a FREE Afternoon Tea is being provided in the URC Rooms at 2pm on Saturday 24th May with an open invitation to everyone in the community to come along and have an input. *DJW*

SEDBERGH BOWLING CLUB

The Club will be offering free taster sessions again this year starting with Tuesday 13th May between 2 pm and 4 pm, then later the same day between 6.30 pm and 8 pm.

The only requirement is that you wear flat shoes, please. If the weather is too bad, we will arrange another date in June. Please check with *Lookaround* for details.

If you can't make it on a tuition day, or you would like more information about the sport, or the Club, please ring Linda on 20279.

SEDBERGH FOOTBALL CLUB

Last month, a photo was printed of Sedbergh Football Club members on 6th June 1950. The players were:- G Mason; G Hunter; A Capstick; G Capstick; R Winn & B Varley.

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1005		564	S	❖	1030		564	W	
1015	Wed	564B	W	❖	1050		564	S	❖
1240		564	W		1300	Wed	564B	W	❖
1300		564	S	❖	1330		564	W	
1440		564	W	❖	1410		564	S	❖
1550		564	S	❖	1610		564	W	
1711		564	W		1625		564	S	❖
Saturday Only					1745		564	W	❖
1005		564	S	❖	Saturday Only				
1050		564A	A8	❖	1050		564	S	❖
1300		564	S	❖	1410		564	S	❖
1550		564	S	❖	1425		564A	A8	❖
Sedbergh to Kirkby Stephen Monday to Saturday					1625		564	S	❖
0900	M-F	564	S	❖	Kirkby Stephen to Sedbergh Monday to Saturday				
1120		564	S	❖	0710	M-F	564	S	❖
1440		564	S	❖	0940		564	S	❖
1655		564	S	❖	1225		564	S	❖
Sedbergh to Kirkby Lonsdale					1515		564	S	❖
0945	Thu	567A	W	❖	Kirkby Lonsdale to Sedbergh				
Sedbergh to Cowgill					1215	Thu	567A	W	❖
1330	Wed	564B	W	❖	Dent to Sedbergh				
0940	Sat	564A	A8	❖	1000	Wed	564B	W	❖
1500	Sat	564A	A8	❖	1035	Sat	564A	A8	❖
					1600	Sat	564A	A8	❖

Last Update: September 2007

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 Thu Thursday Only
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W = Woof's of Sedbergh

S = Stagecoach in Cumbria

A8 = Apollo 8

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

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Canon A W Fell Tel: 20283

Church Wardens:

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Rev. Dr. P Campbell Tel: 20918

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Church Wardens:

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 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723
 Dent & Cowgill

Rev. P Boyles Tel: 25226

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Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostron

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Personal & Small Ads	=	£1.00
Postal per month (Double December)	=	£1.00
Postal Overseas (Double December)	=	£2.00

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.
*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*
 Articles etc. by 19th of every month

DIARY OF EVENTS

Dates are held up to 22nd December 2008

<i>"Lookaround Diary" What's missing?</i>		UR			
Entries marked (*) see Advert in previous Lookaround.				16 0930	Christian Aid Shop (11) URCR
MAY				16 1100	Victorian Kitchen DCMH
1	District Elections			17 1000	Christian Aid Coffee Morning (11) DMH
1	1930 WIH Quigong	HVH		17 1230	Sedbergh Gala (1) Sedbergh
1	Dent Real Ale Festival (8)	G&D		17 1900	Flicks in the Fells Cinema (17) PH
2	1930 Jazz in Sedbergh (*)	PH		18 1030	Digital Photography DMCH
2	2100 Dent Real Ale Festival (8)	G&D		18 1100	YDNP Walk Delightful Dentdale DCP
3	1000 Ring the Church with Silver (*)	StAS		18 1130	Coffee Concert SSQH
3	1000 Mechanical Drawing Exhibition (18)	FM		18 1400	Dentdale Cricket v Lancaster University Dent
3	1000 Table-Top sale	HJC		20 1300	SLSB Visual Aids (20) PH
3	1100 Open Garden (5)	GFK		20 1400	SLSB Meeting PH
3	2000 Ceilidh	DMH		20 1400	Drystone Walling DCMH
3	2100 Dent Real Ale Festival (8)	G&D		20 1930	Dentdale Action Plan Survey (20) DMH
4	1100 Open Garden (5)	GFK		21 1000	Firbank Church Coffee Morning URCR
4	1430 Master Class Recital (12)	URC		22 1900	Sedbergh Parish Council AGM PH
4	1500 Hawes Silver Band	GSP		23 1445	Young Kidz Football Tournament (23) PH
4	Dent Real Ale Festival (8)	G&D		23 1930	Arrive Alive (23) DMH
5	May Bank Holiday			24	SS Start of Half Term
5	1430 CWT Duck Race	Busk Lane		24	SHS Start of Half Term
5	1930 Orton Male Voice Choir (5) Date Change	DMC		24 1400	Afternoon Tea (24) DMH
6	1400 Spinning a Yarn	DCMH		24 1400	Afternoon Tea (25) URCR
6	1900 Talk on Baffin Island (*)	PH		24 1830	FCH Barbecue FCH
7	1000 Barnardo's Coffee Morning (*)	URCR		24 1900	K Shoes Male Voice Choir (24) URC Kendal
7	1315 Muncheon Music (7)	SSQH		24	Walking Festival Sedbergh
7	1930 WIF Advisor - Resolutions	PH		25 1200	CWT Open Garden (25) Greenbank
8	1900 Dentdale Dibbers	Rhumes, Dent		25 1400	Dent Town Trail Walk DCP
9	1930 Sedbergh Sankey Singers	GVH		25	Walking Festival Sedbergh
9	2000 Just Brian (15)	Barbon Inn		25	Annual Charity Truck Pull Cancelled
10	1000 Quiet Gardens Trust (10)	Rhumes, Dent		26	Bank Holiday Monday
10	1000 FM Free Open Day (18)	FM		26	Walking Festival Sedbergh
10	1430 Dentdale Memories (10)	StAD		26 1900	Duck Race & Coffee Evening HVH
10	1900 Dentdale Memories (10)	StAD		28 1000	WIK Coffee Morning URCR
10	1930 Taverner to Taverner (10)	KPC		28 1000	Producers Market JLCP
11	1000 Quiet Gardens Trust (11)	Rhumes, Dent		28 1230	HS Visit to Whitehaven (28) LHCP
11	1000 FM Free Open Day (18)	FM		28 1400	Discover & Do DCMH
11	1400 Tennis Club Family Fun Day	G		29 1800	Killington Sports (29) BFK
11	1830 Christian Aid United Service (11)	URC		30 1400	Storytelling DCMH
12	0930 Christian Aid Shop (11)	URCR		31 1000	Gardens Open (32) Barbon
12	1930 Dent Parish Council Meeting	DMH		31 1930	PH Dance (31) PH
13	0930 Christian Aid Shop (11)	URCR		31 1930	Killington Sports Ceilidh (31) BFK
13	1400 WIK Resolutions & Music Quiz	PH		JUNE	
13	1400 Bowling Taster Session	QG		1	SS End of Half Term
13	1800 Christian Aid Shop (11)	URCR		1 1000	Mechanical Drawing Exhibition (18) FM
13	1830 Bowling Taster Session	QG		1 1200	Gardens Open (32) Barbon
13	2030 SS Collegium Musicum	SSPH		1 1400	Dentdale Cricket v Holker Dent
14	0930 CA Coffee Morning & Shop (11)	URCR		2	SHS End of Half Term
14	1915 WID Burnley to Hollywood	DMH		4 1000	Dent Foot Chap Coffee Morning URCR
15	0930 Christian Aid Shop (11)	URCR		4	WIF Outing TBA
				5 1930	WIH Members Evening FCH

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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.

6	1930	Sedbergh Scouts AGM	Scout HQ		
7		Open Gardens	Dent		
7	1345	CWT Walk in Murthwaite Park	LHCP		
8		Open Gardens	Dent		
8	1400	Dentdale Cricket v Bellringers	Dent		
8	1430	Master Class Recital (12)	URC		
10	tba	WIK Edenlea Garden	Penrith		
11	1000	Garsdale Church Coffee Morning	URCR		
11	1915	WID Felting	DMH		
13		Music Festival Starts (#)	Sedbergh		
13	1930	Celebration of Sankey	HMH		
13	2000	Barn Dance & Ceilidh	PH		
14	1400	Mechanical Drawing Talk (18)	FM		
14	1930	Besses o' th' Barn (#)	StAS		
15	1030	SS Choir (#)	StAS		
15	1500	Bach Cello Suites (#)	URC		
15	1400	Dentdale Cricket v Bentham Exiles	Dent		
16	1300	Organ Recital (#)	StAS		
16	1930	Swimming Club AGM	Bull		
17	1400	SLSB Meeting & Dinner	Barbon Inn		
17	1900	Neighbourhood Forum	DMH		
17	2000	Music for Strings (#)	StAS		
18	1000	Playgroup Coffee Morning	URCR		
18	1300	Muncheon Music (#)	SSQH		
18	1900	Trial by Jury (#)	PH		
19	1300	Cheetham School of Music (#)	StAS		
19	1900	Trial by Jury (#)	PH		
20	1930	SS Concert (#)	SSQH		
20	2000	'Cornerstone' Folk & Jazz (#)	Westwood Bks		
21	1000	Each Pebble its Part (#)	EH		
21	1030	Pepperpot Morning (#)	StAS		
21	1930	The Abbey Singers (#)	StAS		
22	1000	Each Pebble its Part (#)	EH		
22	1400	Dentdale Cricket v KL RUFC	Dent		
22	1700	Choral Evensong (#)	StAS		
22	2000	Schubert Song Recital (#)	StAS		
23	2000	Piano Recital (#)	StAS		
24	1300	Four Hands - One Piano (#)	StAS		
24	2000	Sedbergh Town Band (#)	StAS		
Regular Meetings					
Howgill Toddlers	1315	Every Monday	HVH		
Dent Parish Council	1930	1st Monday	DMH		
SL Carers Association	1400	1st Tuesday	PH		
Killington WI	1400	2nd Tuesday	PH		
Ladies NFU	1930	3rd Tuesday	PH		
Coffee Morning	1000	Every Wednesday	URCR		
Zebras	1315	Every Wednesday	SMCR		
Sedbergh Juniors	1730	Every Wednesday	PH		
Sedbergh Seniors	1930	Every Wednesday	PH		
Toy Library	1430	1st & 3rd Wednesday	PH		
Frostrow WI	1930	1st Wednesday	PH		
History Society	1930	1st & 3rd Wednesday	SHS		
Dentdale WI	1915	2nd Wednesday	DMH		
SLS Blind Group	1415	3rd Wednesday	PH		
Sed. Parish Council	1930	Last Wednesday	PH		
Howgill WI	1930	1st Thursday	FCH		
<i>All entries are free</i>					
				DIARY KEY	
				BF	= Brigflatts
				BFK	= Becks Farm, Killington
				BS	= Baliol School
				BVH	= Barbon Village Hall
				CDC	= Community Development Centre
				CO	= Community Office, Main Street
				CTiS	= Churches Together in Sedbergh
				CWT	= Cumbria Wildlife Trust
				DCMH	= Dales Countryside Museum, Hawes
				DCP	= Dent Car Park
				DMH	= Dent Memorial Hall
				DMC/S	= Dent Methodist Chapel/Schoolroom
				EH	= Ephemeral House, 16 Guldrey Terrace
				FCH	= Firbank Church Hall
				FM	= Fairfield Mill
				G	= Guldrey
				G&D	= George & Dragon, Dent
				GFK	= Grassrigg Farm, Killington
				GH	= Gladstone House
				GVH	= Garsdale Village Hall
				HJC	= Hawes Junction Chapel
				HMH	= Hawes Market Hall
				HS	= History Society
				HVH	= Howgill Village Hall
				JLCP	= Joss Lane Car Park
				KL	= Kirkby Lonsdale
				KPC	= Kendal Parish Church
				KVH	= Killington Village Hall
				LHCP	= Loftus Hill Car Park
				MCCCKL	= Methodist Church Centre KL
				PH	= People's Hall
				QG	= Queen's Gardens
				SHS	= Settlebeck High School
				SLSB	= South Lakeland Society for the Blind
				SMCR	= Sed. Methodist Church Room
				StAS/D	= St Andrew's Church, Sedbergh/Dent
				SS/C	= Sedbergh School/Chaplaincy
				STO	= Sedbergh Tourist Office, Main Street
				URCR	= United Reformed Church Rooms
				WID	= Women's Institute, Dentdale
				WIF	= Women's Institute, Frostrow
				WIH	= Women's Institute, Howgill
				WIK	= Women's Institute, Killington
25	1000	Dent Methodist Coffee Morning	URCR		
25	1000	Producers Market	JLCP		
25	1300	Violin Sonatas (#)	StAS		
25	2000	Early Music Recital (#)	BF		
26	1500	Bach Cello Suites (#)	URC		
26	2000	Organ Recital (#)	StAS		
27		Dent Folk Festival	Dent		
27	2000	Dalston Male Voice Choir (#)	StAS		
28		Dent Folk Festival	Dent		
28	1930	'Encore' Opera Group (#)	StAS		
29		Dent Folk Festival	Dent		
29	1000	Mechanical Drawing Exhibition Ends (18)	FM		
29	1430	Master Class Recital (12)	URC		

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
Tuesday

Wednesday See Page 5
Thursday
Friday

Dr C Hunt

Monday
Tuesday See Page 5
Thursday

H Pilling Nurse Practitioner

Tuesday
Wednesday See Page 5
Thursday
Friday

*The Health Centre reserve the right to offer any
Doctor/Nurse practitioner at any time
in the Open Surgeries*

Practice Nurses

Monday	0845 - 1300 b 0840 - 1030 c	1400 - 1730 b
Tuesday	0845 - 1300 b	1400 - 1730 b
Wednesday	0830 - 1300 a	1400 - 1730 a
Thursday	0830 - 1300 a	1400 - 1730 a 1400 - 1730 b
Friday	0845 - 1300 b 1200 - 1330 c	1400 - 1730 b

a = Joanne Batty

b = Anne Crome

c = Kay Lumb (Blood)

District Nurse

☎ 015396 21690

Health Visitor

☎ 015396 20979

A Collinge Optometrist

Every Friday 0900 - 1300 1400 - 1730 *
* = By Appointment Only

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

LIBRARY Main Street ☎ 20186

Monday	1700 - 1900
Wednesday 1000 - 1230	1400 - 1700
Friday	1400 - 1700
Saturday 1000 - 1230	

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125
Open every day
0900 - 1700

www.sedbergh.org.uk/booktown/dlbc.html

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600
Thursday 1000 to 1300

e-mail office@sedbergh.org.uk
www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

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
www.sedberghcdc.org.uk

POLICE

☎ 0845 33 00 247

PUBLIC TOILETS

Main Street & Loftus Hill Car Park, 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 *	

* = By Appointment Only

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY