

Sedbergh & District

LOOKAROUND

April 2009

Issue 265

Donation 50 Pence

A very warm Spring Greeting to everyone. With 84 pages this month, we are packed with lots to read and lots to do. There are many events being organised in Sedbergh, Dent and Garsdale so give them your support. To the organisers, once your

event is over, please submit a report as to how many attended, how much was raised, where the money will go to, etc. Why not appoint a *Lookaround Liaison Reporter?*

Have a good Easter.

Dennis & Jacky Whicker

Spring Concert
The Dentedale Choir

Requiem

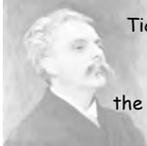
by

Gabriel Fauré

*Programme includes works
by Mozart and Bach*

Helen Winn Soprano
Brian Lancaster Baritone
Organist Roger Bush
Conductor Linda Fawcett

Saturday 25th April 7.30. p.m.
St. Andrew's Church, Dent



Tickets £5, including refreshments,
available from
Dent Stores and also from
the TIC & Westwood Books, Sedbergh,
plus at the door

DUCK RACE

in aid of Sedbergh Playgroup



Saturday 4th April
2pm
Holme Open Farm
Middleton

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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: lookaround@whicker73.freeserve.co.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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CHILDREN'S BIRTHDAYS APRIL 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:-
Emily Kitchen who is

7 years old on 26th April

Please collect your vouchers from

Sedbergh Office Services

13 Kings Yard, Main Street,
Sedbergh

which can be used in any shop in
Sedbergh & Dent.

NEW SUGGESTION

It has been suggested to us that we include the details of those over a certain age as well as those under a certain age.

I am happy to do this and maybe include all those over the age of
90 Years of Age.

To do this, we must have the persons permission, the correct Name & Date of Birth and a contact telephone number. Please supply these details and they will appear in the relevant month.

| Day | Name | Age |
|-----|------------------|-----|
| 2 | Morgan BROWN | 11 |
| 10 | Isobel METCALFE | 6 |
| 10 | Brodie SWALLOW | 9 |
| 18 | Jasmine SEN | 1 |
| 18 | Tom ALLAN | 5 |
| 21 | Abbie ALLAN | 7 |
| 22 | Myles STANTON | 2 |
| 22 | Siobhan COUSINS | 4 |
| 23 | Zak HALL | 2 |
| 25 | Izzy NEWBOLD | 3 |
| 25 | Sienna MIDDLETON | 4 |
| 26 | Emily KITCHEN | 7 |
| 27 | Scott LAWSON | 2 |
| 27 | Emilia PAGE | 8 |
| 27 | Molly WOOF | 10 |
| 28 | Lucy CAPSTICK | 3 |
| 29 | Jessica ORR | 8 |

PERSONAL & SMALL ADS £1

CLEASBY

Monica and family are so grateful for the kindness and support of a host of friends and neighbours, and our local health centre team, during this past year of Ingram's decline. Thanks to all who gathered at St. Andrew's, Dent on February 18th to say a final farewell and commend him to his Maker. May he rest in peace and rise in glory.

=====

DEVINE

Joyce. Happy Birthday Mum on 15th April. With love from Georgina and Laura, Nigel, Ann-Marie and Ben.

=====

EASTHAM/MACKERETH

The engagement on 4th March is announced between David Gareth Eastham and Laura Devereux Mackereth. Congratulations love and best wishes from both families.

=====

GREENWOOD

Congratulations Mum and Dad (Gwen & Colin) on your

Golden Wedding Anniversary on Saturday 4th April 2009. Lots of love David, Susan, Brian, Shannon and Chloe.

=====

MASON

Happy **21st Birthday** Jessica on the 26th April. With love, from Grandma and Grandad Law.

MASON

It is now two years since I started on the new hip trail. It is time to remember everyone who helped me. First of all my rock, Chief & Bottle Washer Stephen, my family, Jean who took me out, and to Wrihinton many times, Eric & Terry who took me out for rides all over this area. Members of the URC who prayed for me often and visited. The bowling club members who never forgot me even when I could not get down to the Club. Members of all the other churches who sent gifts etc. To everyone who are too many to name, who sent cards, gifts and phoned, the good wishes, kind thoughts, the prayers, it all helped me to come out at the other side, I think a stronger person. Where else but Sedbergh could you receive all this help. Now have wheels, will travel. Margaret.

=====

MIDDLETON

I would like to thank people for their business over the last 5 years. I will be taking up a position as Three Peaks Ranger for the Y.D.N.P. starting the 1st April. Ian.

=====

POTTER

Thank you for the cards, gifts and donations on the occasion of Margaret's recent **80th Birthday**. A total of £150 was generously donated to the Macmillan nurses in Margaret's name. Many thanks too, to all those who assist Margaret and take such good care of her.

PERSONAL & SMALL ADS £1

ULRICH

Phyllis and Hubert. On 16th April 2009, we will celebrate our

Diamond Wedding.

We want to thank all the kind people who make life pleasant and our dear family who have brought us so much happiness in our sixty years together.

=====

WHICKER

Jacky would like to thank everyone for their kind words, concerns and help following her latest mishap with her injured foot..

=====

FOR SALE

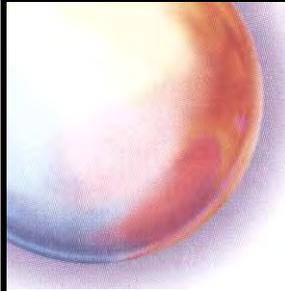
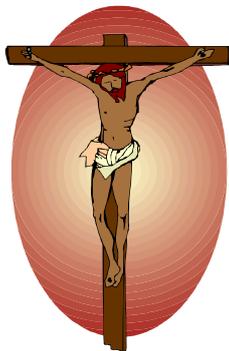
Hen Cabin 7ft x 5ft including laying boxes, perches etc. Sedbergh 21771.

=====

FOR SALE

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DENT PARISH COUNCIL

The March meeting heard a presentation on the plans for the Music and Beer Festival, to be held from 26th to 28th June this year, and allocated the remaining grants for 2008-09. The full minutes of the meeting are published as usual on the Dentdale website www.dentdale.com.

Grants for Rural Development

Grants to stimulate rural development in this part of Cumbria, totalling £8 million over the next four years, have recently been announced in the press. The grants are for farms, forestry, rural businesses and community groups and there are two levels – above and below £20,000.

The local Development Officer, Dave Smith, has met members of the Parish Plan Committee and said he would be keen to support projects in Dentdale that apply for this funding. If you want more details he can be contacted at Cumbria Fells and Dales, The Old Stables, Penrith CA11 0DT, tel: 01768 869533, or email: info@fellsanddales.org.uk.

VAT on car park charges

A ruling in the European Court seems likely to mean that local councils will be required to pay VAT on car park charges. For Dent, this will cost about £3,500 per year and will seriously reduce the Parish Council's income and the funding available for distributing in grants to

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local bodies. We are currently investigating whether there is any way in which this charge can legally be avoided.

Links with the Police

It has now been agreed that Karen Dakin, the Police Community Support Officer, will attend parish council meetings every three months, starting on the 6th April. If you have any issue you would like to raise with the police you will be able to do so at these sessions.

Following Karen's attendance at the last meeting, a speed indicator was placed in Dent, but not in the area where speeding is most dangerous. The police have agreed to look at re-siting the equipment on a future occasion.

Campervans and Motorhomes

The Car Park Committee has looked again at the decision to ban campervans and motorhomes from using the car park overnight, and concluded that the policy which had been adopted was transparent, fair and easy to understand and to operate. It recommended that no change should be made to this policy and this was agreed by the parish council.

Car Park Permits for B&Bs and Holiday Cottages

The meeting also agreed that bed and breakfast businesses, and holiday cottage and second home owners, should be allowed multiple permits for their visitors in return for the payment of one annual fee. To obtain a permit, please contact John

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Call Yvonne on 015396 21303 or 07795 063107

Hyde or Hilary Firth on 25503.

Litter picking

Following the successful group litter picking event which was featured in the Westmorland Gazette, another litter picking session will be taking place after Easter. SLDC have donated more reflective jackets and litter grabs for it, and if you would like to be involved, please contact John Sibley on 25024.

Grants awarded

The council awarded two grants at the March meeting: £250 towards the funding of the Music and Beer Festival, and £264 to the new table tennis club to help in the purchase of equipment. These grants bring the total awarded this year to £4,564, and means that we are not allowed to award any more until the new financial year starts in April. For that

(Continued on page 8)

FROSTROW W.I.

COFFEE MORNING

Wednesday 8th April
10:00 am to 12 noon



U.R.C. Rooms
Home Baking
Raffle
All Welcome

area below the car park where beer and food will be sold. Up to date information can be found on the Festival website at <http://www.dentmusicandbeer.com>.

Local Authority changes
After the proposal to form a single unitary local authority in Cumbria was rejected by the government last year, all local councils in Cumbria have been required to work more closely together. In the part of the County that includes Dent, a scheme is currently being developed to get all parish councils to form a local group with the district and the county councils, in order to control some services. The parish council thought that this could be an improvement on the present arrangements, provided that sufficient funding and support is available, and so Dent PC has set up a meeting of the ten councils and parish meetings in this area to discuss what we will need to work together effectively.

Housing Needs Survey
As reported last month, there will be a new survey carried out in the Dale in April to obtain an up-to-date picture

reason, the applications from Sedbergh Community Office and for the restoration of the St Andrews church bells will be considered at the next meeting.

Street Lights
As residents will be aware, we have not yet managed to repair the defective street lights in Dent. This is partly because many of the lights and their controls are now obsolete, and the first contractor we employed took a long time before admitting that he was not able to do the job. We have now asked a second contractor to carry out the work, and so we hope that progress will be made shortly.

Music and Beer Festival
Matthew Clayton came to the March meeting to give an update on the organisation of the Music and Beer Festival. He informed the council that there have been many expressions of interest from artists wishing to perform in and around Dent and to soak up the atmosphere. The music at the festival will be free and performed at a number of venues around the village, including the grass



EASTER EGG HUNT

Wednesday 8th April
1pm to 3.30pm
Come along to
Sedbergh Methodist Church
£2 Entry
Everyone Welcome





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of local housing need. If you receive a form, please take the time to complete and return it – we need an accurate picture of the current demand for housing before a housing association will build houses here.

Land for Affordable Housing

Looking further ahead, there has been some progress on identifying possible housing sites. Partly as a result of the parish council's encouragement, the recent call from the National Park for landowners to nominate sites for future housing development resulted in at least six being put forward in and around Dent and Gawthrop. It will be some time before we know whether any have

been accepted by the Park, but if any are they will be available for development for the next fifteen years, and thus enable affordable and local needs homes to be built in the Dale in the future.

Next Meeting

The next Meeting will take place in the Sedgwick Room of Dent Memorial Hall (entrance at the side) at 7.30pm on Monday 6th April. Everyone is welcome to attend and there will a public forum about 8pm where time is set aside for anyone to raise issues with Council members

Jock Cairns, Chair

Tel: 25655. Email:

dentparishcouncil@btinternet.com

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THE ROSE THEATRE GROUP
Wow! is all I can say..... We had a ball and it was great to hear that audiences did too. Thank you so much for coming along and supporting 'Allo, is this Dads Army' at the People's Hall. Of course the primary school's 'Evacuees Choir', was just superb. Caroline Lamb was truly gorgeous as Yvette, as well as singing Lili-Marlene beautifully. Sue Richardson and Kevin Kendal sang the haunting melody and harmony

written by Dame Anne Pater, 'Even though the Dark Clouds cover the Sky', and I'm sure that it brought a tear to the eye of many of us. Luke Robinson who played the child in this cameo piece showed that he is an up-coming talent.

As for the acting, in our Director's words, "It is hard to believe that such a high standard of performance can be achieved, when most members of the cast had not stood on a stage until a few years ago, when RTG



performed its first Panto”.

We need to say thank-you to so many, that it is hard to include everyone. Particular thanks go, of course, to Steve Longlands for all his hard work with the lighting and to Ian Hutt who did a great job with the wide range of sound effects needed for World War II scenes. Andrew Allen gave support with lighting and lent a hand with most other things, as did Elspeth Griffiths. Lesley Alban’s team of make-up ladies transformed the cast magnificently. We are so grateful to our cast and helpers who do all the extra things that make the whole thing gel.

The proceeds this year are earmarked for the People’s Hall and takings exceeded a staggering £1,000. After expenses, the balance from the three performances will make a substantial contribution to the re-building fund. Heaps of thanks go to the Pulse Gym, without whose donation things could not have got started. Thanks also to all the kind businesses in the town who despite the present hard times still took an advert in our programme. I must

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Day or Night
Dent 25334

mention Kevin Kendal, a new member of the RTG who, in addition to bringing new acting and singing talent, helped considerably by sourcing much-needed props such as a field telephone and doctor’s bag! We thank Robert & Andrew Aindow of Sleddall Hall Antiques for the loan of these things. Also a very kind gentleman in Kendal who lent us the German caps from his collection. For the fun of it, members of the RTG have a get-together a week or so after the show for a ceremony to award the *Hilda’s*. These are our version of the Oscars, whereby certain members of our cast, just like those Hollywood types, get a trophy to put on their mantel piece. What more could a budding actor/actress ask!

The People’s Hall is such a well used community facility but it is becoming rather dated now, so it would be wonderful to have a new or extended Hall with up-to-date facilities (especially good insulation!). We hope that our small contribution will be a step in this direction.

Sandra Gold-Wood

COUNCILLORS CORNER

I mentioned in my last article that as a result of the economic downturn SLDC was having to make some small cut-backs in its services so as to remain within budget for the coming financial year – notwithstanding having kept the Council Tax increase down to 2.9%, the lowest increase in the thirty six year history of the Authority. One proposal made was the withdrawal of the annual grant of £5000 to the Sedbergh Book Town with a consequent risk to the ongoing provision of tourist services through the TIC. I had no hesitation in writing to the SLDC Cabinet saying that I was astonished to hear of this proposal and pointing out that Sedbergh, as a leader in the field of this kind of partnership working, provided exceptional value for money for a relatively small outlay. My District Councillor colleagues made

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

CAR BOOT SALE

Sunday 12th April

Ewegales Farm, Cowgill

Open for Stalls 8am

Open to Public 9am

To Book your £6 stall

Ring: Dent 25345

Food Available - Burgers - Bacon Buns

Proceeds In Aid of Dent Reading Room



similar representations. I am delighted to say that Cabinet took notice of our objections and decided not to pursue further this particular cut-back. The grant for this year is now safe.

I have just heard that the Doctors have re-submitted their application for Planning Consent for the Auction Market site. The details of the new proposals, plans etc. are available for inspection at the Community Office. One again I urge you to acquaint yourselves with the proposals and then to make your views known to the YDNPA Planning Department. Sedbergh Parish Council is likely to be considering its position further in the light of this new application. In view of the importance of this development to the town and the district please continue to debate the matter and don't hesitate to come forward with any concerns or enquiries which you may have. My guess is that the matter will come before the YD Planning Committee again in the early Summer.

I went to a well attended Sedbergh and Kirkby Lonsdale Neighbourhood

ST ANDREW'S PARISH CHURCH, DENT

**ANNUAL
EASTER MONDAY SALE**



13th April

Dent Memorial Hall

10 am to 2 pm

Refreshments all day

Home Baking ~ Plants ~ Nearly New

Books ~ White Elephant ~ Raffle

Competitions

Forum on the 17th March. As well as an extremely well-informed introduction to the digital switch-over (now imminent), the Chief Executive of Eden District Council, Kevin Douglas, was also there to provide an up-date of the arrangements which are to be put in hand to cater for the gypsies/travellers when they pass through our area on their way to the Appleby Horse Fair in June (yes, it's almost that time of the year again!). As I've mentioned before, I am a member of the Travelling and Settled Community Respect Group which has been meeting regularly since the Fair last year. I am confident that things will be organised much more tightly

this year with the proactive participation of the Police, South Lakeland and Eden District Councils, the County Council and the respective Town and Parish Councils. It behoves us all to play our parts however in ensuring that everything runs as smoothly as possible. The keyword is "respect". As a local community I am sure that we will want to give it to our visitors – and, of course, we are equally entitled to receive it from them.

As a member of the SLDC Planning Committee I am particularly interested in a couple of the applications coming before Committee on the 26th March. One is an application by Booths to open a new store in Grange-over-Sands and the other is for a three turbine Wind Cluster at Sillfield, near Gatebeck, literally just over the road from the proposed Old Hutton Wind Farm site, permission for which was refused by the Planning Committee earlier this year. Similar issues arise and it may be that a similar decision will be the outcome. At the moment supporters both for and against are engaged in

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an active lobbying process. The appeal against the Old Hutton decision, by the way, is beginning on the 28th April at Kendal Town Hall and is open to members of the public. For confirmation of the hearing dates and times please contact SLDC Planning Department direct.

Come 4th June we shall all be wending our way to the Polling Stations again to vote in the European and County Council elections. I have mentioned previously that the Lib Dem candidate for the County Council will be Kirkby Lonsdale businessman Fenner Pearson. As some of you will know, Fenner is one of the Vice-chairs at QES in Kirkby as well as being Chair

of the PTA at St. Mary's. There will be an opportunity to meet him and discuss his views on local matters at an Open Day on Saturday 2nd May between 2.30 and 4.30 at the Kirkby Lonsdale Institute. Peter and I will also be present and we are hoping that Tim Farron will be able to pop in as well. Do come along to meet us all for a chat and to air any matters of local concern which you may have.

We look forward to seeing you there.

Please feel free to contact either Peter or myself at any time:

Ian McPherson: Tel. 015396 20648

e-mail:

ianmcperson24@hotmail.com

Peter Woof: Tel. 015396 20857

e-mail: peterwoof@hotmail.co.uk

farfieldmill

Your Local Arts & Heritage Centre

Heritage displays, telling the fascinating history of the Mill; a unique range of fine art and crafts created by resident and visiting artists, rugs and throws produced on Dobcross looms; weekly demonstrations of weaving, rag-rugging and lace-making and *Weavers Café* for delicious food – including traditional Sunday Lunch (12-3, bring your own wine!)

Exhibitions

Evocation – vibrant, mixed media paintings by Anna Shutt & joyous paintings and sculptures by Alison Harrison
(Saturday 14 Mar to Sunday 19 Apr)

The Forbidden Kingdom – colourful carpets, plus needle-punched, embroidered and felted pieces and photos by John Allen, inspired by his travels to Nepal
(Saturday 21 Mar to Monday 4 May).

And at Weavers ...

Sunday Lunch, 12-3 (booking on 015396 21159)
And don't miss the famous 'Weavers scone' – sweet or cheesy – made fresh every day!



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Local residents - FREE entry on Tuesdays

HOWGILL W. I.

We met ay Howgill Village Hall on March 5th. President Mary Silva gave a warm welcome to fifteen members.

Two members shared a special event with Casterton W. I. when they celebrated the Institutes 90th Birthday along with guests from neighbouring W.I.'s and the County Federation. We all enjoyed good food, good company and a memorable evening.

Sedbergh Spring Show schedules were distributed and we were encouraged to enter exhibits. Anita Carey put forward suggestions for a summer outing, a decision to be made next month, on visit to Abbot Farm or a Canal Cruise, to take place on 25th June.

Members brought along their unwanted clothing etc., to be passed on to Grasmere W.I. who are collecting for the Great North Air Ambulance.

A warm welcome was given to our speaker Fiona Cartmell who spoke about her involvement as a volunteer with the Red Cross, a voluntary organisation started in Britain in 1870, giving skilled care to those in crisis in the community, at home and abroad. For example, giving first aid training, first aid cover at public events, providing transport for the elderly and the loan of wheelchairs etc.

Its flag is a Red Cross with a white background. In some countries the cross is replaced by a red crescent which enables them to assist victims in conflict or disaster situations, a part of a global network of volunteers

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Bridget Postlethwaite thanked Fiona
for highlighting the difference the Red
Cross makes to peoples lives across
the world.

The competition for an idea for a
fund raising event was won by Tanya
Hoare with Helen Beare second.
Raffle winner was Joan Luffman. The
social time was a demonstration with
Hilary Wilson "Caring for your Apple
Tree". A Jacobs Join supper brought
the evening to a close.

On April 2nd at Firbank Judith
Dunsford will present a talk on Local
Wild Flowers. Everyone welcome.

A. H.

SETTLEBECK HIGH SCHOOL
High Performing Specialist Schools Status

We have just received the very exciting news that Settlebeck has won yet another national accolade because of the quality of our exam results. The Specialist Schools and Academies Trust have told us we are eligible to choose a second specialism to add to our technology college status. We are currently looking at the options available and holding discussions with staff and we'll report back in the next issue.

New Curriculum Design

Next year will see a radical redesign of the curriculum at Settlebeck. Our aim is to offer a personalised

curriculum tailored to the individual student. GCSEs will now start in Year 9 instead of Year 10. This opens up a whole range of opportunities. Most students will complete their GCSE courses in Year 10, our most able students can then opt to take A/S modules in preparation for sixth form, some students may choose to take 1 year GCSE courses, other students may wish to take GCSEs over 3 years instead of 2 to ensure they get the best grades possible.

Cross Country Star

Year 10 student Luke Ingham took part on the London National Cross Country U15s Championships.

These were held on Parliament Hill, Hampstead Heath on 21st February.

Tooby's

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450 runners started the race and only 398 finished! Luke came in 57th, just 4 seconds short of being in the top 50 and therefore in the top 15% of cross country runners nationally. Luke was however the first runner to finish from the Mid Lancashire and Cumbria Region. We would like to congratulate Luke on his success!

Zrece
Our Year 9 students returned from Slovenia last week, the fifth time that Settlebeck students have visited our twin town. This was their second attempt, having been beaten by the weather last month! The week was packed with activities and hugely well organised as usual by Alison Brown. The first day was spent with our

hosts, Zrece primary school and included sports, a town trail and a long walk. The second day was spent swimming in the spa, some even venturing into the cold outdoor pool. One of the highlights of the trip is the chance to go skiing, students had the chance to try both downhill skiing as well as cross country. The weather was stunning with sunshine and bright blue skies. The final evening was spent with out hosts watching their fine performances of music and dance and a presentation of their trip to Sedbergh last October.

The trip was a huge success and the students were excellent ambassadors for Settlebeck High School. Our thanks also go to Alison Brown for organising the trip as well as Dave Smith and David Hunt and staff members Ruth Nelson and George Brettle.

Eco Schools

On 8th March Becky Barnes, Rosie Mason, Evie Rourke and Louise Jennings attended a meeting at Dallam School on how to become an eco school. They worked extremely hard putting together an action plan on achieving the bronze and then silver award and will be setting up an eco schools group in the next few weeks.

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.

(Continued on page 18)

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They were so impressed with his ideas that the poster is about to be published and will soon be on display. *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. 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."

Sports Reports

The Year 7 and Year 10 netball teams have been extremely successful this year, both teams beating Queen Katherine School. Year 7 won 5-4

Year 10 won 6-3

The Year 7 rugby team narrowly lost out to Queen Elizabeth School in the recent rugby tournament with Will Cox being named most valuable player.

Science and Engineering Week

On Thursday 12th March, as part of Science and Engineering Week,

Settlebeck High School welcomed Year 5 & 6 students from local primary schools for two hands-on workshops.

With Miss Nelson (Head of Science), students carried out Forensic Flame Tests. While with Mr Jermy (Head of Design Technology, Engineering Club) students designed and made Jet Cars.

Staff at Settlebeck were impressed by the teamwork skills of participants and felt students listened carefully. Thank you to all staff and adult helpers for their support.

*Alison Brown
Progress Leader Year 7 & 8*



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On 17th July Dentdale Over 60's are holding their Annual Strawberry Tea and this year would like to hold an Auction. If you have any saleable items which you would like to donate for this worthwhile cause, please telephone Belle Burrow on Dent 25203 or Stella Bannister 25481. This is our annual fund-raising afternoon and we would appreciate any surplus goods you have. Thank you.

**AT TALE OF TWO DITTIES -
SLOVENE CHOIR CONCERT
AND CEILIDH April 26**

As well as a wonderful variety of traditional Slovene songs and sacred music, our visiting choir from the Slovenian Waldorf school who are visiting at the end of April, are busy learning English traditional songs which they can sing together with English singers.

The choir is made up of 40 teachers and parents from the Rudolf Steiner School, sometimes referred to as the Waldorf School. As many of you will know, Steiner schools focus on nurturing the child's creative abilities rather than a rigid adherence to curriculum. By coincidence, Rebecca

is both the secretary of our local Steiner School Rebecca and my neighbour here in Sedbergh - the singers are hoping to meet other Steiner teachers and parents while they are here, as well as at the Steiner school in Edinburgh.

The choir are also meeting community choirs in Kendal and Dentdale, and after joining a walk via some local places of interest will perform alongside The Gladly Solemn Sound west gallery choir at 4pm on Sunday April 26. I have sung with this choir for over 15 years, and many local people will remember us from our performances at the annual Folk Carols Festival in Dent, as well as at the Sedbergh Music Festival a few

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- Allow all EU laws to over rule our own.
- End trial by Jury and Habeas Corpus.

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- All normal protests; Belgian Police at once break up any peaceful demonstrations in Brussels by MEP's.
- Opposing Brussels dictates in our own Parliament.
- Opposing the creation of a European state - though no citizen has ever voted for one. Dissidents like the French, the Dutch and the Irish are told to vote again.

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A vote for any of them is a vote against your own country. Vote for the UK Independence Party.

John Mander

years ago where we filled a gap in the history of church music.

Many authorities on church music claim that between 1700 and 1850 nothing of any note was written at all - the very period of music which our choir sings. This was the era celebrated by Thomas Hardy in *Under the Greenwood Tree*. Music which was mostly written by gifted amateurs and sung by enthusiastic country singers, most notable for its strident rhythms, baroque counterpoint and fugueing choruses where one part comes in after another. More cynical observers claim there appear to be only two ways of singing west gallery music - loud, and very loud!

In the same style, The Gladly Solemn Sound also sing a number of more recent arrangements of poetry from this period including a new setting of Blake's *Prelude to Milton* (more commonly referred to as *Jerusalem with the Parry* arrangement beloved of the Women's Institute) and *Grey's Ellergy in a Country Graveyard*. And having sung alongside almost half a dozen Slovenian choirs we now have several Slovenian songs in our repertoire, one of which we will be singing with the Slovenian Waldorf



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Choir at this concert.

Krasni Majnik celebrates May in particular and the Virgin Mary in particular. The song talks of how spring paints the countryside with flowers and crowns it with the small white Smarnice, not dissimilar to our Lily of the Valley. As well as singing this song together, the two choirs will also sing *By the Green Grove*, an English folk song most popular with the Copper Family (and the Cautley Carollers) celebrating the joys of song birds in spring.

After the concert there will be a supper with vegetarian and meat dishes followed by a Ceilidh dance with the celebrated Garsdale Street Band. Most of you will know this band - or at least the heroic figures who play with them - and will know already the excellence of their music. And will also know that Clare Pope is their "caller" - calling out the steps for the dances as they progress so that everyone can enjoy themselves without having to worry about which way they're meant to turn next.

We look forward to seeing you there!
David Burbidge 21166



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maw.bursary@sedberghschool.org

TIM FARRON MP

Our campaign to get a new cancer unit at Westmorland General Hospital is moving ahead in a very positive fashion. We have received nearly 6000 signatures (either on paper or electronically) and I had a very encouraging meeting with the Chief Executive of NHS Cumbria who would be responsible for commissioning and importantly paying for the new unit. They are planning to start drawing up the specifications for the new unit in the next few weeks in consultation with clinical experts and a few other key individuals. I think they are planning to invite my views on the plans so if you want me to feed in any thoughts

then please get in touch. This is a significant step towards turning the idea into a reality but it is still important to get as much support for the plans as possible, particularly in this current economic climate when Government money can disappear very suddenly. If you have not yet signed the petition but do feel it is important that cancer sufferers in our area do not have the additional pain of long journeys to Preston or Carlisle please do give us your support. You can do this by either ringing my office or going to my website (www.timfarron.co.uk).

I have been putting a lot of pressure on the Government to help young people in this area by introducing a

national concessionary bus scheme for people aged between 17 and 25. They have introduced a very successful scheme for pensioners so it seems to be only right that they introduce a similar scheme for people at the other end of the age scale. So far I have been met by the Government's usual urban short sightedness; their objection is that many young people either walk or cycle and offering concessions on bus fares may make them stop taking this healthy option. If anyone in this age group is currently walking between Sedbergh and Kendal and feels that this is the preferable option to taking the bus I would be delighted to hear from them otherwise I will do

what I can to help the Government realise that the world outside the cities where they operate is rather different.

I am extremely pleased that the Government's enquiry into the needs of hill farmers is kicking off. The key thing that needs to be realised is that hill farmers are simply not paid enough for all the work that they put in to their farms. Not simply in producing food but in maintaining the landscape, looking after wildlife and generally keeping our area as beautiful as it is. This is a very skilled area of farming and one that should be rewarded much much better than it is currently. I am sure that the enquiry will hear this message many times but that does not mean I shall not take every opportunity to communicate it to Dr Burgess and his team as they take on board the evidence for their enquiry.

Finally, I was really pleased that South Lakeland District Council is continuing to recognise the benefits of Sedbergh's Book Town event and investing in it yet again this year. As you probably know the Council is facing considerable financial hardships at the moment and so it is great that they are continuing to understand what their priorities in funding should be. I wish all councils could be as sensible.

As ever if you have any issues I can help with my contact details are Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or e-mail tim@timfarron.co.uk

Thanks for your support *Tim F MP*



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SEDBERGH & DISTRICT HISTORY SOCIETY

*Motifs, Monuments and Mountains.
Prehistoric rock art in Cumbria. By Dr.
Kate Sharpe.*

Rock Art is any mark or pattern carved, or painted on the surface of rock, whether representational or abstract. Most British rock art is abstract.- patterns of rings, spirals etc., carved on outcrops, boulders, and cliffs, or on standing stones and chambered tombs. It is difficult to date but most is thought to be Neolithic or bronze age.

There are two styles of abstract rock art: 'Cup and Ring or Atlantic Style', comprises circular motifs and fluid designs of cups, rings, or spirals,

found mainly from Derbyshire northwards and in Ireland & Scotland. 'Passage Grave Style' is more angular, often comprising chevrons and patterns like those on prehistoric pottery. This style is prevalent in Wales, Orkney, & Ireland.

In Northumberland and Durham and the east of Cumbria, rock art is usually found on glacially smoothed outcrops of sandstone on elevated moors, below the summit. But in the rest of Cumbria it is found in valleys. In the Eden valley, there are carved monuments, mostly of sandstone. It is not known whether Long Meg was carved before or after the stone was erected - it could have come from the Eden river cliffs, perhaps already

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carved.

In the central lakes, the rock art tends to be on outcrops or large boulders of volcanic rocks & skiddaw slates, near water, especially lake shores. The sites can be plotted to suggest a connection with nodal points on natural and ancient routeways, possibly the routes to the Langdale Axe factories.

Dr Sharpe considered whether particular rocks were chosen for their shape or surface features or for their location in the landscape? Could the strata and weathering on the surface have been seen to represent a landscape, perhaps visible from the boulder? Sometimes natural fissures seem to be incorporated into the design, with cup marks round them. Did the natural features inspire the design? Or did the patterns represent mountain shapes?

She also considered the choice of location. As all Cumbrian sites are low lying, they do not command extensive views, and it is difficult to relate them to mountains as there are mountains in every direction. But the site at Copt Howe is different - it is

higher, with carvings on vertical panels of two natural boulders forming an entrance, pointing towards the Langdale Pikes. Mountains were sacred in early cultures. The axe-makers did not use the most accessible stone but took it from dangerous parts of the Pikes. At Copt Howe, the boulders' astronomical alignment is such that, at the midsummer solstice, the sun sets behind the Pikes and appears, from this point only, to roll down the mountain. A similar phenomenon is seen at a rock art site in County Mayo.

Dr Sharpe described the work of the Northumberland and Durham Rock Art Pilot Project and the use of photometry for recording. Project volunteers have found many new examples of rock art recently. About 2500 panels have now been recorded in England.

Judith Robinson

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SLOVENIAN CHOIR CONCERT AND CEILIDH

4pm SUNDAY APRIL 26th

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Dent Memorial Hall followed by **supper at 6pm** and

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Concert £5, Supper and Ceilidh £12. All three together £15.

Ceilidh without supper £8.

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SEDBERGH TOWN BAND

Annual Spring Concert

Wednesday 18th March saw a large audience in the People's Hall for the Band's Spring Concert. Although the structure of the evening was familiar a number of changes in detail were apparent and warmly welcomed.

The growing size of the Band means that when all players are available the People's Hall stage is too small to accommodate comfortably all the players. Only two options for a solution existed - drop a few players or site the Band on the floor and use the stage for audience. There was no question that the second option was the only acceptable one. In fact the placing of the Band in the auditorium was a return to the very first Band Concert in 1998, though the reasoning behind that was an anticipation of a small audience and thus an attempt to minimise the distance between players and audience. As it transpired the size of the audience in 1998 exceeded wildest anticipations and set the standard of support that has been enjoyed by the Band in every

subsequent concert.

Before the musical commencement of the Concert compère, Carl Storer, introduced the Band drawing particular attention to two players appearing in a concert for the first time. Young cornet player Patrick Bannister had made rapid progress via the Youth Band and Michael Roberts, baritone horn, has emerged from the Monday evening adult classes.

Seven of the numbers in the programme were new to the Band's repertoire, though it could be regarded as eight if Alan Lewis's completely original arrangement of 'Any Dream Will Do' is counted. This popular Andrew Lloyd Webber piece provided Stuart Shields with a second opportunity in the evening to demonstrate his fine singing voice which complements his all round excellence on a number of brass instruments.

A particularly welcome innovation was the interval slot given to the Saturday young learners class, the Sedbergh Youth Band. Although they made an appearance in the

Christmas Concert last December this was the first time they have featured in a conventional concert. Those volunteer members of the Band who have instructed them over the recent weeks are to be congratulated for raising their standard of playing so significantly which was more than apparent in their presentation of 'Blue Shift' and the ever popular and familiar 'When the Saints Go Marching In'. They exhibited an impressive musicality and confidence and we look forward to their contributions on a regular basis in the future.

As usual the programme got off to a rousing start with Alan Lewis's 'Tarka 1,2,3', a march that has become virtually the Band's signature tune. There then followed a sequence of five numbers new to the Band: 'Summer Light', 'Do You Know', 'Unchained Melody' (a song that dominated the charts in the fifties for



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weeks and sung here by Stuart Shields), 'Tuxedo Junction' (bringing back nostalgic memories of the Glenn Miller big band sound) and 'She's the One'. The first half concluded on a high note with a most accomplished performance of the demanding and evocative 'Born Free' of cinema fame.

Following the interval during which refreshments were available, the raffle was drawn and the young band entertained. The programme resumed with the march 'Time and Tide' succeeded by more new numbers: Karl Jenkins's 'Benedictus', Bobby Darin's 'Things' and Stuart's second vocal slot 'Any Dream Will Do'. 'Malaguena', 'Pavane in Blue' and the enormously popular and musically taxing 'Pirates of the Caribbean' completed the published programme with the audience unquenched thirst for music being partially satisfied with a fine encore rendition of Duke Ellington's 'Mood Indigo'.

The Band clearly enjoyed playing and look forward to providing the background music at this year's Spring Show.

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PHOTO CALL

Sedbergh and District History Society were delighted to be left the collection of photographs, news cutting and ephemera belonging to Freda Trott. These are currently being sorted, scanned, identified and printed and ultimately copies will be added to the Society's photo albums which are housed in the History Room adjacent to the Joss Lane Car Park and can be viewed by any member of the public.

Regrettably in Freda's collection there are some interesting photos but with no indication of who the photo is of or where it was taken.

The two photos here show what could possibly be the Pinfold prefabs c1940s with two ladies. The lady on the left appears to be on both photos.

What I would love to know is who are these ladies? Does anybody



know? It was thought that one of them may have been Freda herself but from other photos I have seen of her, it now looks doubtful.

I will, as always be very grateful for any help given and can be contacted at Walnut Bungalow, Dent, LA10 5QT. Tel: (015396) 25001 or by email at shirley.tebay@btinternet.com



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29th APRIL

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to exhibit and sell locally produced crafts. If you pot, weave, turn,
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and would like to take this opportunity to display your wares
and perhaps profit from your labours please contact

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Dear Editor,

I read with interest your contribution
by Bill Wright re: Digital Television.

I agree totally with his concerns with
regard to the elderly and vulnerable
being left without TV reception. Like
many others, I do not understand the
mentality of the switchover. The
Granada region has had digital
transmissions for years and thus
have had time to change from
analogue to digital. However, we are
expected to convert within a month!



My advice to your
readers is not to panic. It
is not necessary to
change your TV or indeed
TV aerial. If you have
good analogue reception now, i.e. it is
clear with no snowy or grainy
pictures, you will not need a new
aerial. Buying a Freeview + Digital
box will convert both your video and
TV at the same time. (A Freeview +
recorder allows you to record one
channel whilst watching another).

If you think you do need your TV
aerial or equipment upgrading try to
get someone that has been
recommended by friends or

neighbours. Ask for a free estimate
and judge the contractor by his
manner and professionalism - not by
fancy adverts.

I hope this helps. Regards.

Nigel B. Capstick
NBC SkyNet

MUNCHEON MUSIC



SEDBERGH SCHOOL
WEDNESDAY
LUNCHTIME CONCERT

Wednesday 29th April
at 1:30pm

Please note new start time

The Queen's Hall

Admission Free

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CUMBRIA WILDLIFE TRUST

A Helping Hand for Cumbria's Tree Sparrows

Tree sparrows will be getting some much needed help this year thanks to the launch of the Cumbria Tree Sparrow Project. This is an extension to the successful RSPB Operation Tree Sparrow project presently working with farmers in Lancashire, The Wirral, Greater Manchester and Cheshire.

Cumbria Wildlife Trust and the RSPB are working together to deliver this Cumbria Biodiversity Partnership Project with support from Natural England and funding from Cumbria Waste Management's Environment Fund.

Smaller, shyer and faster flying than it's close relative the house sparrow, the nimble tree sparrow is an enchanting farmland bird to be found typically in mixed farming areas of Cumbria. It has a chestnut brown head and nape (rather than grey as for the house sparrow) and white cheeks and collar with a contrasting black cheek-spot. Despite tree sparrow numbers having reduced by over 90% across the country since the 1970s, mainly due to a lack of suitable food and nesting sites, they are still found in localised areas across Cumbria, most notably north Cumbria. Cumbria supports a number of important remaining tree sparrow colonies centred around the farmland



Sedbergh Community Development Centre

Sedbergh Courses for April—July

| Course | Tutor | Wks | Start | Times |
|-----------------------------------|-----------------|-----|--------|---------------|
| Dry Stone Walling | Brenda Koo | 2 | 30-May | 09:00 - 16:00 |
| Sugarcraft | Ann Parker | 5 | 24-Apr | 10:00 - 15:30 |
| Using Spreadsheets | Chris Wood | 4 | 19-May | 19:00 - 21:30 |
| Play in a Ceilidh Band | Carolyn Francis | 7 | 20-Apr | 19:00 - 21:00 |
| Yoga for All | Deyna Hirst | 10 | 23-Apr | 10:00 - 11:30 |
| Yoga for Strength & Flexibility | Deyna Hirst | 10 | 23-Apr | 19:45 - 21:15 |
| French Beginners | Helene Shovlar | 8 | 21-Apr | 19:30 - 21:00 |
| German Improvers | Nela Geuer | 10 | 23-Apr | 19:00 - 20:30 |
| Italian (Beginners/Continuing) | Amanda Rose | 5 | 23-Apr | 10:15 - 12:15 |
| Italian (Continuing/Advanced) | George Handley | 5 | 21-Apr | 10:15 - 12:15 |
| Creative Writing | Janni Howker | 10 | 24-Apr | 13:30 - 15:30 |
| Basics of Family History Research | Katy Iliffe | 1 | 09-May | 10:00 - 16:00 |
| Personal Construct Counselling | David Walton | 2 | 13-Jun | 09:30 - 16:00 |
| Resolving Family Problems | David Walton | 2 | 04-Jul | 10:00 - 15:30 |

We also have a wide range of classes in Kendal and Kirkby Lonsdale.

Have a look at our website at www.sedberghcdc.org.uk

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of the Solway, Brampton and mid-Eden Valley, which are isolated from other important populations further south in Lancashire.

Cumbria Tree Sparrow Project Officer Cat Glendinning said, "North Cumbria still supports important populations of farmland birds such as tree sparrows and grey partridge and we are keen to work with local farmers to help them increase numbers of birds and expand populations."

The primary aim of the project is to increase numbers and expand the range of tree sparrows and other declining arable farmland birds. This will be achieved through providing advice to landowners to ensure that those participating in agri-environment schemes are delivering the year-round conditions needed by these birds. Year-round requirements can be summarised into three main requirements: summer insect food for

chicks, winter seed food plus suitable nesting sites.

Part of the project will involve erecting 250 nest boxes at suitable sites to supplement the holes in old trees and farm buildings usually used by the birds. Volunteers will monitor these nest boxes for activity and help build a picture of the project's success over the forthcoming year.

John Bowman of Natural England said, "The project will help build on important work done by the farming community for seed eating birds. By focussing on areas where improvements can be made to provide all year round habitat and food supplies, the project will help to provide a brighter future for farmland birds in North Cumbria."

Anyone wanting to know more about the project or is keen to become a volunteer bird surveyor, please contact Catriona Glendinning on Catriona.Glendinning@rspb.org.uk.

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DENTDALE W.I.

Signs of Spring all around and a quarter of the way through our programme. Where does the time go?

During the business meeting, we heard that members had been out and about on our behalf. Judith Newsham and Thelma Belfield attended Casterton's 90th celebrations and enjoyed a good Supper and Doris Aldworth's searching musical quiz! Kate Cairns and Rosalie Dodgson joined with others to help plan the Group Meeting to be held on 18th May at the People's Hall. Alan and Chris Clowes will be talking about working with an African Community.

The arrangements for Gardener's Question Time, our fund raising event, are coming on well and Judith Newsham has been able to enlist the help of a very knowledgeable panel with Elaine Horne, David Redmore

from Garden and Landscape Designs Lancaster, and Thomas Mason the Assistant Gardener at Levens Hall ready to take the questions. It promises to be a good evening so make Friday 24th July a date for your diary!

A good number of members joined school staff and parents to help prepare the refreshments for over 500 entrants for the Dentdale Run. It is a real community effort from cutting and buttering the first rolls and scones, to seeing them labelled and packed ready for the finish of the race! Others helped serving teas and coffees or marshalling etc.

Our Speaker for the evening was John Natalacen owner of the Churchmouse Cheese Shop in Kirkby Lonsdale. John was an excellent speaker and needless to say, very enthusiastic about the cheeses that he sells. He started by telling us that he had opened the shop with his wife



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in 2002 and since then, has been voted Best Independent Cheese shop in Britain and UKTV Food Heroes North West winner. The shop now employs 14 people and John is always on the search for interesting additional cheeses to add to his vast selection. Needless to say, we were looking forward to the tasting. Five cheeses for us to work our way through, all accompanied by a fascinating explanation. First then a Goats cheese, said to be easier on the digestion as too were the charcoal biscuits given to accompany the cheeses! The second a Cumberland cheese, smoked in oak, followed by a White Stilton with mango and ginger said by John to

clear the pallet. Then came a Blengdale Blue called White stick and to finish, a creamy Lancashire cheese called Black Bomb individually wrapped in it's black coating and looking for all the world like a small grenade. It was a very powerful cheese too!

The competition for a cheese recipe attracted a good number of entrants. The winner was Judith Newsham with her recipe for Cheese Gougeres. Ann Mason won the raffle prize.

The next meeting is on April 8th when our Speaker will be Susan Garnett, with an illustrated talk about New York. Visitors and new members are always welcome.

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CHURCH WEDDINGS

Following on from the information from Alan Fell and Carole Marsden regarding Weddings, here is some information about weddings and baptisms in a Methodist church:

Weddings in a Methodist Church *What is the first step?*

A couple wishing to get married should approach the Methodist Minister of the church at which they wish to be married. The minister of the Sedbergh Circuit is Tim Widdess, Tel: 20329. The couple meet with the minister to prepare for the wedding and arrange the content of the service – hymns, prayers etc.

One of us is divorced. Is that OK?

The Methodist Church is generally willing to marry people who have been divorced, as long as there are not major obvious reasons why it would not be appropriate. A church marriage is a solemn Christian ceremony, with prayers and Bible readings reflecting Christian understandings of what marriage is about. Whilst people wishing to marry in a Methodist church do not need to be church members, most ministers will look for a genuine desire on the part of a couple to take their marriage seriously along the lines set out in the service. Discussing what this means in practice will be part of the marriage preparation.

Baptism or Thanksgiving

According to the Methodist Worship Book, baptism (or Christening) marks entry into the One Holy Catholic and Apostolic Church, of which the Methodist Church is part. The

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Methodist Church, like most denominations of the Christian Church, administers the sacrament to both adults and young children.

Is there an alternative to baptism for our child?

Some people choose to have an Act of Thanksgiving or Dedication after the Birth or Adoption of a Child.

How do we go about getting our child baptized or dedicated?

Parents should approach their local Methodist minister. The minister will be pleased to explain what's involved.

Further information, Tel: 015396 20329 or visit our website:

www.sedberghmethodists.com

Tim Widdess

MABEL HALL

On Friday 13th February 2009, relatives, friends and neighbours attended Gladstone House where they played Bingo with Mabel who was celebrating her **101st Birthday**. Everyone had a book of six cards on each page and Mabel kept up with everyone, so much so that she won three Full Houses.

After a chorus of "Happy Birthday" Mabel posed for photo's before cutting her cake with the assistance of her Great Granddaughter Erin.



DENTDALE METHODIST CHAPEL

In April we continue with afternoon services and these will continue in the Schoolroom next door to the chapel, because of Lambing time Dent Foot Chapel has no services so we really will be Dent Dale!

We are shortly to update the phone-in prayer request line and "market" it rather better, if you would like someone to pray for you please leave a message on the answerphone and someone will respond, or get in touch with me. Also if a listening ear or some practical help would be appreciated do get in touch, all in complete confidence.

During Lent we have added the symbols of Holy Week to the Cross, ie Bowl and Towel reminding us of Jesus washing the Disciples feet and reminding us of our Service for Him, Money Bag reminding us of Judas "selling" Jesus and Whip reminding us of the flogging of Jesus. On Easter Sunday all these will be removed and the cross decorated with strips of bright material and fresh flowers, do come and get involved and help with this.

The number for the Prayer Line is; 07816999432.

Anyone out there interested in either of the following do contact us; Praise Aerobics ...exercise to modern Praise Songs Meeting once a month for Sharing and Worship in homes God Bless.

*Sarah & John Woof.
"Rhumes" Dent. 25212*

PS. If interested in Fair Exchange do get in touch.++

SEDBERGH PRIMARY SCHOOL

A Step Back in Time, Tudor style

On Tuesday 3rd March year six pupils from Sedbergh Primary school were entertained by Elizabeth Dodd. We were entertained by her telling and performing Tudor music with musical instruments.

For the first half of the lesson, Elizabeth played all different musical instruments from the Tudor times. Some pupils got to play some traditional Tudor music. We got to compare her today's instruments to what the Tudor instruments looked like. We were very lucky as Elizabeth brought in some wonderful Tudor instruments! All wood and no plastic!!

For the second half of our Tudor lesson, Elizabeth taught us some traditional Tudor dances. We were put into pairs and to get us in the dancing mood we had to put on some costumes. Boys wore funny feather hats and velvet capes whereas girls

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wore white ruffs around the wrists or the neck (which were very itchy.)

Elizabeth also gave each girl a little velvet bag to hold (which got a bit annoying as we danced.)

As to the dancing, it was fairly easy. There were a lot of steps you had to crack. Sometimes we took too big a step and stepped on the person behind's feet!!! However we did learn it (eventually) and it looked good afterwards, as we performed it - not forgetting the bow at the end.

We learnt a lot more on Tuesday then we thought!

We would like to say a big thank you to Elizabeth, as we thoroughly enjoyed the day!

Kim & Emma



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FAMILY MUSINGS

Well now folks I need to make something clear, there seems to be a bit of confusion over "Sarah M", she is NOT the person who writes this column, and I am not the person who bakes Quality Cakes and Award Winning Preserves, mmm, actually I DO bake a rather good Fruit Loaf to butter, but no I am NOT Sarah M! Yes I know my maiden name begins with M but, (got the message yet?) I am not Sarah M! Hope this clears up any confusion.

My attention was caught recently by a poster about a Decorated Bike Ride down the Prom at Morecambe in aid of Cancer Care on Easter Saturday, just a couple of hurdles to my doing it, (a) I have not ridden my bike for months (b) with April being lambing time and hubby too busy to take me how would I get my trike to Morecambe? Perhaps the little children I play with would fancy doing it and I could walk briskly alongside? Or even jog, as long as there is no-one I know anywhere in the vicinity! Perhaps not.

Walking the Dog at Warton twice a week helps keep me fit, I am very near to having lost 3 stone in weight in or nearly in 12 months, it hasn't always been easy, I love my food and Clients often make me a cuppa and serve them with scones & cakes saying "I know you like these so I baked them especially!" And of course I have had to eat my words (that's where those pounds came from!) you know the ones about never going to a Slimming Club? Daughters

had other ideas and I am very glad they did, and would recommend the club, you need to have a broad mind, good sense of humour and at times strong nerve but everyone is very supportive. The folks I work with are a good support as well and hopefully I will get on my bike, and start gardening before long and these will help my weight loss.

On a recent weekend in Southport at the Aglow Conference I decided I really must see the Sea so had a brisk walk to the end of the prom and then an even brisker walk back with the wind behind me. Looking down onto one of the beach-side cafes I was reminded of hearing a female singer belting out "Love Changes Everything" when we had a family holiday camping near Southport about 12 years ago. Each of our offspring took a pal along, some of us had to travel by train, and getting about meant walking or two car journeys, the site left a lot to be desired I remember having to buy a plug for the basin, but it was, I think, the best holiday we ever had as a family. Fond memories, enjoy yours.

Sarah

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FEBRUARY WEATHER

Fortunately February "fill dyke" did not live up to its usual promise. In fact it was probably one of the driest months I have ever recorded with only 0.28 inches of rain. Again this month we had a few days when, as the locals say, "the sky did not get off the ground". These are the days when we are enveloped in mist with a light drizzle. The electronic rain gauge cannot seem to cope with this so whatever precipitation falls isn't recorded as it does not trip the measure. In spite of this lack of rain everywhere is still very muddy with the water table being up to the surface. Temperature-wise it was a month of two halves with the first part having a frost every night whilst in the second part we had only one frosty night and one ground frost. The minimum recorded temperature was 20.3F and the maximum at 50.2F. This latter was an isolated bright day with the remaining maxima being in the mid to low 40sF. During the cold spell at the start of the month we had a low pressure system which is quite unusual as cold spells in winter are often as a result of high pressure dragging in cold easterly winds from the continent. This time the centre of the low pressure system must have been situated slightly North of us to drag in colder Arctic air. Certainly the night time wind chill temperatures reflected this being well below freezing with a maximum wind recorded at 21.9 mph.

Haven't we had a fabulous display

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of snowdrops this month? I think it has been the best I remember. The clump in our bank, which started out as one flower 13 years ago, had over 150 flowers this time!! With the days lengthening there has been much bird activity from cock birds singing to display their territories, rooks back at their nest sites to blue tits visiting nest boxes. Long tailed tits continue to visit our feeders so hopefully they will nest nearby. I understand the ravens have returned to their regular nesting site having been ousted by workmen last year. There are still some flowers on the winter jasmine and the hellebores are showing well as are the daffodils. Specie crocuses have added colour to a tired lawn area and the Iris reticulate have flowered well again. Once the temperature reached 42F grass started to grow even though the ground temperature must only just be at that temperature due to being waterlogged. So hopefully spring is around the corner with lambing well on the way for some. We still have 6 weeks to go before our first are due.

SLUMDOG MILLIONAIRE

Simon Beaufoy, who won an Oscar on Sunday 22nd February for best adapted screenplay, attended Sedbergh School in the 1980s.

Simon adapted the novel 'Q&A' by Indian writer and diplomat Vikas Swarup, to produce what is now famously known as 'Slumdog Millionaire' - the film that swept the Oscars that weekend, taking eight statuettes including one for best motion picture.



Simon was previously nominated for an Oscar for his screenplay for 'The Full Monty', in 1997.

On winning his award this year, Simon said, 'There are certain places you never imagine standing - the moon, the South Pole, the Miss World podium and here.'

SEDBERGH BRANCH ROYAL BRITISH LEGION

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DENTDALE

MUSIC & BEER FESTIVAL

Last Orders, winners of the prestigious BBB Radio 2 Young Folk Award in 2007 are the latest band to sign up for the Dentdale Music & Beer Festival to be held on the last weekend in June. They join a list of stars including the folk-rock Duncan McFarlane Band and the legendary guitarist Gordon Giltrap in Dent.

The line-up includes an exciting range of musicians, dancers and street entertainers, at what promises to be an exciting recession-beating event for all the family.

For further details of this Free Festival go to
www.dentmusicandbeer.com

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APRIL GARDENING

I have been finding, as I look around various gardens, that the unexpectedly cold winter has finished off a few plants which had survived previous years. Late March and early April are good times to reassess garden inhabitants, and to cut back the more tender perennials and shrubs in our borders. Many *Penstemons* are looking brown and bedraggled, but there is still hope of new growth if they are cut right down to ground level. Similarly some herbs – Sage, Rosemary, Rue and Lavender and Cotton Lavender have gone rather crisp. In cold damp soil it is likely that the root of the plant will have frozen to death, and you will probably find that the bark at the base of the stems has split away from the wood leaving the leaves with no food supply. If this is the case, the top half of the plant may look quite lively until late spring, when it will quickly wither

and die. With all these plants it is worth waiting a few weeks before cutting the stems back by about 2/3 and hoping for new shoots to sprout. Other, more tender shrubs such as *Ceanothus*, *Cistus* and *Daphne* may appear to have come through the cold unscathed but I have found on several occasions that a frosty snap in late April or May can brown and kill them almost overnight. They seem to most vulnerable when the sap is rising.

For those who need to do pruning work on cherries, plums or *Eucalyptus*, April is a good month to choose. The first two are less likely to succumb to canker and Fungal diseases if pruned when the sap is rising and the latter should be past the dangers of serious frosts and also have plenty of time for regrowth through the summer if attacked now. *Eucalyptus* will stand heavy pruning so take the saw to thick stems if the plant is getting out of hand. You must then be prepared to leave to plant to its own devices for at least 2 months before you expect new buds to sprout. I remember going on a visit to Newby Hall one May, with a party of Kew Gardens staff, and being shown the "pruned" *Eucalyptus* grove. We all stood around and stared in disbelief at a collection of 2ft high, sawn off stumps as the arboriculturalist told us with great confidence that they would all burst into growth. Sure enough, when I visited at the end of the year there were healthy new stems covered with attractive rounded juvenile foliage.

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SEDBERGH BOOK GROUP

Please note that the Book Group which usually meets in the Library on the 2nd Monday of the month will meet on Monday 20th April instead of the 13th, which is Easter Monday.



RSPCA

The RSPCA has branches throughout England & Wales that work tirelessly for thousands of companion and wild animals every year; from a single domestic kitten in trouble to thousands of birds affected by oil spillages. However, what is not as widely understood is that each individual Branch is a separately run and registered charity, self-funding and their money is raised locally to help local animal welfare. We rely upon volunteers to enable us to do positive work for local animals.

From the Branch office in Kendal we treat and re home numerous animals who are suffering and in need To enable us to continue to meet this increasing need we are always looking for volunteers to help to raise funds which could be anything from a town centre collection or fundraising

in local supermarkets or similar outlets.

No experience is necessary and becoming a fundraising volunteer is a great way to develop new skills, meet people and have fun. Full support will be given and collectors will be provided with information about how to collect by the local Branch. You will need enthusiasm, good communication skills, and a sense of humour and to enjoy meeting new people. You must be committed, responsible, reliable and trustworthy.

Our much valued volunteers will be collecting in-store at Morrisons Kendal Monday 27th April to Sunday 3rd May, in store at Asda Kendal on Saturday 4th July , at Killington Lake Services on Saturday & Sunday 25th & 26th July and in Sedbergh on Saturday 19th September and Kendal on 15th August. They would welcome any assistance. If any one has even just a couple of hours to spare on just one of these days we will be delighted to hear from you.

Most volunteering activities for the RSPCA do not involve practical animal care, although there are some opportunities to get involved in dog walking. However, all roles influence animal welfare significantly.

Please contact Gwen Cropper, Branch Administrator, Westmorland Branch Office, 112a Highgate, Kendal, Cumbria, LA9 9HE.

Telephone: 01539 736036 Office Hours: 9.00 to 3.30 Tues & Weds, 9.00 to 1.00 Thurs. email:

rspcawestmorland@btconnect.com

SETTLEBECK HIGH SCHOOL

Zrece Trip March 2009

This is the fifth year that Settlebeck year 9 students have visited the Gorenje Centre near Zrece but the first time that they have travelled all the way there and back by coach. The trip had been planned for Monday 2nd – Monday 9th February and we set off for Stansted Airport at 2.30 am on the 2nd in order to catch our 9.00 am flight but of course that was the day on which the east of England had the heaviest snowfall for eighteen years and as we approached Stansted rumours abounded of cancelled flights, while the landscape turned ever more Arctic the further south we travelled.

Repeated calls to Stansted assured us that we had nothing to worry about and even as we pulled into the snow-covered coach park we watched a large passenger plane taking off into a murky sky, but it must have been the last, because the moment we arrived all flights were cancelled. After hanging around for an hour considering our options there was nothing we could do other than return to Sedbergh while we still had a coach. What a journey! 13 hours, an hour at Stansted and a couple of toilet stops only to end up back on Settlebeck's bus park feeling very tired, disappointed but lucky to get back without getting stranded.

Our friends in Slovenia were equally

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|---|--|---|

disappointed but Alison Brown, our party leader and organiser, determined to make this trip happen and immediately set about negotiating alternative dates, accommodation and travel arrangements. Luckily our aborted attempt cost us nothing with a complete refund from Ryanair (not a common occurrence) and our travel insurance coming up trumps for the other costs. There were to be no further cheap airline seats for a party of 40, however, and Alison organised instead for us to travel by coach.

This was the way in which the last group of Slovenian children, who visited us in October, travelled and I must confess that their journey

sounded to me like a nightmare so I wasn't exactly looking forward to the route down to Dover, across on the ferry to Calais, then through Belgium, briefly into Holland, through Germany via Dusseldorf, Frankfurt, Numberg and Regensburg, across Austria via Graz and into NE Slovenia. We had two drivers who took turns at sleeping and driving, and we too slept overnight on the coach as it sped through northern Europe. We set off at 2 pm on Sunday 1st March and arrived the next day at 7 pm – a 28 hour journey (having gained an hour with the change of time zone). We had a leg stretch on the one and a half hour ferry crossing and about five

(Continued on page 44)

20 – 30 minute stops at motorway services. Yes we were tired on arrival but an early and good night's sleep soon put that to right and on reflection the journey was fine. Luckily the thirty-five 14-year-olds were impeccably behaved and, in fact, a pleasure to be with. We watched 6 DVDs, chatted and joked our way through Europe and with the lights out managed to get a few hours valuable kip on the bus. The return journey proved even better with much of interest to look at as we crossed the Alps.

All in all we would certainly choose coach over air travel in the future, with less stress, more convenience, no baggage restrictions and with the

added convenience of having your own coach and drivers always on hand during the rest of the visit.

For those of you who haven't yet had the pleasure of visiting Slovenia we continue to find it a wonderful experience. Slovenia is almost as large as Wales, bounded by Italy, Austria, Hungary and Croatia. In the northeast it is dominated by the alpine mountain region adjacent to Austria, in which Zrece is situated with excellent skiing at Rogla, and wonderful warm spa waters for bathing even in the dead of winter. Apart from Sweden and Finland it is the most forested country in Europe (nearly 60 per cent of the land area). The population is only just over 2

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million, and the population of Ljubljana, the beautiful capital city, is about 300,000 (the second and third largest towns, Maribor and Celje are about 100 and 50 thousand respectively). The history is rich and interesting and the country boasts many beautiful buildings, castles, areas for walking and a varied wildlife. The Karst is a thickly forested limestone area (from which the geological term karst derives) famed for its amazing subterranean world of rivers and the most stunning caves. Best of all though are the people who are warm, generous and friendly. Currently the cost of food and accommodation is a little less than in Britain.

About 180 students from Settlebeck have now visited, and our latest group benefited from the best programme to date.

The first day was spent with our hosts, Zrece Primary School (ages 7 – 15), which included activities on the Slovenian language (not for the faint-hearted), sport and a town-trail, finishing with a 3 mile and 1000 foot climb back to the Gorenje centre. That evening we used the centre climbing wall.

The second day we spent skiing on Rogla followed by swimming in the spa – this was great fun and every single student and staff member rose to the challenge of swimming in the

(Continued on page 46)

cold outdoor pool immediately after swimming in the hot pool (even less for the faint-hearted), you could say this was a scream.

The third day we'd set aside as a rest day for reflective journals and relaxation. We were invited to a 40-minute school play based on an old folk tale, in Slovenian! The evening was spent doing a quiz with our Slovenian hosts.

On the fourth day, after early morning gymnastics we set out to visit first a wonderful castle perched high above the town of Celje, second the Velenje coal mine and finally the Frankolovo museum. This turned out to be an amazingly rich experience. The coal mine was a revelation since

we actually descended over 500 feet using the miners' tiny cages in pitch black shafts at 12 feet per second, followed by a tour of the old workings which had been kitted out with a wide range of exhibitions and simulations to provide an emotional experience of what it felt like to live and work in that environment. We were all greatly impacted by the hardship experienced by the traditional miner, and the simulated explosion and disaster will live in the memory for ever. Even more impacting, however, was the Frankolovo remembrance site where 100 civilians were hanged by the Nazis during their occupation in 1945, from the apple trees which still border the road through the

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valley. Their misfortune was to be political prisoners, in the local prison, at the time when a high-ranking Nazi soldier was killed by partisans. This atrocity, committed near to Zrece, is still remembered every year by the whole country and is movingly commemorated by the beautiful memorial and museum at the site. This event provides an important symbol for the European awareness we seek to engender in our students and the dreadful historical events which led to the European Union and its subsequent focus on peace and harmony between our nations.

On the fifth day we went with our host students to Postonja in the Karst region to view first of all the stunning Predjama Castle built into the face of a huge limestone cliff and cavern. Then we moved on to the Posonja cave, always a high point of our visit and a sort of real life Disney Land. We travelled by train 3 kms into the cave and then walked 2-3 kms through the most astonishing collection of thousands of stalactites and stalagmites, many over 20 feet long. A visit to Slovenia must include these caves. On then to Ljubljana, which, in the centre, resembles a small version of Prague. Our students were guided around the city by their Slovenian hosts and we witnessed twilight descend on the beautiful Presener Square next to the triple bridge over the Ljubljanica river. That evening we walked in the woods by the light of 6 or 7 paraffin lamps looking after each other, enjoying the beautiful full moon and starlight over

the valleys and mountains and hoping that we wouldn't get too close to the bears and wild boar which occasionally pay a visit to the district. Bingo, the centre's St Bernard's dog, accompanied us for extra reassurance.

Day six was our final day and our second on the ski slopes. Every student had a day of down-hill tuition and a day of cross-country skiing and it was amazing how well the great majority, over these two sessions, developed the skills to ski reasonably competently thanks to the excellent tuition of the centre staff. We were very lucky with the weather during this second session, with bright sunshine and blue skies from horizon to horizon. We finished our visit to the mountain with a high speed toboggan on rails – a perfectly safe but serious thrill as you hurtle at 30 mph down the mountain with hairpin bends and once again the chance to let rip with some heartfelt screaming! The final evening was spent with our hosts watching their fine performances of music and dance and a presentation of their trip to Sedbergh last October. The students came together for the last time with their Slovenian hosts at a disco and there were many sad goodbyes as our programme came to an end.

It was a trip to remember, a reaching out across 1000 miles of Europe to the new Europe, our twin town, their young people and the close relationships and hand of friendship that will hopefully always bind us in peace and prosperity. *Dave Smith*

APPLEBY HORSE FAIR

Who are the Gypsies?

Appleby Fair has been held for certain since 1750, and probably for very much longer. The date is fixed so that the last day of the Fair was the second Wednesday in June, though in recent years the fair is busiest on the weekend before that date. The dates are significant because the right to hold a fair was a valuable privilege, and while the Fair was in progress certain 'normal' rules were suspended. For example, the right for the public to assemble for a fair, and the right to cause a temporary obstruction to the highway during a fair, only apply while the fair is in progress.

Appleby Fair has grown very significantly recently, and the minor inconvenience caused by a gathering of a few hundred gypsies, travellers and their horses has turned into a major national event with up to 60,000 people converging on a small Cumbrian town. This expansion has changed the character of the Fair, so that the Gypsies and Travellers are now outnumbered by non-gypsies, traders and visitors. There is however a strong desire among the Gypsy and Traveller people to retain the essential traditional horse fair and annual family gathering.

There are at least 7 different groups of people who visit the Fair (not counting residents.) 5 of the 7 groups



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can be broadly described as 'Gypsies and Travellers' which is their 'official' designation. (*By the way, it used to be politically incorrect to use the term 'Gypsies' and some people preferred the more respectful term of 'Romany,' but in the last 10 years or so this is no longer the case. Many Gypsies refer to themselves as Gypsies with pride, and anyone who has been amongst Gypsies will know that Gypsy pride is a powerful force!)*

Although the bloodlines and genetic inheritance of each Gypsy family will be taught and known within the family, it has seldom been written down, and it is said that only a Romani knows who is a true Romani

and who is not. For example, skin colour and hair colour are not necessarily accurate guides. Although many believe that a true Gypsy has black hair and very dark skin, there are many 'blood' gypsies with fair hair. In practice the different groups can be most easily defined by their languages. Most speak English, many speak Romany and you might also hear English cant, Irish Cant, Shelta, Welsh Romani, Scots, besides French and German, since the families are widely spread over Europe.

So, back to these 5 groups: First are the Romany gypsies, or the

(Continued on page 50)

Romanichal. The Romanichal is a brotherhood, based on ethnic origin, marriage, and the extended family. There are a number of different extended families making up the Romanichal, each with its own Head Gypsy or Sheara Rom. The Sheara Rom who represents the Romanichal in matters relating to Appleby Fair is Billy Welch, who took over that position on the death of his father, old Billy Welch. Billy Welch is not in fact a Rom Gypsy, but a Sinti. (The Sinti settled in Northern Europe and are distinct from the Eastern European Rom of Hungary, Romania and the Danube.) The Welsh gypsies, (who call themselves Kale, and who have been in Britain since about 1400.) are

very close to the Romani.

The second major group is the Travellers. Their ethnic origins are unclear, but it is widely thought that they were in Britain before 1506, when the first Romani arrived in Scotland. It has been suggested that the ancestors of the Travellers brought ironworking and blacksmithing into Britain. The Travellers share a very similar culture to the Romani. However, their ethnic origin is different, and therefore they belong to different families. There is some intermarrying between Traveller families and Gypsy families, and they share a number of common characteristics – for example skill with horses, strong moral values regarding

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courtship and the sanctity of marriage, strongly defined gender roles, and loyalty and honour of a type which has become unfashionable in sections of 'Gorgio' (i.e. non-gypsy) society. The Gypsies and Travellers consider Appleby Fair to be their own. They regard the Fair as an essential annual pilgrimage.

The third group is neither Romany nor Traveller, but who nevertheless for one reason or another have adopted Gypsy ways. They are not 'blood' gypsies, but 'new' travellers, (new being at least 100 years old, in this case!) For many years were known to 'pure' Romanichal as

Didikai, (pronounced didicoi, also 'diddy' or 'kai' for short) because these 'new' travellers pronounced the Romany words 'dik akai' (meaning 'look here') as 'did akai'. *(This origin of the word Didikai is widely believed, but may or may not be true – my knowledge of Romani history is not good enough to say for sure.)* These days however, even being part Romani is one step up from being Gorgio, in the eyes of the Gypsies, and the word Didikai is not widely used. This group are nevertheless officially 'Gypsies and Travellers' even though they may not have Romani blood.

(Continued on page 52)

The fourth and fifth groups are the Irish and Scottish travellers, both of whom share with the Gypsies the nomadic habit of life and the strong association with horses. The 'official' government definition of Gypsies is this:

Persons of nomadic habit of life whatever their race or origin, including such persons who on grounds only of their own or their family's or dependants' educational or health needs or old age have ceased to travel temporarily or permanently, and all other persons with a cultural tradition of nomadism and/or caravan dwelling.

The remaining two groups who attend the Fair are the traders and the visitors. There are hundred of traders, selling everything from horses to hot-dogs, candy floss to canaries, and literally thousands of tourists and visitors – up to 30,000 per day at the last count.

With the rapid expansion of the fair came the familiar problems of large crowds – traffic congestion, sanitation, and public order problems fuelled by drink, for example. Cumbria police have made it very clear that these problems at Appleby are proportionate to those experienced in the settled community when large numbers of people gather together, at a football match, for example, or a city centre on Saturday night.

However, it is recognised that local problems will occur, and that these can be a nuisance to local residents. It is for these reasons that there is Gypsy and Traveller representation

on the Eden committee which looks after statutory responsibilities, so that problems can if possible be addressed and sorted out within the Gypsy and Traveller community.

Because of the diverse nature of the Gypsy and Traveller population, these representatives on the committee do not wield absolute power or a magic wand, but because the Fair is such a vital and important part of their culture, they have a real interest in seeing it continue, and so will go to some lengths to help solve genuine problems where and when they arise.

And one of the things that most Gypsies have in common with most Gorgios – they want a quiet life!

Bill Lloyd

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WI FROSTROW

Brrr!! What a freezing cold night for our March meeting. Numbers were a bit on the low side due to illnesses and other commitments. What a shame since there were home-made cakes on offer!

We dealt with our WI business and then went through the WI News, picking out any items of interest. Several members would like to go to the half-yearly Council Meeting in Kendal when Dulcie Lewis will give a humorous about the history of the lavatory entitled "Down the Pan". People were also interested in the Flower Arranging Demonstration, the Painting Day and the visit to Watchtree Nature Reserve. The walking group will be taking part in the Federation Spring Walk from Storth.

Two of our members had a very enjoyable day in Manchester. The coach dropped us off at the Trafford Centre for shopping and lunch, then took us on to Manchester Opera House to see Cinderella on Ice. The show was brilliant and the coach travel made it such an easy way to take in a theatre trip.

A simple service has been held at Killington Church, where Pauline Mather's ashes were scattered in the newly created Garden of Remembrance. Pauline was a very active and enthusiastic member of our WI and we miss her greatly. We have planted Lily of the Valley in the Garden in remembrance of Pauline.

Our speaker for the evening was Dilys McCaffery who stunned us with her craft work. Amazingly, Dilys didn't

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do any sort of craft work until she was 62! There's still time then! She was spurred into action when her husband died without finishing a shepherd's stick which he intended making for their granddaughter. Dilys went on a course and made the stick which she brought to show us – very professional it was too! That was the beginning of her interest in many different crafts including Ruskin Lace, Devore Velvet, silk scarves and weaving. She brought lots of samples to show us. They were all beautiful and her love of colour shone through everything she'd made. I wonder which craft I'll have a go at first???

Our next meeting is in Peoples Hall on 1st April at 7.30pm. Our speaker will be Chris Cook from Westhouse Nursery talking about gardening from a grower's perspective. Come along and join us – you never know, there might be cakes on offer.

COUNCILLORS CORNER

AUCTION MART SITE: Last week a new application was submitted for development of the auction mart site as a Spar Retail Outlet and Health Centre. From first impressions it certainly addresses some of the issues raised by the application which was rejected last December. Obviously this is a controversial subject with very strong views held on both sides. I understand that everyone who made a formal contribution to the previous application will have received notice by now from the planning department, inviting comments on the new application. As I said last month, planning is a quasi-judicial process.

What is important is the quality rather than the quantity of submissions. Therefore, I urge anyone who has a view to look at the application either on line, at www.yorkshiredales.org.uk or else in the Community Office, BEFORE making a reply. Your formal response should be directed to the planning department at YDNPA, Yoredale, Bainbridge, LEYBURN, North Yorkshire DL8 3EL. You might wish to copy it to individual members as some of you did earlier this year, that is for you to decide. There are occasions when that can be useful and I have advised people to do it in the past. But, it is wise to do it sparingly, otherwise it can be counter-productive.

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APPLEBY NEW FAIR: Last night at the Neighbourhood Forum Kevin Douglas, Chief Executive of Eden spoke about preparations for this year's Appleby Fair. As chairman of the South Lakeland co-ordinating group I have some hope that we can reduce some of the problems we have had in previous years. We are making strong contacts with the communities themselves and are trying to reduce the numbers of "early arrivers". We are also hoping to discourage travellers from over-using some of the more critical sites and persuading them to go to less sensitive ones. From past experience, some of this might seem

like wishful thinking. There will be more details in the May Lookaround, including a contact telephone number for ALL New fair related matters. Like Ian McPherson I want to see confrontation replaced by conciliation but that will take more than one year.

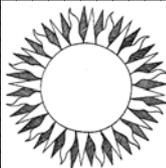
PUBLIC HEALTH IN CUMBRIA: Before the last Full Council members of SLDC had an opportunity to view a presentation by a group of the key medical professionals in Cumbria. That by Dr John Ashton CBE, Director of Public Health and County Medical Officer was particularly interesting and yes, inspiring. One fact was presented in a striking

(Continued on page 56)

manner. The number of deaths per annum in Cumbria significantly exceeds the number of births and yet the population of the county rises year by year. The reason is of course, in-migration of retired people. In former centuries there was a similar phenomenon in our major cities where young adults went out of the countryside to seek their fortunes. Malthus had a real fear that without them London's population would collapse.

COUNCIL TAX BILLS: At the budget meeting the controlling group proposed an increase in Council Tax for South Lakeland of 2.9%. As with last year my own group proposed a 0% increase. The debate was not an

edifying one and once again the Lib Dems used the argument that no increase means the money is lost every year. That is self-evidently true but begs the question as to why they don't go for the legal maximum 4.9%. In fact, the increase brings in such small amounts as to be barely worth the trouble. Ironically our own 0% increase last year would have produced less of a deficit than theirs as it was significantly less reliant on car parking income. The same would have been true this year. I notice in their Focus leaflets that any budget prior to 2006 is now called a Conservative budget even though there were more LD councillors than Conservative ones. They express



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outrage at those former budgets which they themselves supported in council and sometimes even seconded.

CALL FOR HOUSING SITES: I am delighted that the call for housing sites within the National Park has been a resounding success with over 100 sites put forward for consideration. Very shortly the list, including those in Sedbergh and Dent will be published. At that point members of the public will be invited to make their responses to each of the proposed sites. In some ways it seems odd to be looking at this now, in the depths of a recession. But, it is intended to provide a supply of land for the next ten years and perhaps even more.

As I said last month, I am now the Conservative candidate for 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. Because of the vagaries of election law I will not be submitting articles for the May and June Lookaround's as they will be circulating during the time of the campaign. I will be back in July, still as your District Councillor and should the electorate so decide as your County Councillor as well.

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

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ROAD CONDITIONS

I have received many complaints about the state of the roads to and from Kendal as well the roads and footpaths in the Sedbergh area.

Details are being compiled by one of our readers who has written to CCC and has received a reply. He requests that if you have any complaints or have suffered any injury or damage, please leave your details in the Lookaround Office where I will pass them on to him.

You could also write to Mr. Peter Stybelski, Chief Executive, Cumbria County Council, Headquarters, The Courts, Carlisle, Cumbria CA3 8NA

D J Whicker

ZRECE TOWN BAND VISIT

July 6-8

The latest news on the Zrece town band visit is that their 60 musicians are coming by coach from Slovenia and will be here from Monday July 6 to Wednesday July 8 - staying in Sedbergh for two nights. Various members of the Sedbergh Town Twinning Group have worked together to put a funding bid to the EU which would cover most of their costs, but even if we are unsuccessful, the band is still coming. The Town Twinners have been in discussion with Hilary Hodge and she is seeing if it is possible for the two bands to practice together on the Monday night, and perform a concert

together in the People's Hall on Tuesday July 7 at 8pm.

If the funding bid is successful, and in order to meet the EU funding criteria, we have devised a series of talks and discussions to run at the same time on the subject of European identity. These will be headed by the newly formed Sedbergh European Integration Facilitation Group and its director Dave Collier, with workshops and themed discussions facilitated by Dave Smith. *David Burbidge*



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Anyone aged between 17-65, weighing more than 7 stone 12 lbs and in general good health could potentially start saving lives by becoming a blood donor. Regular donors can keep on donating until they are 70. For details of sessions in your area or to book an appointment call 08457 711 711 or visit www.blood.co.uk.

QUIET DAY

On Monday June 22nd a Quiet Day will take place in Dentdale between 10am and 3.30pm, this is open to all but obviously we need some idea of how many we are expecting. The day will start with Coffee/Tea at 10-10.30 with home made refreshments, then a time of worship including reading the Bible, then time to Be Still and quiet in the garden or the village churches, lunch, another Quiet Time and then bringing the day to a close over tea & cakes.

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In Sedbergh are silver jewellery designer-maker Helene Shovlar, handweaver Laura Rosenzweig and potter Rebecca Callis.

Helene will be running a series of demonstrations and talks from Studio

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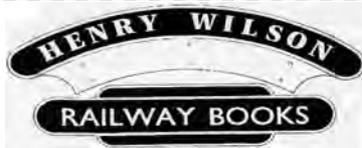
3D at Farfield Mill on different jewellery making techniques. Contact her directly at: heleneshovlar@mac.com to receive a schedule as advanced booking is essential. Places cost £2.50 and are limited to 8 for each session (entrance fee to Farfield Mill will not apply.)

Laura will be demonstrating hand weaving at her home at Brigflatts and launching her new range of beautiful throws, baby blankets and scarves made from the fine soft wool of local bluefaced leicester sheep. Laura's home studio will be open from 10am to 4pm Saturday and Sunday and until 3pm on Easter Monday.

Rebecca will be opening the doors of her cottage at 7 Loftus Hill to show her elegant hand thrown porcelain. You are invited in to see her work in the domestic environment for which it is made. For information call 015396 20618.

Entrance to all participating Open Studios is free. For further information on the county-wide event go to the Cumbria Open Studios 2009 website at www.cumbria.ac.uk (search for Cumbria Open Studios).

We look forward to seeing you!



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COMMUNITY REPORT

Over the past month there has been 3 incidents of criminal damage 2 of which have been to parked vehicles. There has also been 2 burglaries to commercial premises in Sedbergh both on the same date. In response to this i have distributed Cumbria Constabulary leaflets, posters and sticker around the Town to help to increase security awareness and also to remind the public to ensure that valuables are secure and not left on display in vehicles.

Myself and PC Orr are continuing to work with Sedbergh School and Local youth groups to help to improve the relationship between local youths and the School.

On 1st April Young Cumbria are organising a litter pick in Sedbergh, starting at the Peoples Hall from 5pm - 7pm, it is part of there Duke of Edinburgh award, i will be helping with the litter pick and any one wishing to help is more than welcome to come along.

I am continuing to offer a drop in service at Sedbergh Library from 5:30pm - 7pm on the last monday in the month, held in Sedbergh Library. This is to give the residents from Dent, Garsdale and Sedbergh the oppotunity to discuss any local issues or just call in for a chat.

Karen Dakin PCSO 5206
Email karen.dakin@cumbria.police.uk
Tel - 0845 33 00 247.

I have attempted to get a Police Report as promised in February 2008. I have received this Report from the Community Officer who will provide future reports. Ed.

E. P. C. S.

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for quotes, phone
Chris on

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Mob: 0786 6007 739



SOUTH LAKELAND CARERS ASSOCIATION

Our March group was very much enjoyed with its Irish theme, one of the Support Workers brought everyone a Fridge Magnet or Key Ring from Ireland along with some special Cheese & Onion crisps! We had a Quiz and general chit chat and Stephana Shepherd spoke about Contingency Planning for Carers.

For April & May we will be changing our venue, do contact the office for details (01539 815970) in June we will meet over lunch and in July meet in Kirkby Lonsdale. Events for Carers Week (8th - 12th June) will be announced shortly.

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NATIONAL BUTCHERS WEEK

We had a very successful evening on Monday 16th March and entertained about 70 members of the public for about 2 hours. We had 4 Butchers demonstrating modern cutting methods. 3 Cooks preparing samples and tasters 2 waiters and myself talking. We had a P A System and also used a video camera projecting on to a large screen so that everyone could see. As it was Bacon Connoisseurs Week, we started with samples of Garsdale Gold Bacon. Plain, Sweetcured and then Oak Smoked. This was followed with samples of our national award winning Breakfast sausage. We also had samples of a lamb sausage

"Greek Goddess" and our pork with Caramelised Onion. Then came the British Rose Veal slot. We made some Veal Cutlets (Burgers) which everyone sampled and then Breaded some Escallops which were very impressive. We ended with a hot drink for everyone with Huntsman's Pie, Garsdale Gold Cooked Ham and Pease Pudding. *Garth Steadman*



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Please note our opening hours.

Tuesday to Sunday 8.30am—4.30pm (closed Mondays unless Bank Holiday)
Wednesday to Saturday nights open from 7.00pm ~ **Booking Essential**

**SOUTH LAKES SOCIETY
FOR THE BLIND**

Sedbergh Group

'Memories of a grandparent' was the topic of the March meeting. It was a fascinating exploration of the past with affectionate, sometimes funny, often sad tales of grandparents, their lives and their close relationships with their grandchildren. Many people in the group had grandparents who lived on farms. Visits often involved helping with the animals, hay making, driving horses and carts. They also involved eating delicious food such as eggs, cheese and ham. These were all produced on the farm.

Some grandparents lived in cities such as London and Manchester

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where life was very different. Money was still scarce but important dates such as Easter and Whitsuntide were celebrated with new clothes, parades and parties. Some grandparents were on the move and lived in England, Canada and Australia.

The church or chapel played an enormous role in peoples' lives with many church attendances, meetings and outings, some as far as to the seaside. The First World War also cast a shadow with gas poisoning, injuries and deaths leaving families struggling for survival.

Pace eggs were fondly remembered by local people but were unknown to those from the Midlands and the South. Sue and Betty Harper rectified this by providing each person with an egg which had been wrapped in rags and boiled in water containing onion skins to create a brown pattern – a pace egg. It was a wonderful ending to a nostalgic meeting.

The next two meetings will be held in the People's Hall on the 21st April and the 19th May. Sarah Scarr will be giving a talk – maybe with tasters from her cake making business- in April. Rachel Little – a well known singer- will be entertaining the group in May. Any one wishing to attend should telephone 01539742633 or 21019.

JL

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SEDBERGH PRIMARY SCHOOL

Invades the Library

Over two days (the 4th and 5th of March), Sedbergh Primary School invaded its local library. The whole school from Nursery to Year 6 had the opportunity to experience being a library member.

Firstly, each class was warmly welcomed by Doone. Next everyone had a chance to look at the books. Meanwhile other class members were able to use the computers to access information about World Book bay.



Children had the chance to become a library member or to update their plain old cards for new colourful, exciting versions. They could then select a book to take home.

Children who visited on Thursday were also able to choose an invisible pen, rubber or pencil. One pupil explained "It was really good because there were lots of books and I love books!"

The whole school, teachers included, had a truly terrific time!

Emma, Scarlett, Samuel & Ben, Yr 5

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BOOTS CHEMIST

Monday 9th March, was the Grand Opening Day of your new 'Boots' Chemist in Sedbergh. Ashleigh & Zak Hall, and their Mum Mags, as representatives of our valued customers and patients, did a great job in cutting the ribbon and officially opening our store. A big thank you to them and the family, friends and locals who came to 'toast' and wish us well that day! The *Lookaround* took photos and there were balloons, Bucks Fizz and snacks. Despite a power-cut mid-day, everyone had a fun time!



The team at the Chemist have always worked hard to provide a reliable and friendly service to the community and are looking forward to the future as part of the Boots chain. Thank you to all our customers for continued support of your local pharmacy.

KNITTED SQUARES FOR AFRICA

In the February "*Lookaround*", Christine Wood wrote about the project to help orphans and children born with Aids, in Kenya.

Knitters in Sedbergh are making 20 blankets to brighten up the dormitories. Many thanks for all donations of wool and squares so far received (and especially Kath Winn). If you have any double knitting wool (bright if possible) or can make squares 6" garter stitch, leave either or both at the Community Office. If you'd like to knit but don't have wool, just help yourself to any wool that's in the Community Office, and return the squares.

If anyone would like to help sew up the squares, ring Helen Beare on 21339.

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**DENTDALE CRICKET CLUB
2009 FIXTURES**

May

10th - Sedbergh - Away
17th - Kendal Cavaliers - Away
24th - To be arranged
31st - Kirkby Lons. R.U.F.C. - Home

June

7th - Bellringers - Home
14th - Bentham - Home
21st - Holker - Home
28th - No fixture - Dent Music/Beer
Festival

July

5th - 5 a side Tournament - Home
12th - Archbishop Hutton - Home
19th - Barrow Nomads - Home
26th - Sheeptown Cavaliers - Home

August

2nd - To be arranged
9th - Holker - Away
16th - Hawes - Home
23rd - Kendal Cavaliers - Home
30th - No fixture - Dentdale Show

September

6th - To be arranged
We continue to look for a scorer and
umpire. If you can help please
contact John Hyde on 015396-25503.
For the benefit of new players and
helpers we play friendly matches of
40 overs per side starting at 2 pm.
Anyone interested should contact
John Hyde or Captain David (Burdy)
Burton on 015396-25537.
Looking forward to a long, hot, dry
summer!!!

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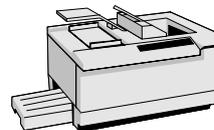
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SEDBERGH SWIMMING CLUB



86 junior members took part in the annual Rainbow Awards nights in March; Rainbow awards are distance awards, ranging from 5m to 5000m awarded by the ASA. All the swimming teachers were extremely proud of each student's achievement, especially the following, who showed amazing improvement from last year:

ZOE ALDERSON

100m (last year 5m with armbands)

BEN FIDDLER

200m (last year 10m)

KATHERINE LAWSON

600m (last year 5m)

HOPE WEBSTER

800m (last year 25m)

SAMUEL INGLE

800m (last year 25m)

ALBERT HINDSON

1000m (last year 100m)

And the following who also managed impressive distances:

LUKE ROBINSON & SAM FIDDLER

2000m

YASMIN BALL, JO LAVERY-HOFF,

FELIX ROPER, EMMA HOPKINS, RACHEL HOPKINS, ALEXANDRA COULTON, ERIN PROCTOR, MOLLY PREGER, NICHOLAS INMAN

3000m

SAMUEL ROPER

4000m

Congratulations to all of you on your year-round hard work - this demonstrates how you have improved. WELL DONE and a big THANK YOU to all the parents and friends who helped to count the lengths – totalling more than 67,000m (yes that's 67km, the distance from Sedbergh to Bedale!!!) over the two nights!

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SEDBERGH TOWN BAND

Annual Dinner

Nearly forty members and supporters of the Town Band travelled by car and coach to the Black Bull, Nateby for the Annual Dinner. An excellent meal was thoroughly enjoyed by all present.

Particular significance was added to the evening by the Band's acknowledgement of the debt owed to Carl Storer for all the admirable work he had carried out as treasurer since the Band's inauguration in 1998 up until the end of the present financial year when he relinquished the post.

In a witty, highly enjoyable speech

Keith Wood recalled how Carl had brought all his professional expertise to the post of treasurer ensuring that the Band has always been on a sound financial footing. Attention was drawn to his musical skills that through a combination of innate ability and dedicated application has seen him rise to be one of the top three trombone players in the Band. Not forgotten were the contributions made to all aspects of the Band's activities by his wife Jean. Chairman of the Band, Sandra Waters, made presentation to Carl and Jean on behalf of the membership.

Earlier in the evening Bandmaster Alan Lewis introduced the new President Douglas Thompson to the diners, recalling that it was through the persistence and experience of Douglas that in the face of manifold obstacles and initially rejected application for Lottery funding finally achieved success.

Exam Success

Congratulations go to cornet player Hannah Hodgson, a year ten pupil at Appleby Grammar School, on passing her grade six piano examination with merit. She is now tackling the demands of the next grade.

This piano playing accomplishment is added to her membership of the Cumbria Youth Orchestra and her recent success in the grade seven cornet examination. As with the piano she is now working on the next grade up. GB

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SEDBERGH FIREFIGHTERS

Charity Car Wash

On Saturday 7th March, Sedbergh fire crews along with the Fire Fighters Charity were part of a National car wash. The event took place on Joss Lane car park with the kind permission of the parish council.

Despite the wet weather we had a constant queue with three vehicles washed simultaneously, and over 40 cars washed in total! Through your generosity, 6 very wet and tired Firefighters received donations of £349.50, a fantastic amount for the Fire Fighters Charity!

Every year, thousands of fire fighters are injured whilst protecting the public. Every 30 seconds in the UK, fire fighters are called to an incident, putting their lives on the line, and often sustaining physical injuries whilst carrying out their duties. The Fire Fighters Charity is available for fire fighters during their times of need, and assists over 13,000 individuals every year, by providing pioneering treatment and support services.

The charity has three UK centres, located in Cumbria (Penrith), Devon and West Sussex, they offer varying combinations of therapy and recuperation services. The Charity's pioneering new Beneficiary Support Services also offer local and remote assistance to people in need nationwide. It costs over £9 million every year to keep the Charity running, and with no government funding, the Charity are completely reliant upon donations from the general public and fire community.

I would like to extend my thanks and

gratitude to everyone that came along and supported the charity, also to the Parish Council for granting permission for the event to take place.

Call **NOW** for a Local Community Safety Fire fighter to; complete your Fire Safety Visit in your home, discuss your fire evacuation plan and fit a free smoke detector 01539 797628 or 0800 358 4777.

KIRKBY LONSDALE EMBROIDERERS

Our March meeting was a very enjoyable day with well known textile artist Josephine Storey. In the morning we had a workshop where Josie showed us how to create small landscapes, gardens or underwater scenes using tiny scraps of hand painted silk and various threads. We frayed the silk and attached small pieces to a painted background and then embroidered it all. Wonderful! In the afternoon Josephine gave us a talk about the textile art side of which she is very passionate. Everybody agreed that it had been a very good day.

Don't forget our treat on the 9th April. Our next meeting sees the Reverend Canon J Arthur Dobb giving us his talk about the wonderful embroidery he does and of course he will have pieces to show us.

This will be a prompt 2pm start and we meet at Barbon Village Hall. Visitors and guests, as always, are very welcome.

For further details contact Ann Hunter on 015242 41120.

KILLINGTON W I

It is much better if I write this report straight after our meeting, but here I am again, at ten to ten on the nineteenth of the month, trying to recall the salient facts of our March gathering. One thing springs instantly to mind, - birthdays. For, this month, a very important birthday was celebrated, one of those with a big O on the end of it. And it was mine!! I was presented a beautiful card made by Norma Cheeseman, and with a cake with **SEVEN** flaming candles on it. (heavy candles, you understand, each one representing ten). Thank you, Shirley. The last time I had a cake with candles on it was 49 years ago, when I was a student in London and shared a 21st party and a cake with my room mate whose birthday was 3 days before my own. At that time I was in a student, living in a "Hall of Residence", and I sometimes reflect on how many life-long friendships were forged by the chance allocation of room mates. My own room mate was my bridesmaid who now lives in Canada, with a husband who was also a classmate of mine, and we are all still good friends. **She** knows that I talk in my sleep, a fact which came as a great shock to my husband when we were on honeymoon. I insisted that he should go down to Oban station to collect my red case. Sadly we were travelling by car at the time!! Friendship is such a valuable commodity, and that is what I have found in full measure in Killington WI.

Our speaker this month was another

talented Sedbergh entrepreneur, Gareth Marshall, one of the founders of "The Bath House". His theme was 'fragrances'. I have always fancied that I have a good sense of smell. After all, I can smell a chip shop at a hundred yards! However, in his sample fragrance test I scored nought out of ten. Oh well, pride go-eth before a fall! The winner of the 'smell test', was presented with a super bag of goodies, and all of us received a sample of the fragrant Bath House hand cream. You will be able to pick us out in Sedbergh by the elegant perfume!

Our plans for the forthcoming group meeting, in May, are well in hand, and we are indebted to Avril Hobson and Brenda Nolan who are organising the catering. All members were encouraged to enter the Spring Show – just a happy memory when you are reading this. Our competition provided several pretty posies of spring flowers, and there was a worthy winner!! The raffle also had a happy outcome. (You must understand that it is too late for me to phone 'she who records all these facts')

We were delighted to welcome a new member this month, Sally from Old Hutton. We hope that you have a happy time with us and soon become accustomed to our peculiarities!

Our next meeting will be on Tuesday 14th April, at 2-00pm, in the committee room of the People's Hall. Mr. E. Woodcock will be lifting the lid on, "Hospital Radio". Do please join us.

W.F.U.

Dear Editor,

In one of the *Lookaround's* before Christmas you wrote that the dog fouling was getting better. I'm sorry, but it is much nearer home than you think. *(I must admit, it did improve but after my comments, the standard took a nose-dive!! Why? Ed.)*

Please take a walk down Vicarage Lane (better named Dog Muck Lane). It is a beautiful walk, ruined, early morning, late evening, the dogs are out, but please take home what your dog leaves. Maybe a dog bin would be helpful at the bottom of the lane.



Seen recently, a dog on school land. Good, I thought, they are picking up after, but no, a little shovel over into the field it was thrown. Animals graze the fields, it is not acceptable. Or the man seen cleaning up after his dog into a plastic bag, then throws the bag over the nearest wall.

Please remember lots of school children use part of this lane. M. M.

LADIES N. F. U.

On Tuesday March 3rd twelve members travelled to the County Hotel, Carnforth for the Carnforth Ladies N.F.U. Charity Evening.

After a delicious roast beef dinner we sat back to enjoy the speaker, Mrs. Dorothy Wightman from Lupton, who built up her business as a dressmaker and Interior Designer over the past fifteen years and now employs 15 people, doing work all over this country as well as France and Austria.

The March meeting took place on Tuesday 17th with a good attendance.

The speaker was Mrs. Christine Wood from Sedbergh who told us about her involvement with children in Kenya who are orphans due to losing their parents through Aids etc.

She has been going out there since 2002, going out for one month each year in November.

Christine has helped to raise a lot of money which has been used to build a school and also a hostel for the children, the photos of which showed them looking well and happy.

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St ANDREW'S PARISH CHURCH SEDBERGH

As we write this piece we are about half way through Lent, and preparing for Holy Week, and, the high point of the Christian calendar, Easter. The services for Holy Week start on Palm Sunday when we mark Christ's entrance into Jerusalem. This will be at our usual 10-30 am. service.

On Monday 6th, Tuesday 7th and Wednesday 8th, there will be Compline at 6-30pm. followed by The Stations of The Cross.

Thursday we celebrate The Last Supper. This is at 6-30pm.

Good Friday we take part in the

Ecumenical walk round the town. This will leave the Methodist Church at 11am., culminating in a short service outside the United Reformed Church. There will then follow a service at The Parish Church at 12 noon, lasting about an hour.

Easter Day celebrations will start with communion at 8-00am. Choral Eucharist at 10-30am, and Choral Even Song at 6-30pm.

Once the Easter celebrations are over, Alan Fell is taking a three month sabbatical. He is to research the early Celtic Christian Church.

We wish him well, and much enjoyment.

SEDBERGH GARDEN TRAIL ENTRY FORM

Saturday 11th July

Name: Phone:
 Address:

Please complete form and return to

Lavinia Mahon, Bridge House, Brigflatts, Sedbergh, LA10 5HN
 Tony Reed-Screen, Birks House, Birks, Sedbergh, LA10 5HQ

Please come and join us at our Easter services.
 The Parish Church Council and Church Wardens
 wish you a happy and peaceful Easter.



Vic Hopkins will take over the pastoral duties of the Parish, with help from visiting Clergy. All other matters and enquiries to be directed to the Church Wardens.

During the summer months we will be playing host to Garsdale and Dent Churches. Both Churches will be undergoing major building works. Dent will be with us from 10th May for four Sundays, and Garsdale from 24th May.

Our next fund raising event is on Saturday 2nd May with Ring The Church With Silver. Lunches will be served in the Church Rooms. The meals provided by the unsung Heroines are always good value, and unreservedly recommended by the

Church Wardens!

We include on Page 72 of this month an application form for those wishing to take part in the Garden Trail on Saturday 11th July. Apart from having your garden looking an absolute picture, there is very little you have to do. The cost of producing and printing a map of where the gardens are will be borne by the Church. We will also deal with selling of the maps. Please complete the form (or a copy) and submit it so that we can make early plans. You are not obliged to provide parking facilities or refreshments. However if you do wish to provide refreshments please do so. We do stress that this is not an obligation.

LM

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015396 25433 or 07778874855

George Baines:
015396 21287 or 07977514229

CHILLOUT ON MAIN STREET DUOPHONIC

This is just a short note to say that the third installment of Duophonic will take place on Good Friday evening (10 April) at Duo on Main Street in Sedbergh.

What you get is an evening of very eclectic mixing from experienced and skilful DJ, in a fantastic ambience, with good food (snacks and meals) and drink. It's a bit like watching the sunset on a club terrace in Ibiza without having to put up with hundreds of overexcited people hammered on vodka shots and who knows what else ...

DJs are local residents Andi Chapple and Nela Sound, both of whom have about 15 years' experience, and you'll hear funk, world music (especially some with an Arabic feel), nujazz, dubstep, disco, relaxed house music ... whatever the evening seems to need. Drop in for a beer or book a table for a meal, you're all welcome - there is no age restriction.

Entry is free and Duophonic starts at 7pm. Information and set lists are at

Back/neck ache?
Sports injuries?
Sciatica?
Repetitive strain?
Stress/tension headaches?

www.reflex-om.com

Kendal, Hawes & Newbiggin-on-Lune



015396 23696
Josephine Lade LCSP (Phys)

... www.music.freakout.biz, and a mix giving an idea of what you'll hear is available at <http://eclecticdjs.blogspot.com> ... see you there.

SEDBERGH SCHOOL

Border Regiment visit Sedbergh

On Sunday 26th of April the Border Regiment will be visiting Sedbergh. Although the timetable for the day is still being worked out it is thought that this will include a concert by the Sedbergh School CCF Band and refreshments at around lunchtime. In the morning, the School Sedbergh Archive and Heritage Centre will be hosting a display about the Border Regiment with the chance to talk to staff from the Regiment's Museum about the history of the Regiment and how to research the history of individuals in the Border Regiment and other British Military Units. All visitors are very welcome.

If you would like to visit for any of the events, could you contact the School Archivist Katy Iliffe on 015396 22275 or ki@sedberghschool.org in the week running up to the 26th April to confirm the times of the event.

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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.

ZEBRA'S EASTER EGG HUNT

Zebra's Baby & Toddler Group are holding an Easter Egg Hunt round Sedbergh on Wednesday 8th April from 1pm to 3.30pm.

Come along to Sedbergh Methodist Church on New Street for a Treasure Hunt Sheet. £2 entry and a prize for everyone. Refreshments and Craft Activities after. All are welcome.

A little competition for everyone aged 11 years and under. In this issue of Lookaround, you will find a number of Easter Eggs hidden in our pages. How many can you find? Write down the number found along with your name, address, age and phone number to the Lookaround Office by 4pm Tuesday 14th April. The winner with the correct answer will receive a Prize. If there is more

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... than one correct, the winner will be drawn out of a hat. Good hunting. Ed

GARSDALE RAILWAY STATION

Hawes Junction, as it used to be called, has recently been refurbished and will be Officially Opened on Saturday 11th April by Route Director Jo Kaye.

Prior to the opening, there will be the Unveiling of a statue of Ruswarp by Olive Clark and Ron Cotton. Ruswarp was featured in the June 2008 issue of *Lookaround*.

Events commence at 1115 with the arrival of an 'Express' train making a special stop.

If you require any further information, please contact Douglas Hodgins on 01768 341664.

Donations of small (less than 2ft) hardy plants are needed by group replanting Garsdale Station bed ready for the official reopening of the refurbished station and unveiling of Ruswarp statue. Can you spare any skimmias/ heathers/ small evergreens/ deciduous/ bedding/ anything else? Please Tel 20723.

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34a Main Street, Staveley, Nr Kendal

DENT MEMORIAL HALL

A resume of our AGM will be given next month but for now I am once again banging the Gala Drum .. more crockery please for the "Smash", thanks for that which has arrived.

Please "save" items for Tombola or other competition prizes. Books for the Book Stall etc. Many thanks.

Sarah.

PEOPLE'S HALL AGM

Notice is hereby given that the Annual General Meeting of the People's Hall, Sedbergh will be held in the People's Hall on Monday 6th April commencing at 7pm to hear reports of the past year's activities and to elect a Management Committee.

All residents of the Parish of Sedbergh over the age of 18 years are entitled to attend.

*Dr Gina Barney
Hon. Secretary*

PULSE COMMUNITY GYM

The Annual General Meeting of the Pulse Gym will be held at 7:30pm on Friday 24th April in the White Hart Sports & Social Club,

EXPERIENCED DRESSMAKER

Made to measure

Skirts, Dresses, Suits,
Bridal, Ball Gowns, etc.

Also alterations undertaken

All made to the Highest Quality by

SHEILA SHUTTLEWORTH

Tel: 015242 - 74322

At the Chair Workshop

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

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

99 Main Street, Sedbergh.
Tel 015396 21489

Members and non-members of the Gym are very welcome to attend and air their views and vote members onto the Committee.

PHOTO REQUEST

Does anyone have any old photos of these?

Miley, who used to be a cobbler in Sedbergh.

Sam Konczynski , the carpet man.
Saddlers' Yard (behind 80 Main Street)

Could you give me a ring if you have?
Dave Forknall, 22184

SEDBERGH GOLF CLUB

Due to the success of last years golfing lessons, the Club will be organising group lessons for the following which are all free:-

- Complete beginners
- Juniors (boys & girls)
- Ladies
- Over 55's

Lesson will start in mid April so please call the Club to register your interest. For further details, visit the Web Site at www.sedberghgolfclub.com or ring 21551.

CHURCHES TOGETHER

in Sedbergh and District

During Lent we are supposed to take time to prepare ourselves for Easter. I wonder how many folks in Sedbergh have given up chocolate or puddings during Lent? I wonder how many have taken up exercise, reading their bible daily or doing a daily good turn? Whether you choose to give up, take up or ignore no one can deny that Easter is fast approaching!

Over Easter there will be many additional, special services happening in and around Sedbergh. On Good Friday all the churches will come together for a procession and outdoor service to mark Jesus' death. The procession will begin at 10am from the Methodist Church and end at the URC on Main St at 10.30 ish. There will be music, drama and even hot cross buns. Everyone is invited so please do come and join in.

We have spent time as Churches Together working out which direction we should be heading in. What do we do together and what apart? We struggle with the question as we are pulled in different directions by the need to fundraise, mend buildings and provide worship that suits all sorts of people. But yet we all acknowledge that we share; a love of God, a desire to worship God and the knowledge that God loves us through the good and bad and never deserts us.

So it is right we do things together even when one church takes the lead in making it happen. An example of

this is the hugely successful Holiday Club, organised by the Methodist Church but increasingly supported by others too. This will be running from 27th July till the 1st August. Or support groups which share our aims and ethos such as Christian Aid through their shop and collections or the Monkey House Youth Cafe.

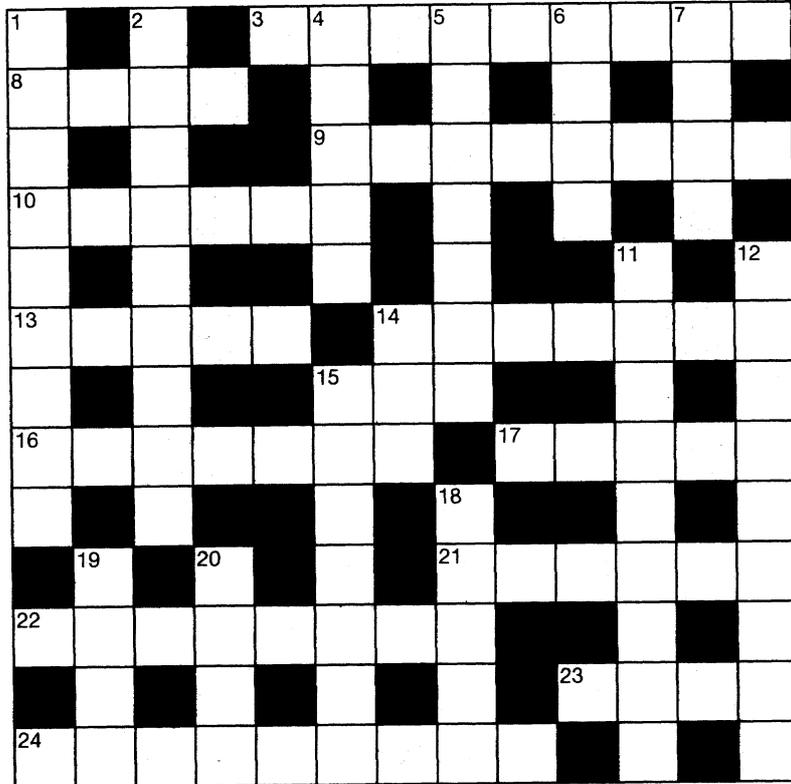
This year Churches Together are planning a musical weekend too. From Friday 3rd July- Sunday 5th July. Including drama, dance, singing, playing, everyone is invited to come and join in! Church has many ways of existing and this is one other way. Whether you are a Christmas attender or a weekly attender it is a chance to catch a glimpse of the good news of Gods love in a different way. Get the date in your diary and fill out a booking form available at churches and schools ASAP.

We haven't always been great at communicating what Churches Together in Sedbergh is up to in the past, but we're working on it. We plan to have a new noticeboard on Main St soon and will take the opportunity of items in *Lookaround* more frequently too. So keep an eye out.

And finally.....in follow up to the Town Carol Service the donations, over £300 is to be divided between Farm Crisis Network, Manna House and young Zak! Many thanks for your support.

*Carole Marsden
Chair of Churches*

Together in Sedbergh and District.



ACROSS

- 3 Sleep through winter (9)
- 8 Small American coin (4)
- 9 Start moving (8)
- 10 Crafty, cunning (6)
- 13 Fortune-telling cards (5)
- 14 Distinctive part (7)
- 15 Poignant (3)
- 16 Nan's husband (7)
- 17 Task (5)
- 21 Carbohydrate (6)
- 22 Skittles (8)
- 23 Rotate, whirl (4)
- 24 Person from another country (9)

DOWN

- 1 Superior position (9)
- 2 Capital of The Netherlands (9)
- 4 European country (5)
- 5 Tempted (7)
- 6 Part of a church (4)
- 7 London art gallery (4)
- 11 Signature (9)
- 12 Communication apparatus (9)
- 14 Short-lived fashion (3)
- 15 Young tree (7)
- 18 Magazine edition (5)
- 19 Pool (4)
- 20 Wooded valley (4)

BUS SERVICES

| Sedbergh to Kendal via Oxenholme | | | | | Blackhall Road, Kendal to Sedbergh via Oxenholme | | | | |
|----------------------------------|-----|------|----|---|---|-----|------|----|---|
| Monday to Friday | | | | | Monday - Friday | | | | |
| 0745 | | 564 | S | ❖ | 0830 | | 564 | S | ❖ |
| 0940 | | 564 | W | | 0835 | Sch | 564 | W | |
| 1005 | | 564 | S | ❖ | 1030 | | 564 | W | |
| 1015 | Wed | 564B | W | ❖ | 1050 | | 564 | S | ❖ |
| 1240 | | 564 | W | | 1300 | Wed | 564B | W | ❖ |
| 1300 | | 564 | S | ❖ | 1330 | | 564 | W | |
| 1440 | | 564 | W | ❖ | 1410 | | 564 | S | ❖ |
| 1550 | | 564 | S | ❖ | 1610 | | 564 | W | |
| 1711 | | 564 | W | | 1625 | | 564 | S | ❖ |
| Saturday Only | | | | | 1745 | | 564 | W | ❖ |
| 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 S Sharrocks | Holmecroft; Station Road, Sedbergh (2009/11) <i>ID; IT; IS; 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; IT; IS; All ES; TVL; P; CH; CW; FC; NS</i> | 21012 |
| Miss S Thurlby | 15 Back Lane, Sedbergh (2009/12) <i>ID; IT; TVL; CH; DW; P; DR; VB</i> e-mail:- antique.thurlby@amserve.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); IT(ES); CH; TV; P; NP; Di; VB; EM; CW</i> | 21529 |
| Mrs L Hopkins | Brantrigg, Winfield Road, Sedbergh (2009/09) <i>IT; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com | 21455 |

CAMPING, CARAVANNING & SELF-CATERING

| | | |
|---|--|--------------|
| Miss J Davidson | Bideber Mill Cottage, West House, Ingleton (2009/10) <i>Sleeps 2; ES; CH; L; TVL; P; NS; NP; DR</i> | 015242 42478 |
| Sycamore Cottage, Lunds, Sedbergh (2009/09) | <i>Sleeps 2, D; CH; TVL; P; NS; DW</i> | 01969 667356 |
| Mrs S Woof Millbeck Caravan, Dent (2009/04) | <i>6 Berth; H&C Shower; WC; TV; NS; T; D; P</i> | 25424 |

KEY

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Canon A W Fell Tel: 20283

Church Wardens:

Tony Reed Screen 21081 & Lavinia Mahon 21740

ROMAN CATHOLIC

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

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Mrs T Satchell Tel: 20005

UNITARIAN & FREE

CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

Rev. G Jones Tel: 01539 722079

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington
Cautley & Garsdale

Canon A W Fell Tel: 20283

Church Wardens:

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

Rev. P Boyles Tel: 25226

METHODIST CHURCH

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

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

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



Lookaround Advertising Rates

| | | |
|------------------------------------|---|--------|
| Single Column x 1" | = | £7.50 |
| Single Column x 2" | = | £10.00 |
| Single Column x 3" | = | £12.50 |
| Single Column x 4" | = | £15.00 |
| Double Column x 2" | = | £15.00 |
| Double Column x 3" | = | £20.00 |
| Double Column x 4" | = | £25.00 |
| B & B and Camp-sites | = | £2.00 |
| Personal & Small Ads | = | £1.00 |
| Postal per month (Double December) | = | £1.00 |
| Postal Overseas (Double December) | = | £2.00 |

All enquiries to
13 Kings Yard, Sedbergh LA10 5BJ
Adverts by 15th of every month.
*Can all adverts please be
accompanied with the correct money
at the time of submission.*
Articles etc. by 19th of every month
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 22nd December 2009

| APRIL | | | MAY | | | | |
|-------|------|--|----------------------|----|------|--|--------------|
| 1 | 1000 | Coffee Morning LNFU | URCR | 29 | 1930 | Sedbergh Parish Council | PH |
| 1 | 1000 | Evocation Exhibition (14) (till 19/04) | FM | 1 | 1000 | Forbidden Kingdom (14) (till 04/05) | FM |
| 1 | 1000 | Forbidden Kingdom (14) (till 04/05) | FM | 1 | 1000 | Let no Loop Down (till 18/06) | DCMH |
| 1 | 1200 | Lent Lunches (*) | StAS | 1 | 1900 | RBL Annual Dinner (39) | SSQH |
| 1 | 1930 | WIF Growing Gardener Prospective | PH | 2 | 1100 | Ring the Church with Silver (54) | StAS |
| 1 | 1930 | Oliver (*) | SHS | 4 | | May Day | |
| 2 | 1930 | WIH Local Wild Flowers | FCH | 4 | | WIB Family Day | BVH |
| 2 | 1930 | Oliver (*) | SHS | 5 | 1930 | WIB Resolution Meeting | BVH |
| 3 | 1000 | Let no Loop Down (till 18/06) | DCMH | 6 | 1000 | Coffee Morning Barnardo's | URCR |
| 4 | 1000 | Yoga & Positive Thinking (*) | PH | 6 | 1930 | WIF WI Advisor & Resolutions | PH |
| 4 | 1400 | Duck Race (1) | Holme Farm | 7 | 1930 | WIH Christine Wood & Kenya | HVH |
| 5 | 1430 | Cobweb Orchestra Open Rehearsal | SSPH | 10 | 1400 | Dentdale Cricket Club Match v Sedbergh | SHS |
| 6 | 1900 | People's Hall AGM | PH | 11 | 1000 | Christian Aid Week | URCR |
| 6 | 2000 | Dent Parish Council | DMH | 11 | 1930 | GVH AGM | GVH |
| 7 | 1930 | WIB Handicrafts | BVH | 12 | 1400 | WIK Resolutions + Ken & Clair Pope | PH |
| 8 | 1000 | WIF Coffee Morning (8) | URCR | 13 | 1000 | Coffee Morning Christian Aid | URCR |
| 8 | 1200 | Lent Lunches (*) | StAS | 13 | 1915 | WID First Responders | DMH |
| 8 | 1300 | Zebras Easter Egg Hunt (8) | SMC | 15 | 1930 | Henry & Alice Theatre Production | PH |
| 8 | 1915 | WID New York | DMH | 16 | 1200 | Sedbergh Gala | Sedbergh |
| 9 | 1400 | KL Embroiderers Group | BVH | 17 | 1030 | Christian Worship | PH |
| 10 | | Good Friday | | 18 | 1930 | Garsdale Ladies Group Auction | GVH |
| 10 | 1900 | Duophonic (10) | Duo | 18 | 1930 | WI Lune Valley Working in Africa | PH |
| 11 | 1115 | Unveiling of Ruswarp (75) | Garsdale Stn | 20 | 1000 | Coffee Morning Dent Chapel | URCR |
| 12 | | Sunrise Service (12) | Winder Trig | 20 | 1900 | Town Band AGM | SS Band Room |
| 12 | 0900 | Car Boot Sale (12) | Ewegales Fm, Cowgill | 23 | | SS Half Term Starts | |
| 13 | | Easter Monday | | 23 | 1830 | Flicks in the Fells | PH |
| 13 | 1000 | Annual Easter Monday Sale (13) | DMH | 25 | | May Bank Holiday | |
| 14 | 1400 | WIK Hospital Radio | PH | 25 | 1900 | Duck Race & Coffee Evening | HVH |
| 15 | 1000 | Coffee Morning NW Cancer | URCR | 27 | 1000 | Coffee Morning WIK | URCR |
| 17 | 1400 | Blood Donor Session | PH | 27 | 1300 | Garsdale Sports | GVH |
| 17 | 1730 | Blood Donor Session | PH | 27 | 1345 | HS St Oswald's Church | LHCP |
| 19 | | SS Term Begins | | 28 | 1930 | Sedbergh Parish Council | PH |
| 19 | 1030 | Christian Worship | PH | 30 | 2000 | Old Tyme Dances | PH |
| 22 | 1000 | Coffee Morning StAS Mission | URCR | 31 | | SS Half Term Ends | |
| 22 | 1930 | CWT Wildlife in Sacred Places | SHS | 31 | 1400 | Dentdale Cricket Club v KL RUFC | Dent |
| 23 | | St George's Day | | | | JUNE | |
| 24 | 1930 | Pulse Gym AGM | WHC | 1 | 1000 | Let no Loop Down (till 18/06) | DCMH |
| 25 | 1830 | Flicks in the Fells | PH | 2 | 1930 | WIB Cartoonist | BVH |
| 25 | 1930 | Dentdale Choir Spring Concert (1) | StAD | 3 | 1000 | Coffee Morning Dent Foot Chapel | URCR |
| 25 | 1930 | ACF Central Band Concert (North) | SSPH | 3 | tba | WIF Outing | tba |
| 25 | 1930 | Music for All | StMC KL | 4 | | Elections | |
| 26 | 1130 | KORBR Display | SSHC | 4 | 1930 | WIH Members Evening | FCH |
| 26 | 1600 | Slovenian Choir Concert & Ceilidh (26) | DMH | 6 | 1000 | Art & Craft Exhibition | BIK |
| 28 | 1930 | Garsdale Ladies Group African Orphans | GVH | 6 | 1330 | HS Rydal Hall | LHCP |
| 29 | 1000 | Coffee Morning GVH | URCR | 7 | 1000 | Art & Craft Exhibition | BIK |
| 29 | 1000 | Producers Market (29) | JLCP | 7 | 1400 | Dentdale Cricket Club v Bellringers | Dent |
| 29 | 1330 | Muncheon Music (29) | SSQH | 9 | 1400 | WIK To The North Cape | PH |

*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.*

| | | | | |
|--------------------------|------|--|---------------|---|
| 10 | 1000 | Coffee Morning Sedbergh Playgroup | URCR | <p style="text-align: center;">DIARY KEY</p> BF = Brigflatts BIK = Burton in Kendal BS = Baliol School BVH = Barbon Village Hall CDC = Community Development Centre CO = Community Office, Main Street CTiS = Churches Together in Sedbergh CWT = Cumbria Wildlife Trust DCMH = Dales Countryside Museum, Hawes DCP = Dent Car Park DMH = Dent Memorial Hall DMC/S = Dent Methodist Chapel/Schoolroom FCH = Firbank Church Hall FM = Farfield Mill GVH = Garsdale Village Hall HS = History Society HVH = Howgill Village Hall JLCP = Joss Lane Car Park KL = Kirkby Lonsdale KVH = Killington Village Hall LHCP = Loftus Hill Car Park MCCCKL = Methodist Church Centre KL PH = People's Hall SHS = Settlebeck High School SLSB = South Lakeland Society for the Blind SMCR = Sed. Methodist Church Room StAS/D = St Andrew's Church, Sedbergh/Dent StMC KL = St Mary's Church Kirkby Lonsdale SS = Sedbergh School STO = Sedbergh Tourist Office, Main Street URCR = United Reformed Church Rooms WHC = White Hart Club WIB = Women's Institute, Barbon WID = Women's Institute, Dentdale WIF = Women's Institute, Frostrow WIH = Women's Institute, Howgill WIK = Women's Institute, Killington |
| | 1330 | Muncheon Music | SSQH | |
| 10 | 1915 | WID Bath House Fragrances | DMH | |
| 14 | 1400 | Dentdale Cricket Club v Bentham | Dent | |
| 17 | 1000 | Coffee Morning Firbank Church | URCR | |
| 19 | 1800 | Evening Walk | GVH | |
| 21 | | Father's Day | | |
| 21 | 1030 | Christian Worship | PH | |
| 21 | 1400 | Dentdale Cricket Club v Holker | Dent | |
| 23 | tba | WIK Outing to Yewbarrow Garden G-O-S | | |
| 23 | 1930 | Garsdale Ladies Group AGM | GVH | |
| 24 | | Digital TV Changeover | | |
| 24 | 1000 | Coffee Morning Garsdale Church | URCR | |
| 24 | 1315 | HS Dent Fault Walk | LHCP | |
| 24 | 1930 | Sedbergh Parish Council | PH | |
| 26 | | Dentdale Music & Beer Festival | Dent | |
| 26 | | Dent Folk Festival | Sedbergh | |
| 27 | | Dentdale Music & Beer Festival | Dent | |
| 27 | | Dent Folk Festival | Sedbergh | |
| 28 | | Dentdale Music & Beer Festival | Dent | |
| 28 | | Dent Folk Festival | Sedbergh | |
| JULY | | | | |
| 1 | | SS Term Ends | | |
| 1 | 1000 | Coffee Morning URC | URCR | |
| 1 | 1930 | WIF Thandi Friends Project | PH | |
| 2 | 1930 | WIH Local Food Traditions | HVH | |
| 3 | 1930 | Sedbergh Wanderers Junior Disco (*) | PH | |
| 4 | 1000 | Sedbergh Wanderers Coffee Morning (*) | PH | |
| 4 | 1300 | Sedbergh Wanderers Sports Day (*) | PH | |
| 4 | 2000 | Sed Wanderers Abba Tribute Band (*) | PH | |
| 5 | 0900 | Sedbergh Wanderers Car Boot Sale (*) | PH | |
| 5 | 1300 | Sedbergh Wanderers Half Marathon (*) | PH | |
| 5 | 1400 | Dentdale Cricket Club 5-a-side | Dent | |
| 7 | 1930 | WIB Garden Party | BVH | |
| 7 | 2000 | Zrece Town Band | PH | |
| 8 | 1000 | Coffee Morning WIH | URCR | |
| 8 | 1330 | HS Exploring Ravenstonedale | LHCP | |
| 8 | 1915 | WID Ladies Barber Shop Singers | DMH | |
| 8 - 12 | | Festival of Ideas | Sedbergh | |
| 11 | | Sedbergh Garden Trail | Sedbergh | |
| 12 | 1400 | Dentdale Cricket Club v A. Hutton | Dent | |
| 14 | tba | Garden Party | High Beckside | |
| 15 | 1000 | Coffee Morning British Legion | URCR | |
| 17 | 1400 | Strawberry Tea & Auction | DMH | |
| 17 | 1800 | Evening Walk | GVH | |
| 19 | 1030 | Christian Worship | PH | |
| 19 | 1400 | Dentdale Cricket Club v Barrow Nomads | Dent | |
| 22 | 1000 | Coffee Morning Network | URCR | |
| 23 | tba | WIK Outing to Constable Burton Hall | | |
| 26 | 1400 | Dentdale Cricket Club v Sheeptown Cavs | Dent | |
| 29 | 1000 | Coffee Morning Alzheimer's | URCR | |
| 30 | 1930 | Sedbergh Parish Council | PH | |
| AUGUST | | | | |
| 1 | 1000 | Day Walk | GVH | |
| 4 | 1930 | WIB Bath House Products | BVH | |
| 5 | 1000 | Coffee Morning Howgill Church | URCR | |
| 5 | 1930 | WIF Dance Exercise | PH | |
| 6 | 1930 | WIH Folk Songs | FCH | |
| Regular Meetings | | | | |
| Howgill Toddlers | 1315 | Every Monday | HVH | |
| Dent Parish Council | 1930 | 1st Monday | DMH | |
| T'ai Chi | 1930 | Every Tuesday | URCR | |
| SL Carers Association | 1400 | 1st Tuesday | PH | |
| Killington WI | 1400 | 2nd Tuesday | PH | |
| Ladies NFU | 1930 | 3rd Tuesday | PH | |
| Coffee Morning | 1000 | Every Wednesday | URCR | |
| Zebras | 1315 | Every Wednesday | SMCR | |
| Sedbergh Juniors | 1730 | Every Wednesday | PH | |
| Sedbergh Seniors | 1930 | Every Wednesday | PH | |
| Toy Library | 1430 | 1st & 3rd Wednesday | PH | |
| Frostrow WI | 1930 | 1st Wednesday | PH | |
| History Society | 1930 | 1st & 3rd Wednesday | SHS | |
| Dentdale WI | 1915 | 2nd Wednesday | DMH | |
| SLS Blind Group | 1415 | 3rd Wednesday | PH | |
| Howgill WI | 1930 | 1st Thursday | FCH | |
| Child Health/Baby Clinic | 1400 | 1st & 3rd Thursday | PH | |
| Sed. Parish Council | 1930 | Last Thursday | PH | |
| Monkey House Café | 1930 | Every Friday | Library | |

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218

Repeat Prescription ☎ 015396 20239

Out of Hours ☎ 01539 781999

Bay Call ☎ 0845 0524 999

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

| | | |
|------------------|----------------|---------------|
| Monday | 0845 - 1300 C | 1400 - 1730 C |
| | 0840 - 1200 LB | 1400 - 1630 E |
| Tuesday | 0845 - 1300 C | |
| Wednesday | 0830 - 1300 B | 1400 - 1730 B |
| | 0840 - 1200 L | |
| Thursday | 0830 - 1300 B | 1400 - 1730 B |
| | 1400 - 1730 C | |
| Friday | 0845 - 1300 C | |

B = Joanne Batty

C = Anne Crome

L = Kay Lumb LB = Bloods

E = ECG Clinic

District Nurse

☎ 015396 21690

Health Visitor

☎ 015396 20979

A Collinge Optometrist

Friday only 0900 - 1300 1400 - 1730 *

* = By Appointment Only

DENTAL SURGERY

Finkle Street ☎ 20626

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

Monday to Thursday 0900 - 1700
Friday 0830 - 1500

LIBRARY Main Street ☎ 20186

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

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day
0900 - 1700

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

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600
Thursday 1000 to 1300

e-mail office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

www.cabkendal.ndo.co.uk

PENSION SERVICE SURGERY

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

SLCVS @ Community Office

1st Wednesday every month
10 am to 12 noon
☎ 01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

☎ 0845 33 00 247

PUBLIC TOILETS

Main Street & Loftus Hill Car Park, Sedbergh
Main Street, Dent

VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

Monday to Friday 1400 - 1430 *
Mon, Wed & Fri 1900 - 1930 *
Saturday 1330 - 1400 *
Sunday *

* = By Appointment Only

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY