

# Sedbergh & District LOOKAROUND

March 2009

Issue 264

Donation 50 Pence

Who would have believed that we would ever surpass the 100 page mark in an ordinary issue.

Well done and thank you to all the contributors.

*Dennis & Jacky Whicker*

SEDBERGH & DISTRICT  
**HISTORY SOCIETY**

**Wednesday 4th March**  
Motifs, monuments & mountains,  
The carved stones  
of prehistoric Cumbria  
*Dr Kate Sharpe*

**Wednesday 18th March**  
Buildings of the YDNP  
*Don McLellan*

**Saturday 21st March**  
AGM & Jacob's Join

---

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

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Everyone is most welcome to attend any  
or all of our lectures

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

SOUTH LAKES SOCIETY FOR THE BLIND  
*Do come to our friendly*  
**COFFEE  
MORNING**  
**10.am. Wednesday 4th March**  
SEDBERGH URC ROOMS  
Raffle; Cakes; Good quality bric-a-brac.  
*Display of low vision equipment (magnifiers etc.)*

**zebras**  
**OPEN AFTERNOON**  
**Wednesday 4th March**  
1:15pm to 3pm  
Sedbergh Methodist Schoolroom  
*Come along and see what Zebras  
Baby & Toddler Group is all about.*  
Refreshments served all afternoon  
*Everyone welcome, especially babies.*  
We would welcome your  
comments on what on what  
you would like to see at Zebras.

**CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th**  
S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788  
e-mail: [lookaround@whicker73.freemove.co.uk](mailto:lookaround@whicker73.freemove.co.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

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# CHILDREN'S BIRTHDAYS MARCH 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:-

Thomas Thexton who is

11 years old on 3rd March

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	Alisha BREWER	8
1	Sam OVERSBY	11
2	Joseph DICKIE	10
3	Thomas THEXTON	11
5	Willow ASHWORTH	2
5	Beatrice DEIGHTON	4
5	Ethan CLARK	6
6	Cameron HORNER	7
7	Melissa HARTLEY	8
8	Tess PRALL	8
9	Aaron CAPSTICK	9
10	Alana WILLIAMSON	4
10	Sam FIDDLER	11
12	Edward DEIGHTON	2
12	Kate BROOKSBANK	8
12	John WOOF	11
12	Liam BALL	11
13	Emily BAINES	4
13	Sam LABBATE	5
14	Kate THOMPSON	7
16	Kathryn LAWSON	10
17	Fiona HOGGARTH	1
18	Danny HUNTER	4
19	Wesley BREWER	11
20	Holly HAMLETT	2
25	Kayleigh BROWN	11
27	Zoe COWIN	3
27	Jack GARNETT	3
27	Jessica LABBATE	8
29	Callum FERREIRA	11

## PERSONAL & SMALL ADS £1

### BAKER

To Bob. Happy **90th Birthday** Dad on the 13th March 2009. Have a great day. Love from Doreen & Tom, Elizabeth & Johnny, Geraldine & Richard, Robert & Janice.

### BAKER

To Bob. Happy **90th Birthday** Grandad and Great-Grandad for the 13th March 2009. Love from all the Grandchildren and great Grandchildren

### GARNETT

Happy Birthday Laura. Love from Joyce and Georgina, Nigel, Ann-Marie and Ben.

### FINCH

I would like to thank all those who sent me cards, good wishes, or enquiries, during my recent stay in Manchester Royal Infirmary. A full recovery will take some time, but all is going well, thanks to the skills, patience, and caring of all the staff there. Brian Finch

### WILSON

Colin of Underknotts, Firbank would like to thank everyone who have been so kind to him during his recent illness and stay in hospital and who have continued to support him since his return home.

### WINN

Rachel wishes to thank all family, friends & medical staff for their help & support during her stays in hospital and since her return home.

### WOODHAMS

Richard 'Dick' Woodhams, who has died recently at the age of 102, was a member of the Sedbergh Branch of the Royal British Legion for many years. The Committee extends its sincere sympathy to his daughter, Mrs Bridget Hough and to her family.

### WOOF

Congratulations Katie on all your recent achievements in Gymnastics. I am so proud of you. Love Nanny Woof.

### LOST

Red Leather Wallet/Purse on Tuesday 17th February during the daytime on Main Street area. Reward for finder. Tel: 20280 or 21777.

### FOR SALE

Belling Format Electric Slot-in Cooker (as new). Double Self Clean Oven. Also Stainless Steel Hob. Phone Sedbergh 22192.

### FOR SALE

Odd rolls of Pigs Netting £20. Plastic Water Pipe Approx 25mm 15mtr £20. Plastic Drainage Pipe Approx 15mts 8" £20. Also Rockery Stone, buyer to collect, offers. Telephone 20343.

### FOR SALE

Krupps Coffee Maker. Makes Coffee, Espresso, Cappuccino & other hot drinks. Boxed & unused. £25. Tel: 01539 731296 or 07929 781 377.

### JOAN BALDRY RIP

My aunt Joan Baldry died on 10 February in Peterborough. She lived in Sedbergh for over 50 years.



Joan lived most of her life at Ellerthwaite and was the District Nurse for a wide area. As District nurse, in the days when home confinements were common, she was responsible for the delivery of many of the present residents of Sedbergh.

Joan was born in East Barnet, Hertfordshire. She was trained as a nurse at the Middlesex Hospital and was promoted to Sister Tutor. She and her friend Alda Rogers moved to Sussex to work as a team of District Nurses. In the early 1950's they transferred to Sedbergh and after a brief time in the centre of the town, they moved to Ellerthwaite. Joan and Alda continued to work as a team, firstly working for West Riding, Yorkshire and after the boundary change they worked for Cumbria until their retirement.

They bred dogs (including Poodles and Labradors) and kept a

succession of cats.

After Alda moved away to be nearer her family, her arthritis and other health problems, persuaded Joan that Ellerthwaite was too isolated and she moved to Mary Fell. After a couple of years my father Ralph, her brother, invited her to move to London to live with him and my mother Doris. After a couple of years the three of them moved firstly to live near my sister Alison in Hertford and 2 1/2 years ago they moved to a nursing home near my other sister in Peterborough. Ralph died last May and Doris last month.

Joan would have been 95 on 21 March.

Keith Baldry 🏠

## MUNCHEON MUSIC



### SEDBERGH SCHOOL WEDNESDAY LUNCHTIME CONCERT

at 1:15pm  
Wednesday 4th March

The Queen's Hall

**Admission Free**

Soup and a roll provided

## WOMEN'S WORLD DAY OF PRAYER



**In Christ there are many members  
yet one body**

*A Service Prepared by Christian Women of Papua New Guinea*

**Friday 6th March**

**2.30pm in**

**St Andrew's Church, Sedbergh**

*Speaker The Rev Angela Whittaker*

*Join us for tea after the Service*

**All Men, Women & Young People Welcome**

### **SEDBERGH PARISH COUNCIL**

The latest council meeting was held on Thursday 29<sup>th</sup> January at the People's Hall. Councillors were pleased to see that many members of the public attended the meeting and it is hoped that those attending for the first time found the experience worthwhile.

The planning subcommittee had no objections to applications received. However a request that the Council urge Yorkshire Dales planners to delay a decision on the application for Udales in Main Street to allow negotiations to proceed with Heritage Trust for the N.W. was referred back to the planning subcommittee for a recommendation.

The main planning decision since the last meeting was the refusal of permission for the development of a convenience store and health centre at the former Auction Mart site. As this matter has aroused so much debate in the town the Chairman spoke briefly to the meeting outlining the various efforts that have been made to reconcile different points of

view.

The public participation session included a statement from a member of the public supporting the refusal of the Auction Mart planning application.

There was also a request that the temporary notice regarding the behaviour of young people at the bus shelter in Main Street, is replaced with a permanent Police sign. The Council indicated that it would make a financial contribution if needed.

A publication scheme under the Freedom of Information Act was adopted and this can be found in full at the Community Office.

It was reported that SLDC have agreed in principle to sell the tennis courts in Guldrey Lane, to the Parish Council. The price has still to be negotiated but the meeting expressed its thanks to the Chairman and District Councillors for their efforts in bringing this about.

The Car Park subcommittee have rewritten the terms for the issue of car park passes to deal with some current abuses. These will be brought into effect from the 1<sup>st</sup> April 2009. It was agreed that once again there

## LENT LUNCHESES

**Every Wednesday  
from 4th March**

ST ANDREW'S CHURCH ROOMS,  
SEDBERGH

*Proceeds to Bhopal Appeal*  
12:00 am to 2pm



would be no increase in parking charges.

It has also been agreed that the Parish Council will take over responsibility for the Monthly Summer Producers Market, with the day to day operations being overseen by the Community Office.

The working group looking at the production of a Parish Plan has met and recommends that a Management Plan is produced focussing on those areas where the Council can have an effect. A workshop to progress the plan further is to be arranged before the next meeting.

Following the recent resignation of Cllr Hirst, the Council had received three applications to be co-opted to the vacancy. A vote was held and Mr Tony Jameson was chosen to be co-opted.

There was a long list of correspondence to deal with as there was no meeting in December. Two letters were received asking for grants. One from Sedbergh Scouts asking for sponsorship of their summer camp which was rejected as the Council did not want to be seen to be supporting individuals. However the Council did indicate that it would be minded to make a grant for the Scout's more general aims if they were to make such a request. There was also a request to sponsor a music event at Queens Gardens which received approval in principle.

We also received confirmation that John Bell the Principle Traffic Engineer with Cumbria County



SEDBERGH CRICKET CLUB

# JUMBLE SALE

**Saturday 7th March**  
2pm in The People's Hall

Bric-a-Brac ~ Games & Toys  
Raffle ~ Cakes & Refreshments

*Any jumble, bring to Hall on the morning  
after 10am  
or for collection,*



Tel: Sandra on 07815 069394

*Any help on the day would be great.*

Council will be attending the next council meeting in February to discuss a number of pressing highways issues.

YDNPA are having a meeting on 12<sup>th</sup> Feb to further explain the Call for Housing Sites initiative, and it was agreed that Parish Council representatives would attend.

The next meeting planned was at the People's Hall at 7.30 on Wednesday 25<sup>th</sup> February and we hoped that members of the public continued to attend in the same numbers as last time. You are all very welcome.

*Colin Robertshaw*  
Parish Clerk 

### DENT PARISH COUNCIL

The items below were some of those discussed at the February meeting, which started with a discussion with Karen Dakin, the local Police Community Support Officer. The full minutes are published as usual on the Dentdale website [www.dentdale.com](http://www.dentdale.com).

#### *Links with the Police*

Cumbria Police are trying to identify local policing priorities by attending parish council meetings on a more regular basis, and so when CPSO Karen Dakin came to the last meeting, councillors and members of the public asked for her help with a number of matters, including:

- a more visible police presence in the whole of Dentdale, particularly at community events
- setting up the promised meeting of Neighbourhood Watch co-ordinators
- reviving the Farm Watch scheme

- measures to deter motorists from speeding in The Laning

Karen noted the request for a more visible presence, and invited anyone organising a community event to contact her about police involvement. She also said that she would ask for a speed indicator to be placed at the entrance to the village.

#### *Affordable Housing*

A meeting was held in January between representatives from Two Castles Housing Association, South Lakeland District Council, the Bradford Diocese, Yorkshire Dales National Park and Dent Parish Council. Two Castles reaffirmed their commitment to building affordable housing in Dentdale, and agreed to put together an application for outline planning for eight affordable houses on part of the field next to Glebe Fold. The application, which will include a new vicarage, will be made in conjunction with the Bradford Diocese and submitted within the next six months.

In April, SLDC will be commissioning a new survey in the dale to obtain an up-to-date picture of local housing need. If you receive one of these survey forms, please take the time to complete and return it in so that an accurate picture of the current demand for housing in the dale can be established.

#### *Dent Conservation Area*

A group of consultants has been appointed by the National Park to review the Dent conservation area and make recommendations about its future management. Towards the

## Allegri Singers

## Paired Anthems

Compare two composers' settings of the same text:  
Gabrieli, Monteverdi, Palestrina & Schutz

### English song

Solos and part-songs by  
Collins, Finzi, Quilter & Vaughan Williams

**St Andrew's, Sedbergh**

**7:45 Sunday 8th March**

*Retiring collection*



end of January, they held a preliminary meeting with a group of local people and councillors. The consultants seemed particularly keen to include in their report the views of people who live in the conservation area. Consequently, they will be holding an open session in Dent on the afternoon and evening of Thursday March 19<sup>th</sup>, followed by an open walkabout in the village on Saturday March 21<sup>st</sup>.

#### **Road Accidents**

Last month I reported on the meeting with Cumbria Highways, the police and others about the tragic drowning accident in Flood Lane. As a result of that meeting, Cumbria Highways have devised a barrier of concrete posts and metal tubes along the side of the river, and will shortly be sending the plans to the parish council for its comments.

The February council meeting also discussed the accident in Deepdale,

where a car overturned and rolled off the road after losing control in icy conditions. Cumbria Highways do not grit this section, but the road is to be reviewed by them in the next financial year. The parish council have asked North Yorkshire County Council for better signage at the A65 end of the road, and Cumbria Highways for a sign at the junction with the Occupation Road.

#### **Next Meeting**

The next meeting will be at 7.30pm on March 2<sup>nd</sup> in the Sportsman's Inn, Cowgill. 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

Email:

dentparishcouncil@btinternet.com 



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### COUNCILLORS CORNER

The first half of February gave us more snow here at Fellgate than we have had for several years. In spite of that the lane, which is designed to trap drifting snow was always passable, at least with my four wheel drive tractor. For contrast I remember the year after I left school it was filled a few days before Christmas and remained blocked until Easter Sunday.

My role as chairman of the National Park gave me a couple of breaks off the farm at the end of January. Firstly, there was a day in Leeds interviewing applicants to be a Secretary of State appointee to the National Park Authority. There will be

a vacancy in April when Deborah Millward will have reached the maximum length of time which an SoS member can serve, ten years. Debbie has always been a generous and warm-hearted colleague and whilst we haven't always agreed on everything, I for one will miss her contributions greatly. I cannot say who will be appointed as the final decision rests with the Minister of State although I am told it would be most unusual if he did not follow the advice of the group which met in Leeds.

Secondly I had an overnight stay in London. The first day was a meeting of the "English National Park Authorities' Association" followed the

### Your Local Boots Pharmacy Now open in Sedbergh!

Offering a wide range of cosmetics and exclusive Boots brands such as Botanics, Soltan, No 7 & 17 as well as a great range of medicines.

### Grand Opening by Ashleigh & Zak Hall

our local representatives on

**Monday 9th March at 10.00 am.**

*All welcome.*

Advantage card now accepted,  
Triple Points during the first week of opening!  
Join the free Health Club & Parenting Club  
and receive lots of additional offers!

*(see in store for details).*

With the same great team in store.



**Boots (formerly J & L Forster LTD)**  
48-50 Main Street, Sedbergh. LA10 5BL.  
Tel: 015396 20270

#### Opening hours:

Monday to Friday: 9.00 am to 5.30 pm  
Saturday 9.00 am to 1.00 pm.

next day by a meeting of the UK ANPA – the “Association of National Park Authorities”. The latter includes the three Welsh NPAs and the two Scottish ones. The meeting in Leeds gave me a good long opportunity to talk with Pam Warhurst, the member of the Board of Natural England who concentrates on Yorkshire Dales. That in London gave a chance to speak, albeit in a larger forum with the acting chairman and the national director of the same body as well as my NPA chairman colleagues.

Back in South Lakeland House I attended a meeting of the main committee which I still serve on, the Audit Committee. This is a very small but important group with just five members. It takes a broad brush look at financial issues and works closely with both the internal and external auditors. As a former Finance / Resources Portfolioholder I am in some ways the poacher turned

gamekeeper. Philosophically, every time there has been a financial problem in local government, either real or perceived, national government has added a new level of regulation on top of the existing structures rather than adapting them. This has resulted in a labyrinthine degree of complexity which tends to promote confusion rather than resolve it.

**AUCTION MART SITE:** There is little I wish to add to my comments last month. There have been meetings and discussions at various levels. Please watch out for any changes in the situation, I will report them as, when and if they come into the public domain. Do however remember that planning is a quasi-judicial process: members of the determining committee or the Inspector at appeal **are obliged** to decide on planning applications in accordance with the Yorkshire Dales Local Plan, unless material considerations indicate otherwise. Members of most public authorities receive regular training on the subject, often from outside specialists. One firm which Yorkshire Dales has used in the past is Trevor Roberts Associates. Anyone who is particularly interested might like to type the name into Google. They have some web pages which provide a good generalised introduction into planning law.

**SOUTH LAKELAND BUDGET:** As a former Finance and Resources Portfolioholder, I am well aware that

*(Continued on page 12)*

## CHIROPODIST

*HPC Registered*

**Kay Whittle**

MSSCh DipPodMed MBChA

Surgery  
Pedi-Care House,  
Howgill Lane,  
Sedbergh



**Tel: 015396 22122**

Appointments 10:00 - 4:00

Closed Mondays

*H.J.Hall "Softop" Socks up to size 15!!*

the budget has been a difficult one to bridge for several years. This is primarily because the district was the third greatest loser in the whole of England in 2001 when the local government funding formulae were altered by John Prescott. The rationale given at the time was to move money away from prosperous areas of the country to areas of greater need. That was always a dubious assertion and the district has never fully recovered.

In turn this means that South Lakeland has become even more dependent upon funding sources which are not controlled by national government and that inevitably includes car park charges. This year,

## SEDBERGH ANGLERS

### Annual General Meeting

The Annual General meeting of the Sedbergh Angling Association will take place on:

**Friday 13 March**

At 8.00pm

at the

White Hart Sports and Social Club, Sedbergh

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



rather than further increases in charges the controlling group hit upon the rather strange idea of extending the charging period from 6pm to 9pm. This was going to be extremely harmful in Kirkby Lonsdale and I strongly supported members of my own group who called the decision in. I was somewhat taken aback when three Lib Dem councillors chose to do the same thing. At the call-in meeting it looked as if the decision was likely to be upheld but it has thankfully been over-turned. As I said last month, it is greatly to the advantage of Sedbergh and Dent that both have control of their own car parks and so are not affected by things like this.

#### CALL FOR HOUSING SITES:

There was a meeting at Bainbridge last Wednesday night which interested members of the public were invited to attend. Once again the weather had not been good and whilst a fair few did turn up, numbers were down on what could have been expected in better conditions. So far there have been towards forty expressions of interest and more are expected before the deadline of 27

*The Rose Theatre Group Presents:-*



## 'Allo, is this Dad's Army?

Experience the thrills of the French Resistance and World War Two in Good Ol' Blighty...and enjoy being entertained by Sedbergh's celebrated Evacuee choir... Sssshhhh. Join in the Black Market Raffle (no ration books required!!!)

Showing on

**Thursday 12th, Friday 13th and Saturday 14th March at 7:30pm**  
at The Peoples' Hall, Sedbergh

Tickets:

Adults £3:50, Children £2:00,  
Family £10:00

Tickets available at  
The Tourist Information Office  
telephone (015396)20125

*Proceeds to the Peoples' Hall new building*

February. By the way, that deadline is slightly flexible so please do contact YDNP if you are interested and haven't done so yet.

**DENT AFFORDABLE HOUSING:**

Last month both Dent Parish Council and I reported difficulties with the affordable housing scheme at Ghyllside in Dent. I think we both tried to report the facts in a straight, non-judgmental way and we both expressed the hopes that the difficulties were temporary and not permanent. Since then the owner of the site has been in contact and I remain hopeful that progress will be made. Once again this scheme has shown how difficult it is to develop affordable housing especially in times

of economic downturn.

Finally, I have been selected to stand as the Conservative candidate in the forthcoming County Council elections to be held on 4 June. I believe I have a good track record both as councillor for the former Sedbergh District ward and now for the combined Sedbergh and Kirkby Lonsdale ward. It is probably unique in England that the county division is actually slightly less than the District ward, excluding as it does Mansergh.

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



## THE BULL HOTEL

Tel: 015396 20264

44 Main Street, Sedbergh LA10 5BL

**RED NOSE DAY '09**

Friday 13th March



**JAMES BOND**



**007**

**JAMES BOND THEMED NIGHT**

Prizes for best Fancy Dress

**Casino Night**

*Followed by Disco until late*

**NEW MENU**

With home cooked dishes starting at

**£5.99**

### DICK WOODHAMS

Long-time Sedbergh resident Dick Woodhams died on February 11, aged 102. Dick grew up in Barnard Castle, and came to Sedbergh in 1938 as the #2 man in the Midland Bank (now HSBC), bringing with him his wife Rhoda and 2-year old daughter Bridget. He liked Sedbergh so much he always refused to leave the district even if it would have meant promotion.

During WW2 he served in the RAF as an officer; too old to fly and also suffering from airsickness (!) he was ground staff. Nevertheless he was posted to North Africa, then Sicily and Italy. Several weeks behind the advancing Allied front lines, his job was to keep airfields open and the fighters supplied. Returning to UK on compassionate leave when his father died near the end of the war, he was RTO (Railway Transport

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Officer) at Preston station, making sure de-mobbed servicemen got home.

Eventually de-mobbed himself he returned to the Sedbergh Branch of the Midland and started to acquire a succession of cars – starting with a pre-war Morris 8 painted emerald green. Over the years these got faster and flashier – by 1952 he owned a particularly handsome silver-blue Sunbeam Talbot 90. For the last ten years of his bank career he was Manager of the Midland Bank Branch in Hawes, to where he commuted in a succession of vehicles which included a Triumph Herald and one of the original Mini-Coopers. He retired in 1968; he and Rhoda had moved to Cannon House on Back Lane in the early 1960s and there Dick remained even after Rhoda's death in 1999 at the age of 92. The cars kept being up-dated; several Peugeots gave way to a series of Honda Preludes, and eventually a large Alfa-Romeo saloon. By 2003 the Alfa was 17 years old and he decided he needed a new car. So it

## Michael Marcus

*Christian Contemporary  
Singer & Songwriter  
from the Orkney Isles*



**Sedbergh  
Methodist Church**

**Saturday 14th March**  
7:30pm

**Tickets £5**

from Sedbergh Office Services  
13 Kings Yard, Main Street or  
Nora Alderson Tel: 015242 76256  
e-mail: [nora@highgreenfarm.com](mailto:nora@highgreenfarm.com)

came about that Sedbergh was treated to the sight of a 96-year-old zooming around in an aquamarine Mazda MX5!

Dick's keen mathematical mind was fascinated by the game of Contract Bridge, which he took up the year it first arrived in the UK, some time in the 1930s. He continued to play a very effective strategic game right up to the night before he had the fall which led to his death.

Dick's daughter Bridget emigrated to Canada in 1959. Bridget and her family (Dick has 3 grandchildren and 3 great-grandchildren living in Canada) will miss him sorely. They would like to express their gratitude to the many people in Sedbergh and

surroundings who befriended Dick in his last years, and whose support and companionship enabled him to go on living a rewarding and independent life well after his hundredth birthday. There are so many of you it is difficult to name names, but we would particularly like to recognize his bridge-playing friends and the members of the White Hart Bridge Club, and his dear friend and neighbour Bob Turner.

At his particular request there was no funeral; his ashes will be scattered within sight of Sedbergh, and on the West Coast of Canada where his descendants live.

Thank you, Sedbergh.

Bridget Hough 

# Cobble Country

*Dales & Lakes*

*Town & Country Property Agents Est. 1992*

- Free Valuation
- Property Marketing Consultation
- Maintained mailing list
- Full colour particulars with floor plans
- Office open during 6 days a week
- Full property particulars on our website
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## Meat Matters

**Free Tastings Free admission**

Peoples Hall Monday March 16 at 8.00 pm to celebrate

National Butchers Week, 16 – 22 March and Bacon Connoisseurs Week, 16 – 22 March

A cutting demonstration of modern cutting methods

A talk by Garth Steadman on Meat and Meat cuts.

The merits of maturing beef, traceability and the benefits of shopping locally.

An introduction to British Rose Veal

Cheap cuts. More time and effort also how to save money on meat purchases

**Everyone welcome**



### LATE SUMMER IN ITALY

If the idea of a late summer break in Italy appeals to you, there are still vacancies on our planned visit to the Rome area from September 2nd to 9th this year. This is earlier than usual, enabling us to benefit from the longer days when we can sit outside in the evening sun. As usual the party will consist of 23 people, the nucleus being students of the Italian language. During the week we have three optional morning sessions devoted to Italian Life and Language, and hopefully a Sunday evening recital by a professional pianist.

We stay in a family-run hotel in the attractive spa-town of Fiuggi, about

thirty miles from Rome. The Barberio family regard our Sedbergh group as friends rather than hotel-guests - and the food is wonderful! There must be at least a hundred Sedbergh people who over the past few years have stayed at the Elma Hotel. During the week an enjoyable programme of visits is arranged for us. Things are not yet finalised for September but we shall certainly be spending a full day in Rome with guided tours to places such as The Catacombs, The Vatican, or Ostia, the old port of Ancient Rome. The exact destinations are yet to be decided. We also have some half-day visits to fascinating places in Lazio, such as the castle of Fumone perched on a rocky peak from which smoke signals were sent to warn people long ago of the approach of marauding barbarians; Tivoli, home of the first water gardens in Europe; Palestrina, birthplace of the eponymous sixteenth century musician; or Arpino where the great orator Cicero once had his farm. We always have our own coach and an excellent English-

### SarahM

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will be on **Sedbergh Market**

**Wednesday 25th March**

**Wednesday 8th April**

and at the

**FARMERS MARKET**

each month from April

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speaking guide who makes these visits come alive for us.

We travel by coach from Sedbergh to Newcastle Airport and the holiday is practically full-board, including some amazing meals out. The total cost for what one of our group members called a "cultural and gastronomic tour" is likely to be around £700 per person, and reservations need to be made by the end of the first week in April. Because of the size of our coach, numbers are limited to 23 and we have about half that number already. Please contact me on [gd@the-hylands.co.uk](mailto:gd@the-hylands.co.uk) or by phone at Sedbergh 21411 if you are interested.

Incidentally, we have a similar visit to the area from May 25th to June 1st, and, because two members of the group have had to cancel, there are two places remaining on that visit.

*George D Handley* 

### Conservation Area Reviews

#### Dent Open Day

Tuesday 17<sup>th</sup> March  
Sedgwick Room  
3:00pm - 7:30pm



#### Sedbergh Open Day

People's Hall  
Friday 20<sup>th</sup> March  
3:00pm - 7:30pm



#### Dent Walkabout

Dent Car Park  
Sunday 22<sup>nd</sup> March  
9:30 am - 12:00pm



#### Sedbergh Walkabout

Joss Lane Car Park  
Sunday 22<sup>nd</sup> March  
1:00pm - 4:30pm



### *March diary at the Barbon Inn & Restaurant*



**Monday 16<sup>th</sup> March to**

**Thursday 19<sup>th</sup> March**

*we celebrate*

### **St. PATRICK'S DAY**

*with a special menu*

**BUY ONE GET ONE FREE**

*(buy a main course get a dessert free)*

GUINNESS AND BAILEYS Irish cream

*Special Price*

**Tuesday 17<sup>th</sup> March 2009**

### **QUIZ NIGHT**

*come join in Free light supper.*

### **Mothering Sunday**

**22<sup>nd</sup> March 2009**

We will make Mums and grand mums

*feel special*

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cranberry juice cocktail

free to all mums and grand mums

Sunday lunch 1, 2, or 3 Courses

*You must book*

*to take advantage of this offer.*

### **CHARITY BIG SCREEN**

### **RACE NIGHT**

**Friday 27<sup>th</sup> March 2009**

Horses and jockeys on sale now

Come in for a bite to eat choose your horses

and jockeys then come back on the night to

join in with the race atmosphere

### **Nibbles and Bubbly on arrival**

Restaurant will be open for that

special **RACE NIGHT** supper

Telephone for more details

and make your booking

### FAMILY MUSINGS

We were talking recently about how long we have been together and hubby decided he would be much the richer if he wasn't married to me!

However he conceded that his life could not have been anything as interesting had it not been for me in his life so that is good. We had an errand to do the other night which included going through a field in the dark and the torch did not work... .

This reminded me of a VERY wet morning "helping" move sheep at the farm lots of years ago, the dog gave up, my umbrella blew away and we ALL got soaked! The children were all small and could not understand the "fun" aspect of it, they would much



CHRISTIAN AID

## COFFEE MORNING

**Wednesday 18th March**  
10:00 am to 12 noon  
U.R.C. Rooms  
Home Baking ~ Bric-a-Brac  
Stalls with Fair Trade  
All Welcome



rather have gone to Grannies. There was an unending scope for and supply of fun at Gran and Grandpa's and the garden often rang with the happy sounds of children's giggles and laughter, except when Bertie, next door's Goose flew over the fence. The immediate response was to run and of course he chased after them, more than once they were located huddled in a big hug shut in the summer house to escape.

A close friend who recently celebrated her 90th birthday once many years ago brought two of her grand-daughters to play in my parents garden and we had tea in the summer house, they were amazed when it started to move. The idea was so it could face the sun at different times of the day, now it faces across the lawn and I sit there and in my minds eye I am looking over the beach towards the sea in my beloved Cornwall. In August I really will be back in that beloved county and walk Pendower Beach again. It is all booked. The same friend thinks she and I are the same age but that she is "wearing better than me", she could



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CONCERT**

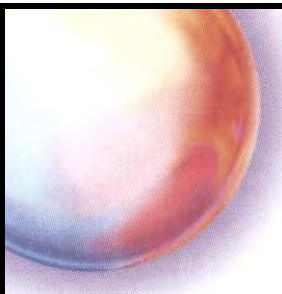
Directed by: Alan Lewis. B.Phil, LTCL, NABBC.  
7:30pm  
**Wednesday 18th March**  
People's Hall  
Tickets  
Adults £5  
Children £2.50  
*available from*  
TIC, Nisa & Green Door  
Sedbergh Town Band is a registered charity. Number 1086817



be right!

When our loved family members and friends die they stay near to us in our heart and in our memories, when they have lived to a great age as a dear friend of mine has recently I don't subscribe to the idea of many which says "She was old, what else could you expect". Yes, this particular lady WAS old, she was 95, but because we had known her and she has been part of our lives for such a long time the parting was hard. Also this particular lady was such an inspiration to us all through a long life well lived and she coped with old age and infirmity so very boldly. She also loved Family Musings and I remember her, (Nana) Cissie Middleton with great affection and send love and sympathy to her family. This also leads into happy remembrances of a little girl to whom I was God-Mother, on whose grave the Snowdrops grow and who also lives on in hearts and minds of those who loved her.

A client recently invited me to go fly-fishing with them, I did not commit myself but then heard someone tell them that it would be no good taking me, I could not keep quiet enough for that length of time! Now, as regular readers know I do like a challenge and where some will "do" the Great North Run, a Bungee Jump or scale high mountains, I might just try the fishing, anyone sponsor me? Hubby, yes back to him again, says I seem to find I have to talk to him just as he is drifting off to sleep, I do like to live up to expectations. Enjoy yours. Sarah 📧



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### KILLINGTON W I

I refuse to be surprised that it is February already! (When you read this it will be March –approaching the vernal equinox, when day and night will be of equal duration). Even now (February 10<sup>th</sup>) the evenings are pulling out nicely. In an earlier incarnation I was a geography teacher so I know about these things!

Our February meeting was today, so I can say with certainty that Barbara Kooper won the competition for ‘an old recipe book’, with a tome which originally belonged to her mother-in-law. The competition was, as usual, designed to link with our speaker, ‘Sarah M’, now duly famed for her local jams, chutneys, and other

delicious produce. As it turned out our competition could have had a myriad of themes, for Sarah Scarr told us of her adventurous life. This included spells as a nanny in London, the Grand Cayman Islands, Japan, and the Alpine resorts of Europe. Each time Sarah found herself in a new place she made full use of the opportunities it presented. Hence she has become a scuba diver (despite having a profound aversion to putting her head under water!), a skier, a bather in sulphur springs, a publisher of childrens’ books, a maker of Japanese dolls, and a master of many other crafts, and much loved by the many children who have been in her charge. I had anticipated that her

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talk would be all about her recent, highly successful business which certainly was included, but it was so much more. I never cease to be amazed at the wealth of talent which Sedbergh holds. Thank you, Sarah, for a most entertaining talk.

The raffle was won by Sue Sharrocks (but don't ask me what she won!)

The business meeting preceded our speaker and we look forward to various outings and activities. We are making plans for our WI Group Meeting when we will play host to other W I s from the Lune Valley area. This will be in May when Alan and Chris Clowes will tell us about their work with an African community, in Thandi. Non WI persons will be welcome too. We have a couple more garden visits planned for the summer. Isn't it wonderful to see the snowdrops nodding their heads and the other spring flowers poking their

## GRAHAM J MOFFAT



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heads above the ground. We are also planning to win back the W I cup at the forthcoming Spring Show – March 28<sup>th</sup> – (entries by 21<sup>st</sup> March). End of commercial!

February is the month when the greatest number of Killington W I members have birthdays (romantic May blossom?), and Dawn Stevens birthday was on the actual day of our meeting! (Say to yourself, 'I needed to know that'!).

Our tea hostesses once again did us proud, with lemon cake and fresh cream scones. Look out for digestive biscuits when it's my turn.

We were short of quite a few of our members today, with horrid winter colds and other ailments. We send them our good wishes, and are specially thinking of Marjorie Henson who has had a longish spell in the care of the N H S. They couldn't have a nicer guest.

It really was a lovely meeting which I thoroughly enjoyed.

Next meeting, at which you would be most welcome, March 10<sup>th</sup>, 2.00pm, People's Hall, splendid company!

W.F.U. 

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## SEDBERGH SCHOOL GIRLS FUND

The Committee of Management will meet shortly to consider applications for grants for educational tuition and/or educational facilities from girls resident in the parishes of Sedbergh, Garsdale and Dent. The Scheme of Management for the Girls' Fund quotes the following principles of application:

1 The income of the Fund shall be applied by the Committee for the benefit of beneficiaries, in one or more of the following ways:

- a) The award of Scholarships, Bursaries or Maintenance Allowance tenable at any School, University or other place of learning approved by the committee;
- b) The provision of financial assistance, outfits, clothing, tools, instruments or books to enable beneficiaries on leaving school, a University or any other educational establishment, to prepare for, or to assist their entry into, a profession, trade or calling;
- c) The award of Scholarships or Maintenance Allowances to enable beneficiaries to travel abroad to pursue their education;
- d) The provision, or assistance towards the provision, of facilities, of any kind not normally provided by the Local Education Authority, for recreation and social and physical training, including the provision of coaching in athletics, sports and games, for



## DENTDALE METHODIST CHAPEL

Sundays at 2pm

**March 1st**

Chapel Anniversary

“The Hutchinson Family”

Tea to follow

**March 8th**

Mr T R Harper

**March 15th**

Rev T Widdess

**March 29th**

Mrs J Widdess

*ALL WELCOME*

beneficiaries who are receiving primary, secondary or further education;

- e) The provision of financial assistance to enable beneficiaries to study music or other arts; and
- f) In otherwise promoting the education of beneficiaries.

In this Scheme, the expression of “beneficiaries” means girls who were born, or who have for not less than three years been resident in the Parishes of Sedbergh, Garsdale and Dent, and who in the opinion of the Committee, are in need of financial assistance.

Anyone wishing to make an application for a grant from the Fund should contact the Honorary Secretary, Mr P S Marshall, at The Bursary, Sedbergh School, Sedbergh, LA10 5RY. Telephone 015396-20303.





### **HOWGILL W.I.**

We met at Firbank Church Hall for the February meeting. There was a good turn out of members and we were pleased to welcome three guests.

The two resolutions chosen by Cumbria-Westmorland Federation to be sent to national are S.O.S. on Honey Bees and Poly Clinics.

Two members have received an invitation from Casterton W. I. To join them in celebrations to mark their 90th Anniversary. The W. I. News was read, members are interested in the Art and Craft days to make covered boxes.

Helen Beare will be leading the next Howgill Hikers walk on March 10th in the Lake District.

Following the business part of the meeting Mary Silva gave a warm welcome to Stuart Manger, a former English and Drama Teacher at Sedbergh School. He gave us a

fascinating insight into Poetry highlighting the fact there is more to a poem than words and language. The rest was up to us, so it was on with the thinking caps and heads together to translate the words and reveal the story behind the poems. Working together in a group is both enjoyable and stimulating resulting in an interesting evening. Mary Silva expressed thanks for bringing poetry to life.

Stuart then had to task of judging the monthly competition 'A Poem on Howgill'. This was won by Mary Silva with Audrey Hoggarth second. Vera Hodgson was the raffle winner. The evening was brought to a close with our usual Jacobs Join and get together.

Next month we meet on March 5th and Howgill Village Hall when Fiona Cartmell will be speaking on the International Red Cross Movement, at home and abroad. Visitors welcome.

A. H. 

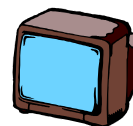
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## GREAT WAR BIBLES

*a sequel*

Readers may remember an article in the November *Lookaround* about John Cyril Hindson and the Bible which was presented to his family following his death in the Great War. An appeal was made for news of any other Bibles, given to families of other casualties, which might have survived. Mrs June Pickles of Cromer in Norfolk has been in touch with the Editor to say that her family has one, which is identical save for the name and date on the bookplate. This Bible was given to the family of her grandfather, Thomas (Tom) Cragg, who was killed in action on 14<sup>th</sup> April 1918 while serving with the 1<sup>st</sup> Battalion the Duke of Wellington's (West Riding) Regiment. He was aged 40.

Thomas Cragg was born in Dent and was the son of Joseph Henry and Annas Cragg. In 1881 Joseph was a grocer and agricultural labourer in Gawthrop and Thomas was two years old. By the time of the next census in 1891 the family had moved to Broad Yeat, Dowbiggin. On the night of the census, however, Thomas was staying with his grandmother at Low Hall in Dent.

Joseph and Annas Cragg lost another son in the Great War. Thomas's younger brother, James, was killed in action on 9<sup>th</sup> September 1917 while serving with the Northumberland Fusiliers; he was aged 33.

Thomas was married and, at the time of the 1901 census, he and his wife, Anne, were living in Garston

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near Liverpool. He was working as a sawyer's labourer at a bobbin mill. They later had three children, including Joseph Henry, the father of Mrs Pickles.

Thomas Cragg has no known grave but his name is inscribed on the Tyne Cot Memorial, which is about six miles north east of Ypres in Belgium.

Also, he is remembered on his wife's gravestone in Sedbergh Cemetery. She died on 19<sup>th</sup> September 1960, aged 82.

The History Society has a copy of a beautiful card which was designed in memory of Thomas Cragg. Around the edge are the words: 'Their bodies are laid in peace but their names live for evermore'. There is a sketch of the Howgill Fells with the church steeple in the middle ground. The wording is: '1914-1919. In Mem. Thomas Cragg' with the first verse of Rupert Brooke's poem, *The Soldier*, which starts, 'If I should die think only this of me ...'.

Grateful thanks are due to Mrs June Pickles for contacting *the Lookaround* & to Shirley Tebay for the information from the census records. 



### DENT FOLK FESTIVAL

Well is been all go at Dent HQ and we have quite a bit of news. firstly we have an outstanding international line up for Dent 2009...

Artists playing the main marquee include Adrian Edmondson and The Bad Shepherds; Transglobal Underground; Solas; Andy Irvine; Tony Wilson; Kila; The Karine Polwart Trio; Faustus; Chris Wood; The Black Umfolosi 5; Keith Donnelly and Les Barker as 'Idiot and Friend'; Katalena;

And a great programme of free events including Children's Songs, Stories, Puppets, Street Theatre and Crafts. Music in the The Beer Tent with guests of the festival. The Session Tent hosted by Bill Lloyd and The Lakeland Fiddles. Song walks from the festival site with David Burbidge. Workshops in Appalachian Dance, New Tunes, Circus Skills, Arabic Dance and more. Dance spots from invited dance teams and The Legendary Dent Folk Festival Ceilidh!!!

#### *Stunning new site!*

As you may well know the festival is moving to a new site near Sedbergh. In a nutshell we have outgrown our original site in Dentdale and although we are very sad to leave we didn't really have much choice if the festival was to continue. So we are moving to an absolutely stunning setting at Buck Bank Farm under the Howgill Fells near Sedbergh, England's book town. If you would like to read the full background to this move see our website. There will be a free shuttle bus to and from Sedbergh from the site to get supplies and visit the local

**zebras**

**NEW TO YOU SALE**

**Wednesday 25th March**

1pm to 4pm  
Sedbergh Methodist Schoolroom

-----  
*For Commission Sales*  
Contact Trish 21644  
Or Christine 21026  
-----

Donations of good quality clothes,  
toys etc welcome

-----  
*Come along and find a bargain*  
-----

pubs for a few tunes!

*This year we will have on site camping!*

We're really pleased about this as many of our regulars have asked us over the years to run a festival campsite. By camping on the festival site you will be making a major contribution to the sustainability of the festival. The camping will be basic but comfortable. The site is in a fantastic setting and you'll be with a great crowd of other festival goers, so lots of potential for sessions and meeting people from all over the place with a shared passion for music. We will have a limited amount of camping tickets available for people who wish to camp on the site and just attend our free events or are just coming to play tunes in the sunshine and go for a walk.

Full details of our 2009 programme are on our website:

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



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## LONDON MARATHON

I didn't expect to be running the London Marathon on Sunday 26th April again, but when my daughter Sarah said 'How about it?' I could hardly say 'no'.

So, we are going to run it together, to raise sponsorship for the North West Air Ambulance. They are hoping to upgrade one of their helicopters this year, so have a target of £3.9 million to raise. Every little helps, so don't be shy!

You can sponsor either of us directly by logging onto the websites: [justgiving.com/johnioannou71](http://justgiving.com/johnioannou71), or Sarah's site: [justgiving.com/sarahioannou](http://justgiving.com/sarahioannou).

Alternatively ring me on 015396 25023.



Picture of John on Dentdale Run 2008.

*I am sure that there are others from our area that will be running the London Marathon. Why not let us have your details and who you will be raising money for followed by an update as to how much you raised. It will all be printed and it is all free.*

Ed

### DENTDALE W.I.

The February meeting was well attended and the business agenda quite full with all the events of the New Year unfolding.

The Dent Run on 14<sup>th</sup> March is on the horizon and as usual, members have been asked to help in preparing the refreshments and offering contributions of baking for the runners. Also in March, Kate Cairns and Rosalie Dodgson will be attending a group planning meeting and Judith Newsham and Thelma Belfield are representing us at Casterton WI Birthday Party in Casterton Village Hall on 4<sup>th</sup> March.

Jenny Pilgrim outlined an offer by the Red Cross to give First Aid training to a group of people in the village, enabling them to be resilient in times of crisis, and several members expressed an interest.

There was considerable interest too in an idea to start a few craft taster afternoons. Dortelis Stephenson showed a couple of large woven boxes made from recycled fruit juice cartons. Dale Smith showed jewellery she had made on a Federation day course.

We welcomed our speaker for the evening, Kay Whittle, talking about Footcare. Kay has her own chiropodist practice in Sedbergh. She covered a wide range of problems that we might encounter from diagnosing diabetes to the more familiar cold feet and chilblains giving sensible and practical advice. Our



## SETTLEBECK'S FAMOUS QUIZ NIGHT

at Settlebeck High School, Sedbergh  
Friday 27th March - 7pm  
Bar / Refreshments

### PRIZE for winning team!

Why not put a Team together?  
Teams of 6 or less

*Local Clubs - please put a Team in*

Contact the office on 015396 20383  
With your Team and Club Name

competition for the evening had been to finish a limerick from the first line "I've been standing hours on my feet". Rita Corpe read out a selection of excellent contributions and announced, Catherine Sugden as the winner. Catherine won a pot of Kay's Lavender and Comfrey skin cream to moisturize those tired feet! Alice Ellison took home the raffle prize.

Our next meeting is on 11<sup>th</sup> March when we will be learning more about cheese and doing some cheese tasting courtesy of the Churchmouse Cheese Shop in Kirkby Lonsdale. New members and visitors always welcome.



**13<sup>th</sup> SEDBERGH**

# SPRING SHOW

**Saturday 28<sup>th</sup> March**

People's Hall

Doors open 1-00 pm

*Official opening at 1-15pm by  
Mrs Maggie Cullen*

Town Band plays at 2-00pm

Presentation of prizes at 4-00pm

Afternoon teas and refreshments

Entry-£1. Children free

Last date for your entries – March 21<sup>st</sup>

Schedules & Entry Forms in lots of shops.

SEDBERGH'S OWN SHOW

FOR THE TOWN AND THE LOCAL COMMUNITY



## **SINGING SLOVENIA**

Many of us will remember what was probably the best concert to be staged in Sedbergh for several years when the visiting Slovene male voice group Oktet performed alongside the dazzling girls' choir Amabile last year. The 45 girls from Sedbergh and South Lakeland led by Sedbergh music teacher Charlotte Jackson are now jetting off to meet the boys again when they tour Slovenia over the last weekend in March.

The choir had of course wanted to stay in Zrece but unfortunately with fairly short notice we were unable to arrange accommodation there - so instead they'll be staying in Bled

where they will perform in Bled Castle on Saturday night. They're also doing concerts with the Slovene National Youth Choir Veter in Ljubljana and meeting other singers and schools as well as taking in some of the beauty spots of Slovenia.

As well as Amabile, many other of our singers when they have gone to Zrece have also visited other parts of the Slovenia, and in order to make it more personal than just sightseeing we have always arranged to meet Slovenian choirs. Many of these have become our friends and now this year we will be meeting them when they come to tour in Britain.



### BRITISH ROSÉ VEAL

British dairy farmers have no market for their veal, thousands of live male calves are exported from Britain to supply the Continental market. High-welfare veal campaigners hope that a stronger home market will mean that fewer animals will be making the journey to the Continent each year.

Milking cows are separated from their calves after giving birth and made to continue lactating. Female calves can become milk cows but the herd does not need males and dairy breeds are not ideally suited to rearing for beef. So redundant male calves can be kept with the herd and reared for rose veal.

A spokesperson for the National Farmers' Union (NFU) says, "The key to reducing calf exports is to develop [home] markets, so the calves are worth more at home than they would be abroad." The choice is horrific: either shoot them when they're a few days old, or condemn them to a horrendous fate by exporting them to Europe, where veal production thrives. There they will be reared in conditions that are illegal in the UK.

British veal is produced to the highest welfare standards has pink, not white, flesh and is tender and delicately flavoured. Called 'rosé veal' it is the meat for the conscientious carnivore.

Calves are suckled by their mothers,

eat natural food and live outdoors in summer. The RSPCA gives high-welfare veal its approval with its Freedom Food label and would like more meat-eaters to buy it. But production can only be driven by demand. Until demand grows unwanted dairy calves will continue to be shot or exported.

Although veal is a popular meat in Continental countries it has never been so in Britain. Much of its continuing unpopularity is doubtless a result of the well-reported, and inhumane, practices used to produce white, or milk-fed, veal that is produced on the Continent.

Members of the Guild of Q Butchers are committed to British beef. Ask yours for British rose veal from calves raised on a diet of milk, water and roughage, reared in open housing with natural light and straw bedding. A good independent butcher should be able to respond to customers' requests.

"The more veal you eat in this country, the greater the incentive for farmers to rear veal calves here in Britain," said Anthony Gibson, of the National Farmers Union.

It's not as though, if you are a meat-eater, you don't eat other young animals "veal is to a cow what lamb is to a sheep".

Compassion in World Farming backs British veal – but only as long as it is reared to the highest standards.

If you drink milk, eat meat, and believe in buying local, then you really should give British rosé veal a try.

#### TREADWELL FLOORING

##### Spring Cleaning???

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### **SEDBERGH GALA**

The Theme for Gala Fancy dress this year will be **Musicals**.

On a different subject the Gala group are concerned about the future of our events following the disappointing turnout on bonfire night. This event costs a lot of money and effort to put on and we are aware that many people would prefer to watch the fireworks from the roadside rather than contribute by paying the minimal gate fee. Bonfire night is dependant on the support from our community and we would very much appreciate any feedback from the town about the evening and how they can help us to improve it.

Following much debate we have

decided not to try to recoup the money lost on Bonfire Night by raising the gate charges at the Gala. We are aware this is a difficult time and despite keeping the gate price at £2.50 for many years this is not the time to change it.

The Gala group is looking for anyone who can offer a little time to help out with the preparations for the Gala, We would like to see more games and stalls organised by local people or organisations, these would not only provide more entertainment but keep costs down for parents/ carers.

If you have any time or ideas please contact Sarah Goad 01539620402. 📞



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To find out more, please contact Michelle for an informal chat, she will happily detail all of our current opportunities and will answer any questions you may have.

We look forward to hearing from you

All positions will require a full satisfactory enhanced CRB application.

Call Michelle on 015396 20303 or email at:

[msw.bursary@sedberghschool.org](mailto:msw.bursary@sedberghschool.org)



## St ANDREW'S CHURCH SEDBERGH



By the time you read this we will be in Lent, Ash Wednesday which marks the beginning of this fasting period before Easter, was on the 25<sup>th</sup>. February. During Lent, on each Wednesday at 1200 noon, a light lunch of soup and rolls and fruit will be served in the Church Rooms. The proceeds this year will be sent to India to help victims of the Bophal chemical disaster who are still suffering many years after the event.

This year Lent lunches have a special significance for the Ladies who produce them as they will be operating in our newly refurbished kitchen which has been funded by the Friends of St. Andrews. We hope to see you at the Lent lunches.

The Annual Parish Meeting takes place on Friday 20<sup>th</sup>. March at the Peoples Hall. The evening starts with a Parish Supper, which will then be followed by the business meeting. There will be short reports from the officers, and then election of officers for the coming year. Anyone interested in joining us at the supper and subsequent meeting would be most welcome. Please contact one of the Church Wardens, our phone numbers are, L.M. 21740 and T.R-S. 21081.

A month or so ago we said we hoped to mount a Flower Festival at the Church. Plans are now well under way. Lesley Alban and Linda Hopkins are contacting flower arrangers from the community to come and help and join in. It will take place during 28-31 August to link with The Sedburgh Town Book Fair which takes place later in the month. Our Flower Festival will have a literary theme.

We also suggested that we would have a garden trail. To give us an idea of what interest there may be for this particular event we propose to add a garden trail entrance form to our piece in next months Lookaround. This event to take place on Saturday 11<sup>th</sup>. July.

*Lavinia Mahon  
and Tony Reed-Screen.  
Church Wardens* 🏠

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## SEDBERGH AND DISTRICT HISTORY SOCIETY

The meeting on 21<sup>st</sup> January concerned a topic which is of considerable importance to local and family historians – the work of the registrar of births, marriages and deaths. In a lively and informative presentation, Susan Oliver who is based in Kendal and has been a registrar for 23 years, traced the history of the registry service and described the work of the present day office.

In her historical survey, Susan recounted that in the reign of Henry the Eighth, his Chancellor Thomas Cromwell instituted the system of keeping parochial, or parish, records. From 1597, each parish was also responsible for making an annual return of its baptisms, marriages and deaths to the diocesan registrar.



However, since the local vicar was responsible for maintaining the registers, this method of record keeping was not foolproof. Although some of these very early parish registers have survived, many have deteriorated or have been destroyed over the centuries. Most are now deposited in county record offices. Susan also mentioned two further developments which were associated with the 'life events' recorded in the parish registers: the Wool Act of 1666 which stipulated that every corpse had to be buried in a wool shroud, and the Marriage Act which required

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a formal ceremony of marriage, males to be at least fourteen years of age and females at least twelve years of age. In addition, parental consent had to be given if the parties were not at least twenty one years old.

Then Susan moved closer to the present day when she described how in 1837 the registration of births, marriages and deaths became a compulsory civil procedure. Since that time very little change has occurred in the system. The most significant development had occurred in 1995 when ceremonies of marriage and civil partnership were allowed in premises which had been licensed for the purpose.





## **DENT & SEDBERGH ORAL SOCIETY**

The extract from the Society's archive this month comes from Mr Jack Dawson, who will be well known to many of you. Mr Dawson carried on the coal merchant business which was founded by his grandfather in the nineteenth century and remains in the family today. Here he talks of Sedbergh before the second world war and his words seem specially apt in these recessionary times.

Interviewer: "Where did you get your clothes when you were a child?"


Jack Dawson: "Oh yes, it's a very interesting one because there were two or three very good tailors, bespoke tailors, who would measure you up, like when I wore shorts as a very, very small boy. You'd be measured for the suit and it would be made for you. We had very good tailors in Sedbergh. I don't think many

people bought off the peg suits in those days because mothers used to make kiddies' clothes."

Interviewer: "And when did this stop, that you went to the tailor's in Sedbergh?"

Jack Dawson: "Well I think one could say it was beginning to stop just before the war and people started going to Kendal for 'off the peg' clothes. Kendal became more and more the place to go to shop, which rather spoiled Sedbergh. Yes, I can think of one, two, three good clothiers in Sedbergh. My father always insisted that we bought anything we could buy in Sedbergh because we traded with the shopkeepers and they naturally appreciated our shopping in Sedbergh and buying from them. Even to the banks, we had to bank at every bank to give them a bit of custom because they all got their coal off us. And that also applied to the butchers and bakers and the candlestick makers and all the other tradesmen. We all traded with each other and it was looked upon as something quite disloyal if you went to Kendal to buy something that you could buy in Sedbergh. And indeed, it would be disloyalty."

You can read, and listen to, more from the Oral History Society's archive at Westwood Books, where Mark and Evelyn Westwood have kindly given us space for a computer at the back of the shop. And please don't let the word 'computer' put you off, the instructions are quite simple.

*Anthea Boulton* 

**Paul  
Hoggarth**



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## JANUARY WEATHER

Generally a cool, wet and windy month on the whole. We started with 6 dry days which added onto December gave us an official drought. When the rain came we then had only 2 days which were dry for the rest of the month. It wasn't to last though and we ended the month with 5.67 inches of rain. Snow fell as the children went back to school. At the end of the first week we had a day with no wind registered and it was foggy. Being fairly breezy with a maximum, on the last day of 29.1mph, only on 3 days did the wind chill not get below freezing. On the 6<sup>th</sup> of the month temperatures stayed below freezing all day and the minimum for the month of 15.6F was recorded. The maximum for the month was 47.3F. From the 17<sup>th</sup> to the 26<sup>th</sup> we recorded atmospheric pressure below 29 inches of mercury. This is the longest spell of low pressure I have recorded.

Tawny owls were heard during the first few dry days but not much afterwards. They apparently do not like rain and barn owls, in particular, suffer during prolonged wet spells. Signs of life, in the form of daffodils pushing shoots through, appeared. By the end of the month the first snowdrops were turning white in sheltered spots. On of the earliest shrubs to show signs of life, the honeysuckle, had its first green leaves showing. The winter jasmine seems to have had another flush of

flowers. One night I heard oystercatchers and next morning there were a couple in the field but they seem to have moved on. Perhaps the cold weather has sent them back to the coast. One morning I was busy feeding the sheep when I saw a Land Rover stop. As I looked towards it there was a fox in the field. He obviously knew his way around as he proceeded to run up the field, under a gate where I lost him in the copse at the top of the field. The long tailed tits continue to visit the nuts, often several times a day. I haven't seen a woodpecker for some time now. Let's hope it make an appearance again soon.



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## PINFOLD CARAVAN PARK 2

Long-term residents will know far more about the history of Pinfold Park than I do.

The park is currently owned by a non-resident of Sedbergh, who is able to lease out sites on the park to licence holders. There are resident wardens, Fred, Maureen and Andy Joynes. They were regular visitors for many years and took over as wardens just over twelve months ago.

There are a number of different types of resident, all of whom use the local facilities and hence contribute to the economy of Sedbergh in one way or another. In last month's Lookaround I referred to some of those who consider themselves to

be – or are hoping to become – permanent residents. Not all of the 'ten month' licence holders are older residents. There are some who live at Pinfold Park as their first experience of home ownership, and some who would regard themselves as 'second homers' who join the community regularly for weekends. Some visit more regularly than others.

In addition there are some people who keep their touring caravans on the site, and others who visit with their tourers or motorhomes, to 'park up' for a fortnight, a week or overnight for a few nights. Some are regular repeat visitors: others just passing through.

Finally there are the campers who pitch their tents and are far more subject to the whims of the British weather than the rest of us.

The site appears to have been started when pre-fabricated houses were placed here shortly after the war. You can still see some of the concrete bases for these. At that time the residents were allowed to stay for twelve months a year.

The location is idyllic. Close to the River Rawthey and within a short walk from the town – or is Sedbergh a village? – nestling between the Howgills, Frostrow and Baugh Fell. Just a step from Farfield Mill. Even the site entrance is a treat, with a real historic significance provided by the Pinfold itself. It is clear that in Sedbergh, sheep are important – how fitting that the site is named after the fold where lost sheep were penned.

*Helen Wilberforce* 

## CLERK TO GOVERNORS

The Governors of Settlebeck High School need a replacement Clerk to Governors to start as soon as possible to assist them with their role in supporting the school.

An honorarium of £1,500 per year will be paid to recognise the work required which includes 20 meetings each academic year (full Governors' and 3 supporting committees) plus an advisory role regarding DCSF initiatives, legislation and other regulations/requirements.

If you want further details or the chance to talk about the responsibilities of the post before applying please contact Stuart Manger (Chair of Governors') on 015936 20108.

Letters of application to include details of relevant qualifications and experience together with contact details of two referees to be sent to the Chair of Governors:

Mr Stuart Manger  
Crow's Nest  
Back Lane  
Sedbergh  
LA10 5AQ

*To be received by Wednesday 10th December 2008*

### MOVING ON

As many of you will know, Chris and I will be moving on this month. I will be taking on a New job in West Cumbria as Chaplain to the Nuclear Industry and as Team Vicar to the parishes of Egremont, Bigrigg and Haile. We have very much enjoyed and learnt from nearly three years here. Many thanks to all those who have helped and supported us so much, especially while Chris went through the cancer treatment.

Here you have all encouraged me to try and live more carefully about the environment and the future of this planet. In small ways I have shopped in Sedbergh and walked as much as I can. I have put meetings in other places together so that I only travel once instead of three times. We have cut down our heating consumption. I have read and thought and prayed through other peoples writing on the problem. I have for most of my life been concerned with the environmental challenge that faces the disposal of nuclear waste. I was reminded that waste is not only from producing electricity, but also other waste, one of which is that from the Radiotherapy treatment of Chris, alongside so many others! The need for newer ways to produce electricity with less CO2 emission throughout the world has also increased so much, and I began to feel myself that in spite of the challenges this brings, we do need to think about Nuclear Energy Production.

All of this thinking, reflection, and some action, grew during my time

here so I felt when this job was advertised that I ought to offer myself. During the coming years, nuclear energy and waste disposal are going to be major issues that have to be faced and worked with. I am sorry to be leaving so many wonderful people here, but I hope your prayers and thoughts will be with both Chris and I as we move on. I'm sure we will call back over here for some "book" events – or just a break! Our thoughts and prayers will still be with you.

*Revd Lindsay and Mr Chris Gray* 📧

### DENT GALA

Yes I know it is 5 months away but because life gets busy I am getting busy in good time! Our Gala committee is growing but there is still room for you if you would like to join us. Please can you start saving any crockery you no longer want as we will once again have the Crockery Smash Sideshow which proved so very popular last year.

Have you a Dog? Has he or she got any presents which are surplus to his/her requirements and are unused? Could they be donated to us towards prizes for the Dog Show?

Would you like to get-together to make some bunting? Have you some pinking shears ?

Dent Gala Day is Bank Holiday Monday, August 31st 2009.

The AGM of the Memorial Hall Committee is on Monday March 30th 7.30pm in the Hall, members of the public are very welcome.

Please feel free to contact me about any of the above. *S E Woof* 25212 📧

### **MULTIPLE SCLEROSIS**

On the evening of Friday 21st November 2008, me and my helpers went and got the hall tables out for the M. S. Table Top Sale on the following day. The centre of the ball tables were put in a square shape to put the donations on such as raffle prizes, cakes, bric-a-brac, toys and books and the tables round the outer sides went side ways with peoples names on for the morning for the pre booked tables.

Saturday 22nd morning soon came with the boards and posters all round town telling people about the sale. I rushed to the hall setting things out and stall holders came and set up their own tables, the people in the kitchen setting up for refreshments of cakes and biscuits and before we knew it 9.30 had arrived and we were open for business.

The hall was buzzing with people buying and selling and there was a great friendly feeling all around. Before we knew where time went it was packing up time. People were going home with less stuff than they came with and some dosh in their pockets and a smile cos it had been a really nice morning. I then went home, made a brew, and started to count the dosh we had raised during the morning. After taking off the costs of the hall and advertising the event the sale made £687.56p which was BLINKING BRILLIANT. Friends and townsfolk, when they saw me, continued to give me donations because they couldn't make it to the

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hall, bringing the total to £700.56. Adding to that £83.65 raised at a previous event, and our Bill adding a further £15.79 and the staggering total was £800.00 and a cheque for this amount was sent to London to M. S. Research.

So, after I have finished waffling on, I would like to thank EVERYONE who helped, had a table or came on the day. The success of the day was all down to you and it was BRILL. Ta.

*Sandra X*

P.S. Someone bought an incomplete dinner service which got lost on the day. It is now in my kitchen so give me a ring on 07815-069394 to come and collect it.



### **DENTDALE METHODIST CHAPEL**

This month we celebrate the coming together of the two "chapels". Dent and Deepdale as Dentdale with our Anniversary Service on March 1st and then we share Tea together. On Mothering Sunday we honour the tradition of Deepdale chapel and meet with our Anglican friends at St John's Church, Cowgill for their service.

We seek God's will for us in the community in which we live and feel led to offer prayer and, where possible, practical support to people in our Dale. If you need prayer or a listening ear or support please do get in touch in complete confidence.

As we approach Easter we will place "symbols" of Holy Week besides a Cross and then empty it for Good Friday ready to decorate with bright material and/or flowers on Easter Day, if you would like to be part of this do join us, you will be very welcome.

*Sarah & John Woof (25212)* 

### **PULSE COMMUNITY GYM**


Hi to all our members and potential members. We would just like to bring you up to date on what's happening to help you keep fit and well; by popular demand we have introduced a 6 monthly membership. At just £95 you can use the gym any time – it is open from 6.30am until 10.00pm (if you wish to pay by standing order this will be £20 per month).

We are awaiting delivery of a new 'stepper' machine and another rowing

machine. This does of course mean that a couple of items will be removed from the gym to avoid overcrowding, but we carried out a survey over a few weeks to determine which of the machines were used the least. The least used was the 'squat' machine and another weight machine, but Garry Holmes, our fitness advisor, would discuss alternative exercises with anyone who is concerned about losing these machines. If anyone is interested in buying any of this equipment at a very reasonable cost, please ring to discuss this or any other gym related issue – contact Dot (gym secretary) at Baliol School 015396 20232.

Our Annual General Meeting is on Friday 24 April at 7.30pm in the White Hart Social Club. All our welcome and we'd be delighted to hear your views and ideas, after all - it is the community gym. Watch for posters in the shop windows.

We are concerned at the moment that some people are using the gym, who are non members. The committee and members will be monitoring this closely during the next few weeks. No-one makes a profit from the gym but if some people are using it without paying, this means less income to purchase new equipment and to keep the same high standard of maintenance.

On a lighter note, spring is just around the corner, so time to get off the sofa and get fit and feel better for summer – yes I'm optimistic we will have one. 

Dear Sir,

**WHY HAS ENGLAND  
BEEN ABOLISHED  
BY THE EUROPEAN UNION?**

It is illegal to display the English (or Welsh or Scottish) flag on car number plates [only EU stars are legal].

Several English citizens have already been fined and given a criminal conviction for this "offence".

Several English universities prohibited students from showing England's flag at the recent world cup. All other national flags were allowed. At one U.K. university, students were barred from setting up an English Society.

Several councils have tried to prevent citizens from flying Union Jacks or St. George's flags from their homes.

K. Livingstone, ex Mayor of London, spent £100,000 of public money on St. Patrick's Day but not a penny to celebrate St. George's Day.

British Merchant Navy vessels have been ordered not to fly the Red Ensign, but only the EU Stars.

England no longer exists as a separate country on most EU maps. It is replaced by 9 Regions, to be governed by Regional Assemblies with members chosen by Brussels. At that point, Westminster M.P.'s will be superfluous.

The Encyclopaedia Britannica states:-

*"England no longer officially exists as a country and enjoys no separate political status in the U.K."*

English wine growers have been

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told by the E.U. that it is illegal to advertise English wine "as England no longer exists".

Clearly, all the above are potentially lethal assaults on our right to exist. An even bigger attack on all of us is the "scientifically" based lie that we are "racist" if we uphold the best elements of our nationhood. It is no more racist to do this than for South Africans, Australians, Brazilians and hundreds more nationals to celebrate their countries. There are only 3 biological races: Mongoloid, Caucasoid and Negroid. Nations are not races.

The European Union, to which no European Citizen has ever assented in a free vote, is a dangerous, totalitarian, Continental Empire. All the 3 major UK parties are quite content for the United Kingdom to fall totally into its power. If you are aghast at what we are telling you, there is only one alternative on 4th June 2009. Do not vote for any of them; the only party who will remove the UK from extinction is the United Kingdom Independence Party who polled over 2,500,000 votes in 2006.


Support your country!

*John M. Mander (Sed. 20905)*

*UKIP Parliamentary Candidate*

*Westmorland & Lonsdale 2010*

*Edwin Bateman (Sed. 20217)*

*Secretary and Agent* 

## COOKERY DAYS

*and B&B in Ravenstonedale*

Fantastic cookery days exploring the magic of great food are now available in the village of Ravenstonedale. High Chapel House – formerly the village Manse – has been beautifully restored by its present owners, and now offers mouth-watering cooking experiences, as well as ensuite B&B accommodation.

Cook in Cumbria, run by experienced cookery teacher Yelly de Jong, offers day and evening classes exploring everything from local Cumbrian dishes to exotic Far Eastern cuisine. “Courses are very relaxed,” says Yelly, “with plenty of great food to sample, but you’ll also learn new skills and tempting new recipes to try out at home.”

Yelly, with husband John, have sympathetically restored the Grade II Listed property which now provides very comfortable accommodation. Guest rooms either overlook the large garden (complete with red squirrels) or have dramatic views of the Howgill Fells, with the peace only disturbed by the occasional tractor. The village itself was described by the famous fell-walker Alfred Wainwright as “a most blessed place”, and is a wonderful place to relax and unwind with a great local pub and a golf course. You probably won’t want to travel much beyond the front door, but if you do, the Lakes and Dales National Parks are within easy reach, and Sedbergh – “England’s Book Town” – is just a few miles away.

The house occupies an enviable

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location, with perhaps the best views in the village, close to some of England’s finest walking country. The purpose-built kitchen, with a cosy wood-burning stove, can accommodate groups of up to ten people, and Yelly will soon make you feel at home. “We start the day with great Italian coffee and home-made biscuits. I then demonstrate several dishes that we eat for lunch, followed by some hands-on work – something to take home. As it’s only a small group, people love getting involved and asking questions. It’s a great way to learn as well as have fun!”

Quality local ingredients from Cumbria’s ‘Taste District’, Yelly’s ‘secret’ recipes, and the stunning location overlooking the Howgill Fells, will make this a day to remember.

For more information about cookery days and current special offers, please visit [www.cookincumbria.com](http://www.cookincumbria.com), or for B&B accommodation, [www.highchapelhouse.com](http://www.highchapelhouse.com). Yelly can be contacted on 015396 23411, or you can email her at [yelly@cookincumbria.com](mailto:yelly@cookincumbria.com).





## KIRKBY LONSDALE EMBROIDERERS

Our February meeting was an all day affair, with us stitching rainbow squares, which are to be featured at the Embroiderers' Guild, in the morning and a speaker came for the afternoon session. This was very interesting as it featured servicemens' embroideries and the talk was given by Clyde Oliver, himself a talented embroiderer. This puts aside the myth that men do not stitch! Considering that the servicemen did not have the availability of materials that we have today, the embroideries were stunning, using just items that came to hand.

Our March meeting is also to be an all day one, with nationally known textile artist Josephine Storey. We will be having a workshop in the morning starting at 10am with Josephine, entitled Frayed Fabric Gardens and then, in the afternoon, starting at 2pm

## A Journey to Easter

Join us on a journey through Lent.

A series of short, informal, reflections focused on stories and characters in the Easter story.

### Using our senses to make sense of the stories!

4<sup>th</sup> March ----- Imagination  
11<sup>th</sup> March ---- Smell  
18<sup>th</sup> March ---- Touch  
25<sup>th</sup> March ---- Taste  
1<sup>st</sup> April ----- Hearing

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we will have a talk and display of work. If coming for the full day please bring a packed lunch with you.

An advance notice is about our April meeting on Thursday 9th at 2pm when we will be welcoming the Reverend Canon J Arthur Dobb. We are very lucky to have Canon Dobb coming and he will be talking about and showing us his wonderful ecclesiastical embroideries.

As always, visitors and guests are most welcome and we meet at Barbon Village Hall. For more details please contact either Pat Mann on 015242 21017 or Ann Hunter on 015242 41120.

We look forward to welcoming you to our very friendly group.



### DENTDALE OVER 60'S

This year we are planning a few minibus trips for residents over 60. The idea is to leave Dent about 10 am returning by 3 pm, allowing time for coffee, lunch, shopping and exploring etc.

We would anticipate paying for our own refreshments and a small charge (£3/£4) towards bus costs, depending on the venue.

Some ideas so far include Orton Farmers Market, Hayes Garden Centre, Ambleside, Hawes, Settle, Kirkby Stephen (on Market Day), Heysham Nuclear Power Station, or Grange over Sands etc.

Each trip will be limited to 14 people, so pre-booking will be essential.

We need to know if there is enough interest before we proceed further. If you would like a good, informal day out with friends please contact Sue Johnson on 25742 or John Hyde on 25503. Please also let us know if you have any other ideas for places to visit.



### ALLOTMENTS PROJECT

*Sedbergh Allotments Project, Birks Lane*

Many readers will have observed that work is now well under way at the Birks Lane Allotment site. In January almost 100 metres of boundary hedge (mainly hawthorn, blackthorn, hazel and willow) was planted with assistance provided by the Friends of the Lake District, the Yorkshire Dales National Park Authority and pupils from Settlebeck

School. Digging has commenced on most plots and compost bins and raised beds are being formed (no buildings will be permitted on the site). By the time this article appears, it is hoped that the overgrown roadside hedge will have been laid and further rabbit-proof netting put in place. The provision of a water supply and repairs to the existing shed will be the next projects.

(Please note that, although the site has been developed as community allotments, there is no public right of way into or through the land, which remains in private ownership.)

A 'Sedbergh Allotment Association', affiliated to the National Society of Allotment & Leisure Gardeners Ltd., has been formed and is responsible for the day to day management of the site. All 26 plots have been allocated and the Association already has a short waiting list. Plot-holders are committed to organic methods of cultivation, as far as is reasonably practicable, and it is intended that the development should enhance the wildlife value of the area.

The Association is grateful for the grant assistance received Sedbergh Parish Council, Cumbria County Council's Neighbourhood Forum, the Friends of the Lake District and the Sedbergh & District Community Fund. The favourable comments and words of encouragement from passers-by have also been much appreciated!

Please contact the Association via the Community Office (Jim Atkins) for any information relating to the allotments project.



### ALLEGRI SINGERS

The Allegri Singers return to Sedbergh on Sunday 8<sup>th</sup> March with a programme that combines masterpieces of 16<sup>th</sup> century sacred music and 20<sup>th</sup> century English song.

The first half of Allegri's programme is made up of 'paired anthems': settings by two composers of the same text. Compare two beautiful settings of Salvator Mundi by Palestrina and John Blow. Or wonder why Gabrieli needed an eight-part chorus to portray the words Salve Regina while Peter Philips manages with only five voices.

The second half consists of English secular works from the twentieth century, with local composer David Collins' settings of four poems by Kathleen Raine, solos by Vaughan Williams and Warlock, and glorious part songs by Gerald Finzi.

In the six years since their formation Allegri, whose 20 singers come from an area bounded by Sedbergh, Lancaster and Barrow, have built a reputation for adventurous and enjoyable programmes. Sedbergh is represented by singers Penny Carruthers, Alison McLeod and Dorcas Thomas, together with Director Owen Davies.

The concert is at St Andrew's Church, Sedbergh on Sunday 8<sup>th</sup> March at 7:45. There will be a retiring collection for church & choir funds. 🏠

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### KATIE WOOF GYMNAST

Recently, 10 year old Katie Woof of Sedbergh has taken part in a two piece Gymnastics Competition at Barrow on 8th February where she competed against girls from Carlisle, Barrow and other team members from Kendal.

Katie gained a Silver Medal on the Vault with a personal best score in the 11 year and over section. She also came 4th on the Uneven Bars. Well done. 🏆



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### CHILDREN'S PARTY 2009

On the 10th January we once more held our Children's party for the younger children in Sedbergh.

Once more it was a popular and lively event with about 100 children attending. The party was great fun for all children and adults attending. This year we decided to not bring in a children's entertainer, the feedback we had from the children was that they would rather have a more traditional party with lots of games and plenty of noise.

Thanks to Mrs Swallow and Mr Kendal and many other helpers we had a wonderful time playing games and winning prizes.

This year the children were invited to dress up and we had a colourful array of princesses, spacemen, cowboys we would like to thank the parents who put so much time and effort into the fancy dress. all children behaved well and are a delight to spend time with, even when the party tea was served they queued quietly and helped the younger ones with their food and drinks.

We would like to thank them for making this event such a lovely day.

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### FRIENDS OF DENT COMMITTEE

The Friends of Dent Committee would like to express their thanks to all those who helped the Annual Promise Auction raise a fantastic £4000 last November for Dent C of E Primary School.

We would particularly like to thank the George and Dragon pub in Dent for providing a venue and buffet, Matthew Clayton for providing the sound equipment and of course David Hunter, the auctioneer (as seen on TV!).

The auction however would not be a success without the generous donations of local businesses and individuals and of course all those of you who turned up to bid!! Many, many thanks to you all!

The school have been able to purchase many things using the proceeds, including playground equipment, books, musical instruments and even some new non-smelly toilets!

The promise auction will take place again this coming November – any donations will be very gratefully received nearer the time and if you haven't yet been to a Dent promise auction – make a note in your calendar and come along and see what you can pick up – there are always some great items on offer! 📦

## DIGITAL TELEVISION

### *The digital rip-off: your help needed*

Some time soon our analogue TV signals will disappear forever. The official information campaign is trying hard to make sure that people won't be left without TV, but unfortunately this can come across in a slightly panicky way and it is causing some people to make rash decisions. Elderly people, especially those who are housebound, are very reliant on television and many are really scared that they will be cut off.

Of course, there's always someone ready to exploit these fears. The result is that a lot of money is being wasted by those who can least afford it. There have already been many instances of people (mainly elderly) spending many hundreds of pounds on unnecessary aerials or new TV sets.

Crooked aerial installers are having a field day, and unscrupulous TV salesmen are telling people that they have to buy an expensive new set or they will have no reception. A lot of people have already subscribed unwillingly to pay TV (£500 per year?), under the impression that they have to do this or they will lose the BBC and ITV channels.

There is now a website - <http://www.paras.org.uk/01-intro.shtml> - that tries to cut through all the guff. It's been set up by trade insiders who are sickened by the rip-offs. It's totally non-commercial and the idea is that people with internet access can print pages and hand them to those that

might need them. It would be great if your readers would take a look at the site and pass on the information to any vulnerable people they know.

Bill Wright

*This article has been received and printed in good faith with respect to Digital TV. If you have any questions, we do have three businesses that advertise with us and are willing to answer them.*

Ed. 

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## H.M.S. PINAFORE

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Trial by Jury was Gilbert and Sullivan's first real success and HMS Pinafore followed soon after, with the Mikado, Yeomen of the Guard, Gondoliers, Pirates of Penzance and others enjoying great popularity as time went by.

Pinafore is full of good tunes and comic situations, poking fun at class divisions, naval incompetence and social conventions of the time.

The Summer Singers will start rehearsing this light hearted work on Monday March 9th. at 7.00pm in St. Andrew's Parish Room in preparation for a concert-performance in June.

All singers will be most welcome.

An excellent DVD is available:

Faveo OA F4009D, which also contains Trial by Jury.



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## ‘ALLO

*from the Rose Theatre Group.*

Not long now until the thrills and spills of *WWII* come to the People's Hall. This explosive production is presented by The Rose Theatre Group who also brought you *Noah's Lark*, *Spar Wars*, *Hazardous Hilda* and *Robin Hood*. Come along and support the RTG's review of two very popular TV programmes and enjoy the Evacuees choir with the children from the primary school. In keeping with the wartime theme all prizes for the raffle are black market specials. Hush, mums the word.

'*Allo - is this Dads Army?*' has been adapted for the small stage with, of

course, a few songs thrown in. It promises to be ridiculous in the extreme..... but it's all in a good cause. All proceeds go to the People's Hall Rebuild Fund.

Many thanks go to the Pulse Gym for sponsorship and to local business for help and support. The Charity Shop and Sedbergh School are also to be thanked for help on the costume front. Tickets are £3.50 adults £2 children plus family tickets are all available from the TIC (Tourist Information Centre) or on the door. For details call 015396 21808.

Performances are Thursday 12, Friday 13, Saturday 14 March, beginning at 7.30pm.



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### SEDBERGH SCHOOL

Congratulations to Sedbergh School runners, who posted one of their best ever results to finish fifth in the King Henry VIII Relay last week. This annual event is the biggest independent schools' national cross country race, involving some 210 of Britain's top schoolboy runners in teams of 6, each of which had to complete a testing 2.3 mile course in a relay. Beating the likes of Millfield, Manchester GS, Rugby and Shrewsbury, Sedbergh finished the best School in the North.

Sedbergh's U17 Welsh International, James Brock (Y10), set the pace for Sedbergh with an eighth-fastest leg-time of 12.50, Josh Thompson's (Y12) time of 12.56 was good enough to keep the School in the game, and its on-form running captain, Will Manners (Y13), put in a tremendous effort (12.51) to take Sedbergh up to sixth position. Excitement mounted as Sedbergh's U19 Scottish International, Peter Harrison (Y11), finished his leg as fourth-fastest (12.55), before Tom Hinton (Y12),

fresh from his Morgan Run win a couple of weeks ago, took Sedbergh over the finishing line in 13.17, for a combined time of 77.44.

Sedbergh's running profile continues to go from strength to strength. This will be given a further boost on 3 March, when the School hosts the famous Sedbergh 3 Peaks Race.

Then, on 8 March, the English Fell Running team will be at Sedbergh to provide pupils with a first-class coaching experience. And, on 14 March, the top independent running schools from the Midlands and North will be coming to Sedbergh for the 50th MANISCC. 🏠

### CHARITY TEA PARTY

A cold and snowy day in Dent was brightened up very considerably by Janet Browning's annual tea party. Hot drinks, scones and cakes were served to all visitors free of charge. Guests ate, drank, relaxed and socialised in front of a roaring fire. Many thanks to Janet and helpers for looking after everyone so well.

J.G.L. 🏠



  
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### SEDBERGH SCHOOL GIRLS FUND

A meeting of the Committee  
 will take place on  
 Thursday 26th March at 4pm  
 in the Bursary, Sedbergh School.  
 Applications for Grants  
 should be made to the  
 Honorary Secretary/Treasurer,  
 The Bursary,  
 Sedbergh School LA10 5RY by  
 Wednesday 25th March

### PROPERTY MATTERS

#### *Property and Economics for Red Nose Day 13<sup>th</sup> March*


In the current economic meltdown, there doesn't seem much to laugh at for those with savings or even those in 'the property market', but in true human spirit, life goes on and in many cases, strife generates a unifying effect among those able to stand up and fight the problem.

On two fronts, Cobble Country Property, your local professional Estate Agent in the area for nearly 20 years has decided to join the fun crowd on Red Nose Day and raise money for others.

Firstly, we'll be hosting an event on Red Nose day where anyone can come and share their thoughts on where the economy and property market are going and also hear some thought provoking views from those whose jobs and careers and wealth are interdependent upon the health of the property sector.

Secondly, we are offering an unbeatable deal for those who

choose our services for the next 3 months of March, April and May. We will match your best offer for the same service package as we offer to sell or rent your property AND donate £100 to Red Nose charity for every property we sell and £25 for every property we rent.


Full details available in our office windows at Sedbergh and Kendal and on the [www.cobblecountry.co.uk](http://www.cobblecountry.co.uk) website. 

### DENT VILLAGE HERITAGE CENTRE

Someone borrowed a large hard back scrap book from the centre which was known to belong to Kenneth Cragg who sadly passed away.

It is causing great distress to his widow and family and for sentimental reasons would like to have it back.

Have you borrowed the scrap book or know of its whereabouts?

Could it please be returned to Jim or Margaret Taylor, High Laning Farm, Dent or Ring 25239 

### HOWGILL, CAN YOU HELP?

Each Church of England Parish is a registered Charity and must have a "Parochial Church Council" to keep the charity going and the parish church as a church for baptisms, weddings and funerals as well as Sundays. The PCC meets about four times each year. Several people have worked so hard over the years and many thanks to them, BUT the annual meeting is this month and we are in NEED of a new Treasurer and a new Secretary. You don't have to be resident in the parish to be on the electoral role and to be voted on to these posts. Please can everyone think about whether they could help and get in touch with Dorothy Parker (Tel 20493) or Carol Capstick (Tel 21032).



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### SEDBERGH SPRING SHOW

Come on folks! Let's be having your entries. Without you there is no show. We know that you all have talents. Look out that photograph of little Jimmy, or even Grandma! What about that piece of pottery you made at school? Or that tray cloth you

embroidered ages ago? Remember, it doesn't have to be new, just never before exhibited at the Spring Show.

The schedules and entry forms are widely available around the town, so pick one up today.

Make sure that you come along at 1pm on Show Saturday and admire all the beautiful exhibits. Mrs. Maggie Cullen, head teacher of our Sedbergh Primary School will officially open the show at 1.15pm. The Town Band will play at 2 o'clock, and then you can enjoy a delicious 'afternoon tea'. (Oh yes! We have class!)

***We look forward to seeing you all on the day.***

Any queries to the chairman, Margaret Milburn, on 20160, or secretary, Wendy F-U on 21902.



### SOUTH LAKES SOCIETY FOR THE BLIND

*Sedbergh Group*

Betty Harper arranged another delightful quiz afternoon, this time based on local place names. It created lots of fun and argument, and only a small amount of cheating!

There followed some discussion concerning the coffee morning to be held in the URC Rooms on 4<sup>th</sup> March. Requests were made for contributions to the cake stall and for raffle prizes. (Please come and join us if you are free.)

The next meeting of the group is on March 17<sup>th</sup> at 2.00 p.m. in the People's Hall, the discussion topic being 'A Grandparent.' Enquiries to 21019.

JGL

### **YDNP**

Landowners in the Yorkshire Dales National Park are being given the chance to put forward sites that could be used to ease demand for affordable housing.

The Yorkshire Dales National Park Authority (YDNPA) is asking residents to suggest areas that could be built on in an effort to create more housing for local need.

An appeal for sites was launched in January with members of Parish Councils and Parish Meetings being asked to put on their thinking caps and to talk to local landowners.

Landowners are being asked to submit sites with a closing date of noon on Friday, February 27. Details of how to submit a site are available on the Authority's website at [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk).

After the closing date, a list of all the submitted sites will be published and members of the public will be given six weeks in which to comment on their suitability.

Those comments, together with all the relevant planning considerations, will then be used by a working group to draw up a shortlist of the best sites to present to the Authority.

That list will then be published in a draft Housing Development Plan document that will go out for a six-week period of consultation.

A final version incorporating any further amendments will then be published and examined by a Planning Inspector at a public hearing.



### **THE COBWEB ORCHESTRA**

The annual, highly popular residential weekend of music will be held again this year in Sedbergh School's Powell Hall. The orchestra will spend the period April 3rd - 5th playing a wide range of music, having fun and getting to know lots of people.

The weekend closes with an OPEN REHEARSAL (rather than the conventional concert) to which all are welcome, when the orchestra will demonstrate some of the works they have been learning. There will be no entrance charge though a retiring collection for Cobweb's funds and the British Heart Foundation will be taken. Refreshments in the Hall will be available.

The Cobweb Orchestra, now in its 12th year, is open to all standards of musician, meeting regularly in groups, in Cumbria (Tebay), Durham and Northumbria. The groups come together for workshops, rehearsals, study days and, frequently, complete weekends. Its activities also include trips abroad: last year Germany was visited whilst this summer sees a return to Tuscany.


The group meetings often receive expert help and tuition from professional musician, member of Northern Symphonia.

Anyone interested in "dusting off the cobwebs" from their instruments and playing for fun are invited to contact Sheila Blackwell on (015396) 20056.



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### ZEBRAS NEW TO YOU SALE

Zebras are having their Spring Sale on Wednesday 25th March, from 1pm to 4pm. If any one would like to donate clothes, toys etc, please can they bring them on the Wednesday morning from 10am.

We will also be doing the commission sales, for a form please see Trish, Mags or Christine. Thank You.


On Thursday 31st March we are having a Bags 2 School collection, if you have any type of clothes, curtains, sheets etc, soft toys, bags and belts, we would be very grateful if you would donate them. To arrange collection please give Trish a ring.

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We are grateful for all the support that we have. 

### ICE


Most people now carry a mobile phone with names & numbers stored in its memory. If we were to be involved in an accident or were taken ill, the people attending us would have access to our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency?

ICE stands for *In Case of Emergency*.

If you were to put the name of "ICE" in your phone with the telephone number of the person you wish to be contacted in an emergency, it would make things a lot easier and quicker for the Emergency Services. If you have a number of persons that would fit this category, then name them 'ICE 1', 'ICE 2', etc which again would be easier for the Emergency Services if they could not contact the first person.

I know that this system is being looked at elsewhere in the country so maybe setting it off in Sedbergh & District will give it a big push.

Comments are invited from the Emergency Services on this subject which will appear next month.

D J Whicker 

### **FROSTROW W.I.**

What a wonderful Winter we're having this year! The Howgills have been stunning with their icing of snow. We've had some lovely walks in the frosty weather. The December walk, led by Denise Thomson, started with a crash and a bang! As we were travelling towards Ravenstonedale, a Parcel Force van skidded on the ice and came hurtling towards us! We sat in stunned silence (we were stationary at the time) and waited for the inevitable bang!! Luckily the damage to our car was minimal so we were able to carry on to the edge of Orton to start our walk. We were a bit shaken but not stirred! A farm track took us past a stone circle and up onto the limestone pavements of Great Asby Scar. Passing through the Nature Reserve, we should have had stunning views but the mist decided otherwise! Another time perhaps? There was quite a lot of snow underfoot but by lunchtime the mist had cleared and the sun was shining. We stopped for the compulsory tea and cakes at the Garden Centre in Newbiggin, where the irresistible traybakes had just come out of the oven! What a glorious ending to our walk.

We had a very entertaining talk by Sarah Scarr, who kept us amused with her stories about her travels as a nanny. Although born and bred in Sedbergh, she has worked in places

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Egg Mayonnaise	£3.60
Grapefruit Cocktail	£3.60
Garlic Bread	£2.75

Extra Special Main Courses all £11.95

Loin of Pork in Cider & Apple Sauce	
Lamb & Apricot Casserole	
Chicken with Basil, Port & Dill Sauce	
Venison Casserole	
Supreme of Pheasant Chasseur	
Pork in Pepper Sauce	
Cod & Prawn Crumble	

Main Courses

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 & Kidney Pie	£7.39
Cumberland Sausage	£7.39
Gammon & Pineapple	£7.39
Barnsley Lamb Chops	£10.99
Marinated Lamb Steak (6oz)	£10.99
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Cheese & Ham Pasta	£7.39
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Fish Dishes

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Salads

Ploughman's Lunch	£6.20
Cold Meat Salad & Roll & Butter	£6.99
Prawn & Rice Salad	£6.99

Sandwiches


Prawn with Marie Rose Sauce	£4.99
Ham, Beef, Cheese & Tomato;	
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Portion of Chips	£1.85
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ranging from the Cayman Islands to Japan. After experiencing sunburn, skiing and hot sulphur springs, she came back to this area and worked in a private school for twelve years. Medical problems cut short her career with children, so she came back home to Sedbergh and wondered what on earth she could do next. She had always been good at making cakes, jams and chutneys so she thought she might try to sell some. Her first stall on the Charter Market sold out! The business was launched! Sarah still grows her own vegetables and in 2001 her courgette chutney won a two star Gold Award.



She is hoping to expand the business in the very near future. We wish her every success.

We were very lucky with the weather again on the day of our January walk. The sun shone and there was a promise of Spring in the air. The views were glorious as June Mudd led us along the river banks of Dentedale and Deepdale and back along part of the Dalesway. The landscape looked very soft and gentle as we made our way towards Dent. We walked through the churchyard, where the snowdrops were in flower and called at the tea rooms where a lovely, warm fire welcomed us.



### SEDBERGH SCHOOL

The Archive and Heritage Centre on Back Lane has had a super winter season. Whether visitors make appointments in advance or just pop in to escape the rain and snow everyone is welcome to come in and look around. Although the Heritage Centre is part of Sedbergh School we have historical documents and artefacts which relate to a wide range of local and national issues over the last five hundred years. This winter alone we have been donated a First World War Sword, a unique collection of photographs taken by a soldier who helped liberate Brussels and a portfolio of drawings and paintings by Tim Birdsall who contributed to 'The Spectator', 'Private Eye' and 'That Was the Week that Was'.

The Heritage Centre has collections about both World Wars, maps of the school and surrounding area dating from the 1800's, architectural drawings of the school buildings and an extensive library of books relating to the local area.

So whether you are doing a school,



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college or university project or are just interested to learn more please pop in or get in touch to arrange a visit. Groups are also very welcome and evening visits can be arranged to accommodate groups who have regular meetings in the evenings from the Scouts to the W.I!! So if you want to handle a gas mask worn round the neck of a Sedbergh child or pore over old maps to see how the town has changed you will be very welcome!

For further details contact me, Katy Iliffe, on 015396 22275, email [ki@sedberghschool.org](mailto:ki@sedberghschool.org) or pop in the Heritage Centre on Back Lane, next to the School Library building. 



## **SEDBERGH**

### **PRODUCERS MARKET 2009**

Producers Markets will be held on the last Wednesday of the month April to September.

Previously operated by the Chamber of Trade, the Producers Markets are now under the auspices of Sedbergh Parish Council and will be administered by the Community Office.

A number of innovations and incentives are proposed to help promote the markets and ensure their vitality and sustainability.

These include

- Reduced charges for regular producers
- A 'first week free' offer for new producers resident within the LA10 postal district
- A Made in Sedbergh and District stall selling craft items made as a hobby or pastime by LA10 residents, to include greeting cards, jewellery, wood turning, rugs, knitted goods etc., with a 10% commission on sales to cover expenses. Exhibitors will hopefully assist with supervising the stall on a rota basis.

It has also been suggested that a little live, but not overly loud, music could also be introduced. An opportunity here to busk for a local good cause or your favourite charity. Any offers?

For further details or with other suggestions, please contact the Community Office on 20504.



## **Start**

### **Easter Sunday in Style!**

The Annual Churches Together

## **Sunrise Service**

at Winder Trig **will** take place on Easter Sunday 12th April.

Times will be posted outside the URC, Joss Lane for leaving from Joss Lane Car Park and for the time to meet at the top.

### **All humans and dogs welcome**


If the weather is bad a cancellation notice will be posted by midday on Saturday 11th. Please check the board.

For details contact  
Carole on 22030

## **SEDBERGH LADIES NFU**

On 20th January 2009 Members enjoyed a very interesting talk and slide show about the establishment and work on Jubilee Wood, given by Mrs Susan Garnett, who kindly stepped in at the last minute to replace the advertised speaker who had flu. She was thanked by our President Mrs Marlene Mason.

24 members enjoyed a very good meal at the Sedbergh Cafe on the evening of 3rd February.

An interesting array of speakers are lined up for the coming year and new members are welcome. Meetings are on the 3rd Tuesday of the month in the Peoples Hall Committee room. 

### HOSSANA 3

*Continued from the February Issue  
Wednesday 5<sup>th</sup>*

A meeting has been arranged by Duncan with a Water Aid representative and the Hossana Water Board for the late afternoon. I suggest he telephone Ato Lemma the Water Board manager and offer our engineering assistance to get the town water flowing again.

Ato Lemma comes immediately and takes Geraint, Nigel and me to the pumping station and leaves us there (got a meeting), but not before he advised me not to stand by the storage tank as there were virulent ants there. I can confirm this! The pumping station foreman

explained how the plant works. It is very much like a 1940s UK plant, and reasonably effective. What had happened was that as the pumping station was below the reservoir in a "hole" in the ground it had flooded in the torrential rain immersing the electric motors, pumps and some control equipment under four foot of water.

The foreman and his team had dried the plant out on Monday and Tuesday, but didn't seem to know what to do next. I sent the foreman to a borehole ½ km away to start its pump to fill the storage tank. When this was done we ran one of the pumps and the town started to get water. I noticed a take off valve and

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### Exhibitions this March

**Evocation** – vibrant, mixed media paintings by Anna Shutt & passionate paintings and joyous *papier maché* sculptures by Alison Harrison

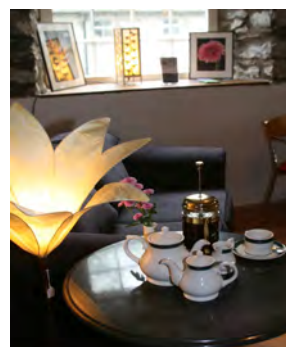
**The Forbidden Kingdom** – colourful carpets, needle-points, embroideries and paintings by John Allen, inspired by his travels to Nepal.

### And at Weavers ...

*Mother's Day Lunch, 22 March, 12-3*

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asked what it was and was told it went to an industrial area. So I had it turned off! (Might still be off!) The medics had indicated the dangers of disease (dysentery, etc.) if the water stayed off, so water in the town seemed the highest priority to me. Meanwhile on the lift Baby had changed all the burnt out contacts (from the spares) and Keith had rewired the car top and got the doors to close. A team of four arrived from Danlift, examined the lift and left taking Baby with them. In the afternoon several of us examined the water system at the hospital. Remember the hospital was existing on grey water alone. The

storage tanks were empty, the pump was missing (gone for repair) and there was no roof level storage tanks in the hospital building at all. We were told that when the pump worked, it only pumped to the ground and first floors only. As there was no storage tank in the hospital building maybe this is why the pump burnt out!

Then Duncan, Robin (who had now joined us from Yir Galem) and I go with the Water Aid representative to see the Water Board. They tell us that only 46% of the town has piped water. The World Bank is sponsoring a reservoir above the

*(Continued on page 58)*

hospital with a target of 75%, but it may not supply the hospital. We explain the importance of water at the hospital.

Duncan is to write to the funding bodies to get priority for the hospital. No water yet at the Heme.

*Thursday 6<sup>th</sup>*

Wake up to water at the Heme! Hooray, or "Hossana in the Highest". Keith and I go up the hospital to say goodbye and we all leave for Addis after lunch.

*Friday 7<sup>th</sup>*

We stay at a posh, two-month, old hotel called the Beshale in Addis. Keith and I go to Danlift with Nigel and negotiate the replacement of the controller, door gear, shaft wiring,

ropes, etc. The cost is about £16,000. However, this includes 60% tax, VAT, customs duty, etc. As the hospital is a government project this should reduce the cost to £6,500.

This will involve a lot of bureaucracy!!! Maintenance for four visits is about £300 pa. It is also possible that Keith and I could get the prices of the imported items reduced for a good cause.

Danlift take our photographs, video an interview with me and then they took us for a lunch at the Dembel Shopping Centre. Very nice.

In the afternoon, Keith goes back to Dubai for a day's well deserved rest before work on Sunday.

Duncan had spent the day "running"

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all over town to get the medical equipment out of customs, including seeing the Deputy Minister of Health. He succeeded in the end. During the debriefing session before dinner the power went off in the hotel. A diesel generator started up in clouds of black smoke. After 30 minutes the lights are still off so we send our manager Robin to ask the Bashale manager if "our engineers" could help. Yes please they say. So Geraint and I go into a room behind reception and find a harassed man in a boiler suit trying to manually turn the isolation switch from "normal" to "standby". He explains that the unit has been serviced yesterday. Aha a

clue!

Looking at the panel I noted a control knob was missing. With a pair of pliers the harassed man set it to "auto". Geraint noticed another switch was set to "off" so we set that to "auto" and clatterbang (I jumped four feet in the air as I had seen the size of the incoming cables) and the changeover switch operated. Eureka, the lights came on. The whole process took about two minutes. We got wine on the house that night!!!

**Saturday 8<sup>th</sup>**

We had a further debrief. I said the lift could be fixed for a comparatively small sum of money. However, does

*(Continued on page 60)*

Hossana Hospital consider the lift is what they need. During our time in Hossana, Geraint had discovered unused medical equipment (autoclaves, anaesthetic, suction pumps, centrifuges, hundreds of spectacles, etc.) in a store room: some in their original boxes. I felt that the Hospital should produce a business plan to justify the expenditure. [Nigel already had ideas of re-locating the medical departments.] To this end I proposed that:

- (1) The Hospital produce a convincing plan of how they would use the lift.
- (2) The Hospital approach the Ministry of Health to ensure the 60% tax remission was available without the fuss Duncan had had.
- (3) The Hospital find at least 25% of the capital cost. If they do this I will match their contribution.
- (4) The Hospital commit to a five year maintenance contract.

Duncan said the Link could provide some funding and Keith had told me he would organise a sponsorship for funding similar to his charity walks.

*Finally*

I felt that we should not been seen as "do gooders" who flit in, make a lot of suggestions, and then are never seen again. I also felt that the Hospital would take more care of the lift if they had paid (at some sacrifice elsewhere) something towards it. We could always buy them other things, such a water tanks.

What an experience!


Without Keith's help I would not have got so much achieved. Thanks Keith.

Without Danlift we would not have had the local support we needed.

We both felt honoured to be part of the visiting medical team and we admired their dedication. The background arrangements made by

Duncan in organising hotels, transportation, etc. was much appreciated (Oh! I do love a bath!).

As Keith said in his farewell speech "If all the people in the NHS were like our companions then it would surely be in good hands."

For some strange reason the medics have asked if I would go again. They apparently found me entertaining. Of course I will go again if asked, I feel I can do some good in Hosssana. It gives me a warm feeling. 

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### MARCH GARDENING

They say that if you work in a chocolate factory, or a cake factory, you very quickly find that you never want to eat chocolate or cake again. I have never had the slightest inkling to not eat either, but I have on a couple of occasions suffered from a surfeit of a particular type of plant, so I can understand that it might happen and there can be too much of a good thing.

It must be about 25 years since I worked as a student with the National Collection of *Skimmia* plants which was then held at Leicester University Botanic Garden, and having planted, dug up, moved, propagated, weeded around, fed and watered a few hundred of the things, I did decide that I never wanted to see another one ever again.

However, I have found in the last couple of years that a *Skimmia* plant which was given to me as a cutting has proved to be one of the most reliable plants for all year round colour, neat habit and little need for maintenance in the garden, so I am now ready to acknowledge that

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**Monday 16<sup>th</sup> March 2009**

*Skimmias* are good things to grow.

My *Skimmia* (*S. x confusa* 'Kew Green'), has aromatic mid green evergreen leaves and bears an abundance of richly fragrant, cream coloured flowers in spring. It thrives in a rubbly, stony patch of soil up against the east facing wall of the house and due to a happy accident involving a collapsed trellis on the house wall, it supports some of the arching stems of an old fashioned rambling rose, *R. 'Veilchenblau'*, whose violet flowers make a stunning show against the glossy foliage.

Being a male plant, this *Skimmia* does not bear the bright red berries of some other cultivars. Perhaps when I have recovered a little more from my *Skimmia* overdose I may think of planting one of the female cultivars (*S. 'Foremanii'* is the most reliable) to complete the picture.

*Elaine Horne* 



## **SETTLEBECK HIGH SCHOOL**

### *Yorkshire Rangers*

Year 11 student Chris Duncan has been working with the Yorkshire Dales Rangers. As part of this work he was asked to contribute to a health and safety poster advising walkers and visitors to the Dales. They were so impressed with his ideas that the poster is about to be published and will soon be on display. Chris said “.

### *Making the Countryside Accessible to Disabled*

Year 10 student Brad Reid is also working on a project with the Yorkshire Dales Rangers. He is currently sampling walking routes using a new vehicle .... a Trampler

which is intended to allow access to countryside walks for non able bodied people. The intention is that he will test each of the routes to check they are disability friendly. He has already pointed out problems with some of the gates.

Brad is also working with various people at Hawes museum to improve their disability access. Next month he is helping to devise an MP3 system in the museum. We are all extremely proud of the work Brad is doing to improve access for disabled people in the area.

### *John Muir Award*

17 Settlebeck students have won an award to develop a part of the school grounds into a conservation area.

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# 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.

The proposal is to create an area that attracts wildlife such as birds, insects and small mammals. The material used in the creation of the area will be recycled and the emphasis will be on sustainability, conservation and climate change. The area will include weather recording equipment which has been purchased through the schools initiative scheme. We hope to make the area accessible to all students during social times and use it to teach aspects of conservation through the science curriculum. The project will also involve creating a fenced off area in the school field limed via a path to the school yard, enabling disabled access.

## *Stone Walling*

A number of Settlebeck students have been working with the Dales Rangers to repair a dry stone wall near the river at the back of the school grounds. They have also been working to improve the area by planting bulbs and making a path behind the pavilion to allow disabled access. The students involved in the project are Tom Coates, Harry Ellison, Peter Brown and Martin Woof.

Year 9 student Martin has enjoyed the project hugely. "It was great to be outdoors and learning new skills."

## *Kendal Brewery*

*(Continued on page 64)*

On 3<sup>rd</sup> February Lizzie Hunt represented Settlebeck at the Kendal Brewery Schools Music Platform. She performed Prelude in C# minor on the piano. The event is a showcase for musical talent in the area and she performed extremely well. "There were some very talented musicians at the event." said Lizzie "I enjoyed the experience although it was a little nerve wracking playing to such a large audience."

#### *A New Look!*

From September Settlebeck students will be wearing a new uniform. Dr Greene has involved the newly elected school council in the consultation for a brand new uniform. We have also launched a competition

to design a new school logo which better represents Settlebeck High School. Watch this space for details!

#### *Interview Day*

Another very successful Year 11 Interview Day took place at the Bull Hotel on Thursday 5<sup>th</sup> February.

Local business owners and representatives from sixth forms, colleges and other organisations interviewed students and de-briefed them on their performances. The students agreed that this was an excellent opportunity to practise interview skills in a formal situation outside school and to learn how feedback is given after an interview.

Interviewers included Paul Lucas (QES), Mark Westwood (Westwood

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Books), Steve Ball (M K Conversions), Sarah Timms (Kirkbie Kendal School) and Alice Clegg (Dolphin Stairlifts). We are very grateful to all sixteen of the interviewers who gave up their time to help with this valuable annual event.

The day ran smoothly thanks to the help of the Year 10 guides and caterers; Jack Sunter, Lizzie Benson, Joe Clare, Lizzie Farrell, Emma Rennison, Robert Scully, Luke Ingham and Luke Cragg. As always, many thanks go to Dean and the staff at the Bull, who looked after us very well, maintaining the excellent standard of hospitality and catering.

#### Some comments from the Interviewers

"The students were well-presented and had a positive attitude, showing interest in how they could improve at a future interview."

"All the students had clear and well-stated aims and career objectives."

"I continue to be impressed by the maturity and personable nature of Settlebeck students."

"The students were able to converse freely with adults; they were positive and took the event very seriously."

"A good helper team made this a really fine day."

*Contributions from Paul Lucas, Judith Bush, Annie Carol Gallagher, Anne Pitt and Stuart Manger.*

#### Some contributions from Students

"I was really nervous before but it has helped me such a lot to prepare for the future."

"This was a valuable and informative day for us all."

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"We are grateful to the interviewers for giving up their time to help us in this way."

"It was a mild wake-up call to the reality of life at sixth form!"

"A very realistic experience which has prepared me for my college interview."

*Contributions from Jake Hodgson, Alex Lavery-Hoffe, Rose Bannister, Oliver Winn, Robin Littlewood, Jack Gill.*

*Judith Walsh*

#### Maths Results

Year 10 students recently sat the first of their maths GCSE module exams. At Settlebeck we use data provided by a national organisation called the Fisher Family Trust which sets students individual target grades for their GCSEs. The most challenging of these targets is called the FFT 'D' target. Students achieving this target are performing in the top 25% of similar students nationally.

We are very pleased that the following students not only met this very challenging target but exceeded

*(Continued on page 66)*

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it. Congratulations to Xav Baines, Vicky Barnes, Lizzie Benson, Lauren Burrow, Dan Cressey, Hannah Hodgson, Robert Scully and Sean Winn. They deserve to be extremely proud of their efforts. Well Done!

We are also very pleased to announce that Jack Sunter scored 100% in this maths module – an outstanding achievement! Congratulations to Jack.

**Zrece**

Unfortunately the long awaited trip to Zrece ended in disappointment as the snow led to their flight being cancelled. Year 9 student Simon Hunter explains what happened. "We left for Stanstead airport at 2.30 a.m.

on Monday 2<sup>nd</sup> February and had no idea of the transport chaos the snow was causing. Arriving at the airport about 9, we realised something was wrong. Mrs Brown came on the microphone to announce our flight had been cancelled. At this stage we thought we might be Ok as the airline had said they were going to try to find another flight. We got off the coach and went into the airport to await another flight but we were disappointed and had to get back on the coach and back to Sedbergh." Mrs Brown, the organiser of the trip was full of praise for the way the students behaved. "They made a very difficult situation far more bearable

and they deserve to be congratulated on the way they dealt with a clearly very disappointing event."

We are planning to try again next month!

#### *Sporting Stars!*

We have had some amazing success over the past term and we have highlighted some of the performances below.

#### *County Honours!*

Year 9 student Simon Hunter has just been selected for the U14s County Rugby Squad. "I can't wait to begin training" said Simon.

Lydia Gorst has shown her potential for some time now and after some outstanding performances she has been selected for U12 Cumbria county Cross Country team.

Simon Hunter is not just a star at rugby; he is also demonstrating a great deal of potential in golf. He, along with Year 8 students Jake Woof and Kieran Milburn have participated in county training once a month in Kendal. The boys are being coached by Andrew Pickering. "We are working on our swing and grip a lot." said Jake. "We are also learning how best to use each of the different clubs." Jake recently won the school golf competition organised by Head of PE Mike Orme

We are also extremely proud to announce that four of our students are now the County Badminton Champions. Joe Clare, Xav Baines, Adam Robinson and Jamie Game beat Cartmel in Round 1, 5-0 which meant they progressed to the finals in

Penrith. They beat William Howard School 3-2 in the second round and met Millom School in the final. They beat Millom 4-1 to win the county title. "They were tough games but we battled on and won through in the end." said Joe

They will now go on to represent Cumbria at the regional North West finals in Wigan and we wish them the very best of luck.

#### *U15's Boys Basketball*

Settlebeck High School v Kirkby Stephen Grammar School

Settlebeck beat local rivals 37 – 17 in a one sided contest.

Settlebeck enjoyed their 1<sup>st</sup> win of 2009 against Kirkby Stephen with good team play.

Settlebeck stormed off to a 14 point lead in the 1<sup>st</sup> half with passing plays and strong rebounding. Playing a ½ court man to man defence gave Kirby little room to develop any scoring opportunities.

In the 2<sup>nd</sup> half a more individual approach let Kirby back into the game, but the result was never in doubt.

Man of the match was Alistair Bainbridge with 16pts and 8 rebounds, other notable contributions were from Luke Cragg 4pts, Xav Baines 8pts dazzled at times with his mazy dribbling skills.

The Squad: - Luke Ingham, Luke Cragg, Robin Littlewood, Harry Porter, Adam Robinson, Harry Porter, Xav Baines, Joe Clare, Alistair Bainbridge, Phil Baines and Robert Scully.



### SEDBERGH BOOK TOWN

*What difference has the Book Town made to Sedbergh & District?*

Maybe you would be able to answer the question above, but it's definitely possible that your answer would be 'I haven't a clue!' Here's a summary of some facts, figures and future hopes for the Book Town project, we hope you will be interested and impressed.

The Book Town consists of 2 companies, the limited company runs the TIC and the Dales and Lakes Book Centre and the charity is the Literary Trust which runs the festivals, events and workshops. Until June 2008 the limited company had a regeneration grant from Rural Regeneration Cumbria/now Cumbria

Vision. Each quarter we have been required to report to them with figures to prove that their grant is being used correctly. The results which we have been measuring are both financial and social. This is a summary of the results of the project as accepted proved by Cumbria Vision at June 2008 the end date of the funding, the figures are the totals of 3 years trading. The figures do not refer to book shops only, any business which on being asked has said that the book town influenced their decision to open in Sedbergh is included. Their verbal remark is not accepted, a signed letter from them is required for the data to be included. (NB. None of this money has helped to set up any

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of the private businesses in Sedbergh.)

1) *Jobs created*: jobs are listed as Full Time Equivalent FTE, this means that part time jobs hours are added and then divided by the number of hours that equates to a full time job. We have proved 11 FTE jobs have been created.

2) *Social Enterprises started*: 2 Sedbergh Book Town Ltd & Sedbergh Book Town Literary Trust

3) *Businesses assisted with management skills*: 40. This refers mainly to accommodation providers (B&Bs) who have been trained, given information, and helped with bookings and publicity through the TIC.

4) *Number of adults taking work*

*based training*: 33. This refers to staff in the TIC and accommodation providers.

5) *Number of square meters of business space either new or upgraded*: 558 sq. meters.

6) *Value of grant funding which has been received by the Book Town to match fund the RRC grant*: £79,000.

This is not necessarily cash and all is restricted funding meaning it cannot be used for anything other than the purpose for which it was given e.g. £20,000 has been received from SLDC to pay staff in respect of information services to visitors, £22,500 allowance against rent of £22,500 from YDNPA in respect of information services, £990 Sedbergh Chamber of Trade in respect of services to Sedbergh businesses, £15,000 for the Crisp advertising project which is taking place at present and which is for Sedbergh as a whole, etc.

7) *Number of Visitors*: when the project started in 2005 visitor numbers, as measured by the clicker on the TIC door, were around 26,000 per year and were down on the best years, which were before foot and mouth. To June 2008 142,386 visitors have passed through the TIC doors or approximately 47,500 per year, an increase of almost 100%. Obviously these visitors have supported Sedbergh businesses as a whole.

8) *Marketing Spend*: around £50,000 in total has been spent to advertise Sedbergh as a whole.

9) *Private inward investment*: this is an estimate of the money spent by

(Continued on page 70)



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those setting up businesses in Sedbergh as a result of the book town project. Over £400,000 or more than £750,000 if purchase of premises is counted.

There are many other figures which could have been collected but it is obviously from the above that the book town project must have made a considerable economic and employment difference to Sedbergh.

Some facts and figures from the Festivals and Events:

Those who have attended events over the past 4 years will know that we have had some terrific events and some very starry people have popped up here as a result of those events. It is a fact that almost all of the grant

funding used to mount these events and all of the money taken in tickets has gone into the local community either as payment for services connected with the events or as free workshops provided to the community. It is a policy of the festivals that contractors are drawn from this community.

Grant funding for events from 2005: £96,750

Ticket sales: £29,000 (this money was also used within this community)

Total single visits to events over the last 4 years: 11,000, this means tickets sold or people taking part in events free of charge.

Participants – who takes part in events and what do they do?

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Some figures from 2008 Festival of Books and Drama: 480 local people had a chance to take part in this one festival other than simply as members of the audience.

Primary school children and their parents, 60 attended the performance of Sedbergh Story Web the culmination of a weekly writing group led by John Rice.

Classes from Settlebeck attended 2 workshops (Swordfighting and The Football Reading Game) around 80 children took part in each workshop, total 160.

All of Balliol's pupils took part in 2 workshops as above, 27 children.

A group from Sedbergh School attended a workshop about street

performance, 15.

70 writers, poets and actors took part in the Fringe Day, including Garsdale Scribblers, and people from Ulverston, Barrow, Bolton, Lancaster, Grassington writer's groups. Around 70 children attended events on this day.

40 local writers took part in writing seminars of various sorts provided by the festival.

Around 10 local writers presented their work.

4 took part in a sword-fighting workshop.

This year these initiatives helped local people to take part; Golden tickets (free entry) for members of

*(Continued on page 72)*

Gladstone House and their carers, Golden Ticket for 150 school children from Settlebeck, we intend if funds allow and programmes are suitable to issue the tickets to all Sedbergh schools children in future.

Perhaps you are still wondering what the book town is doing that directly affects you? Here are some suggestions:

Do you have a youngster with a Saturday job in the family? Would that job be there if we did not have visitors?

Do you enjoy events at the People's Hall? The book town is now the biggest user of the hall.

Do you know someone who has a B & B business, the TIC is really

working hard to make sure that all the people who put visitors up or feed them are advertised well.

Do you think Sedbergh is really quite an interesting place to live?

Do you enjoy the opportunities the events and workshops give you and your family?

Have you noticed how much goes on in Sedbergh these days? Perhaps everyone in Sedbergh now has more confidence to look for grants and get things done because the book town has been successful.

Sedbergh is a wonderful place with a real spirit of CAN DO! People here have the imagination and energy to realise both big dreams and small dreams. All that effort and the extra money it brings into the town in every way make our community more able to do something more, to keep progressing, to keep offering everyone something that they value and that enhances their lives.

The Book Town company will keep working to make sure the town centre is lively and full while the charity will be more and more in evidence bringing fun and education to anyone who wants to join in.

#### *The Conclusion*

We hope these brief notes will allow readers to see that the Book Town project has already been of considerable value to Sedbergh in many ways, and if the results achieved so far are continued over a period of say up to 10 years a huge difference will have been made to the well-being of the town and its people.

Carole Nelson 

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## GETTING MARRIED IN CHURCH

### Part 2!

It was good to read Alan Fell's explanation of the new rules around getting married at St Andrews in the December issue. It has led to a number of questions to me about getting married in Sedbergh United Reformed Church so I thought perhaps it would be helpful to hear from the other churches too about getting married in church.

Statistics prove that many people now walk away from the church when they want to get married. One of the reasons is confusion over what is 'allowed'. In the United Reformed Church the phrase 'anything goes' is nearer the mark.

When a couple wish to get married in a United Reformed Church they approach the minister and a time to meet and chat is arranged. The Minister then reports back to the Elders who give permission for the wedding to go ahead.


A registrar is booked from Kendal and a time and date arranged. Together the minister and couple plan and prepare the service. Choosing hymns, words, promises and readings. I enjoy preparing services that have the personal touch and often when couples have children it is great to include them too.

It doesn't matter where you live or plan to settle, if you've been married before or whether you attend regularly at Sunday worship. We feel it is the churches role to welcome everyone who wishes to begin married life together with God's blessing.

Also possible are Blessing services for special anniversaries and civil partnerships.

I spent 3 years out of local church ministry before coming to Sedbergh whilst I worked in training and as a music tutor. It was the events such as baptisms, weddings and funerals that I missed the most. They are such a privilege to share with people, important times of life when God's blessing is sought even by the sceptical.

So a little more of the Sedbergh Church jigsaw is in place, perhaps the Methodists, Quakers and Catholics could fill in a few more pieces in the next few issues.

Carole (22030) 



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We are running the **first meeting** to coincide with Red-Nose day around **March 13<sup>th</sup>** so please call 015396 21000 now or look online at [www.cobblecountry.co.uk](http://www.cobblecountry.co.uk) for full details.

As part of our fundraising for this event you will be invited to guess the date that an average house on **Bainbridge Road, Sedbergh** may be priced

at **£2,500,000** (that's £2.5 MILLION)

## CUMBRIA WILDLIFE TRUST

### *Hill-Farming and Wildlife*

Once upon a time there were "Wicked Landlords" and they set man-traps and employed guardians called Keepers to keep us all away. That was in the days before the Bicycle, and after the Bicycle came the Ramblers and after the Ramblers came the Environmentalists. The Cyclists looked, the Ramblers rambled and the Environmentalists pointed the finger. And high time you may well say. Then the Government saw that there was an untapped source of votes amongst the finger-pointers (more than farmers)

Then, some of the finger-pointers formed themselves into splinter-groups called Rewilders. This was very American and trendy and nice Natural England thought... Hey! this is groovy, let's introduce Sea Eagles into Norfolk. But they weren't alone. Other people thought it a shame that there weren't Hedgehogs in the Hebrides, Wolves and Beevers in the Highlands, Boar in the New Forest, Grey Squirrels in all our woods, Himalayan Balsam and Japanese Knotweed, Bracken and Scrub all over the place ... and how about resurrecting the Dodo? (we almost can, you know) So we entered the

# Country

*Yes please,*

I want to join you and other like minded individuals for an informal discussion covering some aspects of the current property market and considering where the future lies for property in this country and beyond.

In particular, I am interested to know and share thoughts on the following (marking in the left column 1-5 where 1 is most important)

	When might be the best time to sell a property with or without possible negative equity?
	Is it possible to rent a property at a 'profit' or cover mortgage costs?
	How soon might it be a good time to buy property again?
	Property market comparisons on the world stage
	Please suggest your topic-

Name (s) ..... Number of attendees .....

Address .....

Telephone (H) ..... (M) .....

Email .....

Preferred time .. Morning Afternoon Evening

Anticipated duration 1-2 hours

Great Era of Free Market

Environmentalism ...the devil take the hindmost... like the farmers who feed us.

But there were many finger-pointers who were becoming embarrassed by all this. They'd been doing wonderful work all along : monitoring our birds, beasts and flowers, making nature reserves, feeding and providing nest boxes, and discouraging the destructive immigrants . They wanted to maintain a "Living Landscape" all around us, not only in the Reserves .

So, one Wednesday evening , a group of us enlightened ones went

along to Settlebeck to discuss all this (January 28th). We enjoyed a fascinating evening starting with the DVD "Common Interests" and continuing with a discussion led in his usual thoughtful manner by Harry Hutchinson, Chairman of the Federation of Cumbria Commoners and of the Baugh Fell Commoners Association.

It transpired that we, in Cumbria, are surrounded by almost a third of the Common land in England (which, contrary to what many people think, is private) and that represents 16% of all land in Cumbria : a very significant

*(Continued on page 76)*



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This Team Leaves It Clean

proportion. These Commons have been managed for over 800 years by generations of Commoners (mainly hill sheep farmers). If anyone or anything can be said to be indigenous to these landscapes, the Commoners have a better claim than most. For centuries the Commoners were totally self-reliant : dependent on inherited skills to make a living against the predators and the climate but without competition from other interests. Recently, however, immigrant interests (environmentalists, archaeologists, geologists and so on) have arrived to challenge this monopoly and seem to be winning more official support than

the indigenous grazier communities. Defra and Natural England, fearing that an increase in stocking numbers ( due in large part to encouragement by government to make our country more self-supporting ... and surely we should be ...) was damaging the heather on the hills and archaeological sites, have sought to limit grazing intensity. As the value of sheep has fallen (fleeces costing far more to shear than they are worth (1,000 sheep shorn = 2 weeks work = £57, and the price of lamb and mutton hardly reflecting their production costs) and as essential outgoings are rising, farms' budgets have been coming under strain. Add

to this clumsily handled crises like Foot and Mouth and we should not be surprised to hear that many hill farmers are going, saddened, out of business. The palliative of support and environmental grants goes so far towards easing the hardship, but handouts are a poor incentive for any ambitious youngster choosing between his traditional family way of life and easier alternatives.

Our discussions highlighted the damage that predators (Crows, Buzzards, Foxes, Mink and even Badgers) do not only to new-born lambs but to other wildlife (destroying according to a 15 year study by the Game and Wildlife Conservation Trust almost half the clutches of ground-breeding birds ... and clearly there will be unkept areas, where the proportions will be much higher) .

In our hills, the notable increase in Badger, Buzzard and also Oyster Catcher populations (for instance) seem to have been counterbalanced by the loss of many other species : Bullheads in the streams, Lizards, Cuckoos, Lapwings and Curlews and many smaller mainly ground-breeding species. These sobering thoughts were delightfully contrasted with fascinating anecdotes about Hedgehog communication, the intelligence of Sheepdogs, (who understand their job so well that they will frequently reunite lost lambs with their mothers and find them under snow-drifts...even flouting the whistles of the shepherd to do this) or the acute hearing of Foxes, Mink

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We went away saddened that a fine way of life was under threat, one of ideals and caring and of integration into the environment when so much around us is utilitarian and expendable, wondering who else would tend the magnificent countryside around us if our hill farming became uneconomic but aware that in that event the Wildlife Trusts would have to take on a much higher profile (some already hanker after just that) : natural human integration into the countryside would have given way to the artificial ..."wildlife tourism destinations"! (*pace MPR*). This must not happen. Nor should we sacrifice the produce of our local Communities to foreign interests for fear of the ogre of Protectionism. The Commoners have long been hospitable towards visitors... long may that last. We should start by asking where the meat on our plate comes from ..."Just ask".

J.W.G.C 

**SEDBERGH & DISTRICT  
HISTORY SOCIETY**

*Old Kendal - Now and Then Part 2 by  
Trevor Hughes*

Trevor Hughes followed up last year's talk on "Old Kendal-Now and Then" with another fascinating insight into the changes in the town's urban and social landscape over the last two centuries, this time - Part 2 - concentrating on the northern part of Kendal. His descriptions and entertaining anecdotes were woven around a series of photographic images which contrasted buildings, events and life in general from early in the 19th century and through much of the 20th century with recent photographs that Mr Hughes had taken himself, usually from the same viewpoint as the older ones. There was also a surprise 'hands-on' experience for his audience.

Beginning with the old Moot Hall and market place area and then working northwards and eastwards, we were taken on a whirlwind tour of public buildings, houses, streets and yards, depicting a plethora of changes: how the original frontage of the first public library (1855) at the top of the market place, for example, is now a shop front in Sandes Avenue; St George's Church by Stramongate Bridge was shown with its impressive original two towers; the old Black Hall brush factory is now (or was) the Halifax; the old workhouse became Kendal Green Hospital; the 'house of correction', a large prison between 1817 and 1894, prominent on the hillside above Windermere Road, is no more (Were the folk of Kendal and

Westmorland too law-abiding?); the mass of cottages crammed onto Fell Side where about 8,000 people lived, sometimes with 15 to a single dwelling - now demolished, contrasted sharply with the handsome townhouse, still standing as the Post Office in Stricklandgate (which, apparently, was the first road in the country to be 'macadamised' - by John McAdam, who lived in Kendal) and owned by the Strickland family of Sizergh Castle; and there were hundreds of shops, including 38 butchers (many up Beast Banks where bulls were once baited), coffee shops, refreshment rooms, 'purveyors of meat', bakers, grocers (the first supermarket, the Co-operative Wheatsheaf, was established in 1962) and, of course, a great many public houses such as the 'Hyena', the 'Elephant', the 'Pump Inn' and the 'Duke of Cumberland', some of which have survived up to the present.

Old markets were shown (stalls run by men could be set up under cover, whilst those run by women had to be outdoors!), some vendors selling direct from their carts. Although, as today, market days were Wednesdays and Saturdays, there were special fish, meat, hen and pig markets in different parts of town in addition to general produce. Twice a year, in spring and autumn, hiring fairs for farmhands took place, and for the entertainment of the townsfolk there was the fairground, occasional visits from circuses (we were shown parades of elephants and camels from an early Barnum and Bailey's Circus, plus Chipperfield's in the

1960s), ice skating on the specially flooded Rink Field, the national '1,000 mile trial' for cars regularly came through Kendal, there were annual Sports Days on Scout Scar, and several cinemas such as the Palladium provided a permanent leisure venue.

Photographs of floods, including one of 1898 when Miller Bridge was almost submerged and 'Longpool' was under water, were shown and, as we are now being made more aware of extreme climate, one image showed people skating across a completely frozen River Kent!

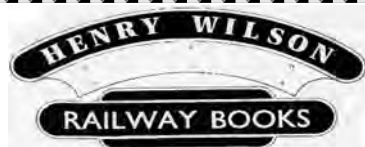
We saw the old Lancaster and Kendal canal in its heyday, with the industrial area around Canal Head

where Gilbert and Gilkes now stands and barges carrying not only the in-bound coal for the gasworks and out-bound limestone (thus giving rise to its nickname, the 'Black and White' canal), but also groups of Sunday School children on a day's outing to Levens. Above the canal head loomed the castle ruins, little changed since the 16th century when owned by William Parr, the last Baron of Kendal.

Mr Hughes paused only once through this whistle-stop tour, and that following a photograph of Charlie's Cafe in Stricklandgate near the corner of Sandes Avenue. It appears almost certain that, in the original building one night in 1746, Bonnie Prince Charlie slept there on his journey northwards when returning from Derby. Mr Hughes produced a jewellery box containing a short length of plaid which he had obtained from the Graham family of Ellerton Grange and which formerly belonged to the Prince himself. It was a privilege to touch the piece of cloth as it was handed around the audience.

So, in little over an hour, the Old Kendal had been vividly brought to life alongside the New. Thanks to Trevor Hughes we could clearly see how much more diverse the town used to be compared with the uniformity of shops, occupations and buildings seen today; though, in the case of Kendalians such as Mr Hughes, the people still take great pride and interest in their heritage.

*Mike Beecroft.* 📦



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## **SEDBERGH & KIRKBY LONSDALE NEIGHBOURHOOD FORUM**

*Summary of meeting held at Kirkby  
Lonsdale Institute on 20<sup>th</sup> January*  
**POLICE**

Sergeant Jonathan Sizer outlined the policing structures for the area. Cumbria has 1200 police officers as well as support staff including Police Community Support Officers. The County is divided into three areas: north, south and west. There are seven Neighbourhood Policing Teams in South Cumbria including Kendal Rural which takes in Kirkby Lonsdale and Sedbergh. This is led by Inspector Ian Carruthers and includes three sergeants, twenty constables and three PCSO's.

There are main "reporting offices" at Milnthorpe and Sedbergh as well as office room at Kirkby Lonsdale and Grange. Two teams operate in the area: 'response' and 'community'. Specialist support e.g. Traffic, CID, Protection unit (domestic violence) is available to the area teams. Sergeant Sizer leads five colleagues (soon to be six) in the Community Team.

### **GRANTS**

Sedbergh Wanderers Football Club  
Requested £300 Awarded £300

### **TRAVELLER & SETTLED RESPECT GROUP IN SOUTH LAKELAND**

District Councillor Kevin Lancaster,  
Chair of the Traveller & Settled  
Respect Group in South Lakeland,  
outlined the constitution and purpose

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of the group. He explained that it is a body which involves elected representatives (Parish, Town, District and County Councillors) and officers from the District and County Councils (Police, Environmental Health, Highways, Community Unit). The group is fortunate in that it benefits from good officer support.

Historically problems have come and gone. However, there have been issues in the Cautley area associated with the New Fair in recent years. Kevin suggested the approach has to be one of 'give and take'. The intention is for the group to establish a plan for managing the lead up to, and dispersal from, the Fair in Appleby throughout the Lune Valley. Recently the group has looked at 'pinch points' for caravans in South Lakeland.

The group is integrating its work with neighbouring areas, particularly Eden, and will seek to expand this co-operation to include Lancashire and North Yorkshire.

### HIGHWAYS ISSUES

A report was given on Highways issues raised at a previous (March

2008) Forum meeting.

Repairs to Straight Bridge and Lincoln's Inn Bridge. *Both now repaired.*

Road edges e.g. Howgill Lane, are disintegrating due to large vehicles pushing out the verge and damaging the margin of the road. *Safety inspections take place to identify the worst sections. Details of sections of damaged road can be passed to the Highways Hotline on 0845 6096609.*

Additional examples were given at the meeting...

A684 Garsdale Road is 'falling into' the river. The barriers have also been damaged and one side of the road is now not protected by a barrier.

Despite the significant amount of work done recently a combination of bad weather and heavy lorries has badly eroded the road surface.

A683 Badly eroded surface.

Will Highways be involved in the Auction Mart planning application. *Cumbria Highways were consulted on the highway aspects of the application. Permission refused by Yorkshire Dales National Park.*

Parked cars obscure visibility at road junctions in Sedbergh making it difficult to exit safely. *A future assessment may be possible using the Annual Review of Signs and Lines if Members of the Local Committee approve it.*

The next Sedbergh & Kirkby Lonsdale Neighbourhood Forum will be held the **People's Hall**, 7.30pm on Tuesday 17<sup>th</sup> March 2009.

All welcome.



### **VISITING SLOVENIAN SINGERS**

The choral director Igor Velepíc visited us in Sedbergh earlier in the year and taught us some wonderful Slovenian songs including Krasni Majnik, a beautiful song which describes May as "painting the flowers of Spring and crowning Mary with Smarnice" (small white flowers similar to our Lily of the Valley.) He liked Sedbergh so much that he's now coming back at the end of April with 40 singers from his choir including Ljuba Jence, one of Slovenia's top ethnomusicologists. Many thanks to those of you who have offered accommodation - and there are still opportunities for others to have some of these wonderful singers in your home so you can find out more about Slovenia and visit new friends when you are next on the sunny side of the Alps.

Another Igor who many of you will remember from when he came with the first Slovenian singers to visit Sedbergh just after the twinning began is Igor Cvetko. Igor has been in the Zreče newspaper Novice a great deal recently because of his Choral Cantata about the famous Zreče poet Jurij Vodovnik which has won national acclaim for the Zreče choir who sing it. Igor will be visiting with his wife Jelena in the summer when he comes with his Puppet Theatre to perform for the children.

Then there's the Crni Vrh male voice choir led by Veronika Rupnik, neice of one of the Zreče singers who came two years ago, who were so kind to us when we visited their village in the

lace making area of Idrija in October - providing us with lavish meals and accommodation and arranging a packed out concert for us in the village hall. They'll be singing in Sedbergh at the end of July, and also at the Hardraw Gathering folk festival at the end of July before going off to visit another choir in Northumberland who many of you will remember from their visits here - the male voice choir Voicemale.

Voicemale will also be joining us at the Harmony Singing Festival on the second weekend in May and although we have invited several Zreče singing groups, we can't confirm yet who will be coming.

But we do know that Darja Mihelj, who came from Slovenia two years ago with her student friend Katja, and worked in Farfield Mill, the Bull and as a cleaner in various Sedbergh homes, is returning in the second week of July to continue her university research into the effect of Dorothy Wordsworth on the poetry of her brother William. She'll be staying in Sedbergh and would welcome any offers of work you may have for her.

### **SLOVENE BANDS**

The top Slovene folk band Katalena are also scheduled to visit Sedbergh in June and have been offered a gig at the Dent Folk Festival. Costs for their tour are understandably enormous as they have to hire a lot of equipment and at the time of writing their manager was waiting to hear if they will be able to get the funding which would make their visit possible. (If you google Katalena and myspace



you can see videos of them performing.)

Another band awaiting news of their funding is the Zrece Town Band for whom a small team headed by Dave Smith are busy preparing a challenging bid to the EU Commission which will help with the expenses of the 60 bandsmen. The Zrece musicians are hoping to meet up with the Sedbergh band to play together and do a joint concert.

#### **SLOVENE LANGUAGE COURSE**

With so many Slovenians visiting the area you'll be pleased to know that the Slovene language class is progressing apace with the help of new learning resources including a fun computerised language course which eases some of the burden of learning certain difficult aspects of Slovenian grammar. If you do find yourself meeting one of our Slovenian friends who don't speak any English our friendly Sedbergh students will be only too happy to help you with translation.

We are also planning a Slovenian language Summer School in July taught by Slovenian teachers to run alongside the English as a Foreign Language course for Slovenes being put together by Dave Smith and his team. Even if the English course doesn't run, we will still go ahead with the Slovenian course as we already have an excellent teacher lined up to help and several keen learners.

I've been invited to attend the inauguration of the new Slovenian Ambassador Iztok Jarc, Slovenia's former Agriculture minister, and am



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off to the embassy reception in London next week to help Sedbergh keep it's highly acclaimed international profile - I shall let you know how that goes, as well as our bid to receive a prize from the EU for having one of the most active town twinnings in Europe.

I remember a few years ago the Sedbergh singing quintet the Cautley Carollers were in Naples for the International Singing Festival and the announcer was welcoming the different choirs: "And now we have the Rome Opera Company." Followed by: "And now the London Chamber Choir." After which came: "And now the Paris Singers." And then the list of cultural capitols was complete when she announced: "Please welcome, The Cautley Carollers."

It continues today with most visitors from Slovenia to Britain insisting that while it would be nice to see London, Edinburgh and Cambridge - Sedbergh is the place they most want to visit. To those of us who live here this is of course no surprise!

*David Burbidge, Town Twinning  
Committee Cultural Coordinator*

## CONSERVATION AREA REVIEWS

### *Dent and Sedbergh*

Some places are special because they are historically and architecturally interesting and have distinct character. This quality derives not just from the presence of a few individually important buildings but from the way in which all the buildings, other structures, and the spaces between them fit together and contribute to the character of the place. The designation of a conservation area gives recognition to these values and offers means by which the character and appearance of historically or architecturally important areas can be protected and enhanced.

Dent and Sedbergh both have designated conservation areas.

The Yorkshire Dales National Park Authority, as the local planning authority, has a duty to draw up

conservation plans, proposals for the preservation and enhancement of the conservation areas within its boundary. At its simplest, a conservation plan is a document that explains why a place is significant and how that significance will be retained in any future use, alteration, development or repair. The conservation plan should seek to enhance what is already there and, where change is appropriate, should help to manage it intelligently and not constrain it forever.

For a plan to be effective it is important that rational and consistent judgements are made in determining the special qualities and local distinctiveness as well as their value to the local community. Such judgements should be based on a thorough understanding of the area, reached through a detailed appraisal of its character.

An effective character appraisal should identify what is significant about the buildings, the spaces, and the traditional features of a place. It should identify how and why it has changed over the years. It should also seek to understand why people choose to live there or work there. Local residents know a town better than anyone else and it follows that a character appraisal will be of reduced value if it is not based upon such local knowledge.

The Yorkshire Dales National Park Authority has commissioned Kate Bailey, Sarah Rycroft and David Williams of Envision to prepare

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conservation area appraisals and conservation management plans for Sedbergh and Dent. The Envision team spent some time in each town in December and initial meetings for small stakeholder groups were held in January. Draft character appraisals have now been drawn up and will shortly be circulated to interested individuals, organisations and community representatives for comment.

A formal public consultation period will start on 2nd March and run until Easter Tuesday 14th April. During the week commencing 16<sup>th</sup> March there will be an Open Day in each town. These will include exhibitions of draft management proposals, and "round table discussions" to encourage as many people as possible to contribute to the appraisal process. Everyone who attends will be invited to respond to specific

queries in the draft report and also to express their views about any other issues they believe are relevant to the future management of the conservation area. Walkabout events will be held in both towns on the following Sunday.

Please come to the events to share your knowledge of the two towns with the Envision team. Make sure that your views are represented.

#### Programme

Dent Open Day

Sedgwick Room Tuesday 17<sup>th</sup> March

3:00pm - 7:30pm

Sedbergh Open Day

People's Hall Friday 20<sup>th</sup> March

3:00pm - 7:30pm

Dent walkabout

Dent Car Park Sunday 22<sup>nd</sup> March

9:30 am - 12:00pm

Sedbergh walkabout

Joss Lane Car Park Sunday 22<sup>nd</sup>

March 1:00pm - 4:30pm



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### COUNCILLORS CORNER

Fingers crossed, but it does look as though the Auction Mart / Health Centre / Spar Convenience Store is now on course for resolution in a way which is likely to provide reasonable satisfaction for all parties concerned. The Doctors are now likely to be submitting amended proposals to YDNPA with an assurance from its officers that the new plans will be recommended to their Planning Committee for approval. Spar has also helped to significantly alleviate the concerns over the effect on the local economy by proposing to split its present Main Street premises into two and guaranteeing to continue trading from its present site for at least two years following the opening of its new store. There are still residual concerns, for example the accessibility of the new Health Centre to those living on the eastern side of town and it is hoped that the Doctors will consider making suitable transport arrangements for those in difficulty so as to provide convenient access for all. So, as I say, fingers

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crossed that everything will proceed smoothly from hereon for the benefit of everyone living in our community.

It's getting to that time of year again when we are soon likely to know what our Council Tax bills will be for the coming year. We are all aware of the horrendous effects that most of us as individuals are suffering from the economic downturn and local councils, regrettably, are not immune to this. As far as South Lakeland District Council is concerned this has resulted in having to find savings in the region of two million pounds in order to produce a balanced budget. The good news is that as the present Lib Dem administration has been extremely prudent in building up its reserves over the last few years coupled with general good house-keeping, the effect on the Council Tax payer is likely to be less drastic than it would otherwise have been. We are very hopeful that we shall be able to limit the Council Tax increase to no more than 3.0% for the coming year. The not so good news is that there

will inevitably be small cut-backs of services in certain areas and certain charges may also need to be increased. One proposal put forward in this context is the introduction of night-time parking charges in all SLDC car parks across the District. This would effect Kirkby Lonsdale but not Sedbergh as the Parish Council here had the foresight to take over the running of its own car parks. The night- time parking proposal has in fact been very controversial and the decision was “called-in” by back-bench members of the Council, initially for scrutiny and then for re-consideration by the Cabinet. I am pleased to report that on the 17<sup>th</sup> the

Cabinet reversed its decision and decided not to impose night-time charges. There is likely to be, however, a small increase in day-time charges.

On the 21<sup>st</sup> January along with members of the public I attended a meeting at Brigflatts to begin a review of the Sedbergh Conservation Area being undertaken by the National Park. This was the first of what is intended to be a series of meetings which will also include a Conservation Area “walk-about” on the 21<sup>st</sup> March. Please contact YDNPA direct to confirm dates and details.


Some of you may remember my writing earlier in the year about the proposed Local Area Partnerships (LAP's). Following the holding of the Parish Summits a second round of consultation is about to begin. Do try and acquaint yourselves with the contents of the Consultation Document available either from SLDC direct or via the Parish Clerk who should have a copy. Particularly if you live in the Parishes of Killington or Firbank this is the opportunity to say whether you would choose to be in the Sedbergh and Kirkby Lonsdale LAP or the Upper Kent LAP. You can let me know about this too, of course.

Peter and I are always available to listen to and attend to your concerns so please don't hesitate to get in touch:

Ian McPherson: Tel. 015396 20648  
e-mail:

ianmcperson24@hotmail.com

Peter Woof: Tel. 015396 20857

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## CHRISTIAN AID

### *in Sedbergh and District*


Christian Aid begins its yearly round of events this month with the Coffee Morning on the 18<sup>th</sup> March in the URC rooms, Sedbergh, from 10am to 12 noon when there will be the opportunity to catch up with the Christian Aid local committee and to discover more of what we are up to this year. One thing rapidly approaching is Christian Aid Week from the 9<sup>th</sup> to 15<sup>th</sup> May. The Annual Service is being hosted this year by Sedbergh Methodist Church at 6.30pm on Sunday 10<sup>th</sup> May while our special "Shop" for the week once again will be located in the URC rooms. Do start to earmark unwanted

possessions you would be willing to donate to help us raise funds through the shop for Christian Aid's worldwide projects.

This year the focus of the week is on the work of Christian Aid in the Democratic Republic of Congo – a country I myself have particular links with having worked there for the Anglican Church in the Diocese of Bukavu for the best part of four years from 1988 to 1992; the last part of the President Mobutu Sese Seko era of misrule. It was a country in chaos then but in the years since we had to evacuate it has been constantly surfacing in the world news for all the worst reasons; the Rwandan refugee crises and the Interahamwe




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insurgences; volcanic eruptions; cholera epidemics; civil war; rebel army factions; raids and massacres. All these mainly affecting the North Kivu region where I was based and last autumn specifically the town of Kiwanja where I lived in the district of Rutshuru near the eastern border of the country with Uganda and Rwanda. It was good to hear the news recently of the arrest of the most powerful local warlord who had been terrorising the region.

What happens in the D. R. Congo goes largely unreported, a case of being too far away, too large a problem, too little infrastructure, and no-one really known to the rest of the outside world being there. What news there is trickles out generally through N.G.O's, aid agencies such as Christian Aid and Church bodies. A recent appeal came to the Anglican agency, the Congo Church Association from the Bishop of Bukavu. Bishop Bahati wrote of this dire situation:

*"Currently, over one million people (men, women, children) are living outside, in schools, in Churches and in some hospitable families. They don't have water, food, materials, clothes, utensils and latrines. These people living in hardship are exposed to hunger, illness and death of some fathers, mothers and children. The Diocese of Bukavu is requesting an urgent spiritual, material and financial support from our partners and friends that will enable us to assist the people, so that they may provide for their basic needs. We request your*

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*prayer that peace may reign in our communities in particular and in the D.R. Congo in general."*

Over one million displaced people – so hard to imagine that their plight goes so unrecognised. However Christian Aid Week will go a little way to help bring some insight into life in the vast area of the Congo. Bukavu and North Kivu are over on the eastern side of the country but the capital city, Kinshasa, is two thousand miles west. It was the location of the famous "Rumble in the Jungle" of Muhammad Ali versus George Foreman for those of you with long memories of famous boxing events. Life in Kinshasa today, where the fight is to improve the opportunities for life, will be highlighted in the Christian Aid Week materials.

Do come and support our events if you are able – Christian Aid's work does make a difference to many the rest of the world often overlooks but who really appreciate the support given to help them get up and get on and be able to start to create a future.

*The Revd. Anne Pitt*

On behalf of the Christian Aid Committee of Sedbergh and District 



## **ACUPUNCTURE WHAT DOES FEEL LIKE?**

When I ask my acupuncture clients what they are feeling during treatment, they often begin by saying that it is difficult to describe. We are looking for a feeling, inside the body rather than just on the skin, which indicates that the presence of the needle has been picked up in a way which is different from just pricking yourself with a sewing needle. The vocabulary people use to describe the sensation varies a lot: a tingling, a thud, a dull ache, numbness, a feeling of warmth, a feeling radiating out from the needle or moving along an arm or leg. Sometimes it happens that a needle in one location will affect a part of the body some distance away. The classic example of this is a point below the knee which often provokes tummy gurgles.

Acupuncture needles are very fine and quite flexible like a fine piece of wire. They are made of surgical stainless steel and shaped to minimise discomfort. The ones I use vary from 0.18 to 0.25 millimetres in diameter. Typically the depth of insertion is between 1 and 10 millimetres, but it may be more if the aim is to influence a tight muscle. Most points I use are on the arms, legs and back, but I also use points in the area of any particular problem, such as points at the back of the neck to affect a tension headache.

Once the needles are in place, people usually experience a sense of deep relaxation, which they enjoy for the 20 minutes or so the needles are

## **ACUPUNCTURE**



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retained.

For the acupuncturist, the skill lies in choosing a good set of points for each individual person. Two people may come with the same complaint (typical examples for women, at various stages, of life might be painful periods or hot flushes) but be treated with a different combination of points. This is because of differences, not only in the precise nature of the symptoms, but also in the underlying health, state of mind and constitution of the two individuals. As the Chinese saying goes, "Same disease, different treatments", which means the treatment is tailored to the person, rather than to the name of the disease.

The second part of that saying is "Different disease, same treatment" is perhaps slightly less easy to understand. For example, two people of similar age and constitution, both

working hard under pressure may each be feeling rather anxious. In one person this might result in digestive symptoms, such as irritable bowel syndrome or simply a churning feeling in the stomach. The other person may have flare-ups of eczema when under stress. Although the diseases seem very different, the causes may be similar, leading to a similar combination of acupuncture points being chosen to address the underlying disharmony.

All acupuncturists have their favourite points. I am particularly fond of certain points which regulate digestion, absorption and metabolism as I feel that efficient extraction of nutrients from food (turning food into

energy rather than weight gain) is fundamental to good health. Another of my favourite points is on the top of the head and can be used to clear the sinuses. There are several points which regulate the heartbeat and relax the chest and these are favourites of mine because they also have a balancing effect on the emotions. In Chinese medicine the functions of the organs of the body and the emotions are not separate, so that by treating one, you automatically influence the other.

For more information, please contact me (015396 20972) or visit the website of the British Acupuncture Council ([www.acupuncture.org.uk](http://www.acupuncture.org.uk)).

June Parker 🏠



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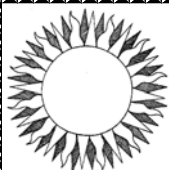
## OUR RIVER, THE CLOUGH

A clough, says the dictionary, is a ravine or valley, and so our river, rather than being the river Clough should be the river in the clough. Although running through some meadowland for much of its length, our Clough is also bordered by cliff face or steeply rising hills causing the water to be covered in deep shadow in many parts. The icicles which form on the shadow side of the cliff face stay clinging there and gently dripping long after the rest of the dale is beginning to warm in the spring sunshine.

One winter, a strange formation gathered at the base of a small waterfall, the movement of the water

swirling among the stones and immediately freezing caused a number of circular flat shapes like frozen pancakes to move and jostle for position among the froth and foam.

As the snow melts on the hilltops, the icy water runs over the already sodden ground causing streams, waterfalls and rills to form in unfamiliar places. Gathering momentum it rushes and tumbles to join the river in the dale. The level of the river rises and swells covering the once bare rocks as it makes its preordained way towards the sea. As the spring sun begins to warm the hibernating ground, the primroses and violets tentatively appear at the



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<b>Denise Williamson</b> .....	Homeopathy and Bowen Technique .....	015396 20846
<b>Daisy Lussierfigg</b> .....	Aromatherapy, Reflexology & Hot Stones ...	01539 567579
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<b>Peter Burridge</b> .....	Counselling .....	07817 718793

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waters edge. The spring green shoots begin to show among the wind dried ochre grasses. Coltsfoot stand at attention in untidy clusters holding their yellow fringed faces to catch the welcome gleam of pale sunlight.. In the nearby trees and hedgerows birds change their calls from an inane and communal chattering to a strong, purposeful and individual song. Attracting a mate has become an immediate necessity. Nest building, this season's popular activity.

The Mallards well known for producing a clutch of maybe a dozen young make very neglectful parents leading their family into danger without it seems a second thought. The dark and fluffy flotilla follow wherever the adults lead, their tiny webbed feet working at great speed trying to keep up, anything slightly uneven, a pebble, a clump of grass has them falling forward flat on their neck and beak their unformed wings outspread in a vain attempt at keeping balance. In a matter of hours the family will have shrunk by half. Some will have been drowned and others will have been taken by hungry rats, other water fowl or perhaps a heron. All creatures have families to feed at this time and an unprotected young of another kind is easy prey.

The brown trout which used to be prolific and supply the local families with many a meal both fresh and salted down for the winter, have dwindled to near extinction here and the salmon-trout which use the upper river for their spawning grounds

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depend upon high water to be able to reach them. Although we are not short of rainfall, often there is a dry spell at the appropriate time. There are I understand some crayfish if you know where to look.

A relatively new visitor to our waterway is the brightly coloured and over confident canoeist. Many a piece of red or yellow hull can be seen having fallen fowl of rocks just below the water level.

Throughout the year the changes in and around the river give tremendous pleasure and entertainment to anyone with a few moments to stand and stare. Grey Herons, a Kingfisher or two and red squirrels are here.

The sound of the river proclaims the level of rainfall a tinkling trickle or a pounding surge is the music we in Garsdale live with and enjoy.

RAG 

### TIM FARRON MP

I continue to be sceptical over how Hilary Benn, an MP representing the middle of Leeds, can hope to make a success of being the Minister for Defra. Of course he will receive lots of briefings from industry organisations and civil servants but in my role as Shadow Defra Spokesman I find that it is the informal conversations that I have with farmers and other food producers across South Lakeland that really help me in understanding the issues faced by the farming industry. Several farmers have told me how angry they were to hear that the NHS was reducing the amount of meat and dairy foods it plans to serve patients, in order to, apparently, help reduce its level of carbon emissions. What rubbish. If the NHS wants to seriously reduce the carbon emissions that it generates through its food policies then surely the first place it should look is the amount of transport involved in delivering the food it serves. Does it always use British food where possible or does it go only really care about the price and not take any interest in where it comes from? Defra is conducting a review of public spending on food, the Government spends about £2.2 billion on food each year across schools, hospitals, prisons and other departments, and I believe that they should take the opportunity to not just think about prices and even environmental impact but also the

role it can play in supporting a local food industry. As a result I have called upon Mr Benn and Defra to take this opportunity to use the review in order to use the Government's budgets to invest in creating a healthier food industry.

There have been a whole raft of farming issues I have been pressurising the Government over this past month. After a period of seeing milk prices rising towards sustainable levels, retailers and their processors are yet again trying to push prices down. Given that they have seen their margins on milk rise from 10% to 30% over recent years this seems very unfair and I have

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pressed the Government to proceed with plans to introduce a market regulator so that dairy prices can be based upon proper profitability calculations rather than an unequal balance of power between big supermarkets with their milk processors and small farmers.

We also found out that it costs over £700 per payment to administer the single farm payment scheme in this country and yet nearly 15,000 payments are for £400 or less. There was even one payment of only 70p! This cannot be sensible so I have called upon the Government to put in place a minimum claim of £250 and use the money saved to invest in hill farming which could well do with this

money.

Added to this there has been the report into 2007's Foot and Mouth outbreak and how it was handled, the need for government support for farm biogas generators and the desperate plight of the bee industry and I have been spending a lot of time keeping Mr Benn up to speed with the issues facing farmers.

If you have any issues I can help with in farming or otherwise then, 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* 🏠

## *Sedbergh Office Services*

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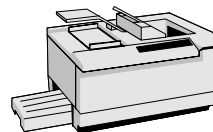
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### **SEDBERGH TOWN BAND**

After an extremely busy and high profile December, the months of January and February have been seemingly quiet months. However, behind the scenes in the Sedbergh School Band Room, the Band has been industriously coming to grips with the large number of new pieces that have been introduced to its repertoire. As the Band's public commitments throughout the year unfold, so will the new music be seen to play a central role in the programmes presented.

The Annual Band Concert on March 18th will be the first airing quickly followed on Saturday 28th March in the People's Hall when the Band will be providing background music at the Spring Show. GB 

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Yorkshire Wildlife Trust, the

Yorkshire Dales National Park Authority, North Yorkshire County Council and the Nidderdale Area of Outstanding Natural Beauty are working in partnership to improve the management of the road verges across the Dales.

And they are hoping to recruit groups of people to adopt stretches near their homes.

If you know of a good wildflower verge and would like to help the project to look after it, please contact James Ferguson on 01756 751603, or [roadverges@ywt.org.uk](mailto:roadverges@ywt.org.uk) . 

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### **BABY CLINIC**

From 1 March 2009 there will no longer be a Baby Clinic on Wednesday afternoons at Sedbergh Health Centre.

There will be a regular 'Drop in' Child Health/Baby Clinic in the People's Hall on the 1st and 3rd Thursday of each month from 2.00pm - 3.30pm.

This clinic will take place alongside 'Tiddlers' Parent and Baby Group.

Paula Ambrose 20979 



### WHYNOT ALPACAS

are appearing at the Lakeland Hospitality Show at the Windermere Hydro on the 17th and 18th March and also at Whittington Races on April 11th, Easter Saturday.

We are also planning an Open Day in May, on a date to be confirmed which will appear in *Lookaround* nearer the time, by which time we should have some alpaca babies for you to see. 🏠

### CHARITY TEA PARTY

A big thank-you from Janet and the team at Stone Close Tearooms to all our customers who have contributed so generously at our fundraising tea party in aid of Northern Air Ambulance (£125) and Dent Pre-School Nursery (£88) on Thursday 10<sup>th</sup> February. J.B. 🏠

### DIGITAL SWITCHOVER

The Switchover for Sedbergh and District is planned for June 24th for those receiving Border TV signals from the Caldbeck Transmitter.

Those receiving Granada TV signals from the Winter Hill, the switchover will commence on 4th November. 🏠

### QUIET GARDEN MEETING

My apologies that the arranged meeting for February 7th could not take place, at the present time there are no plans to re-arrange the meeting but if anyone is interested in knowing more about the Quiet Garden Movement please contact QGM on 01753 643081 or write to them at; Stoke Park Farm, Stoke Poges, Bucks SL2 4PG or ask me. Thanks. SE Woof 🏠

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Slipping by in days  
Life and matter being exposed  
In every haze ridden phase.

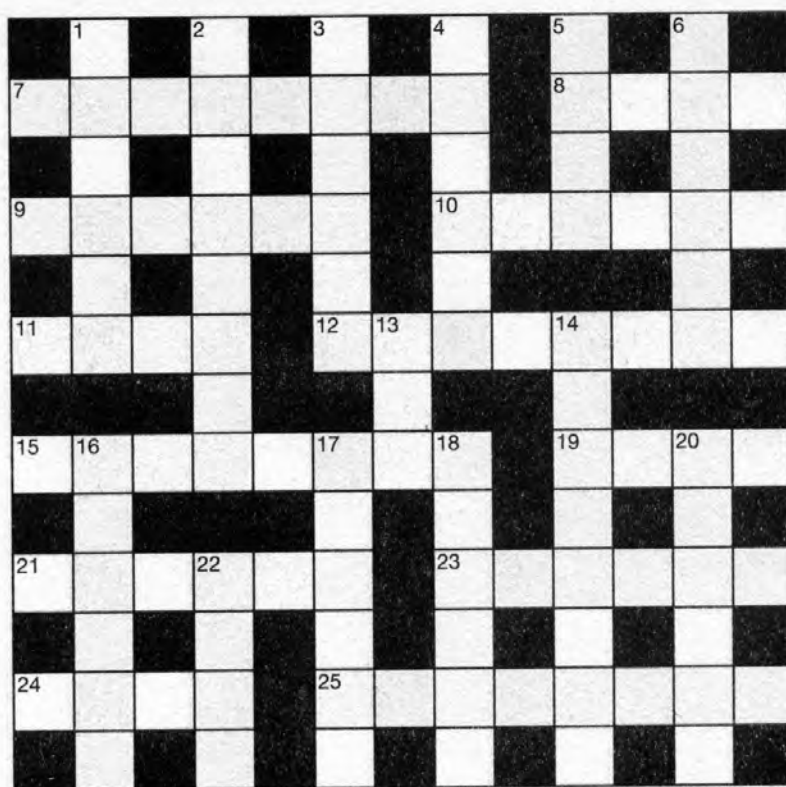
Aloft the call of angels  
And aloft the call of sins  
Maybe a messenger of the place  
Where rock falls and time begins.

Every place where space does dwell  
Time has left a mark  
It may be death or life or strife  
Where light shines it may be dark.

Captured in a second  
Encased in lifeless motion  
Around a time of seeing  
Giving an onward and progressing  
Notion.

Time has a beginning  
And time has an end  
But the space that falls in between  
Bears beauty and broken souls to  
Mend.

Mary McCullagh, Year 11 SHS 🏠



## ACROSS

- 7 Author (8)
- 8 Hindquarters (4)
- 9 Accomplish (6)
- 10 Be too clever for (6)
- 11 Skilled (4)
- 12 Went before (8)
- 15 Rider's foot supports (8)
- 19 Ram down (concrete) (4)
- 21 Rubbish, twaddle (6)
- 23 Sharp-tasting (6)
- 24 Decreased (4)
- 25 Fused together (8)

## DOWN

- 1 Calm (6)
- 2 Spirit bottle (8)
- 3 Abduct (6)
- 4 Theatrical straight man (6)
- 5 Very dry (champagne) (4)
- 6 Drink (6)
- 13 Headstone inscription (inits) (3)
- 14 Interwoven (8)
- 16 Saucepan stand (6)
- 17 Anxious (6)
- 18 Metal clip (6)
- 20 Mutilated (6)
- 22 Flaky pastry (4)

## BUS SERVICES

Sedbergh to Kendal via Oxenholme					Blackhall Road, Kendal to Sedbergh via Oxenholme				
Monday to Friday					Monday - Friday				
0745		564	S	❖			564	S	❖
0940		564	W		0830		564	S	❖
1005		564	S	❖	0835	Sch	564	W	
1015	Wed	564B	W	❖	1030		564	W	
1240		564	W		1050		564	S	❖
1300		564	S	❖	1300	Wed	564B	W	❖
1440		564	W	❖	1330		564	W	
1550		564	S	❖	1410		564	S	❖
1711		564	W		1610		564	W	
					1625		564	S	❖
					1745		564	W	❖
Saturday Only					Saturday Only				
1005		564	S	❖	1050		564	S	❖
1050		564A	A8	❖	1410		564	S	❖
1300		564	S	❖	1425		564A	A8	❖
1550		564	S	❖	1625		564	S	❖
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
Monday to Saturday					Monday to Saturday				
0900	M-F	564	S	❖	0710	M-F	564	S	❖
1120		564	S	❖	0940		564	S	❖
1440		564	S	❖	1225		564	S	❖
1655		564	S	❖	1515		564	S	❖
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945	Thu	567A	W	❖	1215	Thu	567A	W	❖
Sedbergh to Cowgill					Dent to Sedbergh				
1330	Wed	564B	W	❖	1000	Wed	564B	W	❖
0940	Sat	564A	A8	❖	1035	Sat	564A	A8	❖
1500	Sat	564A	A8	❖	1600	Sat	564A	A8	❖

Last Update: September 2007

M-F Monday to Friday Only  
 Tue Tuesday Only  
 Wed Wednesday Only  
 Thu Thursday Only  
 Sat Saturday Only  
 Sch Schooldays Only (M-F)

*All times are from and to The Dalesman Inn*

W = Woof's of Sedbergh

S = Stagecoach in Cumbria

A8 = Apollo 8

❖ = Provided with Support from CCC

Please note whilst every effort has been made to ensure that

the times shown are up to date, they can change at short notice.

For Comprehensive up-to-date information ring :-

Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)



## BED & BREAKFAST

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

## CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Borrett Barn Flat, Marthwaite, Sedbergh (2009/03) .....	21175
<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	
Miss J Davidson .....	Bideber Mill Cottage, West House, Ingleton (2009/10) ..... 015242 42478
<i>Sleeps 2; ES; CH; L; TVL; P; NS; NP; DR</i>	
Sycamore Cottage, Lunds, Sedbergh (2009/09) .....	01969 667356
<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	
Borrett Barn Caravan, Marthwaite, Sedbergh (2009/03) .....	21175
<i>4 Berth; H+C Shower; WC; TV; NS</i>	

## KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom  
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking;  
 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 & Frostron

**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 22nd December 2009

“Lookaround Diary” What’s missing?		U R	18 1200 Lent Lunches (6)	StAS
Entries marked (*) see Advert in previous Lookaround.			18 1930 HS Trad Buildings in Sed & Dent (1)	SHS
<b>MARCH</b>			18 1930 Town Band Annual Concert (18)	PH
1	St David’s Day		20	SS Term Ends
1 1400	Chapel Anniversary	DMC	20 1500	Conservation Area Open Day (17)
1 1830	Jazz & Swing Evening	SSQH	20 1900	Parish Supper & AGM
2 1930	Garsdale Sports Meeting	GVH	20 1930	Inside a Lakeland Farmhouse
2 1930	FCH AGM	FCH	21 1830	Flicks in the Fells
2 2000	Dent Parish Council	Sportsman	21 1930	HS AGM + Jacob’s Join (1)
3	WIB Rubbish - Recycling	BVH	22	Mothering Sunday
4 1000	Coffee Morning SL Blind Group (1)	URCR	22 0930	Conservation Area Walkabout (17)
4	Confirmation Service		22 1300	Conservation Area Walkabout (17)
4 1200	Lent Lunches (6)	StAS	24 1930	Garsdale Ladies Group Demonstration
4 1300	Muncheon Music (5)	SSQH	25 1000	Coffee Morning tba
4 1315	Zebras Open Afternoon (1)	SMCR	25 1200	Lent Lunches (6)
4 1930	HS Prehistoric Cumbria (1)	SHS	25 1300	Zebra’s New to You Sale (25)
4 1930	WIF My Craft Projects	PH	26 1930	Sedbergh Parish Council
5 1930	WIH Red Cross Movement	HVH	27 1900	PTFA Quiz Night (27)
6 1430	Women’s World Day of Prayer (6)	StAS	27 Eve	Race Night (17)
6 1930	Domino Drive & Tattie Pot Supper	HVH	28 1300	Spring Show (28)
7 1400	Cricket Club Jumble Sale	PH	28	Sedbergh Tens Rugby Festival
8 1945	Paired Anthems (8)	StAS	29	Sedbergh Tens Rugby Festival
9 1000	Grand Opening of Boots (10)	Main Street	30	Sedbergh Tens Rugby Festival
10 1400	WIK A Fragrant Afternoon	PH	30 1930	DMH AGM
10 1930	FCH Domino Drive	FCH	<b>APRIL</b>	
11 1000	Coffee Morning URC	URCR	1 1000	Coffee Morning LNFU
11 1200	Lent Lunches (6)	StAS	1 1200	Lent Lunches (6)
11 1915	WID Churchmouse Cheese	DMH	1 1930	WIF Growing Gardener Prospective
11 1930	CWT AGM + Baffin Island	SHS	1 1930	Oliver (63)
12 1930	‘Allo, is this Dad’s Army (12)	PH	2 1930	WIH Local Wild Flowers
13 Day	Red Nose Day ‘09 (13)	Bull Hotel	2 1930	Oliver (63)
13 1930	‘Allo, is this Dad’s Army (12)	PH	3 1000	Let no Loop Down (till 18/06)
13 2000	Sedbergh Anglers Association AGM (12)	WHC	4 1000	Yoga & Positive Thinking (40)
14 1000	Good as New Jumble Sale	URCR	7	WIB Handicrafts
14 1000	Last Passenger Train form Hawes 1959	DCMH	8 1000	WIF Coffee Morning
14 1300	Dentdale Run	Dent	8 1200	Lent Lunches (6)
14 1930	‘Allo, is this Dad’s Army (12)	PH	8 1915	WID New York
14 1930	Michael Marcus (14)	SMC	9 1400	KL Embroiderers Group
15 1000	Last Passenger Train form Hawes 1959	DCMH	10	Good Friday
15 1030	Christian Worship	PH	12	Sunrise Service (53)
15 1115	Coffee Concert	SSQH	13	Easter Monday
16 2000	Meat Matters (16)	PH	14 1400	WIK Hospital Radio
17	St Patrick’s Day		15 1000	Coffee Morning NW Cancer
17 1430	SS Wilson Run	Back Lane	19	SS Term Begins
17 1500	Conservation Area Open Day (17)	DMH	19 1030	Christian Worship
17 1930	Neighbourhood Forum	Change of Venue PH	22 1000	Coffee Morning StAS Mission
17 Eve	Quiz Night (17)	Barbon Inn	22 1930	CWT Wildlife in Sacred Places
18 1000	Coffee Morning Christian Aid (18)	URCR	23	St George’s Day

The S & D Lookaround is edited, published & distributed monthly by  
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The content of The Lookaround in no way reflects the views of the Editors.  
Whilst every effort is made to ensure that information is correct, the Editors cannot accept  
any responsibility for any inconvenience caused through errors or omissions.

24 1930	Pulse Gym AGM	WHC	<b>DIARY KEY</b>		
25 1830	Flicks in the Fells	PH	BF	= Brigflatts	
25 1930	Dentdale Choir Spring Concert	StAD	BIK	= Burton in Kendal	
28 1930	Garsdale Ladies Group African Orphans	GVH	BS	= Baliol School	
29 1000	Coffee Morning	GVH	BVH	= Barbon Village Hall	
29 1930	Sedbergh Parish Council	PH	CDC	= Community Development Centre	
<b>MAY</b>			CO	= Community Office, Main Street	
1 1000	Let no Loop Down (till 18/06)	DCMH	CTiS	= Churches Together in Sedbergh	
1 1900	RBL Annual Dinner (43)	SSQH	CWT	= Cumbria Wildlife Trust	
4	May Day		DCMH	= Dales Countryside Museum, Hawes	
4	WIB Family Day	BVH	DCP	= Dent Car Park	
5	WIB Resolution Meeting	BVH	DMH	= Dent Memorial Hall	
6 1000	Coffee Morning Barnardo's	URCR	DMC/S	= Dent Methodist Chapel/Schoolroom	
6 1930	WIF WI Advisor & Resolutions	PH	FCH	= Firbank Church Hall	
7 1930	WIH Christine Wood & Kenya	HVV	FM	= Farfield Mill	
11 1000	Christian Aid Week	URCR	GVH	= Garsdale Village Hall	
11 1930	GVH AGM	GVH	HS	= History Society	
12 1400	WIK Resolutions + Ken & Clair Pope	PH	HVV	= Howgill Village Hall	
13 1000	Coffee Morning Christian Aid	URCR	JLCP	= Joss Lane Car Park	
13 1915	WID First Responders	DMH	KL	= Kirkby Lonsdale	
16 1200	Sedbergh Gala	Sedbergh	KVH	= Killington Village Hall	
17 1030	Christian Worship	PH	LHCP	= Loftus Hill Car Park	
18 1930	Garsdale Ladies Group Auction	GVH	MCCKL	= Methodist Church Centre KL	
18 1930	WI Lune Valley Working in Africa	PH	PH	= People's Hall	
20 1000	Coffee Morning WIK	URCR	SHS	= Settlebeck High School	
20 1900	Town Band AGM	SS Band Room	SLSB	= South Lakeland Society for the Blind	
23	SS Half Term Starts		SMCR	= Sed. Methodist Church Room	
23 1830	Flicks in the Fells	PH	StAS/D	= St Andrew's Church, Sedbergh/Dent	
25	May Bank Holiday		SS	= Sedbergh School	
25 1900	Duck Race & Coffee Evening	HVV	STO	= Sedbergh Tourist Office, Main Street	
27 1000	Coffee Morning	URCR	URCR	= United Reformed Church Rooms	
27 1300	Garsdale Sports	GVH	WHC	= White Hart Club	
28 1930	Sedbergh Parish Council	PH	WIB	= Women's Institute, Barbon	
30 2000	Old Tyme Dances	PH	WID	= Women's Institute, Dentdale	
31	SS Half Term Ends		WIF	= Women's Institute, Frostrow	
<b>JUNE</b>			WIH	= Women's Institute, Howgill	
1 1000	Let no Loop Down (till 18/06)	DCMH	WIK	= Women's Institute, Killington	
2	WIB Cartoonist	BVH			
3 1000	Coffee Morning Dent Foot Chapel	URCR			
3 tba	WIF Outing	tba			
4 1930	WIH Members Evening	FCH	<b>Regular Meetings</b>		
6 1000	Art & Craft Exhibition	BIK	Howgill Toddlers	1315 Every Monday	HVV
7 1000	Art & Craft Exhibition	BIK	Dent Parish Council	1930 1st Monday	DMH
9 1400	WIK To The North Cape	PH	SL Carers Association	1400 1st Tuesday	PH
10 1000	Coffee Morning tba	URCR	Killington WI	1400 2nd Tuesday	PH
10 1915	WID Bath House Frangrances	DMH	Ladies NFU	1930 3rd Tuesday	PH
17 1000	Coffee Morning tba	URCR	Coffee Morning	1000 Every Wednesday	URCR
19 1800	Evening Walk	GVH	Zebras	1315 Every Wednesday	SMCR
21	Father's Day		Sedbergh Juniors	1730 Every Wednesday	PH
21 1030	Christian Worship	PH	Sedbergh Seniors	1930 Every Wednesday	PH
23 tba	WIK Outing to Yewbarrow Garden G-O-S		Toy Library	1430 1st & 3rd Wednesday	PH
23 1930	Garsdale Ladies Group AGM	GVH	Frostrow WI	1930 1st Wednesday	PH
24	<b>Digital TV Changeover</b>		History Society	1930 1st & 3rd Wednesday	SHS
24 1000	Coffee Morning Garsdale Church	URCR	Dentdale WI	1915 2nd Wednesday	DMH
24 1930	Sedbergh Parish Council	PH	SLS Blind Group	1415 3rd Wednesday	PH
26	Dentdale Music & Beer Festival	Dent	Howgill WI	1930 1st Thursday	FCH
26	Dent Folk Festival	Sedbergh	Child Health/Baby Clinic	1400 1st & 3rd Thursday	PH
27	Dentdale Music & Beer Festival	Dent	Sed. Parish Council	1930 Last Thursday	PH
			Monkey House Café	1930 Every Friday	Librar



## 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

<b>Friday only</b>	0900 - 1300	1400 - 1730 *
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\* = 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

<b>MARKET DAY</b>	<b>WEDNESDAY</b>
<b>HALF-DAY CLOSING</b>	<b>THURSDAY</b>