

# Sedbergh & District LOOKAROUND

February 2009

Issue 263

Donation 50 Pence

A very warm welcome to 2009 and yet another bumper issue.

First, we must apologise for the omission of 6 articles, the Bus Timetable, the Crossword and the Groups due to a lack of space. This issue consists of 96 pages, had we

gone to the expected (record) 108 pages, the cost to produce climbs quite steeply, would take far longer to produce and arrive late so we hope you understand.

*Dennis & Jacky Whicker*

SEDBERGH SCHOOL  
CHORAL SOCIETY  
*will perform*  
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*Soloists*

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at

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## Table of Contents

Advert Rates	93	HS February Talk	81
Groups	X	HS G Benson	36
Bus Time Table	X	HS Napoleon	7
Religious Services	93	HS Time Team	21
Bed & Breakfast	92	June Parker	32
Crossword	X	Kidzone	66
Alpacas	89	KL Embroiderers	87
Amateur Musical	78	Late Trains	55
Art Society	86	Meals on Wheels	83
Auction Mart 1	14	Meritorious Service Medal	83
Auction Mart 2	15	Monkey House	90
Auction Mart 3	16	Neighbourhood Forum	70
Auction Mart 4	18	Open Surgeries	41
Auction Mart 5	19	Otters	91
Auction Mart 6	20	Parish Dent	10
Blind Group	85	Pepperpot Club	28
Book Town Lecture & Lunch	81	Pinfold Caravan	31
Cautley Carollers	79	Police	83
Charity Shop	79	Quiet Garden Movement	86
Christmas Child	91	Recycling in Dent	90
Christmas Wreaths	85	River Clough	X
Councillor Peter & Ian	8	Rose Theatre	21
Councillor Kevin	74	Scouts Post	87
Cumbria Life	91	Scrap Book	87
CWT	46	Settlebeck High School	52
Daddy	X	SJS New School	30
Dent Gala & DM	88	SL Carers	85
Dent Methodist Chapel	44	Spring Show	22
Dent Post Office	80	SS Charity	90
Dentdale Fest Lights	78	SS Music Scholarships	76
Dentdale Lights	91	SS Netball Team	43
Dentdale Music & beer Festival	29	SS Rugby	82
Dentdale Over 60's	90	St Andrew's Church, Sedbergh	82
Dentdale Cricket	85	Steadman's Butchers	84
Family Musings	89	Tim Farron MP	26
Festival of Ideas	24	Town Band	56
Fog Lights	34	Toy Library	84
Football Club	77	Weather November	80
Gardening	35	Weather December	88
Garsdale Carol Singing	91	WI Dent	39
Getting Married 2	X	WI Howgill	40
Gilbert & Sullivan	86	WI Kill	38
Great War Bibles	X	YDNP Adopt a Hedge	X
Hossana 2	60	YDNP Farm Buildings	51
HS Dr A White	65	YDNP Hedging	45
HS Facts & Phantoms	42	YDNP Housing	X

# CHILDREN'S BIRTHDAYS FEBRUARY 2009



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:-

Lucy GIBSON who is

8 years old on 6th February

Please collect your vouchers from

*Sedbergh Office Services*

13 Kings Yard, Main Street,

Sedbergh

which can be used in any shop in

**Sedbergh & Dent.**



Day	Name	Age
1	Harry BAINES	7
6	Lucy GIBSON	8
6	Chloe KENDAL	11
7	Bethany COUSINS	6
9	Nurgul SEN	6
9	Zak BAINES	6
11	Hannah KITCHEN	5
11	Lisa ANDERSON	8
11	Thomas BROWN	11
12	Daniel HALL	3
14	Evie DEAN	1
14	Robbie SPROUL	10
17	Elizabeth COLTON	11
18	Leanne POSTLETHWAITE	11
19	Chloe COWIN	5
19	Abbie GAME	8
19	Erin PROCTOR	11

## PERSONAL & SMALL ADS £1

### ARMITSTEAD

Happy **18th Birthday** Debbie. Love,  
Julie, Bomber, Scott & Becky

=====

### ARMITSTEAD

Happy **18th Birthday** Debbie. Shaun,  
Sarah & Madison.

=====

### ARMITSTEAD

Happy **18th Birthday** Debbie. David,  
Tessa & Mason.

=====

### ARMITSTEAD

Happy **18th Birthday** Debbie.  
Amanda, Phil & Joshua.

=====

### ARMITSTEAD

Happy **18th Birthday** Debbie. Have a  
great day. Lots of love. Mum, Dad,  
Emily & Charlotte.

=====

### ARMITSTEAD

Happy **18th Birthday** Debbie. Love  
from Nana & Grandad.

=====

### BAKER

Bob & family wish to thank everyone  
who sent them Christmas Cards.

=====

### BLATCHLY

A sincere thank you to the four kind  
people who helped me when I tripped  
and fell in Main Street on 22nd  
December fracturing my wrist in two  
places. Carol Donaghue was one  
kind helper, sadly, I cannot put names  
to the other three. You know who you  
are. Thank you. Imogene.

### HALL

Happy **101st Birthday** Mabel Hall on  
13th February 2009. Have a great  
day. From all of the family. XXX

=====

### HUNTER

Elaine would like to thank all friends &  
family for their kindness & support  
following her fall & breaking her leg &  
for the cards & gifts received during  
her stay in hospitals. Thank you also  
to the Sedbergh Ambulance Team  
(Stephen More & young lady) & the  
gentleman who helped at the scene  
prior to the arrival of the ambulance,  
Doctors & staff at both RLI & WGH  
and upon my discharge from the  
hospital, the District Nurses from  
Sedbergh Health Centre & the staff of  
the Intermediate Care Unit from  
Kendal. Thank you once again.

=====

### MATHER

John & family would like to thank  
everyone who has supported them  
during Pauline's lengthy fight against  
cancer. Particular thanks are due for  
the tremendous care & support  
provided throughout by Dr Chrissie  
Hunt & the District Nursing Team &  
latterly by the Outreach Nurses of St  
John's Hospice & the local Marie  
Curie Nurses. This granted Pauline's  
wish to be cared for at home. Friends  
& neighbours have also been a tower  
of strength. Thank you everyone.

## PERSONAL & SMALL ADS £1

### MIDDLETON

Cissie would like to thank all those that gave her cards & gifts for Christmas & also marked the special occasion of her **95th Birthday** on 5th January.

### SEDGWICK

Roy & Doreen would like to thank everyone who enquired after Roy following his operation. Also many thanks for all the good wishes, cards & gifts.

### SPEER

It has been a year on 25th January Martin when you sadly Passed Away to that Great Big Garden in the Sky. We all miss you so much. Words just cannot express your loving smile & winning ways. The help you gave not only to all our family but to those who knew you. Always the Joker, right to the end. We're not eager to join you & the family for the 'Party' but just keep following the bear for us all. Loved but not forgotten forever. All the family & friends. XX

### FOR SALE

Jack Russell puppies available at end of February. Gorgeous tri-coloured 2 dogs & 2 bitches. Mum & Dad can be seen. Wonderful temperaments. Tel: 20309.

### FOR SALE

Tricity Bendix Fridge/Freezer. Brown Belling electric cooker with ceramic hob. Pine table & 4 chairs. Any Offers. Tel: 21167

### TO LET

2 acre flat Paddock & stone Stable with 2 loose boxes. Tel: 21385 for more details.

### THEFT

Would the person(s) who stole all that wine and beer from the rear of 27 Loftus Hill overnight on 21st December kindly apply for my corkscrew & bottle-opener, for which I have no further use. David Vigor.

### WANTED

Domestic Cleaner needed for 4 hours per week. Good rate paid. Must have own transport. Tel: 21385.

### WANTED

Water Bowser required with trailer. Please contact Robin on 20309.

### Belated Christmas Messages

### CAPSTICK

Nora would like to wish all friends and neighbours a Merry Christmas and a Happy New Year..

### DAWSON

Jack and Jenny wish everyone true peace and joy at Christmas Time.

*The above two messages were passed to the Editor for the December issue but omitted in error. Sincerest apologies. Ed.*

## PERSONAL & SMALL ADS £1

### MOORE

*A Birthday Ode to Graham Chapman  
Moore*

I am a Chimney Sweep  
Soot is Dirty, Soot is smelly  
I'd rather watch Dick Van Dyke  
Sweeping on the telly

Being a sweep is so lucky  
Why then do I get so mucky  
It is a job without a doubt  
That gets me far & about

I often sweep & vac  
But when I'm finished with your flu  
You usually have me back

Yes Mrs I am a sweep  
With that there can be no doubt  
Just ask the wife & she will shout  
Ah! His work is never done  
From flu's to cowl's & cloths by God  
It all really tires out my bod

How about a pot of tea  
Before I have to go  
Cakes & biscuits suit me fine  
You really are so kind  
Now I have to dash off dear  
Before I get behind

I like to have a brew with you  
To find out how you are  
I'm really rather a friendly chap  
Who's name it doesn't matter  
For to most of you I am the man

Who sweeps without a splatter.

Working with coal & soot is what I do  
best

When you find me not at home  
I'm managing the rest.

Carting with Grandad Bob & my boys  
Is not a dream you see.  
It is a grand passion for me  
We only do it for the fun  
Not to keep up with the fashion.

Although it costs me lots of dough  
And makes me sad & mad  
I love it most of all  
Because of my two lads

I have a daughter Stephanie  
She is my pride & joy  
I used to sit her on my knee  
But now she is with Chris - that boy.

Lynn is my wife all these 20 long  
years & lo  
I'd not swap her for the world  
Because I love her more now than  
then.

Nifty Nifty our Graham is 50  
January 8th (sorry it's late)

Well now Graham, I hope this is a  
nice surprise. Happy belated  
birthday. Love Helen.

## KILLINGTON SPORTS

# DOMINO

# DRIVE



Friday 6th February

7:30 pm

Killington Village Hall

£1 entry with good prizes

### SEDBERGH & DISTRICT HISTORY SOCIETY

#### *Members Evening*

Mike Beecroft: *'St Helena, Napoleon and the Westmorland connection'*

Many years before global travel I remember the saying, 'travel broadens the mind... so why don't you travel down to your local book store...' This is exactly what happened to Mike Beecroft 4 years ago when he wandered over to a second hand bookstall on market day and his attention was attracted by a 1985 book entitled 'Journeys to Survey Relics of the British Empire' by Simon Winchester.

So it happened that 2 years later he boarded RMS Helena at Portland for the 2 week journey to St Helena, an island roughly the size of the Howgills in the middle of the Atlantic Ocean, 15 deg. south of the equator.

To his surprise another book entitled 'St Helena; One Man's Island' in the ship's library referred to a Westmorland family connection. Thus intrigued, on return he researched the Dufton family.

A Robert de Dufton probably owned

the rights to manorial land in Dufton nr. Appleby in 1176. The family tree is well documented, some generations moving to Richmond, the Vale of York and Leeds. But in 1673 it was Will Dufton, aged 23, who sailed for St Helena, working for the East India Company, which had claimed the island for the crown from the Dutch in 1659. Following time in the army he was granted land on the island.

4 generations later another William Dufton, now called William Webber Doveton 1753 - 1843, fought against Napoleon and became the only St Helenan ever to be knighted. He was commissioned to look after Napoleon during his 5 year exile and Napoleon's last outing before his death was to his residence, Longwood. He was present at his exhumation before Napoleon's remains were taken to Les Invalides in Paris.

As not many people, if any, in Sedbergh have been to St Helena this was a most interesting opportunity to see images of life in this remote community and hear about its history made famous by Napoleon's exile.

Present day St Helena's 3,700 mixed race inhabitants have full British citizenship, are very loyal and are very hospitable. And... a 20p St Helenan stamp of 2002 bears the head of William W Doveton.

All in all a fascinating illustration of *'St Helena, Napoleon and the Westmorland connection'*.

Tony Hannam ♥

## COUNCILLORS CORNER

There is no doubt that the issue of the moment is the future of our local Health Centre. Most of you will be aware that at its meeting in December the YDNPA Planning Committee refused Planning Permission for the development of a state-of-the-art Health facility (and Spar retail store) on the Auction Market site. On its own the Health Centre would most likely have been given consent. (The Health Centre is completely dependent on the Spar proposal also being granted Permission because Spar owns the land.) The sticking point was the concern of the YDNPA (and Sedbergh Parish Council) that granting Permission for the Spar development would have a deleterious effect on the retail footfall in the Town Centre itself. I have to say that I do not share this view and neither it seems do the majority of local traders and the population at large. Any risk to Town Centre shopping has to be weighed against the even greater risk of losing health services altogether in Sedbergh and District if the Doctors decide to go elsewhere or down-scale the services which they currently offer. I was fortunate to be asked to attend a meeting at the Community Office on the 12<sup>th</sup> January chaired by our proactive local MP Tim Farron and attended by the Doctors, and representatives from YDNPA, Sedbergh Parish Council and Sedbergh School. Strong views were

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expressed on all sides and out of this a possible way forward emerged.

The Doctors have invested a considerable amount of time, energy and money into this project over the years and are inclined to continue now with a fresh application only if they feel they have the almost unanimous support of the residents of Sedbergh, Dent and Garsdale. The law allows Parish Councils to hold a referendum on matters of considerable public concern and the legal aspects are currently being investigated with a view to this being done here to provide an authoritative and objective assessment of what the wishes of local people *really* are. So continue to watch this space (and other articles I am sure in Lookaround and elsewhere) and don't hesitate to continue to make your views known to your District and Parish Councillors. I think I have already made it pretty clear which way I shall be voting if it comes to a Poll!

During the month I made strong representations to members of the SLDC Cabinet regarding the legal position of the Tennis Courts at Guldrey and (at the time of going to press) I am quietly confident that the District Council will agree to sell the land to the Parish Council which will hopefully secure the facility for the

Town for the foreseeable future.

Following the SLDC Planning Committee's decision to refuse Planning Consent for the proposed Wind Farm at Old Hutton (Armistead) you may not be surprised to hear that the developers have appealed against this decision which means that there will now be a full Public Enquiry into the whole matter. This is likely to take place towards the end of this year. It will, of course, be open to those members of the public who are interested enough to wish to attend the hearing.

A further meeting of the Gypsy Liaison Committee (now called The Travelling and Settled Community Respect Group) took place on the 5<sup>th</sup> December at the Kirkby Lonsdale Institute and was well attended. In particular the Chief Executive of SLDC was able to be present as well as representatives from the Highway Authority alongside the usual District and Parish Councillors and officers from the various Authorities. As always at these meetings there was a lively debate. It was agreed that more discussion and liaison needed to take place between SLDC and Eden District Council and the respective Chief Executive's will seek to progress this with a view to Eden's Multi Agency Strategic Co-ordinating Group model being applied across the whole area. The next meeting will take place on the 6<sup>th</sup> February.

On a more party political note I am delighted to announce that Fenner Pearson will be standing as the Liberal Democratic candidate in the

County Council elections in May of this year. Fenner will already be known to many of you as an active local campaigner who combines his politics with a busy life running his own computer business, supporting his large family and being involved in community affairs. You will be hearing a lot more from him over the next few months.

It only remains for Peter and I to wish you all an extremely Happy and Prosperous New Year. We are only a phone call or an email message away and can be contacted on:

*Ian McPherson: Tel. 015396 20648*

*ianmcperson24@hotmail.com*

*Peter Woof: Tel. 015396 20857*

*peterwoof@hotmail.co.uk* ♥

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### DENT PARISH COUNCIL

Although there was no meeting in January, there was a lengthy agenda for the December meeting and the items below were some of those discussed. The full minutes are published as usual on the Dentdale website. [www.dentdale.com](http://www.dentdale.com).

#### Parish Council Grants

The following grants totalling £1,650 were approved, in addition to the £2,100 already awarded in this financial year:

Citizens' Advice	£100
Dent C of E Primary School	£500
Dent Oral History Project	£250
Dent Pre School	£200
Dent Reading Room	£200
Dentdale Choir	£100

Dentdale Cricket Club £300

#### 2009-10 Budget and Precept

The December meeting discussed the draft Parish Council budget for 2009-10. The projected expenditure of £13,315 exceeded the projected income of £9,230 by £4,085. This excluded car park income and expenditure and assumed that the Parish Council's share of the council tax (the precept) stayed the same as last year. The deficit would reduce to £2,499 if the projected surplus from the car park was added.

After discussion, it was decided to meet the shortfall by:

- increasing the precept by £730
- covering £615 of the playing field's costs by fundraising or by

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[www.chriswhelan.co.uk](http://www.chriswhelan.co.uk)



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- drawing on reserves
- taking £1,154 from the Parish Council's reserves to cover the remaining deficit.

In taking the decision about the precept for 2009-10, the Council compared Dent's position with the other Cumbrian parishes:

- Between 2002-3 and 2008-09, parish precepts in the county increased by an average of 50%, whereas Dent's precept increased by only 30%. If Dent's had increased at same rate at the rest of Cumbria, its precept for 2008-09 would have been £8,250 instead of £7,170.
- In the current year, the cost of Dent's precept was £20.45 per year for a Band D household. This compares with £28.22 for the highest of the six similar sized parishes in Cumbria.

The budget is published in full on the Parish Council pages of the Dentdale website [www.dentdale.com](http://www.dentdale.com).  
*Proposed Ghyllside Development*

The December meeting was informed by Two Castles Housing Association that they had been

unable to reach agreement with the landowner over the purchase of the land for the proposed Ghyllside development of twelve affordable houses. As a result, they had switched the funding to another project and were withdrawing their planning application. In the light of this disappointing news, the Parish Council agreed to explore other options for affordable housing developments in the Dale with Two Castles and other interested parties.  
*Sites for Future Affordable Housing Development*

Looking further ahead, the Yorkshire Dales National Park Authority has asked the Parish Council to help it find sites that are suitable for building affordable housing over the next fifteen years. YDNPA are inviting owners of land, particularly in or on the edge of villages like Dent and Gawthrop, to contact them if they might be interested in releasing their land for housing development. Any site approved by YDNPA and included in its development plan would in effect receive outline

*(Continued on page 12)*

planning permission, so there are considerable potential benefits. More details can be found in the YDNPA advert elsewhere in Lookaround, or by contacting Peter Maples, Dent Parish Clerk, on 21295.

#### *Campervans and Motor Homes*

The December meeting reviewed the Council's policy on the use of the car park for storage of camper vans and motor homes, as an increase in demand for storage from residents meant that the existing policy was no longer workable. The Council decided to prohibit the overnight parking of camper vans and motor homes from January 1<sup>st</sup> 2009, but those who had been using it for storage were given until March 31<sup>st</sup> to make alternative arrangements.

#### *Road Accidents*

Discussions have taken place with Cumbria Highways following the tragic accident in Flood Lane. A number of suggestions from Dent residents for improvements to the road were discussed at the December meeting and subsequently the Clerk arranged an on-site meeting between two parish councillors, Cumbria Highways, the police, the Fire Service and a number of residents. As a result, Cumbria Highways agreed as a matter of some urgency to draw up proposals to make the road safer.

Since Christmas, there has been a further serious accident, this time in Deepdale, where those involved were fortunate to escape with relatively minor injuries. The Parish Council's response to this will be discussed at



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its next meeting in February.

#### *Dentdale Music and Beer Festival*

Following the decision in principle at the November meeting to support the Music and Beer Festival, the December meeting agreed that the organisers could use the grass area at the bottom of the car park as one of the sites for the festival, and erect a marquee and beer tent on it.

#### *Roadside verges*

A week after the December meeting, the Chair and the Clerk addressed a Cumbria County Council Committee, about the way roadside verges in the Dale are maintained. Although the committee agreed to ask for a review of the situation, it will be some weeks before the outcome is known.

#### *Replacement Car Park Permits*

If you are a Dent resident and change your car, please remember you'll need to obtain a new free car park permit by contacting the John Hyde, the Car Park Administrator, tel: 25503.

#### *Next Meeting*

The next meeting will be at 7.30pm on February 2<sup>nd</sup> 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*

*Tel: 25655*

*dentparishcouncil@btinternet.com* ♥

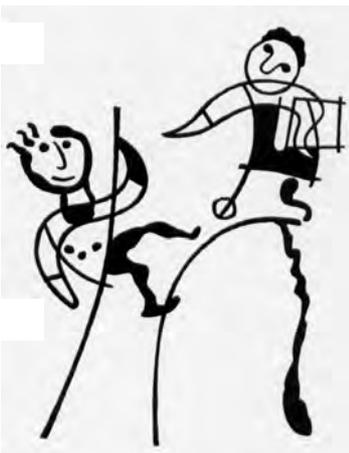
Sedbergh People's Hall Fundraising Event

## A Dream Realised

Trekking to the Everest base camp in Nepal

*Joan Abbott and Mary Forrest*

PEOPLE'S HALL, 7.30PM ON FRIDAY, 13 FEBRUARY



A lifelong dream, inspired by Eric Shipton and revived by Doug Scott, was finally realised in October 2007. Two 60+ ladies set off on a guided adventure trekking in Nepal. Unfit, overweight and slow! Was it possible? After a culture shock in Kathmandu and a flight on a small plane to one of the world's shortest runways we reached the most stunning mountains in the world. Come and see and hear about the dream of two children of the fifties.

Doors open 7pm. Bar and refreshments.  
Tickets £5 obtainable from the TIC  
and on the door.

**AUCTION MART  
& HEALTH CENTRE**

*We have received a few letters with respect to this topic and they are all produced in no order of preference.*

Ed

**AUCTION MART**

*Former Auction Mart/Health Centre planning proposals*

Through the pages of Lookaround I would like to thank all those who have taken the trouble to write to me in connection with the refusal by the YDNP Planning Committee of the planning application in respect of the former Auction Mart site in Station Road. I have found the contents of these letters useful and informative.

As far as the parish council's

position on the application is concerned I hope that as many people as possible will take the time to read the contents of a small file in the Community Office.

The file contains the parish council's written response to the planning application, the text of the verbal submission I made as Chairman at the Planning Committee meeting on 9 December, 2008, and the full grounds for the committee's refusal of the application. A careful reading of this file will, I hope, correct some of the misunderstandings which persist over this issue.

Our M.P., Tim Farron, is acting as a catalyst for a dialogue to take place between the parties concerned with a

SEDBERGH WANDERERS FOOTBALL CLUB

*present*

Vicars & Tarts Fancy Dress

# VALENTINES DISCO

People's Hall

**Saturday 14th February**

10.15pm till late

No Under 16's

Admission £3



*Also coming soon*

Football Clubs

## ONE BIG WEEKEND

Junior Disco *Coffee Morning* Family Sports *Tug o' War* Car Boot

*plus*

## ABBA TRIBUTE BAND

Disco and Sedbergh half Marathon

**Friday 3rd, Saturday 4th & Sunday 5th July**

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new health centre in an effort to bring about some mutual understanding, co-operation and progress. The parish council is fully supportive of this initiative and is taking a full part in it.

In the meantime the parish councillors and I continue to take note of the views of the people of Sedbergh on this important issue.

Finally, I have been given to understand that the funding for a new health centre is likely to remain available until April 2010.

*Vic Hopkins* ♥  
 Chairman, Sedbergh Parish Council

Dear Sir

By the time the Lookaround next goes to print I would hope that a satisfactory solution to the matter of the joint Spar/Health Centre site will have been reached.

If the YDNPA refuse planning permission as the result of the Sedbergh parish council's stubborn rejection of a new Spar outlet alongside the Health Centre and the closing of the present shop on the

Main Street, the following might be cause for reflection.

For all that anyone knows Spar could have already decided to close down the Main Street shop. Even when the retail economy is thriving it can never be assumed that a particular shop will exist on a site for ever.

Today it is naive in the extreme to assume that Spar are prepared to continue with what is now a (basically) inefficient supermarket.

Without a larger, modern shop on the auction mart site there may be no Spar representation in Sedbergh at all.

The present health centre does not meet current N.H.S. criteria and will certainly transfer the bulk of its health service to Kendal..

We will then be left with a deteriorating eyesore that Spar will want to get rid of.

What are the options ?

(1) Housing ? Not according to the YDNPA and what builder would want to risk developing the site in any case ,having in mind the ongoing

*(Continued on page 16)*

slump in the house building industry ?

(2) A permanent gypsy camp.?

There are now 359 official gypsy pitches in the North West. The intention of the Government,( at the behest of the E.U) is to have 1179 by 2016 - any local objections will be overruled and £ 100,000,000 has been set aside for this.

If Spar cannot use the land they have bought for the purpose they hoped what easier way is there to get rid of it than selling it to the

Government.? No problem with the price - it's only taxpayers' money.

(3) er - that's it

Until the land becomes an official travellers' camp it will make an excellent unofficial one. Unattended,

good hard-standing and shelter with a nice meadow for the horses, close to the town and a only a simple gate in Woodside Avenue as a barrier

The Parish Council complain every year about the brief visits to Sedbergh by travellers to the Horse Fair at Appleby. How will they be able to face their neighbours having left the town open to a large permanent gypsy site ? Don't laugh - it could happen !  
*Mary Hill* ♥

### AUCTION MART

WRONG PRIORITIES

Last night I attended the Emergency meeting called by Sedbergh Medical Practice. My worst fears were realised when I listened to the feeble

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explanations given by the two Parish councillors in support of the decision to oppose the proposed plan for the Spar/Health centre on the site of the old Cattle Market.

The continual repetition of WE (the Parish Council) support the plan for the Health centre but not the Spar was tedious. Apparently the said Council had never grasped the vital fact that this was a joint application, this having been made abundantly clear at the outset. Therefore all discussion as separate entities was irrelevant and futile.

The doctors had done their homework thoroughly over the past four years exploring all possibilities and this joint plan was and is THE ONLY OPTION.

The opinion of the people of Sedbergh and district had been unfairly represented. It was quoted in the Westmorland Gazette by Mr . Kevin Lancaster (member of the Parish council, member of South Lakes council and Chairman of the Yorkshire Dales Authority) that the majority of Sedbergh residents were

not in favour of the proposition. I know of no person having been asked.

Even the view of the Sedbergh Chamber of Trade had been misrepresented.

It is very apparent that the priority of the Parish council is to maintain ,at all costs, .the Spar shop on Main Street, at the expense of sacrificing our future health care. Dr. Battye was kind enough to say that it was a balancing act between Spar/Health centre; I say there is no balance HEALTH must outweigh everything.

On the issue of trade being taken away from the town with the relocation of Spar, I suggest a look at the neighbouring towns of Kirkby Lonsdale and Kirkby Stephen where the opening of peripheral supermarkets has had quite the opposite impact; with more trade being brought into the town centres.

I understand that the vote of the Parish council does not normally carry a great deal of weight in less important planning matters but surely

*(Continued on page 18)*

*Sedbergh Booktown*  
**LECTURE & LUNCH**  
**Wednesday 18th February**  
 12.15pm for lunch,  
 1pm lecture  
 URC Church and Rooms,  
 Main Street, Sedbergh.

their veto to this extraordinarily important proposal vital to all, must have been a huge consideration in the final decision of the planning committee.

We all need the very best in health care, and this is an offer by our forward thinking, caring doctors. How lucky we are.

The Parish Council must open their minds and look past the Spar on Main Street, to ensure their and our future with the best possible Health care. We can buy goods anywhere but not health.

Please, no more "We support the Health Centre but not the Spar". Support the plan immediately, time is running out!

More information can be found at [www.sedberghmp.nhs.uk](http://www.sedberghmp.nhs.uk) GMRiley ♥

#### KEEPING SEDBERGH ALIVE

The current Health Centre no longer conforms to mandatory standards. After four years of fruitless effort to find an alternative development site, J Hall's offer of a share in their land, at the old auction mart, provides the

only viable solution. It comes with a condition - the submission of a *joint* application for a new health centre and convenience store. This shows the futility of Sedbergh Parish Council's claim to support the health centre but not the new Spar shop, as demonstrated by their refusal of the application.

Our country is in deep recession, yet here is a company willing to invest a huge amount into this small town, offering us a state of the art health centre and modern convenience store with easy parking facilities, a few minutes' walk from the town centre. Our Parish Council has turned down this golden opportunity, giving priority to the retention (most likely short

SEDBERGH & DISTRICT

## HISTORY SOCIETY

**Wednesday 4th February**  
 Old Kendal 'Now & Then'  
*Trevor Hughes*

**Wednesday 18th February**  
 Rise & Decline of  
 Textile Manufacturing in  
 the Yorkshire Dales  
*Maureen Lamb*

**Please note that this will be in  
 the People's Hall and not DMH**

---

All meetings in Settlebeck High School,  
 start at 7:30pm unless stated.

---

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 or all of our lectures

---

Chairman: Richard Cann 20771  
 Secretary: Mike Beecroft 21878  
 Treasurer: Marlene Mason 20509  
 Member Sec: Richard Cann 20771

term!) of an inadequate convenience store in the belief that the future of Sedbergh depends on this, thus condemning us to access most of our future health care in Kendal. We shall have the added bonus of the retention of a local eyseore, the dilapidated cattle market site reverting back to the local dumping ground.

Contrary to published claims, this major decision has been taken without due consultation and consent from the wider community for the benefit of our well being! We wonder what collective qualifications of our Parish Council possess and the professional expertise they drew on when making an "informed" decision

on our behalf. According to Cllr Blackie, sitting on the YDNP's planning committee, the planning authority wrongly assumed that Sedbergh Parish Council's opinion represented the majority of the community.

If you are not prepared to swallow the prescribed medicine, join the huge support already amassed. Lobby your Parish Council and YDNP's planning committee. It is possible to get the refusal overturned, but time and availability of funding are running out. There is no more time for procrastination, only action.

*Mandy and Frank Neumann* ♥

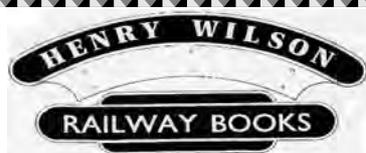
*Dear Editor,*

Re: Proposed New Spar and Health Centre.

We've had such a one sided set of opinions in the Westmorland Gazette perhaps it's time to look at other points of view.

I assume the people who wrote in to the W.G., are car owners, so it won't matter if they live in Garsdale or Dent. If you live in Thornsbank, Cautley Road, or the east end of town, and are not a car owner, access to the proposed new Spar and Health Centre becomes difficult. Ill, old or frail will have to deal with narrow pavements (i.e. Post Office, Dalesman and Hairdressers). Also the incline coming back into town on Station Road. It's a drag, with nowhere to sit and have a rest (car drivers will fail to notice this).

The Health Centre did say they were having to manage an increasingly



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<b>Fri 20 Feb</b>	<b>7 til late • free all welcome</b>
<small>more info.:</small>	<small>www.music.freakout.biz or tel. (015396) 20552</small>

elderly population, perhaps access should be a priority as mobility is challenged with age.

Are the Doctors' fighting on their own? I see no plastic leaflets littering the town from the Spar or Sedbergh School, even though they are set to gain if these plans are passed.

Maybe the majority of Sedbergh people don't put pen to paper, maybe it's time they did. - BUT - They still talk to members of our Parish Council, and they are our ears and our voice. They receive no payment and give their time freely. Don't knock them. Tet ♥

*Dear Editor,*

Firstly I will declare my position. I am totally in support of the scheme as it stands *i.e.* Health Centre and Spar.

I do not believe that this would adversely effect Sedbergh, in fact

completely the opposite. See Kirkby Lonsdale and Kirkby Stephen (large adjacent supermarkets).

Sedbergh and District needs a new 21st century Health Centre with the added services which will save patients (us) a lot of time and inconvenience of travel to Kendal and beyond. The health benefits are obvious.

I feel sure there is a large majority, in the Doctors catchment area, in favour of the proposal as is.

In an effort to resolve the situation may I suggest a meeting involving Doctors Lumb and Batty and a decision making representative of each of the following bodies:- The Health Authority, YDNPA, Spar, Sedbergh School, Chamber of Trade, Sedbergh Parish Council and other effected parishes *e.g.* Dent, Garsdale etc. Maybe Tim Farron M.P. could chair the meeting.

The only item on the agenda:- "Sedbergh and District needs a new, up to date Health Centre. How do we make it happen. Failure to reach a decision is not an option."

The health and welfare of the community is of paramount importance. Without a healthy and vibrant community Sedbergh and the Yorkshire Dales themselves die.

All parties have a prime responsibility, legal or moral, to safeguard and look after the community.

Please, please get your heads together, BE POSITIVE and find a solution. Thank you.

*John Hyde, Dent ♥*

### TIME TEAM

On Page 40 of the August issue of *Lookaround*, there was a History Society report with respect to the Channel 4 Time Team having a 'Dig' in Garsdale. This will feature on Sunday 1st February, which is a little late for this issue but hopefully it will be repeated again the following week.

The usual format of Channel 4 is to repeat the programme so it should appear on Saturday 7th February so you should be able to see it then. ♥

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### THE ROSE THEATRE GROUP

Hi all and a Happy New year from the RTG. We are just beginning rehearsals for our next production and are looking forward to performing it in March. For various reasons we could not do a Panto this year. In particular, most of our lovely young singers are swotting hard for A levels - and we wish them every success. Of course, there is plenty of additional young talent at Settlebeck. However, the school is performing Oliver in April, which is close to our usual Panto performance date and we didn't want to risk overloading the children at this busy time! Instead, the

RTG has decided to do something even more foolish than our normal mad standards. This is a comedy in two parts entitled *Allo!, is this Dads Army?*, to be performed by the adult cast, but with musical entertainment between the parts provided by the youngsters of Sedbergh Primary School in the role of the 'Evacuees Community Choir'. Refreshments will be served and there will be a myriad of never-to-be- repeated prizes in our 'Black Market Raffle'.

Performance dates are Thursday 12th, Friday 13th (aren't we lucky!) and Saturday 14th of March, beginning at 7.30 pm. There will be no matinee this year. Tickets £3.50 for adults and £2 for children under 14, family Tickets are £10 for two adults and two children, group tickets are also available. Refreshments will be available as always.

We may well have bitten off more than we can chew but it's for a good cause that we prepare once again to make fools of ourselves and raise some laughs. I'm sure you can work out what form the show will take, from its title! The proceeds this year are ear-marked for the People's Hall, which has begun to raise funds for a new building. The People's Hall is a very well used community facility but as we all know it is perhaps a bit dated now. It will be wonderful to have a new building with up-to-date facilities, so please help us do our bit towards making this come true by supporting us and coming to the show. We hope to see you there! For further information call 21808. ♥

### SPRING SHOW

Another year has gone by and preparations are in hand for the SPRING SHOW – the 13th on Saturday 28th March, so let's make it a lucky and successful one, and blow the superstition! The list of classes is printed in this issue of Lookaround, so please look carefully and enter as many classes as you can. There are a few changes in this forthcoming show. The class for Promotional Stands for Local Organisations has been discontinued in order to allow us to concentrate all our energy on the one splendid venue, namely the People's Hall. The show will start one-hour later, at 1.00pm, but refreshments will be available all the time the show is open. **PLEASE** encourage all your family to take part – the more the merrier! Parents – please encourage your children to work on some entries at home in addition to those that we hope the school will submit. Remember that you (adults) do not have to have produced your items in the last twelve months (baking excepted!), as long as it is something

you have made and has not previously been in the Sedbergh Show. . Moreover you do not have to live locally to enter. **The more the merrier!** We look forward to seeing you and your entries.

The Schedules and Entry Forms will be widely available in Town. Further details in the Next *Lookaround*.

#### CLASSES FOR THIS YEAR'S SPRING SHOW

##### SECTION 1 HANDICRAFTS

A patchwork item. A scale model, own design or kit. A new item from something old (any material). A wooden item. A hand woven item. A cross stitch article (indicate if own design). An item of embroidery (other than class 6 or 8). Canvas work. Hand spun wool. A pincushion. Beadwork. Bobbin lace. A metal item. A hand made rug. A hand made card. A decorated Easter bonnet (any style or material). Any craft item not included above.

##### SECTION 2 HAND MADE TOYS

A soft toy, knitted, sewn, or crocheted. A glove puppet. A toy made from scrap material. A dressed doll (doll may be bought). Any handmade toy not included above.

##### SECTION 3 FLOWERS AND PLANTS

A house plant. An exhibit including artificial or preserved material. A 'garden on a plate'. A petite exhibit in green and white. A foliage arrangement. 'Springtime' - an arrangement of any style. A table arrangement for a children's party. A modern exhibit with a literary theme.

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#### **SECTION 4 GARMENTS**

A hand knitted garment in a single colour. A hand knitted multi-coloured garment. A hand knitted scarf. A crocheted article or garment. A sewn garment. A knitted baby garment.

#### **SECTION 5 HOME PRODUCE**

Sugar craft. Fruit pie. Savoury flan. Six biscuits of any variety. Six butterfly buns. A novelty cake (judged for decoration only). Fruitcake. Four fruit scones. Gingerbread 8" square. Round shortbread. Six flapjack pieces. Unfilled and fatless sponge cake. Victoria sandwich (filled with raspberry jam). Swiss roll. Pot of jam. Pot of marmalade. Pot of fruit jelly. Pot of lemon curd. Pot of chutney. Bottle of homemade wine (includes mead). Pot of clear honey. Pot of set honey. Pot of heather honey. Piece of honeycomb. Wax products.

#### **SECTION 6 ART**

Artwork: still life (any medium, any form). Artwork: portrait (including animals). Artwork: landscape. A pottery article. A three-dimensional object (other than pottery).

#### **SECTION 7 PHOTOGRAPHY**

Colour photograph of animal or bird. Colour photograph of child. Colour photograph of local landscape. Colour photograph other than any of the above. Any sporting photograph. Black and white photograph – not tinted. Black and white portrait (including animals). A photograph taken in Sedbergh, Dent or Howgill.

#### **SECTION 8 CHILDREN'S**

#### **SECTION**

#### **PRE-SCHOOL**

A decorated paper plate. A crown. A picture of flowers – any medium. An Easter card. A picture by a group of children – any medium.

#### **RECEPTION YEAR**

An animal made out of vegetables, fruit, or foliage. A decorated paper plate. A picture of an animal. A pasta necklace.

#### **YEARS 1 & 2**

Handwriting of a nursery rhyme, "Little Bo Peep". A model made of any material. An observational drawing from a tree or flower. A bookmark.

#### **YEARS 3 & 4**

Handwriting of "Humpty Dumpty", (for the W. Milburn & Sons cup). A mosaic animal, bird, or insect. A mask. An animal made from vegetables, fruit, or foliage.

#### **YEARS 5 & 6**

A collage of sequins and buttons of a bird. A flower arrangement in a half grapefruit. A sewn design of a bird, animal, or flowers. A birthday card.

#### **YEAR 7 AND ABOVE**

A hand crafted article – any material, including wood or metal. A congratulations card. A computer generated poster for a local event. A wrapped present (judged for decoration only).

"Urgently needed, those old sheets which you no longer use. We want them to make table coverings (very elegant!) for the SPRING SHOW. Please call 21697 and ask for Wendy. Many thanks." ♥



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### **FESTIVAL OF IDEAS**

*What's Going to be Sedbergh's Big Idea?*

Whilst the 2009 Festival of Ideas isn't scheduled to take place until July, the organisers have already been busy hatching their own ideas for an annual competition to find the best community-minded idea from Sedbergh's children and young people.

As *Lookaround* readers will certainly know, the Festival of Ideas is designed to encourage imagination, innovation and new thinking – it's a festival that thrives on new ideas. And that means ideas from everyone! What's the Big Idea? is a new

competition to find the best community-spirited idea from the town's young people and children.

The Book Town has put up a £200 cash prize for the winning idea.

Local teenagers and children are being encouraged to come up with an idea that will make life better for groups of people or individuals who live in or around the town. It must be an idea that has a positive and lasting effect on the lives of people living in Sedbergh. There will be one winning idea and the Book Town will undertake to put that idea into practice.

In early February an information leaflet and entry form will be

distributed to students and pupils at all Sedbergh schools. In this way we will find out what young people and children would like to see happen in the town and learn more about who they would like to help.

"This is a competition that's bound to appeal to the town's younger generation," says John Rice, Director of the Ideas Festival, "who better to ask for new ideas than young people and children...they're brimming and buzzing with creativity and imagination! For this competition all they need to do is come up with a practical idea that would benefit a particular group of people or individuals in the town. It could be a simple idea that helps elderly people, very young children, disabled people, shopkeepers, farmers, teenagers, hill walkers, families, church-goers, booksellers or anyone else in our community."

Young people and children should

complete one of the What's the Big Idea? entry forms (available from all schools in the town or from the Tourist Information Centre and other locations) describing their own 'big idea' and how it might prove of benefit to local people.

And according to John, "The best ideas will be ones that are simple, practical and achievable; and it should not cost a lot of money to put your idea into practice! And just think, in five or ten years from now of the young people and children who will have provided Sedbergh with a legacy of new developments and benefits that only they could dream up. This is a competition that will help develop a strong sense of community involvement in the hearts of the younger generation."

A Panel of Adjudicators drawn together by Sedbergh Book Town will judge the competition and the Book Town, with help from other local organisations, will undertake to put the winning idea into practice. Entries will be accepted from students and pupils who attend Sedbergh's five schools. Young people or children who live in the town but who attend schools outside Sedbergh are also encouraged to enter. Completed entry forms should be handed in at, or sent to:

What's the Big Idea? The Ideas Festival, Tourist Information Centre, 72 Main Street, Sedbergh, Cumbria LA10 5AD by Friday 27<sup>th</sup> February 2009.

More information from:  
[poetjohnrice@btinternet.com](mailto:poetjohnrice@btinternet.com) ♥

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**TIM FARRON MP**

I know it is a little while ago now but can I still wish everybody a very Happy New Year. I hope 2009 is a very good year for you.

My first visit to Sedbergh in 2009 was certainly a constructive one. I had a very good meeting with the key parties involved in the proposals for the new Medical Centre on the old Auction Mart site to try and find a way through this issue. I believe that one of the most constructive contributions I can make in a situation like the one we find ourselves in over this issue is by getting all the interested groups together in one room, talking to each other and trying to find a way through the difficulties. We had representatives from the Parish Council, the District Council, the National Park and of course the Doctors all present.

This was the start of a process that will take a little time but whatever the outcome it seems to me that there are a few important things we must all try really hard to deliver: firstly we cannot let this issue divide the people of Sedbergh, this is one of the reasons why I have proposed that

***Sedbergh Bowling Club***

***A G M***

*White Hart Sports & Social Club  
Committee Room*

*Thursday 26th February*

*7:30 pm*



*All Welcome*

there is a referendum where everyone can have a vote on the options available. I am investigating how we can make this happen. Additionally, a new medical centre for Sedbergh would clearly be a good thing, especially in these times when the Government is putting ever greater emphasis on the primary care that people receive from their GPs. However, it is vitally important that any new centre is easily accessible to all the residents of the area. The challenge is of course to resolve all of these pressures but this is never going to be easy whilst we have the threat that funding may disappear if decisions are not made quickly hanging over the discussions. As a

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result one of my first questions of the PCT is to see if there is anyway that the funding can be extended into next year. I have also asked them whether there could be any more money available so that alternative more central but possibly more expensive sites can also be examined. That way we can have a range of options to vote on should the referendum go ahead.

As I said this is the start of a process and we need some answers from the PCT before we can move to the next stage. But I will be doing my best to ensure we receive these answers as soon as possible.

On another positive note we heard that the grit bin on Joss Lane Car

Park had been empty on Market Day leaving the area impossible for traders to get on to. It only took me a few minutes on the phone to Cumbria County Council's Highway's Hotline to get them to commit to refilling it, in fact I think it was actually full within hours of my call. Not that I want to discourage anyone from asking for my help if they need it but the number is 0845 609 6609 if you have any road issues in future.

As ever my contact details are Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk)

Thanks for your support

*Tim Farron MP* ♥

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### PEPPERPOT CLUB

*String Workshop. Sedbergh Primary School, Sunday, November 23<sup>rd</sup> 2008*

The local branch of the European String Teachers Association and Sedbergh Pepperpot Club jointly organised this very successful workshop for strings up to Grade 4 at Sedbergh Primary School, by kind permission of Mrs Maggie Cullen. Although it is some weeks since the event took place, it remains very vivid in the memory.

Rachel Moore ran the workshop with the help of three other local string teachers. Rachel (cello/bass) is the popular director of Lake District Summer Music's Young String Venture. She also works on the award-winning Junior Strings Project at the Royal Northern College of Music in Manchester and trains string teachers there. Penny Legat (violin and viola), who teaches the violin at Sedbergh Primary School and at Settlebeck and is also involved with the Pepperpot Monday orchestra, was assisting, as were Alice Hurley (violin), who teaches the violin around Cumbria, and Anthea Meuli (cello), who teaches at Cartmel Music Centre.



Twelve Sedbergh children attended the workshop free of charge, thanks to a generous grant from The Trott Musical Foundation. Making Music also provided a useful grant towards the running of the workshop. Altogether over fifty people, aged seven to sixty plus, including a few teachers, came from a wide area, braving the overnight snowfalls.

The day's programme included a wide variety of music with orchestral sessions, sectionals for upper and lower strings and singing for all, and concluded with a play-through for parents and friends, showing the full range of activities. With over thirty violins, two violas, nine cellos and four basses filling the hall, it was an impressive experience which provided a unique opportunity for players of this level to work together in a large ensemble, at the same time as enjoying a very happy social occasion.

Afterwards, one of the children wrote what was typical of all their comments : "It was challenging but I really enjoyed it". Everyone agreed that they would definitely like to come again!

*Shirley Smith* ♥

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**DENTDALE  
MUSIC & BEER FESTIVAL**

You might be able to take the name Dent Folk Festival out of Dent, but nobody can take music and entertainment out of Dentdale. That seems to be the public mood in the Dale itself if the views of those who attended the Dentdale Music & Beer Festival Committee's public presentation on Monday 8th December are anything to go by.

The valley is home to many talented singers, musicians and entertainers. At the same time many more find it an attractive, welcoming and unique environment in which to perform, as much for their own enjoyment as that of their appreciative audiences.

The Dentdale Music & Beer Festival Committee Chairman, Matt Clayton, outlined wide ranging and ambitious plans to harness this enthusiasm to ensure Dentdale enjoys its traditional weekend of music, singing and dance

on the 26th-28th June 2009, when a Free Festival will take place.

A wide range of music, including The eclectic Duncan McFarlane Band and the legendary guitarist Gordon Giltrap who will strut their stuff, folk from the British Isles, North America and beyond, as well as blues, jazz, bluegrass, folk-rock and Cajun, is planned. Dent and its environs will be entertained by singers and dance troupes, as well as street and children's entertainers

All this combined with a Beer Festival seems guaranteed to provide a lively weekend for all the family.

Over £1,300 has now been collected or pledged in sponsorship and artists from far and wide are signing up for the event, the majority offering their services free of charge. As plans progress further information can be obtained from [www.dentdale.com](http://www.dentdale.com) and [www.dentmusicandbeer.com](http://www.dentmusicandbeer.com).

*Malc Cowle* ♥

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## SEDBERGH JUNIOR SCHOOL

Sedbergh Junior School (SJS) for boys and girls aged 4-13 has commenced this Term at its new location in Sedbergh. The School moved over the Christmas break from its former location of Bentham, where it was based for six years.

SJS's Sedbergh campus includes new classrooms, secure play areas and footpaths, and a boarding house. It also takes advantage of the outstanding facilities and world-class tutors of the senior School, enhancing SJS pupils' academic, music and arts opportunities. Further, it has provided on-site access to more extensive sports facilities, including numerous playing fields, an astro turf pitch, indoor pool and armoury.

For the SJS girls in particular, there is a broader sports programme in Sedbergh, with provision for popular activities such as dance and horse-riding. The move also provides younger girls with beneficial exposure to the exceptional role models in Sedbergh's senior girls.

SJS offers day, weekly, flexi-boarding places for boys and girls



Mrs Hirst with some of the new Pupils.

Sedbergh Junior School

aged 7-13, plus it has a new Pre-prep department for ages 4-6. Sedbergh School buses are now running daily from/to Bentham, Kendal, Kirkby Lonsdale, Lancaster, Penrith and Windermere.

### Open Day

Parents and residents of Sedbergh who would like the chance to look around SJS are welcome to attend our Open Day on 31 January, 10.30-2pm.

For information about this Open Day, or in general, please visit: [www.sedberghjuniorschool.org](http://www.sedberghjuniorschool.org), or contact the SJS School Office and Admission: 015396 22295 or

[enquiries@sedberghjuniorschool.org](mailto:enquiries@sedberghjuniorschool.org)  
*Sara Hirst in Brief*

Following a distinguished career at Millfield and Kelly College, Sara Hirst first arrived in Sedbergh in 1995, as English, History and Games mistress, mother of three, and wife of Senior School Headmaster, Christopher. In 2001, as Senior Mistress, she spearheaded Sedbergh's highly successful co-education drive (Senior and Junior level). Her phenomenal energy and vision are now committed to making SJS the best Prep School in the UK. ❤️

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### PINFOLD CARAVAN PARK

I feel that I should perhaps whisper this very quietly in case someone notices and the bubble bursts ...

There is a small population increase in Sedbergh – down at Pinfold Park.

A number of canny people, some in the latter stages of their working lives, are moving into the lodges, leisure homes and static caravans with a view to selling their homes and taking up permanent residence. Long term residents of Sedbergh will know that this is not in fact technically possible – the site holds a licence for ten months a year – but finding an alternative place to live for two months a year is, in their opinion, a small price to pay for being able to spend their twilight years in such an idyllic spot.

I'm using the 'third person' yet my husband and I are one of that very happy band. We look forward to, like the birds, migrating each winter.

It was just over a year ago that, having explored the possibility of buying a second home in France, toyed with the notion of getting a motorhome, considered a touring caravan, we arrived in Sedbergh to look at static caravans. This was the result of an internet search which was limited by the need to get from visiting family in the North East to our home at the time in Cheshire.

It was, as they say, love at first sight – or should that be site? We did view a few caravan parks in the Peak District the following weekend, but we had already lost our hearts to Sedbergh. We returned, bought a

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very lovely static caravan, and by the time March 2008 came around and we could actually live here for a weekend, decided that this is the place we want to spend the rest of our lives and promptly upgraded to a larger unit.

We discovered the 'Lookaround' early on – a recommendation from the landlady of the B and B we stayed in. It contains all the information a newcomer might need and more, it gives a flavour of the locality. I hope to make an occasional contribution. I hope to become a real part of the local community that has made us so very welcome already.

*Helen Wilberforce* ♥

### POSITIVE THINKING

“Positive Thinking: Panacea or Peril?”, is the title of a new book by Sedbergh author Deyna Hirst, published under her pen name Jayne Raymond. This book is addressed to all of us who, at one time or another, have been caught in a low mental state, unable either to pull ourselves together or to activate one of those positive thinking routines beloved of self-help manuals.

Early on in the book, Deyna gives a lovely personal example of a day when she went out into the Howgills on her bike, which illustrates perfectly how things can change from “positive” to “negative” in an instant. It is rather reminiscent of the well-known story of the Chinese sage, whose horse broke out of its field and ran away. The next day it returned bringing three wild horses with it. A few days later the man’s son was training one of the new horses and

was thrown and broke his leg. Some time later all the young men in the village were called up to join the army, but the old man’s son was unable to go because of his broken leg. All manner of things happen in the great play of life, some of which we interpret as being positive and others as negative.

There are many books about positive thinking available, but what makes Deyna’s book special is that it asks questions which penetrate into the nature of “positive thinking” more deeply. We are fragile beings governed internally by our biology, instincts and conditioning and influenced from outside by everything that happens around us. The idea that we can arrange for our thoughts to be positive at all times simply does not ring true. When a person in our community suffers misfortune, we all feel sad. When Barack Obama is elected president the whole world feels a little more hopeful. At times we may remember some technique we have read about for feeling positive, at other times we may not. Positive thoughts are not under our control.

One of the early books advising the use of positive thinking is “You Can Heal Your Life” by Louise Hay (copyrighted in 1984). The method here is one of repeating affirmations reflecting the situation as you would like it to be. Opening the book at random, I discovered the following affirmation designed to help one with making changes: “I cross bridges with joy and with ease”. My experience of using this method is that, while there is one voice in my head repeating the

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desired phrase, there is another quieter but persistent voice saying, for example, "What rubbish, crossing bridges with ease. You know you can't do it". In contrast, the reaction of this "second voice" to a repeated phrase such as "The present moment drops into eternity" (taken from the front of the Mandala Yoga Ashram newsletter, which arrived yesterday) is absolute silence.

Deyna's book has a very good chapter on awareness, in which she uses the yoga model of koshas or layers of our being. She argues that positive thinking belongs to the most superficial kosha as it is part of our interaction with the physical world. Our awareness permeates all levels

of our being and it may, at times, be possible to shift our attention to deeper layers, where the positive/negative dichotomy is absent. Deyna suggests simply, "breathe through into the inner layer of your being". Try it and see.

This book brings new perspectives to the concept of positive thinking: motherhood, depression and enlightenment to name but three. If you have any interest at all in any of the issues raised here, I would urge you to read the book for yourself. I will not offer to lend it to you, as I think you should buy your own copy. It is available from the Tourist Information Centre or from [www.jayneraymond.com](http://www.jayneraymond.com). June Parker ♥

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### FOG LIGHTS - £30 FINE

There seem to be an increasing number of motorists who drive around at night with their front fog lights permanently on. The police in Cumbria obviously don't think it worthwhile to stop such motorists and apply the on-the-spot fine of £30 if visibility is better than 100 metres (which also applies to rear high intensity lights). I am puzzled by this since the practice is potentially dangerous in conditions of clear visibility. Dazzle from oncoming vehicles' dipped headlights is bad enough without unnecessarily doubling your light output in the face of oncoming traffic. I was stopped by the police near Aberystwyth one night many years ago for driving with my fog lights on and I had only just emerged, within metres, from a thick blanket of fog over the mountains. Visibility was little better than 100 metres though by then but I was still politely asked to turn them off. No fine applied thankfully.

Fog lights are not driving lights and add no more illumination whatsoever to the road any distance ahead in clear conditions if they are adjusted correctly. Turn them on and off whilst on dipped beam and this fact is very obvious, so what is the point? (They're of little use in fog to the driver for that matter since their main purpose is to make your vehicle more visible to other road users rather than magically cut through the fog.) Perhaps many motorists drive around unaware of what the glowing warning light on the fog light switch means, or

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are they all young and inexperienced and don't realise what these lights are for. Fuel consumption also suffers as the generator has an extra electrical load on it. You may/may not like to read some rather more caustic comments on the subject of "foggers" at [www.weeklygripe.co.uk/arc161.asp](http://www.weeklygripe.co.uk/arc161.asp) Any additional comments Ed?

Also, there was a recent report that a police officer said that anyone driving with fog lights in clear conditions could justifiably be pulled over and breathalised on the grounds that their improper use of vehicle lights might be a result of drinking. Perhaps this is an extra thought-provoking deterrent. RB

*Another issue that I can never understand is that as well as the above comments, the amount of drivers that put on their windscreen wipers "because of poor visibility (rain)" yet fail to put on their dipped headlights "because of poor visibility". For many years, I taught very young children about Cycling safety and the most important words I used were "SEE AND BE SEEN". Please use your lights sensibly.* Ed ♥

## FEBRUARY GARDENING

I wonder why it is, that many winter flowering shrubs have such a strong sweet fragrance. Perhaps in their native countries there are sunny winter days with a variety of insects on the wing, to seek them out and pollinate them, but in my garden, insects are very scarce and so, the poor plants just have to do with me looking (and sniffing) at them.

First into bloom for the winter is *Viburnum x bodnantense* 'Dawn'. This has bunches of small, tubular flowers, deep pink in bud and opening to pale pink or white. The fragrance is sweet and heavy and the plant seems to thrive in any situation and any soil. Keeping it within bounds is usually the only problem, but it will stand a severe pruning so it can be beaten into shape if necessary.

Next out, usually in February, is Witch Hazel – *Hamamelis mollis* 'Pallida'. Best described by a visiting schoolchild at Harlow Carr as "grated cheese on sticks", it fortunately smells far cleaner and fresher than a bit of old cheddar. Witch Hazel grows best on an acid soil and likes to be sheltered from the strongest winds. Once established it is an excellent plant for cutting – the buds, which resemble small knobby fists in suede gloves, will open out after a day or two indoors in water, in a warm room.

Following on from Witch Hazel, I grow *Mahonia japonica* (or *M. bealei*). This sharp leaved evergreen took several years to "get its roots down" in my garden, but once established it

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produces a wonderful display of pale yellow flower spikes with a sweet lily of the valley fragrance. Something (and it isn't me) pollinates these, as the plant goes on to produce purple berries, much enjoyed by the birds.

Lastly, and often overlooked, is common Ivy – *Hedera aquifolium* whose greenish flowers fill the air with a sweet powdery scent on a sunny day. The Ivy in my garden all flowers in late winter, but in other places it is in bloom from November onwards. It is much valued by all kinds of flying insects for its pollen and nectar, produced at the coldest time of the year.

*Elaine Horne* ♥

**SEDBERGH & DISTRICT HISTORY SOCIETY**

A score of hardy historians braved the weather on Wednesday, 3rd December, to hear a talk on Gervaise Benson given by David Boulton.

Benson was probably the son of a prominent Kendal family and was born in the first decade of the seventeenth century. He obtained some legal training and became Commissary for the Archdeaconry of Richmond until 1640 when the post was abolished by Parliament. He was elected an alderman of Kendal in 1641 and in 1644 was elected as Mayor of Kendal. This meant that he was in important positions during the Civil War. Luckily details of what happened during that period have survived in a series of letters from the Minister of Kendal Church, Henry Macey, to Lord Wharton. Under the former the Presbyterian system of church government was implemented in Kendal, a move which had Benson's support.

In 1644 Kendal was raided by Royalists and they captured Benson who was taken to Skipton Castle but later released. Benson spent his own money on the defence of Kendal and Macey wrote to Lord Wharton asking if Benson, whom he called Colonel, could be compensated by being made responsible for probate and wills in the region. The presence of Scots, the allies of Parliament, around Kendal caused annoyance to the locals and Benson was worried that the people would turn against Parliament as a consequence. In

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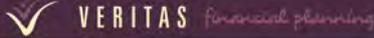
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1646 he was appointed a J.P. for Kendal even though he owned no property there. In fact Borrett Farm in Sedbergh was all he owned at that time. In 1650 he was ejected as an alderman along with several others in what appears to have been an organised coup.

Nationally under Cromwell the Independents had prospered at the expense of the Presbyterians and Benson was initially in favour of this but eventually he grew disillusioned even with the Independents and became a Seeker. As a result when Fox came to Sedbergh in 1652 he attended a Seeker meeting at Borrett to try to convince them he could



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supply what they were seeking spiritually. Benson was not initially convinced but later that year joined the Quaker movement and became its unpaid legal adviser.

In 1652 Benson was put in charge of Sedbergh and Dent by the Cromwellian government. He did not approve of the conduct of the Minister of Sedbergh whom he, rightly or wrongly, accused of frequenting all fourteen of the pubs there. The area was conservative in its views and as a result Benson's support of Quakerism made him unpopular. His wife, Dorothy, was also a convinced Quaker and walked to Carlisle to visit Fox when he was in prison there in

1653. In the same year she was imprisoned for interrupting a sermon in church, a favourite Quaker practice. Whilst in prison in York she gave birth to a son, Emanuell. In 1655 she died and was buried in the garden of High Haygarth, a house Benson had acquired in 1652. It is now the Cross Keys Inn and she probably lies somewhere under the present dining room.

Benson's radical views got him into trouble with the government and he was stripped of all his powers except for being a J.P. He produced pamphlets in favour of Quaker principles such as not paying tithes and not taking oaths and was active in raising money to fund the movement. He married Mabel Camm just before the restoration of Charles II as king. During the 1660s he produced another pamphlet and in 1675 he joined a sect of Quakers against Fox. A meeting was held at Draw Well near Sedbergh to try to heal the rift between the sects and reconciliation gradually happened. In 1679 he died after an eventful life in which his religious views had changed several times but he proved an important figure in the rise of Quakerism.

His son, Emanuell, survived, despite his mother's early death, and moved to Dent where he married and had two children baptised into the Church of England whom he called Gervaise and Dorothy after his parents.

The chairman thanked David Boulton for a most interesting and informative lecture. ♥

### **KILLINGTON WI**

We shall not forget Christmas lunch December 2008, it snowed, deterring eight of our members and friends from making the journey to the Pheasant at Casterton.

Twenty-six of us gathered soon after twelve noon for a mouth-watering lunch eaten with the sound of Christmas carols quietly playing in the background. One of our very new members, Barbara Leigh, who assures us she never wins raffle prizes, won the cracking Christmas Hamper put together by the committee for the occasion. Barbara had the winning raffle ticket at the Institute meeting in November plus the first two lucky numbers drawn at the January meeting. She declined the privilege of winning which meant Brenda Nolan and Anne Jones both took a prize home.

Eight members sent apologies for the January meeting. We welcomed Maggie l' Anson as a new member and two visitors, one a friend of Anne Jones from Bradford -on- Avon and one who is thinking of joining us.

2009 looks like being another busy year with various activities planned,

plus others that will come to our notice as the year progresses.

Dave Smith, retired headteacher of Settlebeck High School was our first speaker of the year. Having walked to John O'Groats from Lands End we wanted to hear all about it and see the pictures. We were not disappointed. The background story leading to the walk aptly set the scene.

Photographs were forgotten for the time being as Dave picked up the rucksack he had used for the journey and proceeded to empty it of its contents showing us everything he had carried and why he had chosen that particular item. The main criteria for each item was how much did it weigh, remembering that everything had to be carried on his back each and every day. We marvelled at his kit, he was short of nothing, even a blow up mattress for comfort at night in his tent, and speakers for the tiniest of radios for evening entertainment. All in all the pack weighed in at an acceptable 26lbs at it's heaviest. So, those of us who struggle to shut our suitcases when going on holiday were given alternative ideas.

The four and a half thousand photographs Dave took on the fifteen hundred mile walk made in 2008 would have taken far too long to show, so a carefully selected few showed us parts of each of the counties he passed through on his way north.

Our tea hostesses spoilt us with a delicious selection of homemade cakes.



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Shirley and Edith were joint winners of the Christmas card competition.

Normal service will resume next month. Fingers crossed Wendy will have shaken off her cold by then and be back in the reporters seat.

Get well soon Wendy and all of our other members who are unwell. We look forward to seeing each one of you back on form and with us in February. *Susan Sharrocks* ♥

### DENTDALE WI

The first meeting of the New Year and we had a good attendance in spite of cold weather, coughs and colds etc. Catherine Sugden, our President, welcomed new, returning members and visitors. The 2009 programme promises an interesting year of speakers and meetings.

Catherine introduced the new Committee. Margaret Fothergill has agreed to be Vice President and also to re-convene the Public Affairs Committee. We shall be fund raising and a date for the diary – 24<sup>th</sup> July – when we hope to hold another Gardeners' Question Time following on from the success of one held a few years ago!



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If that seems a long way into the future, then the Consultative meeting is only a day or so away as I write when three of us will be joining members from all over the Federation to hear and select the Resolutions to go forward to the Annual General Meeting to be held in the Albert Hall London in early June. This year it is the turn of Dentdale to send a delegate.

We have sent in our entry for the Federation competition "One Step Further" in the form of a leaflet giving details of a local circular walk in Dent via Throstle Hall and Coventree and returning by road or river giving excellent views of Dentdale on the way.

A majority decision was made to send a letter of support to Sedbergh Medical Centre in their bid to provide a new medical centre at the Old Auction mart.

Our Speaker for the evening was Helen Winn, living here in Dent and known to most of us. Helen was speaking on "Children in Custody" from her experience as a Senior Officer working at Lancaster Farms Young Offenders Institution for the past eleven and a half years. Helen presented a human face of the prison service as she told us about the day to day running of Lancaster Farms and the aims for the juvenile population aged between 15 and 17 with whom she works. We all realised how little we knew about the system. We were informed as to how meticulous was the form filling on behalf of the young offender in order

*(Continued on page 40)*

to present as complete a profile as possible for the court and the prison to work with. There is a dedicated staff covering every area of need and offering a wide range of activities and skills. It was a very informative talk, even so, Helen took a great many question from a very interested audience.

This month Freda Meakin won the competition and Dorte-lis Stephenson the raffle prize. The next meeting is on 11<sup>th</sup> February when Kay Whittle will be talking on Foot Care. New members and visitors always welcome. ♥

#### HOWGILL W. I.

Our annual Domino Drive was held at Howgill in November. It was successful and we would like to thank everyone who turned out to support us.

Christmas celebrations took place at the Sedbergh Golf Club. We all enjoyed a traditional Christmas Dinner followed by several games of dominoes, after which we all won a mystery prize.

Mary Silva's Christmas Tree Decoration won the competition with Helen Beare second. There were several lucky raffle winners. An enjoyable evening of good food, fun and friendship.

The first meeting of 2009 was held at Howgill Village Hall. President Mary Silva gave a warm welcome to eleven members.

Our singing group enjoyed taking part in the Carol Service at Howgill Church. We all agreed they looked

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lovely and sang beautifully.

We gave a warm welcome to our speaker Maureen Lamb who gave us the History of Farfield Mill and how a dream had become reality when a group of enthusiastic people in Sedbergh set about raising money to restore the four storey woollen mill.

In 2001 they were able to celebrate the opening of Farfield Arts and Heritage Centre promoting our cultural heritage in the Yorkshire Dales.

Sheelagh Dennis thanked Maureen for sharing the story of Farfield, bringing it back to life and opening the doors to the public.

Still on the theme of wool Mary Silva won the competition with a hand knitted blanket with Vera Hodgson second. Raffle winner was Vera. The evening rounded off with a Jacobs Join followed by a progressive barn dance. A lively warm up enjoyed by us all.

We meet again on 5th February when the subject is Poems with Stuart Manger. Visitors and new members welcome at Firbank Church Hall.  
A. H. ♥

## HEALTH CENTRE

### *Important Information regarding the "OPEN Surgeries"*

The open surgeries run from 08.30 to 10.30 am Monday – Friday.

The open surgeries are designed to offer people the chance to be seen the same day if they have urgent problems. Non urgent problems or ongoing problems should be discussed in a booked appointment, with the clinician of your choice. In the past many surgeries operated open surgeries rather than booked appointments; there was an expectation that you if wanted to be seen you would have to wait. However, we appreciate that everybody has a busy life and that there are better things to do with your time that sit waiting to see us!

Over the last year, the open surgeries at Sedbergh have become very busy and quite often they are being used by people who do not have urgent problems.

Consulting time is divided across the week into open surgeries and booked appointments. If the demand for open surgeries increases then the number of booked appointments reduces correspondingly. If there was less demand for open surgeries then we could increase the time available to booked appointments.

It is surprising that the open surgeries have become so busy- sometimes people wait in the surgery for over an hour to be seen, when by simply booking an appointment they could be in and out within 20-30mins.

Over the next few weeks we are



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handing out leaflets to explain the open surgery to our patients. If the open surgeries continue to be very busy then we will be forced to make changes or even to consider abandoning them. A busy surgery puts clinicians under pressure, it affects the communication in the consultation and can result in errors being made.

Booked appointments are available with Drs Lumb, Hunt and with Heather Pilling. Dr Hunt is part-time and as such her overall consulting time is reduced but if a female practitioner is required then patients could consider seeing Heather Pilling who works full time. ♥

**SEDBERGH & DISTRICT  
HISTORY SOCIETY**

*Members Evening*

Susan Garnett: *'Facts and Phantoms of Upper Eden'*

Susan took us on an illustrated tour on more familiar ground, explaining geological elements of the dramatic mixture of landscapes in this area and how over time man had used these to advantage. The many ancient transport routes were used by Neolithic man 4000 years ago, the Romans from 500BC until 500AD, Anglo Saxons and Vikings. Then along came the monks, drovers and pack ponies, horse and carts, toll roads, stage coaches, turnpikes and the railways.

There were large Neolithic settlements in Smardale, remains of megalithic forts can be seen around the Asby's and by Rawthey Bridge, with its mysterious face in the stonework, not forgetting the Wolf Cave, with its perfectly preserved child's footprints, discovered by the BBC Time Team.

The spoil heaps on Fell End Clouds contain remnants a huge range of unearthed minerals relics of enormous activity.

Perhaps some phantoms of time past remain. Was a great stack of gold and silver buried on Green Bell during one of the Reiver's raids? Who were the three bodies, one with an iron clasp on the wrist, unearthed in

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digging the foundations of one of the railway viaducts?

Lord Wharton created a huge 520 acre deer park on either side of Scandale beck, displacing many families who were conscripted to build its 9ft high boundary wall in 1660

The old ale house by the old stone bridge in Smardale could tell a tale. It was here that Robert Atkinson met conspirators in the failed Kaber Rigg plot. He was executed in 1664 for his part.

Then there was Elizabeth Gaunt, nee. Fothergill, who became the last woman to be burnt at the stake, at Tyburn in 1685.

The monks of the Manor of Ravenstonedale enjoyed the privilege of sanctuary and any criminal who had committed a capital offence was free from arrest if he could toll the holy bell in the church tower.

So, with all these aspects of life past it's perhaps not surprising to hear of strange goings-on at 'The Black Swan'!

Tony Hannam ♥

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## SEDBERGH SCHOOL

### Netball Teams on a Roll

A jubilant Sedbergh School 1st VII has retained its title of County Champion for the third year running, after beating Chetwynde (10-6), Appleby Grammar (10-7) and Kirkby Stephen Grammar School (8-4) in November. As a result, Sedbergh progresses through to the North West Regional Finals on 31 January in Cheshire, along with runners up, Chetwynde.

They will be accompanied by Sedbergh's U16 netball team, which beat Chetwynde on 12 November in an exciting final (6-4) to claim the County Championship crown for its age group.



Sedbergh's 1st VII Squad comprises: Paulina Ney (Team Manager), Emily Hirst (v/c), Laura Ruffman (c), Ellie Mewburn (v/c), Sarah Blue, Lauren Butler, Ellie Porter, Rebecca Fardell, Mia Taylor (Back row) Rosie Harnby, Ellie Witt, Annabel Hamilton, Amelia Bolton (Front row). ♥

## DENTDALE METHODIST CHAPEL

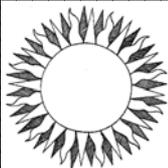
We have enjoyed some lovely occasions and been challenged and blessed through the preaching and sharing of our services, "own arrangement" in December included members of the congregation taking part.

Following on from the visit of Mrs Janet Park, our Trainee Minister her mother has offered an electronic organ to us, we have accepted this generous gift and will celebrate its arrival later in the year. It was purchased for Skerton chapel in memory of Janet's father and as that place of worship is to close a new home was needed.

We went Carol Singing in the village

and Gawthrop and along with a group out in Cowgill. £369.62 was raised for Children's Society & Action For Children. Then the Prayer Labyrinth was set up in the schoolroom with its various "areas" for contemplation, action or prayer. On January 11th we closed and went to Dent Foot Chapel for the annual Covenant Service where we renew our promises to be available ,to serve, to worship God. FAIR EXCHANGE. anyone else interested? Do get in touch and we will have a get-together soon to set this in motion. It can be rather different to how it was described in the Dec/Jan Look around (page 79) so don't let that put you off.

As we seek to know God's will for us



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<b>Ian McPherson</b> .....	Homeopathy and T'ai Chi .....	015396 20648
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<b>June Parker</b> .....	Acupuncture .....	015396 20972
<b>Rebecca Wheten</b> .....	Homeopathy .....	07792 285357
<b>Denise Williamson</b> .....	Homeopathy and Bowen Technique .....	015396 20846
<b>Daisy Lussierfigg</b> .....	Aromatherapy, Reflexology & Hot Stones ...	01539 567579
<b>Victoria Reed</b> .....	Hypnotherapy .....	07803 047643

*Health practitioners in the local area*

in reaching out into our community to share our faith and support each other in prayer and action we would appreciate knowing of those people & situations where a listening ear, a prayer partner or some practical help would be appreciated. Do contact us, in complete confidence.

The service on Feb 22nd will be rather different to normal, whatever "normal" might be, do come along, and on March 1st we celebrate the Chapel Anniversary, the joining together of Dent and Deepdale Methodist Chapels as Dentdale.

God Bless.

*Sarah & John Woof (25212) ♥*

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### **YDNP HEDGING**

Organisers of the first hedging contest held in the Yorkshire Dales National Park in December at Sedbergh are giving themselves a big pat on the back after the event proved a real crowd puller.

And plans are in the pipeline to make it a regular event in the future.

The first Yorkshire Dales Annual Hedge Laying Competition was organised by the Lancashire and

Westmorland Hedge Laying Association as part of its Lancashire and Westmorland Grand Prix and it was part funded by the Yorkshire Dales National Park Authority (YDNPA) Sustainable Development Fund (SDF), which is managed by the Yorkshire Dales Millennium Trust.

The judges were Roger Sedgwick of Sedbergh and George Redmayne of Windermere and National Park Authority chairman Kevin Lancaster presented the cash prizes and congratulated Peter Gibson from Kendal, who was the Championship class winner and was judged the best hedger on the field.

The individual category winners will be presented with a trophy at the Grand Prix presentation night in April next year.

Full results were: Championship Class: 1st Peter Gibson, 2nd Robert Bell, 3rd Henry Kirkwood  
Open Class: 1st Heather Swift, 2nd Richard Attan, 3rd William Hodgson  
Novice Class: 1st Alan Proctor, 2nd Max Roclawski, 3rd Peter Freeman  
Junior: 1st Henry Knowles, 2nd Neil Strickland & 3rd Craig Proctor. ♥

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### **CUMBRIA WILDLIFE TRUST**

*Living Lanscapes - Sir Martin Holgate*

Cumbria Wildlife Trust Sedbergh Supporters' Group hosted Sir Martin Holgate on Wednesday 26<sup>th</sup> November by kind permission of Settlebeck High School and Dr Judith Greene for his presentation on "Living Landscapes".

What are Living Landscapes? It means developing land care practices that consider nature conservation across large areas of land or 'landscapes' and incorporating it into all aspects of human activity. This holistic, landscape scale or 'large area' working means considering nature conservation not just in pockets but across the whole country,

and in our case the whole county. A necessary consequence of this is that every inhabitant of the landscape must be engaged and, if possible, actively involved. This does not only include directly involved landscape managers such as farmers and developers, but also those who use the landscape indirectly such as those involved in the leisure industry.

Climate change is now accepted to be a consequence of anthropogenic actions, and although there are many actions occurring to ameliorate its effects, temperature increase will continue in the foreseeable future. One effect of this is that species will move further North and/or higher up in altitude. It is estimated that this

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may involve up to 150km further North and/or 200m increase in altitude for a 1.5°C change in temperature. For some species this is relatively easy since they can move but of course the vegetation that they depend on may not be able to move as fast; in particular slow growing trees/woodlands. In the UK we could see the disappearance of the Dotterel and Alpine Bartsia. More locally we could see the arrival of the Silver-spotted skipper (currently restricted to Southern England) or the disappearance of the Black Grouse from the Pennines. One strategy being developed is the creation and or enlarging of “corridors” of habitat

that ameliorate the movement of individuals and/or populations from one area to another.

One species that is endangered in Cumbria (and nationally) is the Water Vole. They live in small low density populations of between 1 and 20 at, typically, 1 individual per square kilometre. Local small scale events (eg flooding, predation by a mink foray) can cause population extinctions which are replaced by migration from adjoining populations in a healthy ecosystem. Providing there are adjacent water vole colonies AND there are corridors joining the areas, then habitats can

*(Continued on page 48)*

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be recolonised. The existence of some populations in NE Cumbria has generated the enthusiasm to re-introduce more water voles using the MOD land near Warcop.

Conservation work on the landscape in these areas suggests that the population recolonisations necessary for their survival will be able to occur.

Hutton Roof has a complex of reserves which are being maintained as a mosaic of landscape that will enhance the Living Landscape.

Coppicing of some areas, creation of dead hedges, erection of deer fences and restoration of walls has allowed better management of the complex which will, in turn, allow natural

regeneration of the diversity of habitat that will provide for instance, a much better habitat for the endangered Marsh Fritillary. No longer can any one of these reserves be managed in isolation, but as a mosaic of living landscape.

Cumbria already has a wide diversity of habitats and land use that will allow Living Landscapes to be more easily achievable than in other counties. But we are subject to many land use pressures and must engage a wide variety of agencies and all the users of the land. A Living Landscape requires partnership working to achieve its objectives. All stakeholders involved in land

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail &amp; Marie Rose Sauce £4.30          Garlic Mushrooms on Toast £3.90          Pate with Garnish, Toast &amp; Butter £3.80          Soup of the Day £3.50          Egg Mayonnaise £3.60          Grapefruit Cocktail £3.60          Garlic Bread £2.75</p> <p style="text-align: center;"><u>Extra Special Main Courses all £11.95</u></p> <p>Loin of Pork in Cider &amp; Apple Sauce          Lamb &amp; Apricot Casserole          Chicken with Basil, Port &amp; Dill Sauce          Venison Casserole          Supreme of Pheasant Chasseur          Pork in Pepper Sauce          Cod &amp; Prawn Crumble</p> <p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day £7.39          Mixed Grill £12.99          Sirloin Steak approx. 8oz uncooked £11.99          Half Roast Chicken £8.20          Chicken Kiev £7.39          Lasagne £7.39          Steak &amp; Kidney Pie £7.39          Cumberland Sausage £7.39          Gammon &amp; Pineapple £7.39          Barnsley Lamb Chops £10.99          Marinated Lamb Steak (6oz) £10.99          Pork Chop in BBQ Sauce £8.99          Cheese &amp; Ham Pasta £7.39          Tuna Pasta Bake £7.39</p>	<h1 style="margin: 0;">THE HEAD</h1> <h2 style="margin: 0;">AT</h2> <h1 style="margin: 0;">MIDDLETON</h1>  <p style="text-align: center;">Tel: 015396 20258  <a href="http://www.middleton-head.co.uk">www.middleton-head.co.uk</a>  <a href="mailto:enquiries@middleton-head.co.uk">enquiries@middleton-head.co.uk</a></p> <h1 style="font-style: italic; font-size: 2em; margin: 0;">Menu</h1>	<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.99          Grilled Rainbow Trout £9.99          Breaded Scampi £7.39          Breaded Haddock £7.39</p> <p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £7.39          Stilton &amp; Vegetable Crumble £7.39          Vegetable Lasagne £7.39          Mushroom &amp; Nut Fettuccini £7.39          Broccoli &amp; Cream Cheese Bake £7.39          Vegetable &amp; Pasta Bake £7.39          Vegetable Tikka Masala £7.39          Macaroni Cheese £7.39</p> <p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £7.39          Chicken Tikka Masala £7.99</p> <p style="text-align: center;"><u>Salads</u></p> <p>Ploughman's Lunch £6.20          Cold Meat Salad &amp; Roll &amp; Butter £6.99          Prawn &amp; Rice Salad £6.99</p> <p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.99          Ham, Beef, Cheese &amp; Tomato;          Cheese &amp; Pickle or Salad from £2.99          Toasted Sandwiches from £3.20          Portion of Chips £1.85          Portion of Onion Rings £1.85          Mixed Side Salad £1.85          Portion of Mushrooms £1.85          Roll &amp; Butter £0.65</p>
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management, from small landowners to planning authorities must integrate the protection and enhancement of biodiversity and ecosystem functions into their working practices if we are to achieve our vision of a rich matrix of habitats throughout the landscape.

The Trust's education services play an important role in helping young people to learn about and understand the natural world around them. By working with primary schools, the Trust can encourage and enable children and their teachers to make clear connections between their actions and the impact they have on the environment. Providing advice and practical support for schools

wishing to develop their grounds is also an important way in which the Trust can help connect people with their local green spaces. Settlebeck High School recently won a national award which has funded the creation of a wildlife garden in the grounds, while Sedbergh School has created reserves on their grounds.

A new relationship with the University of Cumbria has provided Cumbria Wildlife Trust with a wonderful opportunity to help shape the way in which future land managers think about landscape and wildlife management. Initially working with students on the National Diploma

*(Continued on page 50)*

for wildlife rehabilitation, the Trust hopes to reach out to local young farmers, gamekeepers, secondary schools and sixth form colleges with the aim of providing them with firsthand experience of working on and within areas that typify the Living Landscapes approach.

Local initiatives that are on the horizon include

- The Orton Limestones Living Landscape which would encompass the suite of reserves around Kirby Stephen (Smardale, Waitby, Tarn Sike and possibly Argill and Augill Nature Reserves). This area is also a focus of operation for the Hay-Day project. There is the prospect

of a Natural England (NE) led project to promote extensive cattle grazing. There are possible opportunities to work with other conservation landowners in the area (NE, FOLD, MOD and John Strutt Conservation Foundation).

- The Morecambe Bay Wildlife Network is a partnership project seeking to re-connect the habitats around Morecambe Bay. The partnership is currently focussed on the Witherslack/Lyth Valley area, but may wish to expand at a later date. The Trust could include work at Hutton Roof within this Living Landscape as well as work on Foulshaw, Meathop, Whitbarrow and other smaller

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reserves in the area. The main area of work for the Trust in the short term will focus on the further restoration of Meathop and Foulshaw Mosses and the promotion of the area as a wildlife tourism destination. A potential River Winster project may be added to this Living Landscape.

All of us, whether land owners, managers or just members of the community have our part to play in the future development of land use. Being aware of the multiple demands and outcomes of different strategies enables us to play our part in developing our own Living Landscape.

*MP Ripley* ♥

## YDNP FARM BUILDINGS

Traditional farm buildings are to be put under the spotlight in the first survey of its kind to be undertaken in the Yorkshire Dales National Park.

Thousands of buildings, ranging from sheep shelters to hay barns, will be mapped, measured and photographed in a new census launched by the Yorkshire Dales National Park Authority (YDNPA) this week.

The first phase will be a six-month pilot in the Swaledale, upper-Wharfedale and Ingleton areas to work out the best way of carrying out the study. ♥

**SETTLEBECK HIGH SCHOOL**

*A successful term*

The start of a new year is traditionally a time not just for new resolutions but also to reflect on what has been. Settlebeck has had an extremely successful first term. We started the new school year on a high with the school celebrating its best ever GCSE results. 82% of our students achieved 5 A\* - Cs and every single student achieved at least 1 GCSE at grade C or above. These results put us second in the county and also meant we made the Guardian list of the top 250 state schools nationally. We have also had an OFSTED inspection, the report was glowing; "Standards are above

average, achievement is good and teaching and learning in Science are good. The range of courses offered at GCSE is particularly commendable given the small size of the school. Leadership and management is very effective and shows a clear vision of Science for the future - there is a clear focus on raising achievement."

We also won FOUR National Awards from the Specialist Schools Trust.

As well as academic success Settlebeck prides itself on being a school at the heart of the Sedbergh community. Settlebeck students help deliver Meals on Wheels; they assist in the administration of the Toy Library, play with children and make

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refreshments; they read Lookaround onto tape for blind people and help out at the Playgroup.

Outstanding Maths result for Year 10 pupil

Jack Sunter scored full marks, 108 out of 108, in his recent maths GCSE exam. John Hancock, Head of Maths, was delighted with the result. This is an incredible achievement and we are extremely proud of him.

*Christmas Fair*

The Christmas Fair was another huge success raising valuable funds for the school. We had a Santa's Grotto and we were extremely pleased that Jake Hodgson volunteered to take on the role of Father Christmas – the first time a student has done this. Sideshow entertainments were provided by some of our Key Stage 3 students. We also had a number of stalls run by members of the community.

*Senior Citizens Concert*

This is another highlight of Settlebeck's calendar and is one of our many links with the community. On 9<sup>th</sup> December nearly 100 people arrived in the Hall at Settlebeck for

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the annual senior citizens concert. Year 11 catering students had spent the day preparing food and lots of staff were on hand to keep everyone topped up with tea. The entertainment was provided by year 8 and 9 students in the form of a devised piece of drama and the choir sang traditional Christmas songs and carols. The raffle went down extremely well and we would like to thank local businesses for their generosity in providing the prizes.

*Christmas Carol Concert*

On the last day of term Settlebeck students attended and took part in the traditional carol concert at St. Andrews. Year 7 wrote and delivered readings about the nativity with the theme of 'New Beginnings'. A number of people who attended the service commented on how moving they found the readings and how impressed they were with students' empathy with the characters of the Nativity and the way in which they related the events to the modern day.

*South lakes Schools Cross Country Trials*

*(Continued on page 54)*

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Held on Birkrigg Common near Ulverston, this was a challenging and exposed course held in wintry conditions. Our runners competed well with the best athletes in the area. Year 7 student Lydia Gorst was selected for the area Minor Girls Team and Luke Ingham (Year 10) on call for the area Intermediate boys teams for the County Championships in January. Runners up were Morgan Turner-Lant (25), Rebecca Harper (67), Sam Haigh (44), Connie Hodgson, Becky Barnes, Lydia Gill, Rosie Mason, Vicky Barnes (24); Lauren Wilson, Martin Bainbridge (31) and Izaak Tyson-Hurst (35)

**Netball**

Settlebeck v Appleby

U-15 8-31

U-14 11-22

U-13 2-23

Settlebeck v Cartmel

U-15 9-10

U-14 11-3

U-13 4-4

Settlebeck v Dallam

U-13 6-1

U-12 12-2

**Student Council**

School council elections were held this term and the following students were selected

Year 7

Daniell brookes and Molly Preger

Year 8

Richard Coates, Imogen Clarke and Eliot O'Connor Ramsey

Year 9

Meghan Howson and Adam Roberts

Year 10

Lizzie Benson, Hannah Reynolds

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and Jack Sunter

Year 11

Ashley Rainford and Oliver Winn

*Year 10 and 11 Theatre Trip to "Billy Liar" at the Dukes Theatre, Lancaster*

The play was performed 'in the round', taking place in the centre of the room while the audience surrounds it, making them feel almost part of the play.

It was full of outrageous humour and tear-jerking drama and tragedy! I have learnt a lot from this trip and will use the staging and acting techniques in my own Drama piece. As well as an education trip, it was also an enjoyable one!

*Philip Baines Year 10*

*Thanks to all local shopkeepers and businesses*

I would like to say thank you all for the lovely raffle prizes you gave to Settlebeck for our annual Senior Citizens Concert in December. There was a fantastic range of donations, all gratefully received by those with winning tickets!

Thank you also for supporting the students who asked for and collected donations; they were helpful and well-organised at school and earned certificates for their Citizenship files. The team this year was: Oliver Winn, Charlie Cox and Ashley Rainford.

*J Walsh* ♥

### LATE TRAINS

I read in the November *Lookaround* where our Liberal Democrat MP, Tim Farron's train was 95 minutes late to London. Lucky you Tim, my train was 5¼ hours late.

It was in the USA. September 2008. The train was the California Zephyr from Denver, Colorado to Salt Lake City, Utah.

We were told the cause of the delay was track repairs plus some of the track was single line. When that occurs in the USA, passenger trains have to give way to Freight trains. So if the freight train is late, the passengers have to grin and bear it.

The reason for the single track is because that part of the road had to

be blasted out of the mountainside, we were on a shelf.

The scenery was magnificent mountain scenery and on one particular memorable stop, we were looking down an almost sheer drop. The line was a marvellous and wonderful piece of engineering, travelling through canyons and tunnels.

Whilst on a waiting stop, we saw a 'pick-up' van pass us with rail friendly wheels, ie no tyres required, only seen in the USA! It was an eye popping experience.

Instead of arriving in Salt Lake City at midnight, it was 5:15 am.

Laughingly we joked 'we'd arrived with the milk!'

*Kath Winn* ♥

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### **THE TOWN BAND AT CHRISTMAS**

Christmas festivities and commitments started early for the Town Band with a concert given in ARNSIDE. Some months earlier the Band were pleased to accept an invitation from "Arnside Churches Together" to give a Christmas Concert in the Arnside Methodist Church.

On a cold and foggy Saturday 29th November the Band arrived at the splendid church and its attached communal hall in good time for a 7.30 pm start. Given the weather, the Band were surprised to find a sprinkling of an audience already assembled some three quarters of an hour before the advertised start. When the Band took their seats on the stage the hall was packed and additional chairs had to be collected to accommodate the over-capacity audience.

The response to the programme consisting of secular Christmas music, carols and vocals performed by Stuart Shields was most warm. The proceeds from the Concert went to the Bible Society and the organisers expressed themselves well satisfied. The Band enjoyed giving this concert away from Sedbergh and were touched by the enthusiastic appreciation shown by the audience and the hospitality extended to them.

The following day, Sunday 30th November, saw members of the Band playing carols just inside the entrance to ASDA in KENDAL for two hours from noon until 2 pm. A sufficient number of players were able to travel to enable a group of twelve to be playing at all times with everyone having a rest at some time. The creation of a seasonal atmosphere was frequently commented upon as

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the carols resounded around the sympathetic acoustics of the large store.

THE ANNUAL SEDBERGH CHRISTMAS CONCERT was held in the People's Hall on Tuesday 2nd December. Musically it was largely a repeat of the Arnside concert - That is Christmas music interspersed with carols with the audience invited to participate. A major difference from Arnside, and indeed any previous Sedbergh concert, was the appearance of the Junior Band. Since their creation in the late summer the group have been assiduously attending Saturday sessions in the United Reformed Church and making such impressive progress that they were able to play two well received pieces, 'First Sounds' and 'Jingle Bells'.

The concert had to contend with a number of difficulties not least that caused by snow the night

before that had frozen creating conditions most unfavourable for travelling, preventing some members of the Band from arriving. Illness also took its toll of players and audience alike, but most gratifyingly in the event a full audience heard a Band, helped out by a few members of Sedbergh School, giving a great performance.

Many people worked hard behind



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the scenes to ensure a successful evening: Santa Claus arrived at the interval to hand out beautifully wrapped presents to all the attending children: a Christmas tree, generously donated again by Martin Powell, was tastefully decorated: the staging and arrangements for the

Band's playing, including lighting, were efficiently achieved: the raffle was conducted most smoothly: excellent mulled wine and mince pies were made and distributed.

Prior to the event posters were printed and displayed and the Band's thanks go to those premises displaying them and to T.I.C., Green Door and NISA for acting as sales' outlets for the tickets.

The following evening, Wednesday 3rd December, the Band provided the music for the annual, pre-Christmas LATE NIGHT OPENING. As usual

*(Continued on page 58)*

the shops were open distributing mulled wine and mince pies: street entertainment was provided by a one-man band, a jester and Santa Claus who drove down Main Street before taking up residence in his grotto behind the Bull where he was visited by many children.

Elizabeth Hunt, the Gala Queen opened the proceedings by turning on the lights and Town Band cornetist Keith Wood played an opening fanfare. In the course of the evening the Band played a mixture of carols and Christmas music which brought some welcome warmth on a bitterly cold evening.

The Band's next engagement in the Christmas period was a carols playing session at MORRISONS in KENDAL. A group of twelve under the leadership of Tony Crofts provided a carol accompaniment to the shoppers for two hours from 4.30 to

6.30 pm. Unlike two years ago at Morrisons when a would-be shop lifter fled through the Band's, ranks this performance was not marked by any untoward events.

The next engagement proved to be twofold when a section of the Band played first at the PRIMARY and SETTLEBECK HIGH SCHOOLS' Carol service in the parish church followed by BALIOL SCHOOL'S service at the United Reformed Church.

When playing at Booths the Band was approached with a request for a few instrumentalists to play at a Lions party to be held at HALLGARTH, KENDAL. Half a dozen players were able to comply on the evening of Thursday 18th, even at such short notice, and were pleased to contribute to a street party attended by many children, as well as Santa Claus, and where hot dogs and

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Friday & Saturday : 10:30am to 3:30pm (ish) ~ Thursday, Friday & Saturday : 5:30pm to late  
Sunday : 11:00am to 3:30pm (ish)

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drinks, including mulled wine for the adults, were distributed.

As has become an annual event SEDBERGH'S LICENSED PREMISES were visited on Friday 19th and the customers were pleased to be entertained by the playing group.

The last Saturday before Christmas, December 20th, saw the return for a second year to the BIRDCAGE, KENDAL. A pleasant day brought the shoppers out in great numbers and the Band's contribution to the pre-Christmas atmosphere was clearly appreciated.

The following Sunday a twelve strong group of players plus

collectors arrived at BOOTH'S, KENDAL. Unlike previous years the store was unable to accommodate the Band inside so a, comparatively, sheltered corner outside the main entrance became the location for two hours of popular carols under the baton of Director of Music Alan Lewis.

The final engagement of the Christmas period was at the SEDBERGH 'BUS SHELTER. Instrument cases were left at the URC. whilst a dozen performers assembled and played to a most responsive, transient audience for an hour and a half in what were really most benign conditions for late December. ♡

## HOSSANA 2

*Continued from last month.*

The next sections describe my adventures in diary form.

*Wednesday 29 October 2008*

Drop dogs off in kennels and travel to Manchester Airport to stay over night.

*Thursday 30<sup>th</sup>*

Fly to Heathrow (Terminal 1, thank goodness!) and onto flight to Addis via Amman.

Half way there I ask when we will arrive in Amman to be told we were going to Damascus. Panic! Wrong plane? No just change of route – relief.

On the plane I meet an anaesthetist from the Netherlands going to a conference in Addis. He tells me

there are only 20 Consultant Anaesthetists in the whole of Ethiopia! Apparently, as I found out later, specially trained nurses carry out this function.

*Friday 31<sup>st</sup>*

Arrive Addis Ababa 02.50 (GMT 23.50). Go through immigration (the lady was asleep in her kiosk!). Go to baggage carousel – no bag – still in London. Grrrh!

Leave airport, no customs to be seen (asleep?) and go by car to Damu Hotel.

Addis is a city of contrasts. A bustling place with much construction work being carried out. Parts of the city are very poor with broken pavements and rutted tracks and people living in

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corrugated tin shacks with no water, sanitation or electricity. Other parts have metallised roads and posh buildings (eg: Hilton) to European standards.

Poverty side by side by side with affluence.

*Friday 31<sup>st</sup> (cont)*

Keith arrives at Damu, we have lunch and telephone Ato Aberra, who picks us up and takes us to the Danlift Addis showroom.

Here we meet Ato Daniel Mebrahtu (the boss) and see their model lifts and CAD office. It appears they do all their own design. We are beginning to be impressed.

But more was to come. Daniel drove us to their 12,000 square metre factory some 10 km away. Most impressive. Danlift manufacture all their slings, car frames and interiors, controllers and other metal work. They import controller chips from

Spain, relays from France, door gear from Italy, machines from Germany, etc.

Apparently we were the first two international lift industry people to visit. We told Daniel that if his factory and organisation were transplanted to the UK it would rank in the top five companies and not be out of place. Danlift has 80% of the Ethiopian market with 10% Sintec (Kone), rest 10%. I saw one Otis and one Schindler lift during my visit. Lots of Kone escalators.

Daniel and his family took us to a very nice Italian restaurant for dinner that night.

*Saturday 1<sup>st</sup> November*

Medical party arrive at 11.00 less medical equipment (pumps, anaesthetic machines, etc.) they were bringing in. Although they thought they had the paperwork, Ethiopian

*(Continued on page 62)*

customs thought otherwise and kept them. (Some benefit to arrive in the early hours then!)

Some party members (Robin, surgery manager; Claire ophthalmologist; Lorraine ophthalmic sister) depart to Yir Galem after lunch to a hospital there. The rest of us go to see "Lucy". Duncan demonstrates his bartering skills with the taxi drivers – he is not normally so forceful.

Ethiopia's rich cultural heritage, is one of the best-kept secrets in the world. "Lucy's Legacy" introduces the incredible five million-year history of this fascinating country, known as the Cradle of Mankind. The museum contains the earliest known members of our species, *Homo sapiens*, who

lived almost 200,000 years ago in what is now Ethiopia, including "Lucy".

<http://www.lucyexhibition.com/about-the-exhibit.aspx>

We have dinner in an ethnic restaurant with Asfaw (no knives/forks just hands – very messy). Asfaw offers a Sabiem experienced mechanic (Tebebe, aka "Baby") to travel with us to Hossana – we are very grateful.

*Sunday 2<sup>nd</sup>*

Wake up to no water in my room at the Damu. Manage to be let into the room next door to wash. It has a bath! Why didn't I have one in my room? I do like baths for my creaky elder bones.

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Go to Addis airport to get bag (hooray it arrived!) and collect Nigel another medic. Standing in the customs queue with the Nigel we were asked two questions and gave the correct answers and were sent on our way. At 10.00 seven of us (with luggage on top) leave in the minibus to Hossana. The Hossana party comprises: Duncan (leader); Janet, a GP; Nigel, consultant obstetrician & gynaecologist; Geraint, electrical & biomedical engineering; Keith, Baby and myself. We stop halfway along the 214 km very bumpy journey on a good tarmac road with occasional deep holes, herds of goats and spine jarring deep cut bridges. Despite the poverty and the bare feet children along the way they all wave and smile as we sail by in our Toyota Landcruiser with the wheels held on by three not four nuts!

The Heme "International" Hotel is OK. It has water in the rooms and easy connection to electric supplies via bare wires in the ceiling. Keith's 5x birthday today. No cake, just singing. *Monday 3<sup>rd</sup>* Go to the hospital with Keith and Baby. Get motor room swept out and cleaned. The controller is in bad condition with many contacts burnt to a cinder. The lift probably had given about 10 years service before it failed. However, we could drive the lift on low speed by pushing in the appropriate contactors. Go back to Heme for lunch. We don't lunch at the hospital because we have to control our natural inclinations so that we do not have to use the latrines there. They are not very pleasant.

*(Continued on page 64)*

In the afternoon we start to fault find the lift with no wiring diagram. This diagram is locked in a workshop and the key has gone to Addis with the workshop supervisor.

However, Baby knows the circuit and we start to fault find the safety circuit.

*Tuesday 4<sup>th</sup>*

Go with hospital Director (Dr Wolde) and his administrator to a tin shed at the back of the hospital compound and find a large chest of SABIEM spares. These are portered to the machine room and a inventory made of them by Janet. (She acts as our gopher, so that is what GP stands for, and very good at she is.)

Get the lift to run on high speed so we know the motor and gearbox are ok.

Discover that rodents have got into the car top control unit and eaten the wiring.

Baby was by now driving Keith daft, as Baby insisted on fixing everything he found broken rather than check the major parts would work.

After lunch I take Dr Wolde firmly by the arm and march him to the locked room ("the man with the key has not returned") and tell him I will not let him go until the lock is broken off.

This is quickly done by "electrician" Jacob, the drawing is found, stuck together, given to Keith who is now very happy.

When we return to the Heme there is no water there. Ato Maki, the manager, tells us the town pumping station is flooded. No coffee either – so this is where my little electric jug is brought into service.

*Continued next month* ♥

**Yorkshire Dales Housing Development Plan  
Call for Housing Sites  
January 2009 – February 2009**

The Yorkshire Dales National Park Authority is inviting landowners to submit expressions of interest in releasing land for house building. The purpose is to help reduce the local shortfall of affordable housing.

Each submitted site will be evaluated and the most suitable will be short listed for allocation in the Yorkshire Dales Housing Development Plan. Allocation will be tantamount to the grant of outline planning permission with development expected to take place over the next 15 years. Public consultation throughout the process will be a factor in influencing the sites selected.

The Authority expects 50% of each site to be developed by housing that is affordable to local households. This will be delivered through partnership with a housing association or some other mechanism that will secure its affordability in perpetuity. The remaining 50% will not have to be affordable but will still be restricted to occupancy by households that need to live inside the National Park. The Authority does not anticipate permitting any new wholly unrestricted open market housing.

The Authority will be looking for sites that are located within or on the edge of a town or village and which are large enough to accommodate at least 2 homes. Sites will also need to meet a number of other planning requirements such as impact on the surrounding landscape, safe highway access, and availability of essential services.

If you think you have a suitable site for consideration please go to the Authority's website for submission details [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk)

Please note that submissions cannot be treated confidentially as the Authority will be inviting public comment on all sites received. Submitting a site will not constitute a formal commitment by a landowner to sell or release land.

It will be more difficult to suggest sites for consideration later in the process, so please make use of this opportunity to submit your expression of interest to:

Peter Stockton  
Yorkshire Dales National Park Authority, Yoredale,  
Bainbridge, Leyburn, DL8 3EL  
or email to [peter.stockton@yorkshiredales.org.uk](mailto:peter.stockton@yorkshiredales.org.uk)

**before noon Friday 27<sup>th</sup> February 2009.**

## SEDBERGH & DISTRICT HISTORY SOCIETY

It has been a long time since Dr Andrew White, late of the Lancashire Museums Service came to speak to the History Society. His subject on November 19<sup>th</sup> was 'The Kendal Carriers'.

Kendal being so far north was nearly at the end of the line as far as the distribution of goods was concerned as there was little trade over the border into Scotland. There were many carriers operating through Kendal as the large number of inns along Highgate and Stricklandgate testify. There were regular services to London and other large towns en route as well as the more local traffic from village to village.

For hundreds of years the carriers used pack-horse trains to move goods from one place to another. Small but sturdy horses called Galloways carried large loads of wool, cloth, grain, sand etc and were led from the front by a well-trained horse who knew the route followed by other laden horses and in the rear was the carrier himself with his dog. The roads were bad and could be almost impassable in bad weather but the pack-horses struggled through snow, ice, floods, mud and dust. It was a very reliable form of transport. Some larger concerns of carriers operated a service whereby they had four teams:- one being loaded, a second en route for London, the third being unloaded at the destination and reloaded with more luxury goods and the fourth team en route to Kendal

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etc.

With the coming of the turnpike roads in the mid 18<sup>th</sup> c. covered wagons were being used to carry goods around. They had the advantage of being able to carry much larger loads (and often people who could not afford to travel by carriage) and were pulled by a team of two, four or six horses depending on size and weight of the load. Spring carts were used for smaller loads and shorter distances. This method of transport lasted well into the 20<sup>th</sup> c. – one of the last carriers being David Burrow from Sedbergh who travelled to and fro from Sedbergh to Kendal calling at various hamlets with individual commissions.

Dr White answered the many questions in full which showed the interest of the large audience. It is to be hoped that it is not another ten years before he visits us again! ♥

### KIDZONE & NYUMBANI 2008

We walked through the empty playground and up the long flight of stone steps to the Kidzone children's home in two converted classrooms of Mary Happy School. It was Sunday and the 20 girls were all at home. They were sitting on the floor on straw mats, by their bunk beds, eating a healthy lunch of spaghetti and vegetable stew, including sweet potatoes and bananas. These girls are all orphans who have no relatives able to care for them. Nearly half of them have lost both parents to AIDS.

They all cried out, "Mama Simon!", remembering me from my last visit. They looked really happy and much healthier than last year when they had only been at Kidzone a few months. The two rooms they live in, with 10 double bunks in them, were still rather bleak with their concrete walls and plain blue blankets. However that will change when they get the blankets of colourful knitted squares which members of Howgill and Killington WI are knitting for them. If anyone would like to contribute to their efforts please see



the note at the end of this article.

After lunch they sang some songs for me including "Ten Green Bottles". Then little Caroline, aged 6, got up and sang it all on her own! The older girls, Ann and Catherine helped wash up, and so did I. They did this on the veranda with two buckets of cold water and an empty bowl for a draining board. And I thought you needed hot water to wash up!!

While the younger children had a sleep, the older ones went down to

  
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the playground. One of the teacher volunteers played singing games with them which they enjoy. I noticed how happily they play together. Arguments are rare. At tea time we gave them fairy cakes for a treat. Carol, Martha, and Rosaline crumbled some of their cake into bottle tops and fed the crumbs to their dolls, just like little girls anywhere! Another day we took them out to City Park where small monkeys come and feed from your hand, perch on your head, and try to steal your bag if they can!! Some of the children were too scared to feed them, but they enjoyed watching the braver ones! They don't go out every week because of the cost and the number of adults needed

to go with them. But they do have some outings in school holidays, paid for by the money the Sedbergh pantomime 'Noah's Lark', raised for them. Thanks to Sedbergh's generosity they now also have a washing machine, which saves the girls hours of laundry work. Sandra Gold Wood held a Coffee Morning for Kidzone last July and I saw the large washing machine they had bought with the money.

When I was there the House Mother had just left and two teacher volunteers were doing her job. They woke the children at 5am so they were all dressed, breakfasted, and had finished their household chores ready for school at 8.30am. Then they would take the girls with them to class, bring them all back after school. And they found time to play games with the children too! They were heroic! One of them, I'm pleased to say, has now been appointed Manager of the home.

This year at Mary Happy School I not only helped with the French, but also helped the Somali refugees with their English. They know a little about farming in the Dales now! These refugees come in at different times in the school year, knowing no English or Swahili. They go into a special class for all ages until they are able to follow the lessons in their own year. There were 40 in this class at the time with two very able teachers who taught them in groups and kept them all profitably occupied. Among them was Wanda, a 13 year old girl with

*(Continued on page 68)*



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learning difficulties. I was able to give her my full attention so she could do sewing, cutting out and colouring without getting into a hopeless muddle! And she, delightful child, shared her biscuits with me at break time!

I visited Nyumbani, of course, the home for children born with AIDS. Not only do the older children live in comfortable, purpose built hostels now, but they have just opened 'The Great Hall', a large airy octagonal building which serves as a church on Sundays and as a large indoor play area, or conference hall the rest of the week. The girls I have known for 5 years now are all growing up very nicely and studying hard at High

School, thinking about careers in catering, law, and other areas. They are given counselling to help them come to terms with their HIV status. Under the guidance of a House Mother who has known them for years, they do all the cooking and cleaning in the hostel, preparing for an independent life if they wish. They will never be turned away from Nyumbani. The eldest boy, in his twenties, now has a job and a flat near the home. As I sat at table with these fine young women it suddenly occurred to me that none of them would be alive today without Nyumbani.

It was Birthday Sunday. This happens once a month when all the

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Birthdays in that month are celebrated. In Cottage E little Fanny was 5. She sat at a small table with an iced cake with her name and 5 candles on it. The cooks make one for each child. We sang Happy Birthday then Sister Julie handed out clothes and toys to her from a large carrier bag. Fanny was ecstatic! "We give them their new clothes for the whole year on their Birthday," whispered Sister Julie. "It gives them a lot of presents." Then Fanny cut the cake and all the children in Cottage E had some with fruit juice and delicious strawberry ice cream!

Protus, Nyumbani's Manager, is delighted to know about Kidzone and gives Richard Kinoti, the Director of

Mary Happy School and Kidzone, any help and advice he can. It is good to see the Kenyans helping their disadvantaged children and working so well together for their benefit.

There are still many displaced people in the aftermath of the election violence. Crime rates are high. The father of a Mary Happy School pupil was kidnapped for ransom whilst I was there. Fortunately, with police help, he was returned unharmed and the perpetrators captured. On the positive side, the whole nation celebrated Obama's election as President of the USA. People hugged each other and started dancing. A public holiday was declared 2 days after the election.

Kenyans like impressive names. I have met Boaz, Solomon, Shadrak and Lazarus. Among the Somalis were Abdiwelli, Faisal and Arafat. Can you guess what Kenya's Minister for Wildlife is called? Yes, it's Noah!

The Kidzone dormitories are a bit austere and we understand that coloured blankets made from knitted squares will be very gratefully received. During 2009 members of Howgill and Killington WI are knitting 6" squares.

If you would like to contribute, we would be delighted if you would leave any double knitting wool, or 6" garter stitch squares, at the Community Office. We will collect approx. weekly. To make squares, size 7 needles, 27 stitches does the trick.

Contact number for any queries: Helen Beare, 21339.

*Christine Wood* ♥

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Summary of meeting held at  
Sedbergh People's Hall, 18th  
November 2008

*Traveller & Settled Community  
Respect Group in South Lakeland*

Dorothy Blair provided an update on  
the working group meeting held in  
October, mentioning that it had taken  
Melmerby 3 – 4 years to reach the  
stage they are currently at. The  
working group meets again in  
December and Dorothy asked that  
any suggestions be passed on to her  
or Brian.

*Police*

A police enquiry is ongoing into the  
incident on the River Dee and how a

car ended up in the river.

Speeding has been raised as an  
issue in Sedbergh and it was reported  
that no-one is actually breaking  
speed limits. SID (speed indicating  
device) is to be positioned in the area  
soon.

Young Cumbria and Cumbria Fire &  
Rescue are working with students at  
Settlebeck School on the dangers of  
speeding.

Police are monitoring the situation at  
Loftus public toilets where nuisance  
fires have been started. A smoke  
detector has also been installed.

Loftus Lane junction still continues  
to be plagued by heavy vehicles  
turning at the T junction after the  
school library, resulting in the Hawes/

**Settlebeck High School**

*presents*

**OLIVER!**

Wednesday 1<sup>st</sup> April 2009  
Thursday 2<sup>nd</sup> April 2009

7.30pm

At Settlebeck High School hall

**Tickets: £5.00 & £3.50 (students, u16's and OAPs)**

On sale at Settlebeck High School, the Green Door,  
Sedbergh Community Office and Sedbergh Tourist Information Centre.



Rehearsals for Settlebeck's eagerly awaited production of Oliver are currently  
in full swing, with students practising lines morning, noon and night!  
Be sure to get your tickets early for what is bound to be a sell-out performance.

Dent sign being hit several times. The Dent sign was knocked down six months ago and has not yet been replaced. Cars also park very close to the junction.

In the Guldrey and Guldrey Fold area some youngsters are accessing the buildings on the old Auction Mart site.

It was pointed out that Sedbergh Parish Council is reviewing signage throughout the town.

#### *Dent Parish Plan*

Heather Fraser provided a brief history of the Plan which started in summer 2007. Following consultation with residents in January, findings were presented in May, a report approved by the Parish Council in October and circulated to residents earlier in November. The Parish Plan Group is now going through the plan in more detail and trying to get a larger group of people involved in delivery. Implementation of the plan has a five year time frame.

Action Groups are looking at litter; the community (help existing Dentdale businesses and encourage new ones); gardening issues and housing (affordable and second home issues, including how to get second home owners more involved in the community, and also how the limit the numbers).

Heather suggested other communities will have similar issues and the Dent group would like to learn from others, as well as share what they have achieved. Heather instanced the issue of Leisure & Recreation, mentioning that people

want better facilities eg. a swimming pool, and queried whether Dent could work with other communities for shared facilities?

#### *Children's Centre in Sedbergh*

Jane Steventon, explained that Children's Centres bring together early learning and childcare services, employment and support services for children and their families.

The County is now in Phase 3 of this development providing services to the most advantaged parts of Cumbria.

In the Sedbergh area this will involve linking with other projects, working with the Health Authority, Job Centre plus etc. Likely sites for developing services are the pre-school, Primary School and Secondary School campus including the CDC in Sedbergh. Barnardo's has been chosen to deliver the Children's Centre services on behalf of the County in Sedbergh and will have regular opening times each week.

Jane was asked 'what happens when you go through the door? She explained the Centre is based on services provided, rather than a physical space.

#### *Community Office*

David Ramsbottom, Manager of the Community Office, explained he had been in post for four months and understood from early documentation that the community office serves the parishes of Sedbergh, Dent and Garsdale. He is responsible to a management committee formed from these three parishes. The Community office is responsible for car park

*(Continued on page 72)*

permits, travel concession cards and encourages residents to engage and involve themselves in the community and improving community life. The community office has links with strategic partners and offers advice to groups undertaking projects.

A Sedbergh & District Community Fund has existed for twelve years for the promotion of any charitable purpose in the area. The Fund has recently been inactive, but a meeting of the trustees – one from each parish – is planned for December. The Fund has new Trustees and needs to develop a new criteria and process for bids – the 1996 understanding was that the Fund would only support projects approved

by the Community office management committee and of a clearly charitable nature. The Fund, which relies on attracting funds from elsewhere, has not met its envisaged income, but in 2006-07 set up 'Flicks in the Fells' and the allotment scheme.

David suggested the Sedbergh & District Charity Shop (86 Main Street, Sedbergh, open 10am – 4.30pm Monday to Saturday) could generate £6 - £8K per annum for the Fund if it can continue to trade at two-thirds of the trade in the first six weeks of opening. He also suggested that the shop, which is run by volunteers (more needed), needs a better name! The Community Office would also like



## **Sedbergh Community Development Centre**

### **February & March Courses**

**Felt Jewellery Making Workshop**, Sat 7 Feb, KL  
**Felt Bag Making Workshop**, Sat 21 Mar, KL  
**Life Drawing**, Tue 28 Apr, Evening, 10 weeks, KL  
**Intro to Watercolour Workshop**, Sat 28 Feb, SED  
**Woodwork**, Wed 4 Feb, Evening, 8 weeks, SED  
**Growing Your Own Firewood**, Sat 14 & 28 Feb, Ravenstonedale  
**Desk Top Publishing**, Mon 23rd Feb, Evening, 4 weeks, SED  
**French Beginners**, Tue 24 Feb, 6 weeks, SED

**SED** - Sedbergh, **KL** - Kirkby Lonsdale

We also have a wide range of classes running in Sedbergh, Kendal and Kirkby Lonsdale. There is still time to join many of them so ring for details or visit

**[www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk)**

email: [admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)

Tel: 015396 21031

to be involved in the Sedbergh Parish Plan.

*Yorkshire Dales National Park*

Paul Wilkinson, Park Ranger, explained that his area covers Cumbria, one-eighth of the Park area. He talked about the Rights of Way Network/Open Access areas where the main work is done by 40 Dales volunteers and 1 Access Ranger. Paul highlighted the significant contribution made by the volunteers and said that with annual maintenance budget of £7,500, 1,400 individual infrastructure items have been tackled. He also explained how more major projects – mainly restoration of bridleways and occupation roads - are funded.

Paul mentioned the Farm Stewardship Scheme, explaining that the YDNPA has to respond to individual applications and can recommend environmental improvements. He also mentioned the 80% grants available for management of new woodland planting schemes, and the funds available to stabilise/conservate items of archaeological interest – ie. lime kilns and horse troughs. The Castle Haw motte and bailey to the east of Sedbergh is to get a new fence line to its northern edge and a new permissive access path and interpretive panel. Paul explained that the reason there is little information or signage to Castle Haw is because access is via a permissive path and there is a need to balance signage and publicity with sensitive management of the path.

The YDNPA works with Settlebeck High School in the school grounds, with specific pupils and offers work placements.

Students in Year 7 won a £1K environmental award and want to create a conservation area on sustainability and climate change. It also works with the Lancashire & Westmorland Hedge Laying Association, using Sustainable Development funding to run a series of competitions – one will be held in Sedbergh in December.

*Grants*

Sedbergh Book Town Ltd/Tourist Office. Requested £800 towards heating and lighting improvements. Awarded £800. ♥



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### COUNCILLOR CORNER

Soon after the last Lookaround went to press in November the site visit at the former auction mart in Sedbergh was held and the joint application for a Spar Retail Outlet and Health Centre was subsequently turned down by Yorkshire Dales Planning Committee, nine votes to four.

I could have filled this article with verbatim extracts of what I said about the application on the six occasions when I referred to it in these columns but suffice it to say that I first expressed concern as to the effect it would have on rural shops in March and the wider area beyond Sedbergh itself in June. I also expressed dismay in June that the proposal was to be presented as one joint application. When the plans were finally submitted in July I pointed out where they could be seen and urged everyone who had a view to make a representation. As late as October I said *"there will be a site visit before the plans are even considered. I would urge everyone who has a view either for or against to **make it their business to attend.**"*

I am not usually given to self-justification but I have to say that I find many of the recent criticisms of myself and my colleagues on Sedbergh Parish Council wholly unreasonable. In spite of all the above I only received support for the joint application from two individuals prior to the decision being taken. Opposition was as I said at the planning meeting considerable. A few

members of the public attended the site visit but certainly not as many as I would have hoped. As far as I can recall no members of the public spoke in favour of the application and this in spite of the fact that eight of the most vociferous critics of the subsequent decision actually live less than a hundred yards from the site and must have passed the site notice on a daily basis.

Enough. I thank those of you who have written to me following the decision. Should that application go to appeal I will of course hand all of your correspondence over to the Inspector. I and my colleagues both on the National Park and Sedbergh Parish Council are continuing to work towards a solution to this issue which addresses the key concerns of the four central parties, Spar, Sedbergh Medical Practice, Sedbergh School and the "Commonweal", the people of Sedbergh, Garsdale, Dent and the surrounding community. There is not a day when some discussion does not take place.

**CAR PARKS:** As you will have seen in the Westmorland Gazette the controlling group on South Lakeland has announced plans to charge for use of car parks until 9.00 pm. This will hit a lot of workers who parked on the car parks in Kirkby Lonsdale for free in the past because they did not arrive home until after 6.00 pm.

SLDC Annual Permits will go up to £300 or £350 for transferable ones or £420 for business users. I have to say that once again this

demonstrates how wise Sedbergh Parish Council was to take over the running of our two car parks. If these charges are borne in mind then the payment of £35 for an annual day permit or £52 for a day and night permit for the two car parks in Sedbergh looks extremely reasonable.

**UPLAND ENTRY LEVEL SCHEME:**

In the last Lookaround I mentioned a day I had spent in London concerning the replacement for the Hill Farming Allowance, the Upland Entry Level Scheme. I went around quizzing ministers and officials as to what percentage uptake they were wanting. I repeatedly expressed the view that for the scheme to be a success there had to be a high uptake and for that to happen it needed to be a scheme that upland farmers could readily join. Well, the scheme was announced just before Christmas and the announcement included a strong desire for an 80% uptake. This must be good news.

**CALL FOR HOUSING SITES:** This might have been overshadowed by other events but as part of the Local Development Framework Yorkshire Dales has formally issued its call for potential sites for affordable housing. If you have any land and might be interested please call Peter Stockton at Yoredale or else call in and see Andrea Burden in her planning surgeries in Sedbergh Community Office.

**SEDBERGH TENNIS COURTS:** Another bit of excellent news, SLDC cabinet has agreed to sell the Tennis

**WOMEN'S WORLD DAY OF PRAYER**

Friday 6th March

2.30pm in

St Andrew's Church, Sedbergh

*Join us for tea after the Service*



Courts behind Guldrey Terrace to Sedbergh Parish Council. I have been working on this for over twelve months. As I write I do not know the full details but this will allow the Tennis Club to go after grants and lottery funding which they could not have accessed in the past when they only had a short lease.

**GYPSIES LIAISON GROUP:** There was another meeting before Christmas and for my sins I was elected to chair it. I think some progress has been made and I know a sub-group has been making preparations and looking at the areas which have been used by travellers in previous years.

**DENT AFFORDABLE HOUSING:** On a less happy note it was reported to the YDNP Planning Committee this month that the affordable housing scheme at Ghyllside in Dent will not now proceed. This is a great disappointment for me personally as I have supported it from the very first. We will be looking at other sites and I just hope that the present scheme can be resurrected.

To contact me please ring 015396 20800 or 07980 844 695 (preferred) or email [kjlanc@kjlanc.demon.co.uk](mailto:kjlanc@kjlanc.demon.co.uk) or else write to me at Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS

*Councillor Kevin Lancaster* ♥

### SS MUSIC SCHOLARSHIPS

Sedbergh School has announced new Scholarships for talented Brass band musicians. These can be worth up to the value of half the fees, and may be further supplemented with means-tested Bursaries.

Sedbergh is one of the finest co-educational boarding schools in England, and world-renowned for its sporting and academic prowess. It also has a strong reputation for music - with its splendid choirs to nationally celebrated solo, Chamber and larger ensemble concert performances.

Most uniquely, Sedbergh School approaches Brass as a serious subject in its own right, with its own Band rehearsal centre, uniforms and resident qualified instrument repairer. The highest standard of instruction is provided in a wide array of brass instruments, along with bagpipes and drums.

Sedbergh's Brass department is energetically spearheaded by its Head of Brass and Bandmaster, Alan Lewis (B. Phil, LTCL, NABBC). He is also the Director of the Central Band of the CCF (Army), Regional Music Advisor (North) for the ACF, and Music Advisor to the Royal Dragoon Regiment Band of Sweden.

Under Mr Lewis' inspirational direction, Sedbergh's CCF Brass Band and other ensembles perform regularly nationwide: even playing at Lords during two test matches. The Band also tours overseas annually - to places as far-flung as the Bahamas, France, Germany and



### MK CONVERSIONS

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Slovenia. One memorable appearance was leading the International Flower Festival and Mardi Gras in Nice, finishing with a concert broadcast on 140 TV networks to some 200 million viewers.

Responding to demand, Sedbergh's CCF Band has professionally recorded four commercial CDs.

As a result of such initiatives, Sedbergh is probably the only school regularly producing degree-level graduates in orchestral and brass band instruments: in the last three years, 12 Sedbergh CCF Band members have achieved ATCL and LTCL diplomas.

Now, Sedbergh is believed to be the only school offering specific Brass Band Scholarships. Assessments are in February for entry the following September, but Awards may be available at other times in special circumstances.

If any talented musicians would like to take advantage of a uniquely Sedbergh education, they should phone: 015396 20535, or email: [enquiries@sedberghschool.org](mailto:enquiries@sedberghschool.org) ♥

**SEDBERGH FOOTBALL CLUB  
BINGO NIGHT**

On Saturday 29th November, Sedbergh Wanderers Football Club held its Annual Fundraising evening in the White Hart Club. Firstly, thanks to the Club for their support. Thanks to Mary and the Bar Staff. Thanks to everyone who made it a very colourful evening with their Fancy Dress themes and special thanks to Robert Haygarth for the running the evening. A Big Thank You must definitely go to JJ Martins, the Spar, MK Builders, Trevor Gardner Plumbers. Andrew Mattinson Builders, Bomber & Julie Lowther, GB Builders, Gary Allen, Dawson's Coal Merchants, Closes Garage, Jackson

& Graham, HSBC, Barclays, Marthwaite Joinery and all the people who donated prizes but didn't want a mention.

A big thanks to everybody who supported us on the night. We raised £500 and the Club looks forward to a busy year of events for all the family with a Balloon Bonanza, Duck Race and possibly our biggest ever event, July's One Big Weekend with a Junior Disco, Coffee Morning, Sports Afternoon, Tug-o-War, Abba Tribute Night, Disco, Car Boot Sale and the £800 prize money 10 Mile Road Race. All monies raised from this will go into upgrading the Football Club with a donation going to the children's Derian House Hospital. Caspa ♥

## *Sedbergh Office Services*

13 Kings Yard, Sedbergh Tel./Fax 015396 20788

e-mail: [office@sedberghofficeservices.com](mailto:office@sedberghofficeservices.com)

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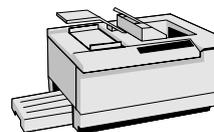
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**AMATEUR MUSICAL EVENING**

It was a truly wonderful, happy evening on 10th January when Maureen, Jean and friends held their Amateur Musicians Concert in St Andrew's Church, Sedbergh.

All our expectations were exceeded both by the size of the audience and the appreciation shown for our efforts. The interesting and varied programme was well received with all performers rising to the occasion by giving of their best. Well Done All!

Maureen and Jean would like to thank all who supported us, to all our tremendous musicians, to the Ladies who provided and served the refreshments, and to the 'behind the scenes' workers for the heating, lighting and sound. Thank you.

Last, but no means least, a special thank you to our audience who were so very generous with the retiring collection - £389.30 in total. After a small donation to the Church for expenses, the remainder is to be donated to Sightsavers International.

The whole evening was worth all the hard work and 'nerves' on the night. Will we repeat it, as many have suggested - we will see. ♥

**DENTDALE FESTIVAL LIGHTS**

Sadly Christmas had been and gone but I feel sure we all enjoyed the Christmas trees around the Dale, 12 in all. It's been a great success.

Thank you to the men who went on a bitter cold day to collect the trees and deliver them around the Dale. Mick and Gerry. Thank you to the men who gave up a weekend to put them up

Jim B Gerry Paul J. It was cold hard work . Thank you to Steve our electrician who did a sterling job and of course Father Christmas who switched the lights on.

Thank you to everyone who helped raise the money by donation, raffle prizes, baking, helping out on fund-raising events especially the one at the Heritage Centre when the electricity failed for 2 hours on a cold wet day, our Town Cryer standing in the rain shouting we where still open, Audrey selling raffle tickets wrapped in a blanket and our wonderful ladies in the kitchen serving tea from flasks. It seems nothing can stop the women of Dent when they are on a mission. Thank you everyone who helped in any way.

You may like to know how much we raised and what we spent it on. If you would like to see the full accounts they are available for inspection at Whernside Manor. You are most welcome. Here is an approximation total raised £2903

spent  
lights, curcuit breakers, cable £1902  
electrician £686  
stands £243  
plaque £116

so as you can see more funds needed. We hope you will support us during the year so we can do it all again next Christmas!

Thank you also to everyone who hosted an Advent Window. They all looked splendid. Thank you to all the staff and children at Dent School for there help.

*Elaine Johnson* ♥

**COMMUNITY FUND  
CHARITY SHOP**

*A thank you from the Shop.*

The shop is managed by the Community Office on behalf of the Trustees of the Sedbergh and District Community Fund, the profits being transferred from the shop account into the Fund at the end of each quarter.

Thanks to the efforts of the volunteers and the generous support and donations we have received from across the community, the first three months has raised a very pleasing £3,000.

It is anticipated that, at the discretion of the Trustees, 20% of the proceeds will be made available to support and extend the charitable work of the Community Office, with the remaining 80% being made available to support projects, activities and events that seek to sustain or improve some aspect of life within the Community.

The Trustees will meet on April 1<sup>st</sup> and then at three monthly intervals to consider requests for support. For further information please contact David Ramsbottom at the Community Office, tel.20504.

Following the success of our trial period we are now here to stay, but with fewer visitors in the town we are entering what is likely to be our quietest period of trading. Your continued support is vital to our continuing prosperity during this period. Do please pay us a visit.

*Volunteers Need*

Can you spare three hours every

other week (10am-1pm / 1pm -4pm) or, an odd hour on a fairly regular basis to work alongside our existing volunteers thereby allowing them to spend some time in our cellar sorting the stock? No experience necessary. Give it a try, without any long term obligation. Contact David or just call in at the shop. ♥

**THE CAUTLEY CAROLLERS**

Many thanks to all those who made the Cautley Carollers so welcome in their homes on that dark wet Friday night before Christmas.

At one point as we neared Frostrow a motorist kindly warned us not to proceed as the flood waters were deep and rising. But mere torrents and deep waters are not enough to deter the plucky singers from their traditional winter carolling on the doorsteps of our neighbours and friends - so with the waves gently lapping round our knees, we ploughed on to be greeted on the other side. I won't say the waters parted for us but after the enormous amount of hospitality we were treated to that night any thing could have happened.

We were also made very welcome at Brigflatts the following day when a packed Quaker meeting house including a host of children joined us in singing carols. It was a watery theme that day too as we had just done a concert on the Raven Steamer across Ullswater.

We look forward to singing with you later in the year. *David Burbidge* ♥

### DENT POST OFFICE

Dent Post Office finally closed on the 25th November 2008.

Nona, Jane and John Caygill would like to take this opportunity to thank everyone who supported them over the last 25 years.

First and foremost to our customers for their loyal support. To Lyn Irving, Jane James and Libby Hartley who were a great help in the Shop and Post Office and always a pleasure to work with. To Reg and Heather and the numerous boys and girls who delivered papers for us.

Thanks also to Les and Eileen, Brian and Stella and the many others who frequently took papers up the Dale.

To Christine, her staff and the Postmen at Sedbergh Office for all their help over so many years.

All proved a most valuable help and made our job that much easier. A big thank-you to everyone.

Finally, thank-you to our customers for the lovely flowers, cards and the much appreciated Commemorative Book with its very kind comments.

Best Wishes To All ♥

### NOVEMBER WEATHER

After last month's soaking we started with a dry spell for the first week. It could not last and we ended up with 3.27 inches of rain in spite of 5 dry days during the third week.

Temperatures varied from a maximum of 52.9F to a minimum of 21.4F on the last night. In fact on the last day the temperature did not get above freezing all day! We had 3 nights when the wind chill lowered temperatures to 14F. Atmospheric

pressure varied also from a high of 30.03 inches of mercury to a low of 28.64 inches. This was reflected in a somewhat breezy month with only 5 days when the maximum did not reach double figures and a high of 20.6 mph.

The few dry days at the start of the month allowed me to cut the grass. That was a first as I have never cut it so late before. It also grieves me to cut it when stock are short of grass. We have also had regular visits from a group of long tailed tits feeding on nuts a foot from the kitchen window. Their tails are somewhat tatty as if they are roosting in a nest box somewhere. I have seen them go to roost in our boxes. The frosts have softened the crab apples and the blackbirds are having a feast. The frost on the morning of the 29<sup>th</sup> made it a cold session for the hedge laying competition down Row Lane. The results are on YDNP website. The only lady entrant won her class! There was some very good work giving the judges a difficult task. Towards the end of the month there were numbers of fieldfares and redwings moving about. Tawny owls are quite vociferous at the moment.♥

**Daphne Jackson**

**MSc (Ost) DO**

*Registered Osteopath*

**BUPA Provider**

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Killington LA10 5EP**

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**SEDBERGH & DISTRICT  
HISTORY SOCIETY**

The talk on Wednesday 18<sup>th</sup> February will be given in the PEOPLES HALL, SEDBERGH at 7.30pm by Maureen Lamb on "The rise and decline of textile manufacturing in the Yorkshire Dales".

This talk replaces the one due to be given by Professor Keith Hanley in Dentdale Memorial Hall. ♥

philosopher Gregory Bateson on Wednesday 18th February 12.15pm for lunch, 1pm lecture – URC Church and Rooms, Main Street, Sedbergh.

Dr. Charlton of Rigmaden has been studying and writing about the thought of Gregory Bateson for the last fifteen years and his book: "*Understanding Gregory Bateson: Mind, Beauty and the Sacred Earth*" was recently published (in their Environmental Philosophy series) by the State University of New York

Press. The insights of Gregory Bateson are crucially important for us all as we confront the social and environmental problems which are rapidly becoming more evident and Charlton's book offers a uniquely accessible introduction to Bateson's wisdom. Noel Charlton will explain the main features of Bateson's life and thought and will be pleased to sign copies of the book for those wishing to purchase a copy.

Bateson (1904-1980) moved through the fields of biology, anthropology, cybernetics, psychology, aesthetics, animal communication and, finally, environmental concerns linked to spirituality. His understanding of (a) the nature of 'minds' and mental process, (b) the importance of engagement with the natural world and with creative arts of all kinds, and (c) the linking of all this with a new and wider understanding of 'the sacred' as the totality of the living processes of Earth, are the key areas Dr. Charlton will talk about. ♥



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Sedbergh Book Town is pleased to announce that local author Dr. Noel Charlton will present a free talk about his new book on the life of

### SS RUGBY

Sedbergh School's 1st XV completed a marvellous season of rugby by beating Millfield: 26-24, and then Llandoverly: 29-11 (away) in the last two matches of the season. This has earned them the title of 'Best Schoolboy 1st XV in the Country'.

After losing the very first match of the season against Colston's by just two points, Sedbergh 1<sup>st</sup> XV then went on to beat all other challengers - including several teams which, up until they faced Sedbergh, had been unbeaten. (Attached is a photo from Sedbergh's 57-7 win over Durham.)

Sedbergh's other rugby teams also achieved excellent results. In particular: B1 played 10 matches and won eight, while C1 played 11 and won nine.

See also nationwide School Rugby results listed on:  
[www.canterburyrankings.co.uk/Rugby/](http://www.canterburyrankings.co.uk/Rugby/) ♥

### DECEMBER AT St ANDREW'S

The month of December proved exciting and happy for St Andrew's church in Sedbergh. There were two infant and two adult baptisms and hundreds of people taking part in events in the church during December.

On 14<sup>th</sup> December Kelly Ann Scott (daughter of Paul and Charlene) and two of her God-parents were baptised at our morning service. The church was decorated with balloons for the occasion and was full of smiles and happiness. Two weeks later on 28<sup>th</sup> December another baptism took place, this time during our monthly family service. Once again the church was decorated with balloons, and our music group were playing, but this day had a particular significance as Zak Hall (son of Gary and Mags) was the child to be baptised. Many local people have followed Zak's brave progress since his birth in April 2007. The atmosphere in the church was one of love and joyful celebration.

During the period between the baptisms we were, of course, celebrating Christmas. Firstly, there was the schools carol service followed on Christmas Eve by the Nativity Play and Midnight Communion and finally a joyful celebration of Communion on Christmas Day.

In total more than seven hundred people came into church to share in these celebrations.

As I write this piece we are looking forward to a baptism as part of our family service on 25<sup>th</sup> January.

*Rev. Vic Hopkins (Curate)* ♥

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### MEALS ON WHEELS

On behalf of Cumbria County Council Meals on Wheels Manager Allison Jackson would like to take this opportunity to thank all the Sedbergh volunteers for their dedication and support with the meals on wheels service. The Sedbergh volunteers deliver a vital service to their local community, which is much appreciated by all. We would also like to forward a special thank you to the Sedbergh Meals on Wheels Organiser Mrs Eileen Labbate for her continuous hard work organising the meals, the round and the round rota etc.

Recently the Dent meals on wheels service has been on hold, but we would like to take this opportunity to thank the Dent Meals on Wheels Organiser Mrs Burrows and the Dent volunteers for their help over the years - we wish them every success and hope to work with them again in the near future. ♥

### MERITORIOUS SERVICE MEDAL

A local lad, William Dixon, attended Sedbergh Primary School, Settlebeck



High School and Kendal College FE. After leaving school, he joined the RAF and is currently serving in Lincolnshire.

In October 2007, he received the Queen's Commission as a Warrant Officer and

in June 2008, he received the Queen's Birthday Honours Special Award for Services to the Armed Services in setting up Mobile Caravan Units to serve in Iraq, Afghanistan and Overseas.

In January 2009, he was very honoured to be awarded the Meritorious Service Medal in the New Years Honours lists (which appears below).

Congratulations to William who must be very proud of his achievements as well as all his family and friends. ♥

### POLICE

In February 2008, a number of persons, including myself, had a meeting with the Chief Constable of Cumbria Constabulary about many topics.

I expressed my concern that no information was being received from the Police by *The Lookaround* for the community. I was promised that we would receive regular reports. To date, after 12 months, I have received none. In July, we did receive a report from Special Constable Mike Roberts with respect to the Zebra Crossing which was well received.

On Page 77 of the August issue, I made reference to the Police hoping for a response. Again, to date, there has not been one.

I note with interest that the Chief Constable received a Queens Police Medal (QPM) for his work on Community Policing. I have yet to see this evidence of Community Policing in our area.

D J Whicker ♥

### STEADMAN'S BUTCHERS

Congratulations to Adrian Harris who won the signed Clarissa Dixon Wright Game Cookbook at Steadman's on the free December draw on game purchases

£305.00 was raised on Late Night Opening proceeds from the Hog Roast. £152.50 was given to the Chamber of Trade towards the cost of running Late Night Opening. £152.50 was given to the Cystic Fibrosis Trust.

Apologies to everyone who had to queue at Christmas, Garths 48<sup>th</sup> Christmas in the Meat Trade, but we are proud to say everyone was pleased with their Xmas Fare and hopefully it was well worth the wait.

Finally we are not closing as some gossip suggests but as Garth is nearing retiring age he would like to find a successor who would take the business forward as he has for the last 43 years. The business has not even been advertised although word is out in the trade and there has been considerable interest. Hopefully the right people will come along and Garth will be able to gradually take things a little easier and guide them in the right direction. ♥

### SEDBERGH & DISTRICT TOY LIBRARY AND TIDDLERS

People's Hall

The Committee & School pupils have been very busy in January stocktaking and putting the recently bought toys into the catalogue. The very successful Tiddlers Group that runs along side the Toy Library continued to meet.

The Toy Library will open again on Thurs .Feb 5th. Dates for the rest of the term will be Feb 19th March 5th March 19th. April 2nd and April 16th.

Membership fee remains at £2 per annum & hire fee is £1 per toy. for 2 weeks.

We look forward to seeing you again in 2008 and are always pleased to welcome new families. There are a wide variety of toys suitable for families with children from birth to 1 yrs. Organisations also hire toys for events as do grandparents for their visiting grandchildren. Recent additions include a wooden Kiddi Moto Bike to help to develop balance and a Tool bench & tool box. for 3 to 4 yr. olds. The equipment such as door bouncers & baby push alongs has been developed for the Tiddlers.

During the stock take we have discovered some toys and parts of toys to be missing & unaccounted for. We are always delighted when things are returned. If you come across anything, large or very small labeled "T.L." please let us have it back.

We look forward to seeing you on Feb. 5th

*Bronwen Osborne.  
Chair S&D Toy Library ♥*

Back/neck ache?  
Sports injuries?  
Sciatica?  
Repetitive strain?  
Stress/tension headaches?  
[www.reflex-om.com](http://www.reflex-om.com)  
Kendal, Hawes & Newbiggin-on-Lune

**REFlex**  
remedial massage

**REFlex**  
orthopaedic massage

**015396 23696**  
Josephine Lade LCSP (Phys)

### **SOUTH LAKES SOCIETY FOR THE BLIND**

#### *Sedbergh Group*

January is party month for the group and this year, as last year, the party was held at Alan Adamson's delightful home.

Drinks were served on arrival and a buffet produced by the Woof sisters from the local 'Duo' restaurant was much enjoyed, particularly the delicious cheese straws and lemon tarts cooked by Susan.

There was a minute's silence to commemorate the recent deaths of Elsie Waters and Kathie Akrigg. Both had regularly enjoyed the meetings although Kathie had been unable to attend for some time. They will be much missed by the members.

Chairman Gordon Axford, welcomed members and thanked volunteers and the caterers for their contributions. A 'home grown' entertainment followed with readings of poetry and prose interspersed with duets played by Rosemary Handley and Kath Hannam and a very enjoyable 'pass the parcels' game prepared by Mary Tallon. There was a light 'sing song' to conclude the entertainment before everyone had to brave the very cold and slightly snowy afternoon.

The next meeting will be held in the People's Hall on Tuesday February 17<sup>th</sup> at 2.00 p.m. The highlight will be a 'not too serious' quiz to be prepared by Betty Harper. New members with sight problems, and also volunteers are always welcome. For further information telephone Sedbergh 21019 or 01539 742633. JGL ♥

### **SOUTH LAKELAND CARERS**

We now have a new logo and we had our official opening in December at 5, Castle Street in Kendal where we have use of the conservatory for our monthly Lunch Club and our Drop-In on a Wednesday. Our Support Groups for people who look after a family member or friend continue around the area and the local one covers Sedbergh & Kirkby Lonsdale



and meets on the 1st Tuesday in the month, 2-4pm at the People's Hall committee room. Our Support Workers give advice and a listening ear to Carers of all ages, for details do contact the office on 01539 815970. ♥

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### **CHRISTMAS WREATHS**

A big thank you to everyone who bought the wreaths and posies and to Angela for having them outside the shop. Last year, we raised £340 for the Brain Tumour Trust and this year, we raised £430 for the Air Ambulance.

*Julie, Diane & Amanda ♥*

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### **DENTDALE CRICKET CLUB**

We play friendly fixture on Sunday afternoons at 2pm from May to September. If you enjoy cricket and would like to play or help, please phone John Hyde on 25503 or David (Burdy) Burton on 25537. ♥

### **SEDBERGH & DISTRICT ART SOCIETY**

How to set about painting a portrait which will capture both a likeness and a personality ----- that was the technique artist Lionel Playford demonstrated at the Society's first meeting of 2009 on 9th January.

He advised doing preliminary line drawings, pretending that the subject is a map of an island to be explored. Having set the lighting, and the easel almost upright like a window, he then designed his composition by locating one feature. ( in this case an eye) and then, treating the subject as a set of shapes, he carefully "measured" each part in relation to the rest. Continuing to be aware of angles, he then drew the subject, correcting all the time, and using a rubber if necessary.

Lionel emphasised the importance of this preparation time before moving on to the portrait painting. The next step was to decide on the final size required.

He recommended the use of surgical gloves, plenty of brushes. and a well laid out palette, colours chosen to suit the subject. Beginning with a painted line drawing, he then said it was a good idea to decide on a background colour, in order to decide on skin-tones. He was then ready to block in shaded areas, ----- and then our time was up, but a remarkable portrait of the sitter ( who did an excellent job) was already in evidence. Some of us realised why our attempts aren't always as successful as we would like!

The next meeting is the AGM on 13th February in St. Andrew's Church room, when members are invited to bring along some recent work.

*V. Finch* ♥

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### **QUIET GARDEN MOVEMENT**

Would you be interested in "opening" your garden as a quiet place? All that would be required are a few seats, some reading matter ie the Bible, prayers, or poetry. Anything else ie music or refreshments would be up to each individual provider. It would be good if we could arrange one day during the summer when private gardens around our locality would be open in this way, perhaps some places of worship with gardens/ graveyards could join in too. Please note; this is NOT a fund raising event! No charge would be made and no money taken. If you are interested in this or in gathering more information do come to "Rhumes" in Dent on Saturday Feb. 7th between 2.30 and 4pm for a cuppa without obligation.

*Sarah. (25212)* ♥

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### **GILBERT AND SULLIVAN**

The Sedbergh Summer Singers will soon be embarking on HMS Pinafore. If you enjoyed Trial by Jury in last year's Music Festival then come and join the crew in preparing for the launching of a concert version of this famous comic opera.

Rehearsals will begin on Monday March 9th. at 7.0 p.m. in St. Andrew's Parish Room.

All voices welcome. ♥

### 1<sup>st</sup> SEDBERGH SCOUTS

Thank you to everyone who used the Scouts Christmas Post service. Over the three week period we delivered over 1,400\* cards and made £236 for Scout funds – money which will help to fund the programme of activities planned for this year.

A special thanks to the Green Door, Nisa Stores, Morphet's Garage, Sedbergh Office Services and the Community Office for accommodating the post boxes and to all the Scout families and supporters who undertook to deliver cards at such a busy time of year.

(\*We managed to deliver all the cards except one, which had the single word 'Robina' on the envelope – can anyone help?) ♡

### KIRKBY LONSDALE EMBROIDERERS GROUP

Our meeting in December was thoroughly enjoyed by the members as we had a play with an embellishing machine and did some dry felting. Unfortunately our speaker was unable to attend but a good time was had by all, including the wonderful Jacobs Join.

January saw us welcome Marjorie Hanson with her glorious collection of lace. It was fascinating to see and learn about the many different styles of lace from around the world and this country. Some of it is cobweb thin and it all takes a lot of patience and concentration to achieve. Marjorie is so very talented and knowledgeable. Everybody was enthralled.

Our February meeting, on the 12th

of the month, is due to be a full day - from 10am to 4pm - and will incorporate a workshop of stitching, (and chat and of course the usual tea etc!). Visitors are most welcome but if you do intend to come for the full day please bring a packed lunch. We meet at the Barbon Village Hall and there is good parking. Our usual meetings start at 2pm and of course you will be most welcome to come along at this time in February if you wish.

For forward planning make a note in your diary that the Reverend Canon J Arthur Dobb will be the speaker at the 9th April meeting. His embroideries are wonderful and very well known. We are privileged to have his attendance and we look forward to welcoming many to this meeting.

For further details of the Group and other meetings please contact either Pat Mann on 015242 21017 or Ann Hunter on 015242 41120. ♡

### DENTDALE DRYSTONE WALLING

Tel: 015396 25820

Mob: 07870 305357

***Ask for Dave***

### HERITAGE CENTRE, DENT

Recently, someone has borrowed a large Scrap Book from the Centre which actually belonged to Kenneth Cragg who has sadly Passed Away. For obvious sentimental reasons, his widow would like to have it back.

Have you borrowed the Scrap Book or know of its whereabouts? Could it please be returned to Margaret Taylor at the Centre or ring 25239. ♡

**DENT GALA &  
DENT MEMORIAL HALL.**

The get-together in January was a very happy event and ideas were voiced for this year's Gala on August Bank Holiday Monday (31st), there is a great deal of goodwill in the Dale for this annual event which is very encouraging for the committee. This is the main fund-raising event for the Memorial Hall and as such is on par with things like the Sales of Work for the Anglican Churches.

The Memorial Hall AGM will be held in the Hall on Monday March 30th.

During the next few weeks there will be on-going work to install a new heating system in the Hall & the school, disruption will be unavoidable, do bear with us, it will be worthwhile!

Do get in touch with Graham Dalton or myself if you would like to be involved in any way with the Gala, it is possible to help with the Gala without being on the Memorial Hall committee, we have a small Gala committee which would very much welcome more people! Is your local group/organisation represented on the Hall committee? If not, please appoint someone and let us know.

*Secretary; S E Woof* ♥

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**DECEMBER WEATHER**

Generally a cold month with half the month in the mid to low 30sF. We had 16 days with a significant frost and a further 9 ground frosts. On the last day of the month the maximum was 26.8F and it was only 22.3F at 11am. The wind chill brought the

temperature down to 3F!!!! The maximum temperature actually reached a "balmy" 50.2F. Whereas the minimum was a crisp 18.0F! Rainfall measured 3.31 inches but the last 9 days were dry making it one of the longer dry spells in any month this year. It was also quite breezy with more directions recorded than usual. On only 4 days did the wind speed not get into double figures. 21 mph was the maximum recorded for December. Atmospheric pressure show considerable variation as was reflected in the winds. For the first time ever I recorded 6 consecutive when pressure reached over 30 inches of mercury. Pressure also dropped into the 28 inches for 5 days. The year finished with a dusting of snow on the last day.

The long tailed tits continue to visit. There are 5 in the group. I often wonder whether these are the same family that had a dozen in their party in the autumn. Some geese have been moving towards the coast perhaps driven by colder weather further North. Having no grass to eat the donkeys have taken to barking what trees they can reach. It must be more from boredom than the need for food. House sparrows are few in number with us at present. We always have a few but the big flocks seem to have moved on. The corn in the feeder is hardly being touched. The rooks have returned to visit their nest sites. Regularly we have 20 to 30 jackdaws and crows dropping in for a free feast in the chicken run. ♥

### WHY NOT ALPACAS?

Most people passing Ghyllas, which is situated on the A683 between Cautley and Sedbergh, will have seen the alpacas on the roadside. During the next few months, WhyNot



Alpacas are proposing to hold several Open Days which will enable visitors to see the animals at close quarters, and to learn something about them and the products made from their fleeces.

Dates will be published in the next issue of *Lookaround* and on our website at [www.whynotalpacas.co.uk](http://www.whynotalpacas.co.uk)

Meantime, we are always looking to improve our range of products; and we shall be pleased to hear, as soon as possible, from anyone with a knitting machine who would be interested in doing some simple machine knitting for us. Please contact Caroline on 015396 21246 ♥

### FAMILY MUSINGS.

Elusive. No, not me you may be pleased to know, but the remaining few pounds I need to loose to have lost 3 Stone since the end of March. First it was 3, then 5, then 4, then 2 and now I think it is 4 again! Never mind, it will be reached, sometime.

My Christmas Day cracker was a treasure for there inside was a bag of Marbles and seeing as I lost mine last year this new set was put to work straight away, still a bit odd at times, but better than being boring. The cafe

was busy around the festivities and from time to time I was called upon to help which I am always pleased to do. The first such call was on Christmas Eve and a friend and I had gone to join the Carol Singing at Killington motorway services, I collected my friend at Old Town and told her if she directed me to Killington, (meaning the Lake) I could get us to the services. She got us into Killington village and looked expectantly at me. We were both, for a short while, lost, but found our way. I remembered going down those lanes many years ago to collect a Santa suit for a party and after we were about to pass a farmer mending his wall for the 3rd time he jumped into the road, stopped us and said, "Are you lost?"

Now then, there seems to have been a bit of a misunderstanding. It is true that I said I was going part-time in my Support Worker job, but I don't think I ever said it meant I was semi-retired, I had hoped to have more daytime hours at home but it hasn't happened like that. In fact I seem more busy than ever! But it concentrates the mind when I am at home, to get together with friends and get housework done, in that order of course.

Talking of getting together, we have just done that to celebrate a cousin being 70 and an auntie 80, and family came that we had heard about for years but never met until the party. Great fun and more than a little surprising. Enjoy your get-togethers and the surprises. Sarah ♥

### **SS CHARITY FUNDRAISING**

Sedbergh School's CCF Brass Band treated Sedbergh town to a medley of Christmas tunes in December. Led by the School's pipers in their new kilts, the Band raised £100 for the Children in Need Appeal - adding to the £700 raised previously by a 'Wear Your Own Clothes' day fundraising initiative by the School. ♥

### **DENTDALE OVER-60'S**

After our very successful Christmas Lunch on 13th December 2008, we are now thinking about planning an interesting new programme for 2009. We would like suggestions from you about a wider range of activities that would appeal to all ages over 60. Please let us have your ideas, and come along to discuss them at our Annual General Meeting on Wednesday 4th February at 1.00pm in the Sedgwick Room, Memorial Hall, Dent. Everyone welcome! ♥

### **THE MONKEY HOUSE YOUTH CLUB & CAFE**

*The Monkey House Youth CLUB*

The Monkey House Youth Club was trialled in December using the URC Hall. This happened because there were too many young people in the library and the age range had got to wide.

There is an obvious need for a club for Sedbergh youngsters. However the volunteers who run the café are not in able to run both club & café. At this moment in time we are short of funds, volunteers and space!

All can be sorted in time but for the moment there will be **NO** Monkey House Youth Club on Friday nights despite earlier hopes of two a month. We are sorry! The café will continue to run from 7.30pm-10pm for Yr 8+.

However if you are interested in the club getting up and running properly, so it will last and be fun for all we need your help!

Please come to a meeting on Thursday 12<sup>th</sup> February. At 7pm In the URC Rooms, Joss Lane.

We need

- young people to say what they want,
- parents who have ideas and time
- volunteers who can remember what it was like to be young, have energy and want to spend time together on a Friday night!

Please come to the meeting and have your say!

For more information please contact Carole on 07890 650545 or 22030.♥

### **RECYCLING IN DENT**

Dentdale residents are reminded that paper, glass, cans and clothes are the only items which can be recycled on Dent Car Park.

Cardboard and plastic can be taken to Joss Lane Car Park in Sedbergh or put in your own bin.

If you wish to get rid of other items like old TV's, phone Special Collections at South Lakeland District Council on 0845 050 4434. They will then collect it Free of Charge from your house or you can take it to the Official Tip at Canal Head in Kendal.

JH ♥

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**OPERATION CHRISTMAS CHILD**

Over 200 Shoeboxes filled with gifts and love were collected from the Sedbergh and Dent areas. A big thank you to all the individuals and groups who donated.

*Samaritan's Purse* ♥

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**DENTDALE FESTIVE LIGHTS**

I must offer my thanks and congratulations to the Dentdale Festive Lights Committee for the beautiful display of lights up and down the Dale during the holidays. In all the doom and gloom, they brought a smile to your face as you walked round. It was a wonderful effort and a shining(!) example of community spirit in action.

*Peter Boyles* ♥

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**GARSDALE CAROL SINGING**

The amount raised from Carol Singing in the Dale came to £268.60. Grateful thanks to all who gave of their time and money to raise this amount which is being sent to Action for Children (NCH). Apologies to those who we didn't get to visit due to the bad weather, but hope to see you next year. Thank you also to Auntie Agnes. ♥

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**OTTERS IN SEDBERGH**

There have been several sightings of otters in the Sedbergh area over the last year and in fact one was seen recently crossing the road near Dent at night. It would be a good idea to record these sightings so that we can monitor their movements. The good news is that as otters move back, the American mink usually disappear. The mink are fur-farm escapees

which prey on fish, water-fowl and other small mammals including the endangered water vole and the otters are often incorrectly blamed for their misdeeds.

Pine Martens were thought to be extinct in England but are now occasionally seen in the Lake District and the Yorkshire Dales. They are larger members of the weasel, stoat and polecat family and may also be moving back to this area as habitats improve.

Please call the following number or contact the local Cumbria Wildlife Trust Group if you see or have seen otters or other unusual fauna. Thank you, Jackie Foott 015396 25453

The Sedbergh Red Squirrel Group will be holding a meeting at 7.30pm on Tuesday 17th February in Garsdale Village Hall to which everyone is welcome to attend. ♥

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**CUMBRIA LIFE**

Imagine my pleasant surprise to see Sedbergh featured in the January issue of Cumbria Life. On opening the pages, it was nice to see things featured in and around Sedbergh. I very quickly became saddened and neglected as I scanned the pages and found that there was no reference to *The Lookaround* anywhere.

*The Lookaround* promotes everything and anything with reference to Sedbergh but we didn't even get a mention. We were never even considered for inclusion into the glossy pages with either an article or the possibility of an Advert. DJW ♥



## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2009/11) <i>ID; IT; IS; TVL; CH; NS; NP*; P; DR</i> Web Site: <a href="http://www.holmecroftbandb.co.uk">www.holmecroftbandb.co.uk</a>	20754
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2009/09) <i>ID (ES); ID/T (PB); TV; NS; CH; VB; P; NP(*)</i> ; Di (min 4 by arrangement) e-mail: <a href="mailto:kathryn.vigar@btopenworld.com">kathryn.vigar@btopenworld.com</a>	20447
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2009/12) F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB* e-mail: <a href="mailto:enquiries@theoldjoinery.com">enquiries@theoldjoinery.com</a>	20309
Mrs K Milburn	High Roans, Guldrey Lane, Sedbergh (2009/08) 2T (ES) VISIT BRITAIN 4* - CH,L,TV,TVL,P,NS,VB,CW <a href="http://www.highroans.co.uk">www.highroans.co.uk</a> e-mail <a href="mailto:enquiries@highroans.co.uk">enquiries@highroans.co.uk</a>	21440
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2010/05) <i>2D (4 Poster); 2D; IT; IS; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (2009/12) <i>ID; IT; TVL; CH; DW; P; DR; VB</i> e-mail:- <a href="mailto:antique.thurlby@amservice.net">antique.thurlby@amservice.net</a>	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2009/02) <i>ID (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: <a href="mailto:sangold.kwood@virgin.net">sangold.kwood@virgin.net</a>	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2009/09) <i>ID(ES); IT(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2009/09) <i>IT; PB; TV; NS; NP; P; DR; VB</i> e-mail: <a href="mailto:brantrigg@btinternet.com">brantrigg@btinternet.com</a>	21455

## CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Sycamore Cottage, Lunds, Sedbergh (2009/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Borrett Barn Caravan, Marthwaite, Sedbergh (2009/02)	<i>4 Berth; H+C Shower; WC; TV; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2009/02)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175
Miss J Davidson	Bideber Mill Cottage, West House, Ingleton (2009/10) <i>Sleeps 2; ES; CH; L; TVL; P; NS; NP; DR</i>	015242 42478

### 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

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

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

**Canon A W Fell Tel: 20283**

*Church Wardens:*

Tony Reed Screen 21081 & Lavinia Mahon 21740

### ROMAN CATHOLIC

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

**Rev. Dr. P Campbell Tel: 20918**

### METHODIST CHURCH

New Street  
 Sunday 10.30 & 18.30

**Rev. T Widdess Tel: 20329**

### UNITED REFORMED CHURCH

Main Street  
 Sunday 10.30

**Rev. C Marsden Tel: 22030**

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
 Sunday 10.30

**Mrs T Satchell Tel: 20005**

### UNITARIAN & FREE

#### CHRISTIAN CHAPEL

Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30

**Rev. G Jones Tel: 01539 722079**

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

### CHURCH OF ENGLAND

Firbank; Howgill & Killington  
 Cautley & Garsdale

**Canon A W Fell Tel: 20283**

*Church Wardens:*

Cautley: Judith Bush 20058 & Linda Hopkins 21455  
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723  
 Dent & Cowgill

**Rev. P Boyles Tel: 25226**

### METHODIST CHURCH

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

**Rev. T Widdess Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 20588 or 20503**

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



## Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month (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  
*Last Price Update August 1999.*

## DIARY OF EVENTS

*Dates are held up to 20th December 2009*

<b>JANUARY</b>							
31	1030	SS Junior School Open Day	SS	11	1000	Coffee Morning URC	URCR
31	1930	SS Handel's Messiah (1)	Carlisle	11	1915	WID	DMH
<b>FEBRUARY</b>							
1	1115	Coffee Concert	SSQH	11	1930	CWT AGM + Baffin Island	SHS
1	1900	SS Handel's Messiah (1)	SSPH	12	1930	'Allo, is this Dad's Army (1)	PH
3		WIB History of Hats	BVH	13	1930	'Allo, is this Dad's Army (1)	PH
4	1300	Dentdale Over 60's AGM	DMH	14	1000	Good as New Jumble Sale	URCR
4	1930	HS Old Kendal Now and Then (18)	SHS	14	1300	Dentdale Run	Dent
4	1930	WIF The Story of Sarah M	PH	14	1930	'Allo, is this Dad's Army (1)	PH
5	1930	WIH Stuart Manger Poems	FCH	15	1030	Christian Worship	PH
6		SS Half Term Begins		15	1115	Coffee Concert	SSQH
6	1930	Killington Sports Domino Drive (7)	KVH	17		St Patrick's Day	
7	1430	Quiet Garden Movement	Rhumes, Dent	17	1430	SS Wilson Run	Back Lane
11	1915	WID	DMH	17	1930	Neighbourhood Forum	GVH
12	1000	KL Embroiderers Group	BVH	18	1000	Coffee Morning Christian Aid	URCR
12	1900	Monkey House Youth Club Meeting	URCR	18	1930	HS Traditional Buildings in Sed & Dent	SHS
13	1930	Art Society AGM	StAS	20		SS Term Ends	
13	1930	A Dream Realised (13)	PH	20	1900	Parish Supper & AGM	
14		St Valentine's Day		21	1830	Flicks in the Fells	PH
14	2215	SWFC Valentines Disco (14)	PH	21	1930	HS AGM + Jacob's Join	SHS
15		SS Half Term Ends		22		Mothering Sunday	
15	1030	Christian Worship	PH	24	1930	Garsdale Ladies Group Demonstration	GVH
17	1930	FCH Domino Drive	FCH	25	1000	Coffee Morning tba	URCR
18	1215	Lecture & Lunch (18)	URCR	26	1930	Sedbergh Parish Council	PH
18	1930	HS Textiles (18) <b>Venue Change</b>	PH	28	1300	Spring Show	PH
20	1900	Duophonic (20)	Duo	28		Sedbergh Tens Rugby Festival	SS
21	1000	Xing Yi Seminar	PH	29		Sedbergh Tens Rugby Festival	SS
25	1000	Coffee Morning Sed Methodist Ch	URCR	30		Sedbergh Tens Rugby Festival	SS
25	1930	CWT Birds of Prey	SHS	30	1930	DMH AGM	DMH
25	1930	Sedbergh Parish Council	PH	<b>APRIL</b>			
26	1930	Bowling Club AGM (26)	WHC	1	1000	Coffee Morning LNFU	URCR
28	1830	Flicks in the Fells	PH	1	1930	WIF Growing Gardener Prospective	PH
<b>MARCH</b>				1	1930	Oliver (70)	SHS
1		St David's Day		2	1930	WIH Local Wild Flowers	FCH
1	1400	Chapel Anniversary	DMC	2	1930	Oliver (70)	SHS
1	1830	Jazz & Swing Evening	SSQH	7		WIB Handicrafts	BVH
2	1930	FCH AGM	FCH	8	1000	WIF Coffee Morning	URCR
3		WIB Rubbish - Recycling	BVH	8	1915	WID	DMH
4	1000	Coffee Morning Blind Group	URCR	9	1400	KL Embroiderers Group	BVH
4		Confirmation Service		10		Good Friday	
4	1300	Muncheon Music	SSQH	13		Easter Monday	
4	1930	HS Prehistoric Cumbria	SHS	15	1000	Coffee Morning NW Cancer	URCR
4	1930	WIF My Craft Projects	PH	19		SS Term Begins	
5	1930	WIH Red Cross Movement	HVH	19	1030	Christian Worship	PH
6	1430	Women's World Day of Prayer (75)	StAS	22	1000	Coffee Morning StAS Mission	URCR
6	1930	Domino Drive & Tattie Pot Supper	HVH	22	1930	CWT Wildlife in Sacred Places	SHS
7	1000	Cricket Club Jumble Sale	PH	23		St George's Day	
10	1930	FCH Domino Drive	FCH	25	1830	Flicks in the Fells	PH
				28	1930	Garsdale Ladies Group African Orphans	GVH
				29	1000	Coffee Morning GVH	URCR

*The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker*

*It is printed by Stramongate Press.*

*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.*

29	1930	Sedbergh Parish Council	PH		
				<b>DIARY KEY</b>	
<b>MAY</b>				BF	= Brigflatts
4		May Day		BS	= Baliol School
4		WIB Family Day	BVH	BVH	= Barbon Village Hall
5		WIB Resolution Meeting	BVH	CDC	= Community Development Centre
6	1000	Coffee Morning Barnardo's	URCR	CO	= Community Office, Main Street
6	1930	WIF WI Advisor & Resolutions	PH	CTiS	= Churches Together in Sedbergh
7	1930	WIH Christine Wood & Kenya	HVH	CWT	= Cumbria Wildlife Trust
11	1000	Christian Aid Week	URCR	DCMH	= Dales Countryside Museum, Hawes
13	1000	Coffee Morning Christian Aid	URCR	DCP	= Dent Car Park
13	1915	WID	DMH	DMH	= Dent Memorial Hall
17	1030	Christian Worship	PH	DMC/S	= Dent Methodist Chapel/Schoolroom
18	1930	Garsdale Ladies Group Auction	GVH	FCH	= Firbank Church Hall
20	1000	Coffee Morning WIK	URCR	FM	= Farfield Mill
23		SS Half Term Starts		GVH	= Garsdale Village Hall
23	1830	Flicks in the Fells	PH	HS	= History Society
25		May Bank Holiday		HVH	= Howgill Village Hall
27	1000	Coffee Morning	URCR	JLCP	= Joss Lane Car Park
28	1930	Sedbergh Parish Council	PH	KL	= Kirkby Lonsdale
30	2000	Old Tyme Dances	PH	KVH	= Killington Village Hall
31		SS Half Term Ends		LHCP	= Loftus Hill Car Park
<b>JUNE</b>				MCCKL	= Methodist Church Centre KL
2		WIB Cartoonist	BVH	PH	= People's Hall
3	1000	Coffee Morning Dent Foot Chapel	URCR	SHS	= Settlebeck High School
3	tba	WIF Outing	tba	SLSB	= South Lakeland Society for the Blind
4	1930	WIH Members Evening	FCH	SMCR	= Sed. Methodist Church Room
10	1000	Coffee Morning tba	URCR	StAS/D	= St Andrew's Church, Sedbergh/Dent
10	1915	WID	DMH	SS/C	= Sedbergh School/Chaplaincy
17	1000	Coffee Morning tba	URCR	STO	= Sedbergh Tourist Office, Main Street
21		Father's Day		URCR	= United Reformed Church Rooms
21	1030	Christian Worship	PH	WHC	= White Hart Club
23	1930	Garsdale Ladies Group AGM	GVH	WIB	= Women's Institute, Barbon
24	1000	Coffee Morning Garsdale Church	URCR	WID	= Women's Institute, Dentdale
24	1930	Sedbergh Parish Council	PH	WIF	= Women's Institute, Frostrow
26		Dentdale Music & Beer Festival	Dent	WIH	= Women's Institute, Howgill
26		Dent Folk Festival	Sedbergh	WIK	= Women's Institute, Killington
27		Dentdale Music & Beer Festival	Dent		
27		Dent Folk Festival	Sedbergh		
28		Dentdale Music & Beer Festival	Dent		
28		Dent Folk Festival	Sedbergh		
<b>JULY</b>				<b>Regular Meetings</b>	
1		SS Term Ends		Howgill Toddlers	1315 Every Monday HVH
1	1000	Coffee Morning URC	URCR	Dent Parish Council	1930 1st Monday DMH
1	1930	WIF Thandi Friends Project	PH	SL Carers Association	1400 1st Tuesday PH
2	1930	WIH Local Food Traditions	HVH	Killington WI	1400 2nd Tuesday PH
3	1930	Sedbergh Wanderers Junior Disco (14)	PH	Ladies NFU	1930 3rd Tuesday PH
4	1000	Sedbergh Wanderers Coffee Morning (14)	PH	Coffee Morning	1000 Every Wednesday URCR
4	1300	Sedbergh Wanderers Sports Day (14)	PH	Zebras	1315 Every Wednesday SMCR
4	2000	Sed Wanderers Abba Tribute Band (14)	PH	Sedbergh Juniors	1730 Every Wednesday PH
5	0900	Sedbergh Wanderers Car Boot Sale (14)	PH	Sedbergh Seniors	1930 Every Wednesday PH
5	1300	Sedbergh Wanderers Half Marathon (14)	PH	Toy Library	1430 1st & 3rd Wednesday PH
7		WIB Garden Party	BVH	Frostrow WI	1930 1st Wednesday PH
8	1000	Coffee Morning WIH	URCR	History Society	1930 1st & 3rd Wednesday SHS
8	1915	WID	DMH	Dentdale WI	1915 2nd Wednesday DMH
8		Festival of Ideas Begins	Sedbergh	SLS Blind Group	1415 3rd Wednesday PH
12		Festival of Ideas Ends	Sedbergh	Sed. Parish Council	1930 Last Thursday PH
15	1000	Coffee Morning British Legion	URCR	Howgill WI	1930 1st Thursday FCH
19	1030	Christian Worship	PH	Monkey House Café	1930 Every Friday Library

## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218

Repeat Prescription ☎ 015396 20239

Out of Hours ☎ 01539 781999

Bay Call ☎ 0845 0524 999

<b>Monday</b>	0830 - 1030 O	1400 - 1700 P*
	0830 - 1015 L*	1500 - 1800 B
	1045 - 1230 H*	1830 - 2030 W*
	1130 - 1215 Dent Surgery	
<b>Tuesday</b>	0830 - 1030 O	
	1045 - 1230 H*	1430 - 1730 H*
<b>Wednesday</b>	0830 - 1030 O	1400 - 1700 P*
	1045 - 1230 P*	1500 - 1800 L*
<b>Thursday</b>	0830 - 1030 O	
	1045 - 1230 L*	1400 - 1700 H*
<b>Friday</b>	0830 - 1030 O	1400 - 1700 P*
	1045 - 1230 L*	1430 - 1730 L*

L = Dr Lumb

H = Dr Hunt

P = Nurse Pilling

O = Open Surgery

\* = Appointment Only

B = Book on Day

W = Workers Surgery

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

*Early Bird Surgery available, please ask at Reception*

#### Practice Nurses

<b>Monday</b>	0845 - 1300 C	1400 - 1730 C
	0840 - 1200 LB	1400 - 1630 E
<b>Tuesday</b>	0845 - 1300 C	1400 - 1730 C
<b>Wednesday</b>	0830 - 1300 B	1400 - 1730 B
	0840 - 1200 L	
<b>Thursday</b>	0830 - 1300 B	1400 - 1730 B
		1400 - 1730 C
<b>Friday</b>	0845 - 1300 C	1400 - 1730 C

B = Joanne Batty

C = Anne Crome

L = Kay Lumb LB = Bloods

E = ECG Clinic

**District Nurse**

☎ 015396 21690

**Health Visitor**

☎ 015396 20979

#### A Collinge Optometrist

Friday only 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](http://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](mailto:office@sedbergh.org.uk)

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

#### RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

[www.cabkendal.ndo.co.uk](http://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](http://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