

Sedbergh & District

LOOKAROUND

May 2009

Issue 266

Donation 50 Pence

From next month, due to rising costs and the	: 42	Sept 1989	24	15p			
improvement of Lookaround, we will request	: 61	May 1991	48	20p			
70 pence per copy. This will be our first	: 131	March 1997	48	25p			
increase in over 8 years.	: 159	Aug 1999	60	30p			
Issue	Pages	Cost	165	March 2000	56	40p	
1	March 1986	4	Free	176	March 2001	60	50p
6	August 1986	12	10p				

Dennis & Jacky Whicker

Sedbergh Gala



Saturday 16th May

1pm Lupton field

(Procession leaves Maryfell 12:30pm)



Theme: Musicals

Jester's Circus Skills - Wood Cutting Display - Trade Tent
 Games (organised by Kendal Leisure Centre) - Birds of Prey
 Fairground (featuring Bouncy Castles, Sumo Suits & Gladiator Podiums)
 Beer Tent - Refreshments - Fire Brigade Display - Wrestling - Fell Races
 Donkey Rides - Horse and Cart Rides - Green Tent - Punch & Judy
 Sedbergh Wanderers FC balloon Competition - Tombola - Raffle
 Dog Display and Competitions - Mini Motorbikes - Playgroup Games

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

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

Table of Contents

Advertising Rates	85	Knitted Squares	76
Groups	X	Ladies NFU	80
Bus Time Table	82	Looking After the Joints	58
Religious Services	85	McMillan Support	39
Bed & Breakfast	84	MTB 93 Update	52
Crossword	82	Neighbourhood Forum	44
Badminton	37	New Fair Update	26
Cancer Care	75	NW Cancer	80
Christian Aid	21	Oliver	25
Churches Together	79	Parish Dent	6
Community Officer Report	68	People's Hall	36
Councillor Gareth	16	Photo Call	43
Councillor Ian & Peter	60	Pinfold	70
Crumbria Highways	8	Primary School Greeks	41
CWT Flowers	22	Primary Victorians	28
Dent Car Park	73	Quiet Day	78
Dent Folk Festival	12	Royal British Legion	81
Dentdale Gala	32	Religion & Politics	74
Dentdale Memories	72	Scouts	20
Digital Switchover	80	Sedbergh Embroidery	42
Duophonic	77	South Lakes Blind Group	36
Easter Egg Competition	33	South Lakes Carers	80
Family Musings	38	Spring Show	10
Flicks in the Fells	14	St Andrew's Church, Sedbergh	24
Freda Trott F	37	Tim Farron MP	64
Gardening	66	Town Band	62
Going to the Dogs	40	Weather	78
Growing with Grace	34	WI Dentdale	57
Health Centre Training Days	81	WI Frostrow	51
Health Centre Update	18	WI Howgill	15
History Society AGM	31	WI Killington	30
KL Embroiderers	29	Winder Summit	81

BIRTHDAYS MAY 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:-
Mark Woof who is

11 years old on 4th 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.

NONAGENARIANS

As of from this month, we are including the details of all those aged 90 years and over. 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. Sadly, they will not qualify for the Birthday Voucher! ☺

Day	Name	Age
2	Oliver WOOF	2
2	Nicole HOPE	10
4	Mark WOOF	11
7	Georgina CRAGG	11
1	William DAWSON	1
8	Kane WOODHOUSE	10
9	Amber WOOF	3
11	Zoe ALDERSON	6
11	Miles BLANCH	11
12	Aidan WILLIAMSON	3
13	Solomon JAMES	1
13	Ruben SWALLOW	7
14	Bethany BECK	5
14	Harry PAGE	10
19	Isabel MOFFAT	3
20	Ted HODGSON	5
22	Paris HEYWOOD-DAWKINS	7
22	Bethany HANDLEY	9
22	Megan HANDLEY	9
22	Francine GLANVILLE	11
22	Terence GLANVILLE	11
25	Bobbi-Mae KIRBY	4
27	Jack DAWSON	1
	Nonagenarian & Over	
06	William (Bill) SEED	93

PERSONAL & SMALL ADS £1

GREENWOOD

Colin and Gwen would like to thank family and friends for cards and good wishes received on the occasion of their **GOLDEN WEDDING**.

=====

HALL

Although we are sad that our Mum Mabel passed away suddenly, she will be fondly remembered as a great character Sedbergh will not be quite the same without her! She enjoyed good health until the end and for that we give thanks. We would also like to thank those family members, Gladstone House staff and friends who made her life both comfortable and happy. I have arranged a trip for all those Gladstone House residents who wish to go as a final goodbye from Mabel. John Metcalfe will arrange this with the wardens who will let you have details. Winifred, Mary, Tony and Pam and all the family.

=====

NANA HALL

I wonder if they play Bingo in heaven?
I wonder if they drink Sherry & Baileys for Breakfast in Heaven?
I wonder if they shout at the Telly in heaven?
I wonder if they have a Champion Roguer in Heaven?
Because they have now!!!
Great Granddaughter Erin

STAINTON (nee Hodgson)

Stewart and Glenis are delighted to announce the safe arrival of Ellie-Ann. Born on 29/03/09 weighing 7lbs 8½ ozs. A very special sister to Myles. Thank you to family, friends and neighbours who sent cards, gifts and flowers.

=====



THOMPSON

To all the very kind friends who helped in so many different ways during my removal from Grammar School House to Croft Cottage, Dent, I would like to express my gratitude to you all and thank you so very much. Audrey.

=====

THANKS RE OUR CAT

On the evening of Friday, 3rd April, our much loved cat was killed on the road outside our house - White Hall on Black Horse Hill. We would like to thank the person who found him and carefully laid him on the drive leading to our house. Your thoughtfulness was much appreciated. Thanks also to John Harper for his kindness to Sue in her distress. Paul and Val Snelling

=====

FOR SALE

Travel Cot £25. Baby Walker £10. Baby Bjorn Carrier £10. Two Backpacks/Carriers £5 each. Babies High Chair £10. Moses Basket £5. Call 015396-20461.

PERSONAL & SMALL ADS £1

FOR SALE

2 Seater Settee & Matching Parker Knoll recliner chair. Rust colour. £70 ono. Tel: 07786 044129.

=====

FOR SALE

Belling Gas Cooker. Black Slot-in (50cm) Glass Top. Only 3 years old. Will deliver locally. Only £50 ono Ring Sed 21649

=====

FOR SALE

Black Padded Swivel Office Chair with chrome base. £15. Tel: 015396-20774.

=====

FOR SALE

Off Road Bike. Kawasaki KX100. 1997. Good condition. £625 ono. Call 015397 23214 evenings before 9pm.

=====

FOR SALE

Dark wood Cot complete with mattress. VGC £15. Teak bedding chest with PVC seat (would make excellent toy box) £3. Three free standing clothes rails. £3 the lot or will split. Tel: 015396-20616.

=====

FOR SALE

Belle Cement Mixer, little used. Complete with stand £100. Delta Explorer Exercise Bike with computer £25. Calor gas Heater with regulator but no cylinder £5. Two bike carriers to fit a roof rack £12. Pine Headboard for double bed £20. Tel: 25269.

FOR SALE

Format Belling Slot in Cooker. Double oven, self cleaning. Halogen Top. Two and a half years old. Good reason for selling. Very good and clean condition. Also Stainless Steel Hob. Tel 015396-22192 anytime.

=====

FOR SALE

Peugeot 307 1.4s. 2004 (53 plate). Metallic Blue, five door, hatchback. Petrol, 56,000 miles. MoT until February 2010. CD player, ABS, Central Locking, Air conditioning, alloy wheels and airbags. £3,200. Ring Daniel on 07532-140047.

=====

FOR SALE

Freestyle Celebrity 3 Mobility Scooter. Tel: 015396-21699.

=====

FOR SALE

Four very solid Hardwood Garden Chairs. Good condition £40. Tel: 015396-20041.

=====

WANTED

Incubator to buy or rent for Guinea Fowl eggs. Ring Daniel on 25829.

=====

WANTED

Caravan in Sedbergh to rent, in quiet secluded location - not on a site, I am looking for a sole annual rental - not shared please. Please contact Jane on 0161 762 5375 or 0797 005 7743.

DENT PARISH COUNCIL

Below are some of the matters discussed at the April meeting. The full minutes are published as usual on the Dentdale website. www.dentdale.com.

Sedbergh Health Centre

The council discussed the planning application for a new Spar and health centre on the auction mart site in Sedbergh. Although the parish council is not part of the formal consultation process, it was felt that its views should be passed on to Sedbergh Parish Council and to the YDNPA planning department, as health facilities in Sedbergh are of concern to most Dent residents.

The joint nature of the application made it difficult to reach agreement, as the council supported the new health centre but was divided on the impact of a convenience store on the edge of the town. As a result, while the proposal to support the health centre was passed without opposition, the vote to support the joint application was less clear cut, with two in favour, one against and four abstentions.

Meet the Police

The meeting was attended by PCSO Karen Dakin, as part of her regular visits to discuss matters of concern. As indicated elsewhere in this Lookaround, she will be holding drop-in sessions in Dent at the café in Dent Stores from 10am to 12 noon on the first Tuesday of each month, beginning on 5th May. This will provide the opportunity for anyone to

GARDEN OPEN

Greenbank, Sedbergh
(off Joss Lane car park)

Walled garden, greenhouses, alpines under glass and in old stone troughs & raised beds, rare hardy plants and shrubs, stream garden & pond, wild flower meadow, bluebell woodland walk.

wide range of plants for sale

free admission (donations welcome)

Open every Monday 1 - 4 pm
during May & June
plus

Sunday May 3rd 12 - 4 pm

AURICULA DAY

Wide range of show, alpine & other auriculas on display and for sale.

Sunday May 24th 12 - 4 pm

SPECIAL CHARITY OPEN DAY

in aid of Cumbria Wildlife Trust.
Teas, raffle, other attractions

further details: 015396 20298

raise matters with the police on a regular basis.

Health Services

Last year's parish plan survey asked for resident's views on local health services. The GP services in Sedbergh and Hawes were well liked, but there was some dissatisfaction with the out-of-hours service.

Similarly, the quality of service at Westmorland General Hospital was praised, but there was deep concern at the threat to acute services there – as there was about the lack of local access to NHS dentistry for new patients.

One of the members of the parish plan committee, Mike Lawton, passed

TREADWELL FLOORING

Suppliers, planners & Fitters of Carpet,
Vinyl, Laminate & Wooden floors

Quality in-stock carpets at Bargain Prices

1,000's of samples to choose from.

*Carpet Upholstery Cleaning
Service at competitive rates*

Call Nicola or Gordon Sproul

Tel/Fax: 015396 21175

these comments on to the Cumbria Primary Care Trust, and he has now received the following response:

- The Sedbergh GP surgery now offers evening appointments each Monday which can be booked in advance
- Since last summer Westmorland General Hospital has been running an integrated health and social care service which includes GP-led community beds and urgent assessment services, rapid response nurses, and a specialist community respiratory team
- The PCT has procured additional NHS dentistry capacity in Sedbergh and Kendal which will be available in summer 2009. Anyone wishing to be allocated an NHS dentist should contact Lisa Wrigley on 01539 797855

The Trust has also offered to follow up specific problems with the out-of-hours service, and so if you have recently had a bad experience with it please contact Mike Lawton on 25122 or mdlawton@btinternet.com and he will pass your concerns on to the Trust. He would also be happy to pass on your views on other current health service issues, such as the new facilities at Westmorland General or the ambulance provision.

Local Authorities working Together

Dent PC recently convened a meeting in Barbon of ten local Parish Councils to discuss a joint response to proposals for the county, district and parish councils in this area to work together more closely. The seven councils who were able to attend, and the other three who were contacted afterwards, felt that the real problem at the moment is the lack of co-operation between the county and the district, and that a group that included the parishes could only make a difference if it had funding and the power to make decisions. These views were passed on to SLDC who had asked for comments on the proposals.

Next Meeting

The next council meeting will be at 7.30pm on May 11th in the Sedgwick Room. The public is welcome to attend as always, and to raise matters of concern in the public forum item which takes place about 8pm.

Tel: 25655 Email:

dentparishcouncil@btinternet.com

Jock Cairns, Chair ☺

CRUMBLIER HIGHWAYS

If you read my letter at the top of the Opinions page of the Westmorland Gazette at Easter weekend, you will understand why I am annoyed. My original letter to the editor had the headline above which he saw fit to change to an awkward "Report holes to highways boss". He then went on to take all of the sting out of the letter, clearly afraid of upsetting anyone. Andrew Moss, head of Cumbria Highways, badly needs to read plain-speaking letters and so I have sent him a copy of my original (below), plus some photographs of the state of the Dent road at Rash and at the top of Black Horse to ponder about.

"Botch" is the best word in the English language I could find to describe the current state of road repairs in Cumbria, or around Sedbergh at least. From the Concise English Dictionary: "**botch** – make a clumsy patch - bungled work - repair badly".

Both instances of "botch" were removed from my letter, as was "bad" (repair work), "inadequate" (Andrew Moss's own word to describe road repairs in Staveley he was shown) and "poor quality". The reference I made to local repair work which literally lasted less than a week before having to be remedied, was also cut out. Can you believe that a gang of sub-contractors would resurface a lane without filling in deep pot-holes first. They simply shovelled some more surfacing gravel in which, of course, came straight out. Tim Farron got involved

For all your joinery, house maintenance and general handyman jobs

Jeff the joiner -----



Over 34 years experience. All work undertaken but specialising in those smaller jobs

Doors, windows, locks, floors, kitchens, bedrooms, stairs, basic plumbing, reactive maintenance and any general handyman work

Covering Kendal, Sedbergh and surrounding area

Local references available

Ring for a no obligation quote on

07969

973346



in that catastrophe and went directly to Cumbria County Council for an answer. They responded by saying that the road-mending policy was going to be amended and immediately sent another team out who spent two days repairing the bungled work.

I wrote to Andrew Thomas of the Gazette to complain about his watering down of my letter and his only excuse was: "I did have to edit your letter, partly for space reasons." Rubbish! Has everything we read in the Gazette been whitewashed and nasty, offensive words like 'botch' taken out? The one Gazette reporter I know agrees that he suffers the

same problem.

Full text of my uncensored letter to the Gazette of 10th April:

Dear Sir

"I could not believe the surprised response of Cumbria Highways Chief, Andrew Moss, when shown photographs of the state of the road in Staveley after some bad repair work, as reported in last week's Gazette. He must know only too well that botched road repairs like this are now the order of the day throughout Cumbria. "Indefensible" and "inadequate" (his words, quoted last week) are a perfect description of the general standard of road repairs we have to put up with now, certainly here in south Lakeland. Perhaps Mr Moss doesn't venture out onto the roads himself for fear of damaging his own car.

I realise that the Highways Department will only have limited funds to spend on road repairs but it is obvious (and indefensible) that this money is being wasted when repairs, usually carried out by sub-contractors, are too often of such poor quality that they only last weeks (or even days, in one instance I have personal experience of). More money has then to be spent in order to make good the original botch. In addition, the longer road surface damage is left to deteriorate, the more expensive and extensive the repair work needed in the end.

Every single Gazette reader who uses Cumbrian roads will be able quote their own examples of inadequate road repair-work,

potholes, broken surfaces and the resulting damage to vehicles.

Perhaps all those who feel strongly about this matter should send their photographic evidence to Mr Moss. I'm sure he would have more than enough to cover his entire office walls. Perhaps the Gazette could run a competition for a photograph of the worst road repair, then the entire entry could be sent to the Highways Department."

Perhaps the Lookaround should run a competition instead. I'm sure there's more than enough material to photograph just in the Sedbergh area alone, to give Mr Moss something to think about.

Roger Bush ☺

o'neil&petrie
architecture
& design



We pride ourselves on providing a full range of architectural services tailored to suit all our client's specific requirements across Cumbria, North Lancashire and North Yorkshire.

Please contact us on:

01539 738899
www.oneilandpetrie.co.uk



chartered
architect

CHRISTIAN AID WEEK 10-16 May

in Sedbergh and District.

Sunday 10th at 6.30pm – United Service at the Methodist Church, Sedbergh

The Christian Aid Shop in Sedbergh URC Church Rooms

Monday 11th – Friday 15th

Monday – Wednesday 9.30am - 4pm

Thursday 9.30am – 1.30pm

Friday 9.30am – 11am

Also Tuesday 6pm – 8pm

Tea & Coffee served each day.

Good as new clothes, bric-a-brac, books, plants, home-baking, toys etc. ~ Donate it and we'll try to sell it!

Items for sale gratefully accepted at URC Hall as follows:

❖ *Good as new clothes – Sat. am. 9th May; Mon. am. 11th May- if there are hangers to go with them they'd be appreciated.*

❖ *Other items until Wed. am 13th May*

Sat. 16th May – Coffee Morning at Dent Memorial Hall from 10am – 12 noon.

SEDBERGH SPRING SHOW

Our 13th Spring Show, held at the end of March, proved anything but unlucky. Everything went swimmingly from start to finish and many of you were kind enough to rate the show as "the best yet!" Mrs Maggie Cullen opened the show remarking on its importance in maintaining the traditional skills in the many crafts exhibited. We had a record number of over 800 entries making a splendid display. Mrs Cullen spent the rest of the afternoon enjoying the show and choosing the winners of the special prizes. The Sedbergh Town Band provided splendid music for our entertainment which contributed in no small measure to the relaxed and enjoyable atmosphere of the afternoon. The refreshments were ample and excellent, and the raffle prizes were a wonder to behold.

Detailed results have already been published in the Westmorland Gazette, (apologies to Mrs Rosie Hirsch who won Class 1 for a patchwork or quilted item, not as stated in the W.G.), and are displayed in the window of Capstick's Insurance Consultants in Main Street.

CUPS AND TROPHIES

Section 1 Handicrafts Cup:
JANET HOPE.

Section 2 Hand Made Toys Cup:
MARGARET FEARNHEAD

Section 3 Flowers and Plants Cup:
LINDA HOPKINS

Section 4 Garments Cup:
SHEILA OUSBY

Section 5 Home Produce Cup:
LINDA HOPKINS

Section 6 Art Cup:
MARGARET FEARNHEAD

Section 7 Photography Cup:
RICHARD SHARROCKS

Section 8 Children's Cup:

KIERAN MILBURN

W. Milburn & Sons Handwriting Cup:

YEAR 3 SED PRIMARY SCHOOL

Cup for Special Effort:

BOBBY-MAE KIRBY

Roger Underwood Cup for most new

entries:

DAVID FORKNALL

Lookaround Cup for 'Best in Show',

(adults), chosen by the Guest Opener of the show:

MARY DURRANT – for an item of embroidery.

Lookaround Cup for 'Best in Show',

(children), chosen by the Guest

opener of the show:

SEDBERGH PLAYGROUP – for a picture by a group of children

W I Cup: FROSTROW W I

Shield for the Overall Winner of the

Show:

MARGARET FEARNHEAD

The committee would like to thank all those who helped to make the

show a success. Thanks to all those who helped with transporting, setting up, and dismantling of the show.

Thanks to those who helped on the door, selling raffle tickets, making food, washing dishes, and acting as

The People's Hall
Howgill Lane, Sedbergh LA10 5DQ

Available for hire for
all kinds of functions...

- ❖ Parties ❖ Meetings ❖ Concerts ❖
- ❖ Jumble Sales ❖ Dances ❖
- ❖ Theatre ❖ Discos ❖ Lectures ❖

For availability and bookings –
Sedbergh Office Services ☎ 015396 20788
www.peopleshall.org

DOLPHIN stairlifts



- ~ Stairlifts & Wheelchair Lifts
- ~ Stairlift Hire
- ~ Straight or Curved - Fitted & Fully Guaranteed
- ~ Friendly, Professional Installation & Maintenance
- ~ Free Quotations & Advice

Call Jeff Clegg

015396 25444

Unit 1E, Toll Bar Workshops, Station Road, Sedbergh LA10 5HA

WE COVER THE WHOLE OF THE CUMBRIA AREA

judges and stewards. Thanks to all those who sponsored us by providing raffle prizes and in other ways. These include: - The Bull Hotel, The Cross Keys, Cautley, The Dalesman, Dom's Fruit and Veg. Stall, The Duo Bistro, Ellie's Bakery, The George and Dragon, Dent, The Green Door Sweet Shop, Jean and Amanda Sowerby, Kath Earl Market Cake Stall, Lucid Training Centre, Garsdale, Margaret and Bill Milburn, The Middleton Head, Nisa, Powell's Greengrocers, The Red Lion, Rita and Helen Nicholson, The Sedbergh Café, Spar, Steadman's Butchers, Stephenson's Fruit & Veg. Stall, & Sue Sowerby.

And finally, a big thank you to all of you who entered and made the show such a success.

The full list of winners is available from the *Lookaround* Office.

Margaret Milburn (Chairman) & Wendy Fraser-Urquhart Secretary ©

DENT FOLK FESTIVAL

Tickets are selling very well for this year's festival with sales at the highest we've ever experienced! So book early to avoid disappointment, this isn't a rouse to get you to buy tickets, we genuinely don't want you to miss out!

We're delighted to announce that as a result of these high sales we can keep our online ticket packages at a discounted rate. If you book your tickets online the festival pays less commission so more of your money goes in to sustaining the festival.

We will be announcing full details of the artists playing the beer tent stage, more workshops and sessions in Sedbergh very soon ... all these

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

events are free!

Johnny Baghdad's will return to Dent to look after our catering for 2009. No strangers to our regulars, they are one of the best festival caterers in the country and will be offering a range of food for all pockets served from breakfast onwards. Much of the food will be sourced locally including premium quality beef sourced directly from the farm land the festival is taking place on. There's plenty for those of a vegetarian persuasion to including Johnny Baghdad's legendary Falafel!

Once again our beer tent will be stocked with fine Real Ales from The Black Sheep Brewery and this year we will be serving it in 100% biodegradable glasses!

We will have an increased range of stalls at this years festival including wonderful hand made soap from The Sedbergh Soap company who are producing a special Dent Folk Festival soap!

That's it for now we will be back with more news of our program of free events soon...

Oliver Higginbotham

15 years experience

Stone Walling

Fencing

Decking

Landscaping

Tree Maintenance/Felling

Hedge Laying

Hedge Cutting

Pest Control

(Mole, Rat, Rabbit, Mink, Fox, Squirrel)

015396 21073

Mobile: 07815 899 994

Call for no obligation quote/visit

References available

Artists playing the main marquee
Adrian Edmondson and The Bad
Shepherds ~ Ade and his superb
band play punk songs in folk a style!
Transglobal Underground ~ one of
the most original Roots Dance Fusion
acts on earth!

Solas ~ the most popular, influential,
and exciting Celtic band to ever
emerge from the United States.

Andy Irvine ~ a folk legend! One time
member of Planxty and Woody
Guthrie's representative on earth!

Tony Wilson ~ our resident story teller
and a very fine folk singer to boot!

Kila ~ one of Ireland's most
innovative and exciting and unique
bands.

The Karine Polwart Trio ~

Outstanding multi award winning
Scots songwriter.

Faustus ~ three of the most pivotal
players in the English roots revival of
the past decade.

Chris Wood ~ winner of the BBC Folk
Awards 2009 best singer and best
album!

The Black Umfolosi 5 ~ sweet
acapella singing and captivating
dancing from Bulawayo, Zimbabwe.

Keith Donnelly and Les Barker as
'Idiot and Friend' ~ actually we
suspect their both idiots!

Katalena ~ we're celebrating
Sedbergh's links with Slovenia, with
Slovenia's greatest roots music band!

Full details of the 2009 festival are
on our website www.dentfolkfestival.co.uk

To Book Tickets Call 015396 20125
The Howgill Fells form a fantastic

Sedbergh Angling Association

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

Please contact the Secretary,
David Wright Tel 015396 25533.

Prices for 2009 are:

Senior Members £30

OAP's £15

Junior £5.



There is a Joining Fee
for Senior Members of £20

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

@ £20

Weekly Tickets @ £50

From 3 Peaks Outdoor Shop,
Main Street, Sedbergh Tel 20446.

Season Tickets are available to Non-Residents
Please contact : Visitors Secretary,
Craig Dandy Tel 015396 21920.

backdrop to the Dent Folk Festival.
The home of good beer, great food
and outstanding music!

*The Dent Folk Festival 2009 is
Sponsored and Supported By...*

Arts Council England, Kendal
College, The Black Sheep Brewery,

South Lakeland District Council,
Folkus, Killington Marquees, Sound
Support, Stramongate Press,

Nationwide Fire Training, Ben Lyon,
Want Media, Kim Lyon, Hobgoblin

Music Leeds, imageacoustic.com,
KV2 Audio, Sedbergh Lookaround,

The Sedbergh Soap Company,
Rock'n'Reel, Proper Music

The Dent Folk Festival is a not for
profit organization



FLICKS IN THE FELLS

As you read this we'll have finished our April screenings, hopefully done all the paperwork and be planning what to show in May. Hopefully lots of you came to the People's Hall and enjoyed *Casablanca* and/or *Slumdog Millionaire*.

You may have noticed that we're trying a different direction with our afternoon shows. Although well enjoyed by the people who did come, the family film screenings just weren't bringing in enough people to justify running them. The minimum we have to pay in screening rights alone on one film is just over a hundred pounds, which meant that on most days if we had a good attendance for the evening film it would be subsidising the afternoon feature, and that's before taking into account the fees for hiring the hall, heating costs etc.

So instead of this, we've decided to try "Saturday Afternoon Silver Screenings", showing classic films of all genres. The first of these, *Brief Encounter*, was a fantastic film, having been lovingly restored in both audio and video it looked stunning on the big screen. Unfortunately we were rather low on audience numbers, but we're hoping these will pick up. We're also trying out a volunteer taxi service for those people in the Sedbergh area who aren't mobile enough to be able to make it to the Hall. To book a lift, simply ring the Community Office on 20504 and leave your name and address and we'll come and get you

and take you home afterwards. We're even throwing in a free cup of tea! (well, not actually throwing but handing it to you carefully).

To try and offset the running costs of *Flicks in the Fells* we also sell advertising space in our pre-film advert reel. This is a very cost-effective way of getting your message across to quite a large potential audience. For more details please get in touch.

If you would like to help us by being a volunteer driver on Saturday afternoons, or if you'd like to get involved in the Community Cinema in any way, if you'd like to suggest some films you'd like us to screen, or to be added to our emailing list please ring us on 015396 20504 or email flicks@sedbergh.org.uk ☺

A report was submitted last month but omitted in error. Apologies to all concerned. Ed

**Paul
Hoggarth**



Building Contractor

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

015396 21413

07968 977429

HOWGILL W. I.

We met at Firbank Church Hall on April 2nd. President Mary Silva welcomed fourteen members and four visitors. A warm welcome was extended to Mary Stainton back with us following her recent illness. Congratulations also to Mary on the birth of her new Grandson.

The knitters amongst us have produced some stunning bright coloured blankets to help orphans and children born with A.I.D.S. in Kenya. These are to be presented to Christine Wood at the May meeting in aid of the Project.

Anita Carey has confirmed our Summer Outing will be to Abbot Farm and Ice Cream Parlour in Shap on

June 25th.

The recent Howgill Hikers walk took place in sunshine around the Grasmere and Rydal area. Judith Capstick will lead the next walk on May 13th.

Members were reminded of the Group meeting hosted by Killington W. I., on May 18th at The People's Hall. Also the Holker Festival on the last three days in May.

Our speaker Judith Dunsford gave us a real treat combining a quiz and illustrated talk on local wild flowers. Her passion for wild flowers grew in the foot and mouth year, when she combined walking near her home in Orton with photography.

All eyes were focused on the computer screen as each flower was identified highlighting colour, character and structure, allowing us to take a look at nature and discover and enjoy our countryside. An appropriate subject at this time of year when wild flowers are making their presence on our roadsides and verges. Dilys McCaffery thanked Judith on our behalf.

Still on the theme of flowers the competition for a Pressed Flower in a Pretty Setting was won by Mary Silva with Barbara Axford second. Raffle winner was Sheelagh Dennis. The evening was brought to a close with our usual Jacobs Join and get together.

We will meet on May 7th at Howgill Village Hall, when Christine Wood will talk on AIDS Orphans in Kenya. New members welcome.

A.H. ☺

Richard Johnson & Partners

Solicitors

For a personal service
in an impartial world

Home and Farm visits (free)
by prior arrangement

Agricultural Matters	Wills
Probate Trusts and Tax	Conveyancing
Family	Commercial Transactions

Contact: Michael McGarry
Tel: 01969 667000

E-mail mbmcgarry@dial.pipex.com

Market Place
Hawes
North Yorkshire
DL8 3QS

7 Railway Street
Leyburn
North Yorkshire
DL8 5EH

Tel : 01969 667000
Fax : 01969 667888

Tel : 01969 625577
Fax : 01969 625588

COUNCILLORS CORNER

I am now living in Kendal and I have to say that every day I pinch myself at how fortunate I am to be living in what is undoubtedly one of the most beautiful parts of our country.

I have now visited Sedbergh on quite a few occasions and if I have not met you yet I hope that I soon will. Indeed, my contact details are at the end of this article and I would welcome the opportunity to stop by and say hello.

Health Centre

I realise that this is one of the most important issues facing the Sedbergh area at the moment. I am determined that Sedbergh has a first rate Health Centre and Kevin Lancaster and I are meeting senior Yorkshire Dales officials to discuss the present application. Planning issues are always delicate but I am hopeful that we can achieve a successful outcome for the community as a whole.

Local Economy

The term 'credit crunch' has only recently come into common parlance but empty shops have too long been a phenomenon throughout South Lakeland. I believe that this is because in recent years we have been starved of investment.

Too much investment has gone into Barrow, Carlisle and the West Coast, driven by a Regional Development Authority that is a politically appointed and unaccountable body. We have wrongly been perceived as a wealthy part of the North West and consequently we have been taken for granted. I want to ensure that we get the investment and the well-paid jobs



PLANT SALE

Sunday 17th May
11 am to 4pm
at Farfield Mill
Organised by Friends of Farfield

our children not only deserve but also need if they are going to be able to live and work locally.

Much of the debate on issues such as affordable housing or post offices has neglected the demand side of the equation and one of my political priorities is to ensure that we get the investment and well paid jobs we deserve.

Cancer Unit at Westmorland General

We are all continuing to work hard to make sure that we get the cancer unit we need. It is not acceptable that the distances we have to travel are some of the longest in the country.

I have managed to get support from two shadow health ministers and have met with various NHS bosses, including the Chief Executive and Chairman responsible for Westmorland General. I have also campaigned on the doorstep and our petition now has thousands of names. If you would like to add your support to my campaign please contact me at the address below.

Public Life

In my view one of the most pressing national issues is the fact that so many of our young people are

disinterested and disengaged from politics. In order for a democracy to function properly it is important that participation remains high and sadly turnout in elections has been on a declining trend for a number of years.

I believe that politicians need to set a much better example and the abuse of allowances that has recently come to light only serves to turn more people away from politics. We need our politicians to lead and if they were true leaders they would be taking a pay cut until the economy starts to pick up, rather than awarding themselves yet another pay rise. We need our politicians to set the right example and if they were true leaders they would be working hard to cut their allowances and expenditure just as the rest of us have to in these difficult economic times.

If I had my way I would cut allowances and pay for all those serving in elected office and devolve more power back to local government. We need elected officials who have experience of the real world and in order to attract the right calibre of individual we need to ensure that local government has real power to make a difference to the lives of local people.

On the 4th June we have the Cumbria County Council and European elections. Kevin Lancaster is standing as the local Conservative candidate. In the time that I have known Kevin I have been struck by his dedication and commitment to Sedbergh and the surrounding area. He is a true public servant, passionate about the people and

community he is fortunate enough to serve, and importantly, he has first hand experience of the real world and what its like to make a living in a rural community, having worked as a farmer for well over 25 years. I wish him well in June.

You can contact me on 07887747739 or by email gareth@westmorlandconservatives.co.uk or at our office 112 Highgate, Kendal, LA9 4HE. Many of you have already been in touch to welcome me to the area and to wish me well. Thank you all for your support. I have much to learn and your support and feedback is always very much appreciated.

Gareth McKeever
Prospective Conservative MP,
Westmorland & Lonsdale ☺

An Afternoon At Wherside Manor, Dent Sunday 17 May

1pm to 5pm



Fundraiser in aid of

Festive Light and Dentdale Music & Beer Festival

pims and croquet on the lawn,
afternoon teas, live entertainment,
Bar and Barbecue,
Teddybears Picnic
treasure hunt and volleyball.
Stalls, Raffle and Tombola

Free entry

Free shuttle bus from
Dent Main Car Park all afternoon

Everybody welcome

HEALTH CENTRE

Once in a Generation

Sedbergh Medical Practice is appealing for community support once again in our campaign to achieve planning consent enabling the continued existence of independent General Practice in Sedbergh and provision of 21st Century Health Care Premises serving the population of the Western Yorkshire Dales. We have a final public meeting booked for the evening of Tuesday 19th May in the Peoples Hall, Sedbergh in the hope that we can involve the local population in a final push before the next YDNPA Planning Meeting in June. This is also designed to be a listening event where any honest feedback will be taken and acted upon in making sure no stone is unturned or opinion ignored. We cannot afford for this application to fail as there would be no possibility of maintaining the status quo.

Since rejection of our previous plans in December 2008 much time and effort has gone into discussing the issue with the local population and community representatives, looking at the alternative sites suggested, reworking designs of the proposed buildings and altering some principles of the application. It is our sincere belief that all issues/objections have been either resolved or proven to be of minimal impact. We understand that the local Chamber of Trade is supportive of the joint Spar/Health Centre development on the old

Auction Mart Site, as are the Dent and Garsdale Parish Councils. Cumbria County Council and South Lakes District Council have no objections and that the YDNPA planning officials are satisfied with our amendments. There to date has been overwhelming public support, with very little opposition voiced.

We have tried very hard to listen to all standpoints and have endeavoured to keep the debate about principles and not personalities. Consideration has also been given to the fact that any mention of a loss or reduction in health care provision naturally causes concern to many and perhaps we have been guilty of not being clear enough about the health consequences of the no change option. There was also a deliberate decision not to push for a local referendum on the proposed new build as the last thing we wanted

AMJ

PLUMBING



Plumbing & Heating Engineer

Also Wood/Multi Fuel Stoves Installed

No Call Out Charge

No Job Too Small

Local Lad charging reasonable rates

Tel: 015396 20464

Mob: 075906 588 30



SOUTH LAKELAND FOR THE BLIND
 SEDBERGH GROUP
presents
 an afternoon with

Rachel Little

Soprano Singer from Kendal
Tuesday 19th May
 2:30pm

Free entry with a retiring collection

to do was create division in the community. It is also clear that unless this project has the support of the majority it cannot proceed as providing health care requires population consent. We could have won the battle and lost the war.

There are no other suitable sites, the current building is too small failing several health standards, was of poor construction and is deteriorating. We cannot expand on the current site due to financial, legal and health regulations. The population is ageing and we struggle to meet current need despite efficient use of all our resources. We plan to more than double space available (exceeding national standards), provide a good working environment for our staff and expand the range of medical services offered to the locality, ensuring that a vibrant independent GP surgery remains in Sedbergh for generations to come. There are no hidden deals, no one is making a quick buck, no lies have been told or truths massaged. There have been no Town/Gown battles or unfair

advantage taken.

This is a once in a generation opportunity. Failure in June means that NHS Cumbria will withdraw financial support (the project would not start in financial year 09/10) as they have limited resources and other as deserving projects waiting. This will kill off the project. At that point the respective GP practices will have to work out how health care can be provided safely from the current premises. This is likely to mean merger with one of the Kendal GP practices to ensure standards are maintained. Consequentially there will be a reduction in the scope and volume of health care and increased travel to Kendal. More importantly Sedbergh would become a small cog in a much larger machine with limited control over decision making. Reversing this process is essentially impossible.

Sedbergh deserves 21st century health care provided as locally as possible. Please support the redevelopment as without a new building any opportunity to do so would be lost. ☺

HOT SPICY FOOD
available on
GALA DAY



Visit our Stall for
Traditional Thai Food

1st SEDBERGH SCOUTS

Sedbergh Scout Troop continues to thrive! Over the last six months we have taken part in a variety of events. For the first time in several years we took part in the remembrance service at St Andrews, Sedbergh. Last autumn, a First Aid badge course was run for newer members and those older Scouts who wanted gain a higher level. Our Christmas outing this year was a visit to Megazone (laser game) at Morecambe, which was very enjoyable (if tiring, especial for us older members). February saw us at the Lakeland Climbing Centre at Kendal for a session on the indoor climbing wall.

In addition to our normal weekly meetings, future activities will include, a Canoe Level One badge course, night hike, wide game, outdoor cooking competition and in May a district camp at Coniston for all Scouts in Kentdale district. The Troop also has 16 people taking the opportunity to attend the Norwegian National Scout Camp "Utopia", from 4th-11th July 2009. This is a great opportunity for the young people to sample a different culture first hand. 7,000 are expected to attend the camp and we are busy applying for grants and sponsorship from local businesses towards the cost. The parents are also arranging fund raising events and any support for these would be greatly appreciated.

Heather Harper was finally presented with her Chief Scout Gold

E. P. C. S.

for all your pest control problems
also tree felling
fallen trees logged or cleared



for quotes, phone
Chris on
Tel: 015396 21531
Mob: 0786 6007 739

award in February at a county ceremony in Keswick where Doug Scott the well known Himalayan climber presented the awards to 20 Scouts from across Cumbria. This award is the highest in the Scout Section and requires a lot of commitment and extra work, so well done Heather.

The Troop is now full, with a good mix of 18 boys and girls; we have started a waiting list and any one who would like to join the troop in the second half of 2009/2010 should contact Bill Mawdsley or Syd McLennan. We are still looking for adult support (a female assistant leader would be wonderful!) and if anyone is interested in helping, even on an occasional basis, please contact us.

1st Sedbergh Scout Group is open to boys & girls between the ages of 10 to 14. Anyone interested can contact Bill Mawdsley on 015396 20723. General information on the Scout movement is available on the Scouts website at www.scouts.org.uk ☺



CHRISTIAN AID WEEK

10-16 May in Sedbergh and District.

Amazing how soon two months go by! It was in the March edition that I wrote about this event approaching and here we are in May and it is upon us. The main focus this year is on the organisation's work in the eastern side of the Democratic Republic of Congo, a country with an appalling history of brutal exploitation ever since H.M. Stanley trekked across and King Leopold of Belgium ruthlessly took over the region. The country is the setting for Joseph Conrad's "Heart of Darkness" and many more recent novels and films usually of brutal and heart-rending themes. It is a land of spectacular beauty and diversity with the snow-capped Ruwenzori and volcanic Virunga mountain chains in the east together with the lakes of the Rift Valley; extensive dense equatorial forests, home of the forest elephants and pigmy peoples; and great river systems of the Nile and Congo rivers. The land is very fertile and has extensive and very valuable mineral deposits which has led to it being such a target of unrestrained greed.

Christian Aid works there in partnership with local agencies to offset the grinding poverty which is the lot of most of Congo's citizens. Here locally we assist by running our major annual events during Christian Aid Week, listed below and also running Door to Door collections through the week. Notices will be up in the local churches for volunteer helpers to sign – new helpers are always most welcome so don't be shy

SEDBERGH HEALTH CENTRE

will be closed for Training Purposes
on the following afternoons:-

Wednesday 13th May
Thursday 18th June
Tuesday 14th July
No Closure in August
Wednesday 16th September



and sign up if you have an hour or so free to assist at the shop or would be willing to help with the door to door. If you aren't able to help just come along and enjoy the events as there's always a great buzz about them all.

Sunday 10th at 6.30pm – United Service at the Methodist Church, Sedbergh

The Christian Aid Shop in Sedbergh URC Church Rooms

Monday 11th – Friday 15th

Mon – Wed 9.30am - 4pm

Thurs 9.30am – 1.30pm

Fri 9.30am – 11am

Also Tuesday 6pm – 8pm

Tea & Coffee served each day.

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

Donate it and we'll try to sell it!

Items for sale gratefully accepted at URC Hall as follows:

- *Good as new clothes – Sat. am. 9th May; Mon. am. 11th May- if there are hangers to go with them they'd be appreciated.*

- *Other items until Wed. am 13th May*

Sat. 16th May – Coffee Morning at Dent Memorial Hall from 10am – 12

noon.



CUMBRIA WILDLIFE TRUST

Spring Flowers

Everyone is pleased to see Spring Flowers, but to naturalists, they are particularly welcome as evidence of renewal of life after the apparently dead winter months. Where then should we go to find the earliest flowers? I suggest a wooded river bank, such as the east bank of the Lune at Killington Bridge, an area made available to the public by the Yorkshire Dales National Park.

The survival of relatively natural vegetation in strips along steep river banks is primarily due to the need to protect farm stock from dangerously precipitous ground and the greater ease of constructing field boundaries, whether they be walls hedges or fences, along level ground at the top of the bank. This means that the river bank is not grazed, hence the persistence of trees and shrubs which can regenerate freely. But why should woodland produce the earliest flowers?

By one of those numerous examples of the interlocking of satisfaction of

the needs of different species, honed to perfection over eons of natural selection, deciduous trees and spring flowers have come to be associated. During early spring, when increasing warmth and day length trigger growth, the ground flora of a wood can take advantage of full daylight, which will be denied it once the tree leaf-canopy burgeons. The shade provided by this canopy will by then be an advantage to the spring flora, which lapses into a vegetative state, or dies back completely, throughout the summer.

Among the best known of spring flowers are, of course, Primroses and Bluebells, the former persisting as leaves through the summer, while the strap-shaped leaves and flower stalks of the latter decay into that slimy mess which make steep woodland slopes so treacherous. Appearing much earlier is the less obvious flower of Dog's Mercury. The whorls of robust leaves are topped by tiny, fragile, whitish flowers on stalks. Look more closely, and you will see that these flowers are of two sorts: delicate, pollen-producing, male flowers and more robust, seed-producing female flowers. Moreover, male and female flowers occur on separate plants – a relatively uncommon condition. One can scarcely fail to notice Ramsons because of the strong, oniony smell of the crushed leaves, even if you do not immediately see the white, star-shaped flowers. Down near the river itself, on wet, and sometimes stony

cane, rush, seagrass, willow, rope

www.chairworkshop.co.uk

chairseating, chair repairs, restoration
supplies, classes & mail order

also: fine bead jewellery, repairs,
restringing, haberdashery & tool sharpening



99 Main Street, Sedbergh
info@chairworkshop.co.uk
(01539) 621489

ground, Coltsfoot pushes up its yellow, Dandelion-like flower heads. Nearby, there may be Marsh Marigolds, bigger, more richly-coloured versions of Buttercups. Delicate little plants, like miniature, fragile Cow Parsley, appear in slightly more open places. These are pignuts, able to grow and flower early because they have a winter store of food in a bulbil at the base of the plant. A little later come the well-known and singularly attractive flowers of Wood Anemone and Wood Sorrel. The earliest-flowering grass is the Sweet Vernal Grass, by no means confined to woodland, but certainly occurring there. Its presence is often revealed to hay fever sufferers, who may find themselves sneezing long before they spot the plant.

Do not keep your eyes glued to the ground during your spring outings; look also for the flowers of trees and shrubs. Hazel catkins, the male flowers, and the less obvious, but beautiful little precursors of the Hazel nut (in this case, both on the same plant) are one of the earliest signs of

WhyNot Alpacas
OPEN DAY
 at Ghyllas, Sedbergh
Saturday, 23rd May
 2 - 5 pm
 WhyNot come and see the **Alpacas** at home? The first 2009 cria (babies) should be here by then. Enjoy a walk round the **Garden**. **Homemade Teas**.
 Adults: £5/hd
 Children Free
www.whynotalpacas.co.uk
 Tel: 015396 21246

spring and rely on wind dispersal of pollen, thus avoiding the necessity of insects, not yet a-wing, for pollination. Birch trees from a distance, show a purple haze, created by the individually inconspicuous flowers, before the leaves open. Similarly, blackthorn produces a blaze of white flowers on bare, black branches. Hawthorn, on the other hand, does not flower until the leaves are well-developed.

There are many other spring flowers to be found. Do not take my word for it – go and look for yourselves and enjoy the bird song while you are about it! *Helga Frankland.* ☺

SEDBERGH DENTAL PRACTICE
VACANCY
 for a dental nurse/ receptionist
 good remuneration.
 Full training given.
 Flexibility essential.
 For further details please apply to
 June Brooks, Practice Manager
 015396 20626

PARISH SUPPER AND ANNUAL CHURCH MEETING

On Friday 20th March about 70 parishioners and friends assembled in the People's Hall for the Parish Supper. Copious quantities of the now legendary meat and potato pies were consumed followed by the usual delicious homemade desserts. First timers had to admit that this was indeed the best value for money in town.

Furniture was then rapidly rearranged for the Annual Parish Meeting which slickly followed.

The vicar, Rev. Canon Alan Fell, promising a shorter the usual report, began by thanking all those involved in the many activities over the year, singling out praise for those working with the younger generations. He expressed optimism for the future with a number of new initiatives emerging from the recent 'Away Day' at Parceval Hall. When pressed he outlined plans for his pending sabbatical, a 3 month pilgrimage through northern England, Scotland and Ireland tracing the paths of the earliest generations of Christian people which he hoped would deepen his faith and understanding.

The treasurer, Roger Moore, was pleased to report that all 3 churches had met their 2008 expenses which included a payment of almost £48,500 towards the Diocesan annual running costs. An increase in the latter and a fall in interest revenue from investments will require and extra £7,000 in 2009.

Churchwarden Elections resulted in 'business as usual', the following being elected:

- St Mark's, Cautley; Judith Bush and Linda Hopkins,
- St John the Baptist's, Garsdale; Mary Grant and Bill Mawdsley,
- St Andrew's, Sedbergh; Lavinia Mahon and Tony Reed Screen.

Pending fundraising events are;

- May 23rd – 25th Garsdale Social History Event in aid of the church restoration.
- July 11th Possible Sedbergh Garden Trail; have you volunteered your garden yet?
- August 29th – 31st St Andrew's Flower Festival.

During the vicar's sabbatical Rev. Vic Hopkins will be in charge of the parish and should be contacted for all matters of a spiritual and pastoral nature.

*Tony Hannam,
PCC Secretary ☺*

duophonics

eclectic
DJs

at
DUO
Cafe Bar & Bistro
Main St., Sedbergh

Sun 24 May
(the night before
Bank Holiday Monday)

beats from
Nela Sound
plus guest

7 til late • free
all ages welcome

info/mixes:
www.music.freakout.biz
or tel. (015396) 20552

OLIVER

I have worn many hats in my time but I have never been asked to Review a show before. And what a Show I had to Review.

Oliver was performed in Settlebeck High School on 1st & 2nd April to a large audience on both evenings.

It was performed by many of the children of the school and they all, without exception, did themselves and the producer Gillian Rea, proud.

A first rate performance which did not happen overnight and everyone must have put hours and hours into getting the show 'alright on the night' and it was.

It would be very difficult to single out any individual as they all performed as true professionals and everyone should be pleased with they did.

However, although the actors and actresses did everything right on stage, there were many people who assisted Gillian in the background and they are all to be congratulated for their presentations right from the handkerchiefs up to the painting of the backdrops.

painter. 
'quality work for the discerning client'

Ian Higginbotham

PAINTER & DECORATOR

Telephone 015396 21073 Mobile 07813 818958
e-mail: painter.ian@btinternet.com

The storyline does not need explaining but at the end of the night, Oliver was not the only one calling for 'More'. The audience showed their appreciation.

The only disappointment I feel must have been felt was that there had been a lot of hard work by everyone and because of circumstances, it could only be performed for two nights. It could have run for a week.

And why was I asked to do the Review? The accents were so good I almost felt that I was the only one that could understand the Cockney accent!

Again, well done to all. DJW ☺



SOUTH LAKELAND AND THE NEW FAIR

I am writing this on behalf of the 'Travelling and Settled Community Respect Group' in South Lakeland. You may have seen references to the work of this group in last month's Lookaround

The group was established in 2008 to co-ordinate transit arrangements in South Lakeland for people travelling to the Appleby New Fair. It involves Officers from Cumbria County Council (Highways, Community Unit), South Lakeland District Council (Environment and Planning) and Cumbria Constabulary and the Fire & Rescue Service as well as elected representatives from Parish, District and County Councils.

Traditionally arrangements for transit in this area have been managed by individual organisations. With the establishment of the South Lakeland Group the aim has been to co-ordinate our activities by identifying and promoting preferred sites for caravans in transit and by agreeing advisory dates of arrival and departure for vehicles.

We are currently working with the Eden based Multi-Agency Strategic Co-ordinating Group (MASCg) which has assumed responsibility for managing the arrangements for the Fair in Appleby and surrounding villages. The County Council has established a website for MASCg (www.applebyfair.org) which contains information and contact details

SEDBERGH & DISTRICT

HISTORY SOCIETY

THORNTON IN LONSDALE

Wednesday 27th May 2-30

A conducted tour around St Oswald's Church by Dorothy Baines, churchwarden, followed by a short talk about the village and surrounding area by Canon John Hunter. A cup of tea at Country Harvest afterwards. On the homeward journey Alastair Ferguson has volunteered to show YORDA'S CAVE in Kingsdale to interested members. Those wanting to join the visit (about 20 minutes) should take walking boots or wellingtons and a powerful torch. No potholing is involved, but members enter the cave at their own risk.

Meet in the pub car park at Thornton at 2:30 pm or in the Loftus Hill Car Park at 1:45 pm

All are welcome

Chairman: Richard Cann 20771

Secretary: Mike Beecroft 21878

Treasurer : Marlene Mason 20509

Member Sec: Richard Cann 20771

relevant to the Fair. We will be using this website to communicate information about arrangements in South Lakeland.

Generally, we are trying to reduce the number of 'early arrivers' by publicising dates to the travelling communities in the Travellers' Times, the Fair website and other more local media. We are also trying to discourage travellers from over-using some of the more critical sites and persuading them to go to less sensitive ones.

More specifically, we are...

- erecting temporary signs indicating approved arrival and

Sedbergh Community Safety Day

27 May 2009, 11am – 2pm

Joss Lane Car Park, Sedebergh

Events on the day

- Official opening by Police Area Commander, Paul Kennedy
- Street Theatre by Astral Circus
- Car Cutting Demonstration
- Music from Underley Hall School Samba Band
- Chip Pan Fire Demonstration
- Face Painting and Balloon Modelling for the kids

Organisations offering help and advice on the day

- Cumbria Police and Fire Service
- Road Safety Team
- Streetsafe/Crime Prevention
- North West Air Ambulance
- SLDC Neighbourhood Services Team
- South Lakes Housing
- Age Concern
- Trading Standards
- Cumbria Highways

Come along and join in the fun!

- departure dates: not before 26th May for arrival, returning vehicles to depart by 19th June
- providing signs warning of 'slow moving vehicles' where appropriate
 - making arrangements for a fence for the footpath in front of the Pinfold Caravan site to enable its continued use
 - promoting the use of Middleton Common where we will be providing additional rubbish collection facilities
 - liaising with landowners for the provision of drinking water
- There will also be an extended police presence during the period

surrounding the Fair with day-time police 'verge patrols' being managed locally during the day, and in the evening from Appleby.

The Group will continue its work by monitoring the impact of these measures and acting upon their findings. It will also continue to develop contacts with MASC G in Eden and with neighbouring authorities in Lancashire and Yorkshire. An important element of this liaison will be with the travelling communities themselves

Contact details

Should you wish to report problems or have any immediate queries in relation to the New Fair then please contact as follows...

Police

For non-emergencies

0845 33 00 247

For emergencies

999

South Lakeland District Council:

Caravans, camping, street cleaning, litter

Monday to Friday 08.00 to 18.00:

0845 050 4434

Out of hours emergencies:

0870 428 6905.

This will activate the duty officer's pager. There will be a response to all messages. However, this number is for emergencies only. Other calls will be dealt with appropriately e.g. a call to advise of early arrival of travellers would result in a visit by officers on the next working day.

Fire & Rescue Service

For non-emergencies: 01900 822 503

For emergencies:

999 ☺



KILLINGTON SPORTS

Beckside Farm, Killington

Commencing 6pm on Thursday 28th May

Open Sports - Fell Races - Field & Track Events - Children's Races
Side Shows - Wrestling - Pillow Fight - Tug 'o' War

Mountain Bike Race

All cups to be returned please

Adults £4 - Children £2

All enquiries ring: 015242 76496 or 015396 21343



SEDBERGH PRIMARY SCHOOL

Vile Victorians

Following the theme of Year 5, Year 2, whose spring term topic was Famous Victorians, had the opportunity to experience what it was like to be a Victorian child attending a pauper school.

The children arrived in Victorian dress and were greeted by their teacher who was in 'Victorian teacher' mode. The children quickly realised some of the differences between schools today and during the 1800's.

They were marched into the classroom, inspected for tidiness and cleanliness and were told to clearly recite a variety of Victorian poetry.

After this, the children began their arithmetic lesson using slate boards and slate pencils to write down their calculations.

This was quickly followed by a writing lesson which was interrupted abruptly by the 'Governess' of the school. She inspected the children's writing and spelling and kept all the children on their toes (and close to tears) with her standards! After prayer and inspection of hands, the children stayed in class to have a Victorian pauper's dinner of soup and bread. This was thoroughly enjoyed by all the children and the line 'Please Ma'am, could I have some more?' was a highlight.

In the afternoon the children took part in a Victorian Science lesson (diagram of an apple), started to make rag rugs and enjoyed playing with Victorian toys and learning about Victorian games.

It was a fabulous day for all involved and the children really enjoyed the experience, although when asked if they would like school to be like that everyday, the response was a resounding ... **NO!**



 KILLINGTON PARISH HALL
 presents
Killington Sports
GEILIDH
 with
Chris Bland & "Jump The Gun"
 7.30 pm Saturday 30th May
 Tickets: £5 Adults
 £3 Under 16

Cobble Country

Dales & Lakes

Town & Country Property Agents Est. 1992

- Free Valuation
- Property Marketing Consultation
- Maintained mailing list
- Full colour particulars with floor plans
- Office open during 6 days a week
- Full property particulars on our website
- Negotiable commission
- Residential & Commercial Sales, Lettings and Holidays

59 Main Street, Sedbergh, Cumbria LA10 5AB 015396 21000

www.cobblecountry.co.uk

cobblesedbergh@yahoo.co.uk

KIRKBY LONSDALE EMBROIDERERS

Canon Dobb enthalls the audience
Our meeting on Thursday 9th April was everything it promised to be. The Reverend Canon J Arthur Dobb kept us entertained with his witticism and the wonderful embroideries he has produced. A large audience sat hanging on his every word and gasped at the splendour of the colours and imaginative creation in his work. Such a very talented gentleman. At the end of the meeting, Mrs Dobb was presented with a beautiful spring yellow planted begonia and we all enjoyed a well deserved cup of tea and a chat.

Needless to say many questions were asked.

Our next meeting is to be a full day, starting at 10 am, on Thursday 14th May. In the morning Anne Burrow will be giving us a workshop - 'Working with water solubles' and in the afternoon we will have Carol Coleman as our guest speaker. She will be talking about textile treasures jewellery.

As always, visitors and guests are always welcome. If you wish to come for the full day please bring a packed lunch and you will also require to bring a sewing machine and threads. Full details can be obtained from Ann Hunter on 015242 41120. ☺

Old Time Dance

+ Sing-A-Long

in aid of the People's Hall

Saturday 30th May



People's Hall

8:00 pm

Raffle ~ Bar

Jacob's Join

KILLINGTON W I

A goodly number of members turned out for the April meeting. The President started the meeting by congratulating Frostrow on retaining the WI Cup at the Spring Show. However, all was not lost because we were then treated to a display of the Art Cup, the Cup for Toys and the shield for most points won at the Show by Margaret Fearnhead. Well done to everyone who entered.

Two members have birthdays this month, Maggie l'Anson and yet another special one to be celebrated by Wendy McLean. Wendy was obviously on a roll because she was the winner of our raffle and went home with a bag of goodies from the Bath House.

The business side of the meeting was soon under way with the ICE "In Case of Emergencies" item and how to contact Age Concern, to obtain Digital TV switchover help, from the WI News being drawn to the attention of the members, as well as the craft, outings and walks on offer. Several members thought they might try out



the Fly Fishing at Farleton - a few of us did that a year or two back and thoroughly enjoyed ourselves. Though we did not catch anything, a member from another WI caught a trout.

The members were brought up to date on arrangements for the Group Meeting at 7.30 p.m. on Monday 18th May.

Our guest speaker was welcomed, Mr Ernest Woodcock from Hospital Radio, based in Kendal. He told us some of its history and how he came to be part of the team responsible for providing this service. It is now broadcasts to the hospitals in Lancaster and Barrow as well as Kendal and its time on air has increased from a couple of hours each day to 24 hours a day, seven days a week. Technology has come on leaps and bounds from getting their music from LP's and 45s – do you remember them - via cassette tapes and CDs to music stored on computers now. As with anything these days, their largest problem is funding and raising money to be able to continue providing this valuable service to patients in hospital. Remember, if you are unfortunate enough to be in hospital, you could be listening to Mr Woodcock.

Our next meeting is on Tuesday 12th May, when the Resolution will be discussed. As a treat, we have arranged some musical entertainment with Claire and Ken Pope to follow the business.

VC ☺

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

Complete Funeral Service
 Day or Night

Chapel of Rest

Day or Night
Dent 25334

KEVIN BATEMAN
TIME SERVED MONUMENTAL MASON
Tel/FAX 01539 723903
Mobile 07817 060619
 Manufacture, Lettering and Installation
 of new Memorials
 Additional inscriptions
 Renovations
 Cleaning and Re-paint/Re-gild service.
 Free estimates
Please telephone for a Brochure

**SEDBERGH & DISTRICT
 HISTORY SOCIETY**

The society held its AGM at Settlebeck High School on Saturday 21st March with the President, Professor Fox, in the chair. A well attended meeting heard the Chairman state that the society had maintained the high standard of its publications and the talks given had been interesting, although attendances had suffered due to the adverse weather last winter. The survey of the monuments in block 1 in the Sedbergh Cemetery had been completed and work was well under way on block 2. Sadly there were some deaths to report, notably those of Neil Robinson and Ingram Cleasby. The Chairman concluded by stating that the society badly needed more volunteers to help in its running.

The Treasurer reported a satisfactory year although a slight loss had been recorded. It had been decided to make a few changes to try to balance the books next year. The Membership Secretary reported that there were 292 subscribers but as many of these were families the society had at least 380 members

spread throughout the world. The meeting then re-elected the existing President, officers and committee.

Following the meeting Professor Fox gave a short talk on Thomas Garnett 1766-1802. Born in Barbon he had gone to Edinburgh University and then become a doctor in Harrogate. He turned to chemistry and eventually in 1799 he was appointed the first Professor of Chemistry at the Royal Institution in London. Illness, probably depression caused by the death of his wife, led him to be replaced in this post and he died soon afterwards.

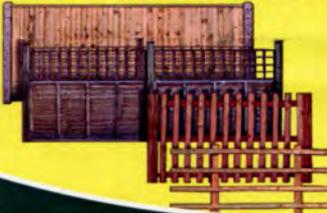
The evening ended with a most enjoyable meal provided by the members themselves. ☺

Daphne Jackson
MSc (Ost) DO
Registered Osteopath
BUPA Provider
Mill Barn, Broad Raine
Killington LA10 5EP
 Please ring Kendal Practice
 for appointments
 01539 740452

**THIS TEAM
"LEAVES" IT CLEAN!**

Charlesworth

Tree Care & Fencing Ltd
Domestic • Commercial • Agricultural
 Covering the whole of Cumbria & North Lancs.



- Agricultural & Garden Fencing
- Rustic & Panel Fencing
- Post & Railings
- Horse & Rabbit Fencing
- Stock Proof & Deer Fencing
- Fencing Materials
- Treated Timber

CALL GAVIN TODAY
015242 71840
 OR WOODYARD ON
015396 20006
 Mobile 07721 773135
 email: gavin@g-charlesworth.co.uk

*The Woodyard, Old Railway Goods Yard,
 Middleton, Kirkby Lonsdale LA6 2NE*

C
H
A
R
L
E
S
W
O
R
T
H



This Team Leaves It Clean

**DENT GALA
 DENTDALE MEMORIAL HALL**

FANTASTIC response to my request for crockery for the Pot Smash at the Dent Gala, it is great to come home to heaps and boxes of pots on my doorstep, keep them coming. We also need to start collecting suitable prizes for the Tombola and these can be left on my doorstep or in the Methodist Chapel porch where I will find them.

At our Memorial Hall AGM last week we said Thank you and Goodbye to our Chairman, Graham Dalton who stepped into retirement after 7 years at the helm, through those years he has steered us well sometimes through somewhat troubled waters

out into calmer ones. Amongst the things which have happened, and yes some in co-operation with the School Governors, are the building of the Haygarth Room, new flooring and windows in Sedgwick room, re-decoration of the Hall, new lighting, new heating, new chairs. Disability Access at the front and rear. Accessible Toilet, and the new Loop System. He and others have joined the Governors at Liaison Meetings and a better relationship is now building between the two committees. He will be a hard act to follow. Along side has been Elizabeth, helping, supporting, even to sweeping water out of the back door at lam one

weekend when the road drain got blocked so the torrent coming down Flintergill swept into the Sedgwick Room! We thank them both most sincerely and presented Graham with a gift and flowers for the two of them.

The committee has retained the Treasurer, Roger Underwood who also does a great job for us, and has a new Chairman and Vice- Chairman, I am the Chairman and Jill Mitchell the Vice-Chair. As I have been the Secretary for the past 7 years that position is now vacant but hopefully will soon be filled. I guess to be "politically correct" I am the "Chair Person" but I don't really like that term am happy to be Chairman! The Gala sub-committee continues as before and another small sub-committee will be set up to deal with the Caretaker/Cleaner issues as I cannot be part of that at the moment seeing as the person doing it is my hubby. We are grateful to Ann McClurg for all her work as our Booking Clerk and to John Cragg who responds to jobs which arise from time to time outside the building and to all who contribute to the well-being of the Hall, both Trustees and school governors. I hope to pop-in to the various groups who use the rooms to make sure all is well and there is a book now in the kitchen in which to note domestic/housekeeping things ie light bulb required, washing-up liquid running out, kettle not working etc. Can all hirers PLEASE complete the Hire Form which lives in the kitchen! Last but certainly not

least many thanks to John the Cleaner/Caretaker.

Sarah E Woof (Chairman)

Contact Number (015396 25212) ☺

SAM KONCZYNSKI



Carpets & Floor Coverings
Supplied & fitted
Telephone
07771 97 00 96

EASTER EGG COMPETITION

There were 7 entries into the Easter Egg Competition that appeared on page 75 of the April *Lookaround*.

The correct number hidden was 16 and were located as follows:-

	No.	Page
Duck Race Advert	1	1
Zebras Advert	3	8
Kay Whittle Advert	1	10
Car Boot Sale Advert	1	12
Easter Monday Sale Advert	1	13
Tooby's Advert	1	16
Market Advert	1	29
NBC Advert	1	32
Holme Farm Advert	1	44
Cobble Country Advert	1	51
Page 58	1	58
EPCS Advert	1	61
Garden Trail Form	1	72
Sedbergh Sign	1	80

Did you find them all?

There were two entries that found 13, 2 entries that found 12 and 3 found 10. The winner pulled out of the hat was Jay Kirby of Havera. ☺

GROWING WITH GRACE

Stable Trading Co. enables Growing with Grace dream

Growing with Grace grow local, organic vegetables in Clapham, North Yorkshire and run a box scheme, delivering to the North Lancashire, West Yorkshire and East Cumbria area.

A merger with Stable Trading, a Whalley-based Community Interest Company, will enable Growing with Grace, a Clapham-based organic grower, box scheme and shop to move forward into the future.

Realising the Dream for Growing with Grace

Growing with Grace, established in 2000, provides local organic food for

local people. Supported by its valuable customers, it has succeeded in its dream: demonstrating a way of living ethically and sustainably. They grow mostly specialist vegetables under 2.5 acres of glass, prepare and deliver a box scheme to the Clitheroe-Colne Valley-Burnley area, across to Skipton and Lancaster and up to Sedbergh. They also have an on-site, award-winning, organic shop. A bio-diesel production plant is on site, fuelling the GWG delivery vans. There is also a community compost scheme involving and supported by Craven District Council. Local household green waste is brought to GWG where it is turned into compost to grow the vegetables to provide the

Countrywise—Countrywide



Nigel Davis
solicitors

The only name you need to know for agricultural and rural legal advice

To discuss your problems contact:

Rachel Capstick



**The Stable Yard
Dalton Hall
Burton-in-Kendal
Cumbria
LA6 1NJ**

Tel: 01524 784260 Fax: 01524 784261

E-mail: enquiries@agriculturalsolicitors.co.uk

Office Also at: The Sheepfold, Carr Hall Farm, Turnditch, Belper, Derbyshire, DE56 2LW DX 742820 Belper 2
Tel: 01335 372889 Fax: 01335 372891

local community. Educational work is in place providing opportunities for children and adults to learn about growing, sustainability, eco-systems and permaculture.

There are plans to further develop and become a Centre of Excellence with particular emphasis on their educational work to schools and the wider community. Stable Trading Co. will enable them to consolidate and move forward through investment and setting up a variety of funding streams.

Stable Trading Company

Established in 2007, Stable Trading Company is involved in organic fresh food production, baking and catering. It provides a range of accredited

training courses in horticulture, agriculture, catering, baking and other skills. The focus is on people who are disadvantaged in some way, with the aim of helping them become more integrated in society and provide them with opportunities for full-time employment.

Stable Trading Company is based in Whalley. The baking operation is based in Accrington where there are commercial kitchens, bakery and training centre. They have 2.4 hectares in Gisburn (previously Jigsaw Environmental) growing organic fruit, vegetables and plants that is now part of Growing with Grace. The Gisburn site has poly tunnels, a glasshouse, a small classroom and shop on site. ☺

Vote UK Independence Party for an Independent Britain

The hidden agenda of the political elite of continental Europe to take over and dominate the UK by 'peaceful means' - proxy through the EU in Brussels where they have the majority vote - is proceeding according to plan, with the co-operation of the lib-Lab-Con parties, none of whom will allow the British electorate a vote on Membership of the EU.

According to Ian Milne, economist, of Civitas, EU membership now costs Britain over £100 billion per year, an average of over £1,760 for each UK citizen!

British sovereignty and independence, now ignored by our elected representatives, is being handed over to the EU in Brussels, where erstwhile adversaries have a controlling vote.

80% of UK laws, rules and regulation are now made by the EU by proxy for our continental competitors who gain advantage by putting the UK at a disadvantage. The EU Central Bank in Frankfurt has set interest rates (which sets the exchange rate) well below the rates in the UK, giving France, Italy and Germany a huge trade advantage (Until recently).

We were told by Edward Heath (leader of the Conservatives in 1973), that membership of the EU, or 'Common Market' as he called it, would be a trade advantage. The trade deficit for the UK is now over £40 billion per year!

The decline of UK farming, fisheries and manufacturing, closure of Post Offices, rules and regulations which are impediments to UK industry, are all due to EU membership.

The only political party who will allow electors a vote on exit from the EU is the United Kingdom Independence Party. If elected, UKIP will repeal the European Communities Act so as to set Britain free from the threat of continental take-over, step by stealthy step.

We favour friendship, peaceful co-operation and trade with the other nations of Europe, not as an EU member, but as an independent sovereign nation.

A vote for UKIP is a vote for UK independence & a limit on Immigration into the UK.

SOUTH LAKES FOR THE BLIND SEDBERGH GROUP

The April Meeting in the People's Hall was very well attended when there was a presentation about the Digital Change-Over next month.

This was followed by a brief résumé of SarahM's life up to the point where she started making cakes and preserves. There were many samples of the cakes, chutneys and jams which were all well received.

The next meeting will be a special one to be held on Tuesday 19th May at 2pm in the People's Hall. After a short business meeting, the Group will assemble in the Main Hall at 2:30pm where other members of the community will be invited to be entertained by the well known Kendal Soprano singer Rachel Little.

There is no entry charge to this special event but there will be a retiring collection which would be appreciated. See you then. *EH ☺*



MK CONVERSIONS

Four Lane Ends, Marthwaite
Sedbergh LA10 5ES
Tel: 015396 22038
Fax: 015396 22039

Builders, Joiners & Roofing
Contractors

SEDBERGH PEOPLE'S HALL

(Registered Charity 523829)

The Annual General Meeting of the People's Hall was held on Monday 6 April 2009 with nine persons present.

The Chairman reported an active year working with the Yorkshire Dales National Park planners regarding the proposed re-development of the Hall. A lot of meetings and much paperwork, but little progress.

Currently Plan D is being considered.

The accounts showed a reduction in monies held in the Hall accounts of some £6,000, much of which was due to considerable improvements being made to the Hall during the current and previous years.

The following persons were elected to the Committee for 2009/10:

Andrew Allan, Gina Barney, Ron Gerrard, Elspeth Griffiths, Sean Hobson, Hilary Hodge, Tim Ingle, Sandra Longlands, Steve Longlands, Daniel Mason, Jack McLean, Anne Petyt, Kath Swift. Cicely Robertshaw had not stood for re-election and the Committee wished to express their thanks to her for her years of service and support for the Hall.

The next AGM will be held on Monday 5 April 2010 in the Committee Room.

At the Management Committee meeting held immediately after the AGM the following officers were elected :- Chairman: Steve Longlands; Vice Chairman: Andrew Allan; Treasurer: Sean Hobson; Secretary: Gina Barney. Booking agents: Sedbergh Office Services.

The Hall is to have a Boon Day on Saturday 2 May 2009 commencing at 09.30. All are welcome to come and help give the Hall a spring clean and carry out minor repairs.

Dr Gina Barney, Hon Secretary ☺

TROTT MUSICAL FOUNDATION

A distribution of funds was made in December, 2008, to six individuals and for help with group instrumental playing and for a stringed instrument workshop held at the primary school. Applications may be made for grants to the above foundation for consideration in mid-June, 2009.

The Foundation was generously established by the late Freda Trott to enable grants to be made to assist any child born, permanently residing in or being educated at a local authority school in Sedbergh, Howgill, Firbank, Cautley, Garsdale, Dent and Cowgill, to be educated in the appreciation of the art and science of music and the teaching of any musical instrument.

The Foundation has been granted charitable status, No. 1129182.

An application form for assistance may be obtained from the office of Dalton & Hague, 7, Main Street, Sedbergh, LA 10 5BN. (Tel: 20365. e-mail: office@daltonandhague.co.uk.) and should be completed and returned by the 31st May, 2009.

Applications already submitted will be considered at that meeting. ☺

SEDBERGH BADMINTON CLUB

The 2008-09 season has just ended and we have had another good season. This year we had two teams in the league. The first team played in the second division and the second team had a particularly good season, finishing second in the fourth division. The end of season President's Cup was won by Philip Armitstead and David Wheatley. This was followed by the end of season dinner which was held at the Bull Hotel and was well attended by most members.

The AGM will be held on 25th May at the Bull Hotel at 8pm. All members are encouraged to attend, as there may be one or two changes afoot.

David is hoping to do the 3 peaks walk (Ben Nevis, Sca Fell and Snowdon) this summer to raise some much-needed funds for the club. If anyone is interested in joining him for all (or even part) of the way, please let him know.

Last but not least, the Badminton Club would like to send its congratulations to second team captain Alan on his recent wedding to Cat.

David Wheatley ☺

NATURAL STONE PRODUCTS

Internal & External Flooring
Driveways & Paths
Patios
Steps

Original Old Stone
Troughs and Millstones
Gate Stoops

Roofing Flags
Ridge Tiles
Lintels
Sills

Unbeatable Quality & Customer Service

MALLERSTANG FLAG LTD

Tel 017683 71610 Mobile 07977 097410

www.mallerstangflagltd.co.uk

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes
offer you a warm welcome



We are open daily for home cooked food,
(a particular favourite is Ham `n` Eggs)
and offer an extensive menu for
residents and non-residents.
Our two guest rooms are both en-suite
and we can boast one of the finest views of
Cautley Spout and the Howgills.

Please note our opening hours.

WEDNESDAY SPECIAL MENU - Lunch £5.50

Dinner (two courses) £7.95 (three courses) £9.95

Tuesday to Sunday 8.30am—4.30pm (closed Mondays unless Bank Holiday)

Wednesday to Saturday nights open from 7.00pm ~ **Booking Essential**

FAMILY MUSINGS

Doing Community Service has taken on a different meaning in our family for generations, we do not see it as something done as a punishment but something to do to support the life of the community we are part of. My Mum did it, my Uncle Roland did it, Auntie Hazel did it, hubby and I do it, sometimes we actually enjoy it and through all the years we believe we help to make a difference for good. Only time will tell.

Easter was good, me weather, people milling about, I was in our bottom garden and a chap came along with two small boys, they had seen the decorated Cross by the road

and the youngest boy was trying to persuade his Daddy to "let me hang myself on the cross and pretend to be Jesus". Daddy however did not agree and as I looked up he glanced my way and the older boy asked him "why did that lady smile, she doesn't know us does she!" in a very indignant voice. I was just so glad he didn't say "old lady". Ten years ago after being in a car smash which resulted in my going to court I was described by "the other side" as 'an elderly lady' in my defence I just say this, it was rather traumatic happening in a wet, dusky winter evening on a busy road.

The three stone came off in twelve

months, people who do not see me for a while do not always recognize me when we meet, two friends have joined the same Slimming club but where they live, one loses weight every week and has challenged me to do likewise. It is hard when I do so much sitting at work although in one job, I walk the Dog and at home dig the garden, all should help.

Recently while visiting Barton Grange Garden Centre I found the hand-dryer machines great fun and came away wishing I could put my whole self in not only my hands as the warm air sort of bubbled over my skin.

On that blissful note I leave you for another month.

Sarah W ☺

MacMILLAN SUPPORT GROUP

The local MacMillan Support Group for Sedbergh, Dent and Kirkby Lonsdale held their A.G.M. on 13th March 2009. The newly elected officers are as follows:

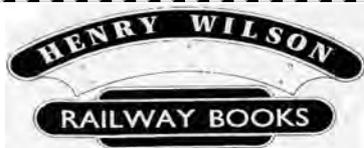
President - Caroline Sandys Clarke,
Chairwoman - Judith Meadows,
Secretary - Ann Bannister and
Treasurer - Mrs. Jill Kay.

The committee has new members Heather Dawson, Doris Haworth and Jane Bumett.

The amount raised by the committee last year was £4359.00.

The committee would like to thank everyone who supported Macmillan last year and hope they will continue to give their support in the coming year.

☺



Specialist Bookshop now open in Sedbergh on Thursday, Friday, Saturday & Sunday with a large stock of antiquarian, second-hand & new books on Railways, Canals, Buses, Trams, Motorcars, Aircraft, Shipping & industrial history. Some general titles also available.

Book Tokens sold & exchanged.
Free Book Search Service

61 Main Street, Sedbergh LA10 5AB
015396 21111 & 01829 740693

www.henrywilsonbooks.co.uk
e-mail: hwrailwaybooks@aol.com

A selection of our stock is also available in The Dales & Lakes Book Centre 72 Main St.
Tel: 015396 20125

TIMBER FOR SALE

- * Kiln Dried Oak & Hardwoods of furniture & joinery grade
- * Fresh Sawn Oak & Larch structural beams cut to size
- * Fire wood bundles
- * Wood chippings & Sawdust

For help & advice contact

Philip Richardson
Cabinet Makers
Timber Merchant
& Sawmillers

Hill Top
Newbiggin-on-Lune
015396 23422

www.philiprichardson.co.uk

GOING TO THE DOGS?

One of the delights of walking in and around Sedbergh is the friendly smile and greetings between people who do not know each other.

This is a feature almost always enjoyed by the dog-walking fraternity, partly because the dogs are often quite happy to greet each other. Ours is probably too eager to greet other dogs in the most basic of fashions.

But dog walking also has a downside.

Dog 'poo' IS disgusting to look at and IS potentially harmful to health. Responsible dog owners go armed with 'doggie bags' and clear up after their pet. Some local authorities encourage 'poopy scooping' through

the distribution of free bags through the local libraries

As has been mentioned recently in the Lookaround, some areas of Sedbergh are spoiled by those who have not cleared up after their dogs.

My dilemma is that it is not clear what I should once I have collected the offending 'poo'. In some areas there are designated 'doggy loos' – usually red raised bins with lids where dog excrement is placed and regularly collected. In other areas there are labels on ordinary litter bins urging pet owners to deposit their doggie bags there. I notice this is the case in Dent. In Sedbergh I am not clear on what I should do. Do I use the general litter bins? There is one

Sedbergh Office Services

13 Kings Yard, Sedbergh Tel./Fax 015396 20788

e-mail: office@sedberghofficeservices.com

OPENING HOURS

Monday - Wednesday & Friday 10 am to 4:30 pm (Closed Thursday)

Saturday: 10 am to 12 noon

All types of bulk photocopying available up to A3 size

at low prices

Laminating up to A2 size

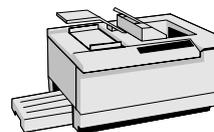
Wide range of office materials

Printer ink cartridges

Labels a speciality

Fax service available 24 hours a day

Plus much, much more!!



All your stationery needs always available

at one end of Vicarage Lane that is well sited if we are visiting the shops.

It is disappointing to see on occasions that people have used a polythene bag, but then abandoned it at the side of the path – probably just as dangerous and unsightly as leaving it, and certainly less biodegradable. It would be good to see some designated bins at each end of the riverside walks, near the bridges.

I would welcome some guidance on what is expected and am sure that the many visitors to the town would also appreciate some clarity. Most dog owners will act responsibly if this is made both easy and explicit.

HW ☺

SEDBERGH PRIMARY SCHOOL



Groovy Greeks

Year 5 at Sedbergh Primary School arrived on April Fool's Day to be greeted by their teacher wearing an ancient Greek toga and laurel headdress!

Year 5 pupils have been learning about the Ancient Greeks as their spring term topic.

Every class member arrived at school dressed as a God, Goddess or citizen of Ancient Greece.

Throughout the day they studied the Greek alphabet, solved Greek math problems, made bookmarks, enacted the story of "The Pomegranate Seed", watched a traditional Greek dance display, and learned to speak Greek but the highlight of the day was the making of an Ancient Greek feast. Delicious!

Delicacies produced by the children included Greek salad, Moussaka, Houmous, sesame buns and Baklava.

One year 5 pupils commented, "It was fantastic, a great day. The best bit was tasting the food, some of it was really tasty and everyone got to learn something.

Beth, George, Adam & Anna ☺

COOKINCUMBRIA

**High Chapel House
Ravenstonedale**

Day & evening cookery classes. Includes lunch, a glass of wine, a recipe folder, all ingredients, and great fun!

Wed 6 May	Cumbrian Evening
Sat 9 May	Far Eastern Cookery
Wed 13 & 27	Perfect Spring Dinner Party
Sat 23 May	Fish Speciality Day

www.cookincumbria.com

- see website for more classes

Gift vouchers available
Special group days
can be arranged

Contact Yelley
015396 23411

B&B also available in lovely en-suite rooms www.highchapelhouse.com



Appliance Services

Tooby's

ELECTRICAL  STORE

SALES • SERVICE • REPAIRS

To all leading makes of domestic & commercial appliances

PORTABLE APPLIANCE TESTING

Tel/Fax: 015396 21699
Mobile: 07889 286 722

TV • Audio • Domestic Appliances
Sales • Service

Kew House, Ingleton Industrial Estate
Ingleton, Carnforth, Lancs LA6 3NU
Tel: 015242 41224
Ee-mail: info@toobys.com
Web Site: www.toobys.com

21 Main Street, Bentham, Nr Lancaster
Lancs. LA2 7HQ
Tel: 015242 61259

SEDBERGH EMBROIDERY

Sedbergh Stitchers have almost completed the second panel of the Sedbergh Embroidery. It will then have to be stretched and framed.

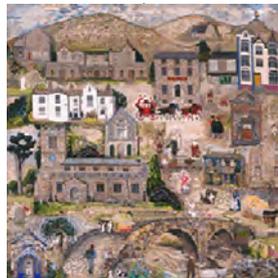
It is not as wide as the first one (5ft x 3ft) and has taken 5 years to complete, which is half the time the first one took.

Most of the important buildings in and around Sedbergh that were not on the first panel are included in the second one.

There are figures such as the bandsmen, a fisherman, lady golfer and bowler which represent either past or present activities.

In 2004 the ban on hunting was being discussed, so we decided to include a huntsman with dogs to represent a traditional activity.

A farmer riding a quad bike together with sheep being herded represents



the farming community.

A red squirrel is included in the hope that we can keep our population of reds in this area. A lady in a pony and trap records the fact that 100 years ago the usual way to get around was by using a horse and cart and not the motor car.

There is one unintended omission. When we started the second panel, Book Town had not been formed and, although a logo has been worked, by the time we came to use it there

was no room left on the panel. Unfortunately, there are no plans for a third panel so it has to go in our records.

We are grateful for the assistance with the second panel of Cumbria County Council Neighbourhood Forum.

www.sedbergh-embroidery.co.uk ☺

PHOTO CALL

I didn't have any replies regarding last month's photo but one of the photos didn't reproduce too well and the figures were too distant to see properly. I will try a cropped version to see if it is any better (below).

Another photo from Freda Trott's collection shows a wedding party at what I think is Firbank Church. Can anyone name the happy couple. It



looks as if someone has tied the gates in readiness for a scramble which made me wonder if that still happens hereabouts or do today's more materialistic kids only accept bank notes!! Before I am inundated with protests, that was a joke. I know that there are some super children in the locality.

As usual if anyone knows anything about either photo or would like a larger copy then I can be contacted at Walnut Bungalow, Dent, Sedbergh, LA10 5QT Tel: 25001 or by e-mail shirley.tebay@btinternet.com ☺

NBC-SKYNET



DIGITAL AERIAL AND SATELLITE

- **DIGITAL TV AERIALS**
- **SKY REPAIRS**
- **AERIAL FREEVIEW**
- **SATELLITE FREEVIEW**

Local - Professional - Reliable

**Tel: 07710 400 499
or 01539 562561**



NEIGHBOURHOOD FORUM

Summary of the meeting held in the People's Hall on 17th March.

Digital Switchover

Sarah-Jane Gray explained that Digital UK is taking the whole of the UK through the process of turning off the old analogue signal and on to the new digital signal. Most people in the Sedbergh area watch Border TV which starts to changeover on 24th June and completes a month later. Granada starts the changeover on 4th November and completes on the 4th December.

Sarah-Jane explained there are several ways in which people can receive digital TV:

- via satellite (Sky)

- BBC Freesat or Sky freesat – useful if you do not want on-costs (about 200 channels)
- Through a digital box/freeview box (from £15)
- Through a digital TV with a built in box.

Sarah-Jane stressed there is no need for people to buy a new TV – virtually everyone can convert the TV they already have. Nor do the majority of people need a new aerial. Teletext, page 284, offers a home diagnosis for your aerial – if all the blocks are there it means your aerial is doing the best it can to pull a picture down. If four or more blocks are missing, it means that it is not pulling in a perfect signal. Ofcom

THE HEAD AT MIDDLETON

Nr Kirkby Lonsdale, Cumbria

Tel: 015396 20258

A Charming Country Inn in an area of outstanding natural beauty situated on the A683 between Sedbergh and Kirkby Lonsdale



Accommodation available

Family Room From £75.00 ~ Double/Twin From £65.00 ~ Single From £35.00

Prices includes Full English Breakfast

All Rooms En Suite, TV, Phone, Tea/Coffee Facilities

BAR MEALS or RESTAURANT and a LOVELY BEER GARDEN
ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES

FULL MENU available for Take-Away

PIZZA AND GARLIC BREAD TO EAT IN OR TAKE-AWAY
SERVED UNTIL CLOSING TIME

USUAL OPENING TIMES

Monday to Friday 6 pm until 10.30 pm

Weekday Lunchtimes by prior arrangement

Saturday open all day 12 noon to 11 pm

Sunday open all day 12 noon to 10.30 pm

Proprietors: David and Elizabeth Martin

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

suggest less than 10% of the nation will need to buy a new aerial. Recording does, however, change with the digital switchover as you will no longer be able to watch one channel whilst recording another – to do this you will need to get a digital TV recorder with two tuners. A VHS recorder will only record the channel you are watching as it only has one tuner.

Sarah-Jane mentioned help is available for some people over 75 or with a significant disability to make the changeover to digital (information will be sent through the post to the people concerned), but stressed leaflets will be sent to everyone

reminding of the switchover date and containing all the information needed to switch over.

Sarah-Jane responded to concerns about poor signals and transmitters. She mentioned that digital should boost the power on all transmitters to some extent, but suggested if people visit www.digital.uk, they can enter their postcode to check the quality of the signal they will receive. She also mentioned that boosters should not be needed after the changeover.

Sarah-Jane confirmed analogue radio will be turned off eventually, but there is no timetable yet. VHF aerials will not be affected.

(Continued on page 46)

Grants

Sedbergh Playgroup. Requested £408 Awarded £407

Community Safety Day

This will be held on Wednesday 27th May on Joss Lane Car Park and will be involving Fire & Rescue, Police, trading Standards, Air Ambulance and RSPCA.

Appleby New Fair Arrangements

Kevin Lancaster, District Councillor and Chair of the Travelling and Settled Community Respect Group in South Lakeland, said the area has experienced a variety of problems with travellers over the years. Recent issues at Sedbergh started when parking at Devil's Bridge was taken out and the area had some very

unpleasant experiences last year.

Kevin suggested in the past Sedbergh had tried to address the issues as a small community, rather than as a whole. The Travelling and Settled Community Respect Group feel everyone is now working together and they are at the stage where they have a real chance to have a much more orderly event this year.

Plans for the New Fair included identifying appropriate sites for travellers to stay to prevent the Cautley Road being blocked (north of the Cross Keys to the River Rawthey and Middleton) Kevin admitted it was unlikely the Group would get everything right this year, but had confidence things would improve. He

THE 8TH DENT 2009

FOLK FESTIVAL

26th ~ 28th June

Adrian Edmondson & The Bad Shepherds
Transglobal Underground / Kila / Solas
Karine Polwart / Andy Irvine
Chris Wood / Black Umfolosi / Faustus
Katalena / Keith Donnelly & Les Barker
...and much more!!!

Free music and entertainment for all the family
Storytelling, Puppet Shows, Kids Crafts, Kids Songs and Street Theatre
Roots Music...Real Ale...Ceilidh...Stalls...Great Food...Sessions...Workshops...

www.dentfolkfestival.co.uk
015396 20125



See Our Website For Full Details



1/2 Mile From Sedbergh On A683 Kirkby Stephen Road



BLACK SHEEP

Health & Safety Package

The complete one-stop solution for small companies, incorporating everything to comply with current health & safety legislation.

- ✓ Annual site visit including basic training and safety briefing
- ✓ General & specific risk assessments
- ✓ Retained health & safety expert available for advice
- ✓ Customised set of policies & forms covering all health & safety (including corporate manslaughter & driving on business)
- ✓ Fire risk assessment, fire escape plan and fire drill record template
- ✓ Regular updates covering all legislation changes
- ✓ Professional support when needed for HSE inspections, accidents etc



Like an accountant, using the right health & safety expert could well save you more than it costs!

Lucid

www.lucidtraining.co.uk
info@lucidtraining.co.uk
Tel: 015396 21219

confirmed signage would be up from the first week in May, but travellers will be discouraged from coming to the New Fair early. If they do, they will be moved on and there will be designated places to move people to.

Kevin was asked if the Group had liaised with agencies outside South Lakeland. He confirmed limitations at Ravenstonedale Common are in place and representatives from Lancashire County Council and Lancaster City had been invited to all meetings, but had not attended. Alan Day commented that their lack of co-operation was a long standing issue. He stressed no-one wants travellers staying on the A65 waiting to come

into South Lakeland and this is part of treating the problem as a whole.

Kevin confirmed a lot of time had been spent trying to find solutions to problems since the last New Fair. The travellers who caused the problems last year have been identified, and the Group is more 'clued up' on differences within the travelling community.

Kevin Douglas, Chief Executive of Eden District Council and Chair of the Multi-Agency Strategic Co-ordinating Group (MASCg) said on his first day in this role in 2007 he got a pile of complaints on Appleby New Fair and realised Eden needed to take action

(Continued on page 48)

to stem a major problem. As in South Lakeland, Kevin said everyone was acting individually and not to a plan, hence the creation of MASCG involving the Police, Fire & Rescue Service, Trading Standards, Eden District Council, Cumbria County Council and now South Lakeland District Council. Kevin acknowledged that MASCG is not going to roll back 50 years of unregulated activity overnight, but it has put together an improvement plan. Initially the plan was to control what happens in Appleby itself, but the parishes around Appleby were suffering the same problems as those around Sedbergh and the focus is now on Appleby during the Fair, and on the

transit sites outside the New Fair period.

Kevin said the Police are the biggest supporters of the initiative and are looking to increase their intelligence network. He suggested the command structure will extend into South Lakeland this year. A New Fair website www.applebyfair.org will operate from early April and all intelligence will be uploaded onto this. MASCG is starting to network with gypsies and traveller communities to show how it intends to run the Fair and take back control, without being confrontational. Kevin stressed that it is not possible to move people on without giving them somewhere to go. Ravenstonedale will open on the

farfieldmill

arts & heritage

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, plus **Weavers Café** for delicious food, including traditional Sunday Lunch (12-3) - don't forget to bring your own wine!

Exhibitions

The Forbidden Kingdom – colourful Nepal-inspired carpets by John Allen (until 4 May)

Migration – quilts, blankets, cushions & framed embroideries by Cefyn Burgess (until 31 May)

John Cooke Recent paintings & drawings by this popular local artist (9 May - 28 June)

Weavers Café

Sunday Lunch, 12-3 (booking on 015396 21159)

Why not try our delicious **Afternoon Tea**? Freshly-baked scones, cakes and tray-bakes to make your mouth water!



Open every day, 10.30 to 5 – just one mile outside Sedbergh!

www.farfieldmill.org 015396 21958

Local residents - FREE entry on Tuesdays

ABLE MEMORIALS

Monumental and Architectural Masons
New Memorials and Additional Inscriptions

Showroom with over 30 memorials on display at

3 Wildman Street, Kendal

Please call for a brochure or free estimate

on 01539 735583

Home visits available by local mason Edward Waller

Tel: (evening) 015396 21338 or 07779 025745

Sunday – anyone arriving before then will be moved to Stainmore. MASCG is also trying to include Lancashire, as intelligence from there would be helpful. When information is uploaded to the website, MASCG will ensure gypsies and travellers are aware of it, mobile phones and the internet being the preferred means of communication.

As in South Lakeland, Kevin suggested it was unlikely they get it absolutely right in the first year, but promised it would be better. He confirmed the decision has been taken to get every site within Appleby licensed, which means landowners have to provide toilets, skips and

clean up afterwards. They will charge and may need planning permission. Once these facilities are in place, MASCG can take action if the gypsies and travellers do not use them. MASCG will work across boundaries – the Police already do so – and increase the number of officers both at the New Fair and in the lead-up.

Kevin was asked if there was a representative body for gypsies and travellers? He acknowledged the diverse groups within the Travelling community and confirmed the Group deals with Billy Welsh for the Romany, Irish and Scottish gypsies

(Continued on page 50)

GEORGE AND DRAGON DENT



A Dent Brewery House



Catering for Locals, Visitors & Residents
Daily Menu featuring Local Produce
Bar Snacks & Main Meals
A la Carte available Friday & Saturday
Traditional Sunday Roast Lunch
Wide selection of Wines
House Wine from £8.89

*Open for Lunch 12 - 2.30
Evening Meals 6 - 8.30*

Tel: 015396 25256

e-mail: mail@thegeorgeanddragondent.co.uk
www.thegeorgeanddragondent.co.uk

but has no contact for the 'weekend' gypsies, adding the traditional Fair is shorter than previously, as many travellers disappear back to work on the Monday. District Councillor Ian McPherson commented that once travellers arrive, it is difficult to find who to talk to about concerns and stressed the lines of communication need to be very clear. Kevin acknowledged the ideal of a liaison committee involving both settled and traveller communities and said the Group is working towards this in the longer term. He explained the chain of command at Appleby; daily operational meetings to deal with issues and the need to provide clear

information.

Kevin explained the background to the traditional horse fair and commented that if it involved only the resident community, gypsies and travellers it would be a manageable affair, it is the influx of visitors and market traders which puts a strain on services. Details of the New Fair website and other information will be included in Sedbergh & District Lookaround.

The next Sedbergh & Kirkby Lonsdale Neighbourhood Forum will be held at Dent Memorial Hall, 7.30pm on Tuesday 30th June, 2009. All welcome. ☺

FROSTROW WI

Success! For the second consecutive year we managed to win the WI Cup in the Spring Show. Many thanks to everyone who submitted entries and contributed to our success. Special thanks to Linda Hopkins for her marathon effort and congratulations on winning so many prizes. Our success was particularly poignant because we had decided to try our best in memory of Pauline Mather, who made a huge

contribution towards our entries last year.

It was a glorious day for our monthly walk. Pat Ramsden led the group from Austwick, taking in Crummockdale, the Norber Erratic and limestone paving in a circular walk of six miles. Next month we shall join the Federation Spring Walk from Storth for our monthly fix of fresh air and exercise!

The Book Group met at Denise Thomson's where we had a full complement of members – luckily we had enough seats for everyone! After a lively discussion of "The Housekeeper" we made our way to Cautley Church where we planted some cyclamen on Josie Templeman's grave.

We held our Coffee Morning on 8th April. It was a very cold day and Sedbergh was quiet. Business was slow but the homemade cakes disappeared and enough people came for a warming cuppa. Not as successful as other years, but still worth the effort.

Unfortunately the speaker for this month had to cancel due to illness. We were very grateful to Janet Prince who stepped in at the last minute. She is a member of the Creative writing Group in Sedbergh and a former teacher. She entertained us with some of her very amusing short stories and poems about childhood days in West Yorkshire. Janet has recently had some of her stories published and we wish her every success in the future.

Our next meeting is on 6th May and will be our Resolutions Meeting. ☺



G.B. BUILDERS LTD

- **General Building inc:**
 - New Builds
 - Extensions
 - Loft Conversion
 - Garages
 - Roofing
- **Joinery inc:**
 - New Windows
 - Fitted Kitchens
- **Drains**
 - Drains Unblocked 
 - Drain Jetter
- **Ground Works**
- **No Obligation Quotes Given**
- **General Advice**

Contact: Graham Bradley:
015396 25433 or 07778 874855
George Baines:
015396 21287 or 07977 514229

MTB 93

The nephew of Stoker William James Stokes has been researching the MTB 93 which has been the subject of a few reports over the last few years and has supplied the following update.

MTB 93, Vosper type. Builder: Berthon Boat (Lymington). Ordered: 20.05.1940. Completed: 10.09.1942.

We trust that the following men may have been members of her crew.

Commanding Officer

14.04.1942-(08.1942) T/Lt. A.S.

Hughes, RNVR

01.09.1942-(12.1943) T/Lt. N.G.

Kennedy, RNVR

First Lieutenant

06.1942-(08.1942) T/S.Lt. R.W.

Sanders, RANVR (Born 02/04/1917 in Adelaide)

Was also a crew member for the following boats. First Lieutenant MTB 206 Commanding Officer MTB 252 15/11/1943

HMS Mylodon 5/1944 (Combined Operations base, Lowestoft) .

01.09.1942-(12.1943) T/S.Lt. I.J. Campbell, RNVR

Crew

Edward Watson, Stoker 1c, C/KX

172062, (Died when the boat was

sank on Friday, 18 August 1944 age

20 Son of Edward Mason Watson and

Annie Lees Watson, of Woodside,

Aberdeen)

William James Stokes, Stoker 1c,

J N & E Capstick

Insurance Consultants

75 Main Street, Sedbergh LA10 5AB

Tel - 015396 20124 Fax - 015396 20791

Market Street, Kirkby Stephen, CA17 4QT

Tel - 017683 72285 Fax - 017683 72346

e-mail - sales@capstickinsurance.co.uk

5 Low Wiend, Appleby, CA16 6QP

Tel/Fax - 017683 53885

FARM INSURANCE ~ HOME INSURANCE

MOTOR INSURANCE

SMALL ENOUGH TO CARE, BUT BIG ENOUGH TO COMPETE

J. N. & E. Capstick Insurance Consultants

are authorised and regulated by the Financial Services Authority

Now open until 7.00 pm on Wednesdays to help with all your general insurance needs.

Contact us on 015396 20124 or pop in and see us at 75 Main Street, Sedbergh

PLUMBING, GAS OR ELECTRICAL PROBLEMS?

Make the local logical choice . . .

. . . call **015396 20107**

BOILERS & SERVICING

Full Central Heating
Gas - LPG - Oil
AGA - Rayburn
Stanley - Redfyre
Replacement Boilers

LIFESTYLE

Bathrooms
Kitchens
Fires
Fire Surrounds
Tiles

ELECTRICAL

Designing & Wiring
Power & Lighting
Inspecting & Testing
Rewiring
Security Alarms



C/KX 141146 Died when the boat was sank on Friday, 18 August 1944 age 20 Son of William George and Amy Elizabeth Stokes, of Notting Hill, London.

Derek Crane, Leading Motor Mechanic

The Late Derek Crane joined the Royal Navy on the 8th December 1942 as an Ordinary Seaman. He became a Motor Mechanic on 21 January 1943 when he was drafted to H.M.S. Shrapnel (Fulham), and on joining H.M.S. Attack, Portland on 8th December 1943 he was promoted to Leading Motor Mechanic. He was subsequently drafted to the Motor Torpedo Boat (MTB) 93 at Felixstowe

where he was very badly injured on 18 August 1944 following a collision off Harwich. Thereafter Mr Crane was hospitalised in the Queen Victoria Hospital in East Grinstead before being medically discharged on 20 August 1948.

DSM PO Michael Murray C/ JX140060

Wartime Activities

27-8/2/43 MTB 83, MTB 93 and MTB 222 are dispatched to intercept a convoy off Egmond. The convoy is not sighted but MTB 83, MTB 93 and MTB 222 are fired on by patrol vessels.

15-6/3/43 MTB 88, MTB 93 and MTB

(Continued on page 54)

230 depart Lowestoft at 1630 and made 22 kts to intercept a north bound convoy off the Dutch coast. They were over flown three times by enemy aircraft. 22.45 MTB 88, MTB 93 and MTB 230 are close to the intercept point. Radar contact is obtained. MTB 88, MTB 93 and MTB 230 close at a slower speed to avoid making a visible bow wave. There are three merchant ships and at least three escorts (One of which is possibly a destroyer). MTB 88, MTB 93 and MTB 230 move around the stern of the convoy to the inshore side. MTB 88 is directed to attack the leading merchant ship, MTB 93 the middle one and MTB 230 the trailing one. MTB 88 and MTB 93 turn to

attack and the convoy escort opens fire. MTB 88 and MTB 93 fire torpedoes. MTB 230 is dazzled by starshell and tracer and waits. MTB 230 makes an individual attack and fires torpedoes from 1000 yards. 05.30 MTB 88, MTB 93 and MTB 230 have disengaged and join up. 08.50 MTB 88, MTB 93 and MTB 230 enter Lowestoft. Merchant ships Agnete (1458 tons) and Mariatof (2302 tons) were sunk. 16-17/7/43 MTB 83, MTB 93, MTB 238 (Senior Officer) and MTB 245 are on patrol off Ymuiden when they sight a convoy of three small merchant ships escorted by two armed trawlers. Seven torpedoes are fired. At the time, one sinking is claimed but that

W. DAWSON AND SON LTD

QUALITY COAL AND SMOKELESS FUELS

**NOW IN STOCK
DURSTON'S COMPOSTS
GROW BAGS
ORNAMENTAL BARK**

**SPECIAL OFFER:-
3 x 75ltr COMPOST FOR £11**

Station Yard, Sedbergh LA10 5HP
Tel: 015396 20210
e-mail: office@dawsonsofsedbergh.co.uk
www.dawsonsofsedbergh.co.uk

**AUCTIONEERS, ESTATE AGENTS
& PROPERTY MANAGERS
INCORPORATING**

DALTON & HAGUE ESTATE AGENTS
70 Main Street, Sedbergh LA10 5AD
Tel: 015396 20293 Fax: 015396 21650
e-mail property@chriswhelan.co.uk
www.chriswhelan.co.uk



Property Sales

Residential Letting & Management

Caretaking Services

Home Finding

Negotiations

Holiday Lettings

We have:

Clients looking for property to rent,
all sizes and styles, letting only or full
management

Clients looking for property to buy in
all price ranges

We need:

Holiday cottages/apartments, no limit
on owner use

is not borne out by post war investigations.

Operation Neptune Invasion of Normandy

8-9/7/44 MTB 88, MTB 93, MTB 238 and MTB 245 encounter a force of armed trawlers off Scheveningen.

MTB 88 and MTB 238 made a torpedo attack hitting and sinking one trawler. MTB 93 and MTB 245 made a torpedo attack achieving two hits.

MTB 245 was hit by a shell on the waterline close to the bow and begins to settle. MTB 245 gets underway astern and is later towed stern first by MTB 93 at 5kts. An ML later took over the tow and a tug was dispatched from Felixstowe.

18/8/44 MTB 93 was returning from a night time patrol in the North Sea with when at approximately 05.00 she was in collision with MTB.729 off Harwich and she subsequently sank. Two ratings lost their lives.

22nd M.T.B. Flotilla

The boat was a member of the 22nd M.T.B. Flotilla and was originally based at H.M.S. Beehive, Felixstowe. From 15th November 1942 it was based at HMS Mylodon, Lowestoft from where it was engaged in operations against shipping off the Dutch and Belgian coasts and in anti-E-boat patrols in the southern North Sea. For a period prior to D-Day, the

(Continued on page 56)

Flotilla, with torpedo tubes removed, joined the 21st Flotilla on a series of mine-laying sorties off the main Dutch and Belgian ports.

Boats of the 22nd MTB Flotilla are as listed below.

MTB 25, MTB 83, MTB 88, MTB 93, MTB 238, MTB 245 and MTB 347.

H.M.S. BEEHIVE

Based at Boomer Hall the base was operating with MTB Flotillas in January 1940. Also call RN Depot Felixstowe. Paid off 18/10/1945.

HMS Beehive, was a very large establishment that catered for about thirty two boats consisting of Motor Torpedo boats, Motor Gun boats and MLs, who were a pain in the neck for the German shipping. Many a night would see anything up to thirty boats out on operations over the Dutch Coast. The torpedo and gun boats were a nuisance to the residents of Felixstowe in the winter, as their engines water cooling system was fresh water. The fresh water being cooled by sea water, this meant that the boats engines had to be started up every so many hours to ensure that the fresh water did not freeze. This was not so bad during the daytime, but at night the starting up of many engines caused quite a din.

The dock area used by the boats was by the flour mill and the mill was supplied with flour by the Thames sailing barges that made regular trips to and from the mill. There was an area kept clear so that the barges had free access to the mill. The four MLs were berthed near the barge area, while the other boats were on

COMPUTERS are wonderful – until they go WRONG!!



- ◆ Cumbria Computer Systems
- ◆ Your LOCAL I.T. specialists
- ◆ 25 years of experience
- ◆ Microsoft certified
- ◆ Full range of Computer Sales and Service
- ◆ Very competitive call-out rates
- ◆ Complete PC systems supplied and supported
- ◆ Wireless/wired Networks for home or business
- ◆ Friendly, jargon-free advice
- ◆ Virus and Spyware/Malware removal
- ◆ Consultancy service

Call us on

07545 010542

e-mail: admin@cumbriacomputersystems.co.uk
www.cumbriacomputersystems.co.uk

the other side of the dock near the main buildings, one reason for this being that the crews of the MLs lived aboard, the other boats crews were accommodated in the main building as the living space on these boats was very limited and the crews only went on board for routine maintenance and sea duties.

The main building also accommodated the Royal Air Force staff who flew and maintained a flight of Catalina flying boats

HMS Mylodon

(MTB & Combined Operations Base, Lowestoft) commissioned on 19/1/43 and closed on 28/6/46.

Dennis Keen ☺

DENTDALE W.I.

Our April meeting was just before Easter and some members were away, enjoying warmer climates or visiting relatives. However, those of us left at home enjoyed a good meeting and perfect spring weather in Dentdale for the Easter break.

During the Business meeting, our Treasurer announced that our expenditure was due to exceed our capital for the year, and so hopefully, the proceeds from a morning Mini Market arranged for 8th August will solve the problem. It was decided that when a member attends a Federation meeting on our behalf, the travelling expenses should be paid by Dentdale WI.

The summer outing occupied a brief discussion and members were informed that the coach fare to the Mouseman workshops, our preferred option, would be in the region of £11.50. Catherine Sugden told members that on the day of the outing, there was a matinee performance of an Alan Aykebourn's play "A chorus of Disapproval" at Theatre by the Lake in Keswick, and so more discussion will take place before the final decision is taken on the outing.

Arrangements have been made for a Taster Day workshop on 15th June in the Sedgwick Room to make useful boxes from old orange juice cartons that have a silver foil lining. There will also be a bunting workshop on 15th July to make bunting for the Federations 90th celebrations.

CLEANER WANTED

We are looking for a cleaner for a holiday cottage in Dent. Please call or text 07800- 817021 for details



Susan Garnett was our speaker for the evening, taking us on a guided tour of New York by virtue of a Power Point presentation. Susan started with a few details of the geology of the area and a few facts and figures about the most densely populated city in USA. We were shown a picture of Grand Central Station which has managed to resist any attempt to dismantle it and is now a national monument. On by boat on a harbour tour on the Hudson River taking in the Statue of Liberty, copper clad on a steel frame giving it the distinctive blue colour. So many pictures of all those iconic New York landmarks, St Patrick's Cathedral a haven of peace, Central Park covering 843 acres to name but a few.

Retail therapy was not forgotten, and we had a peep at the Strand bookshop and the inside of Macy's the super store. We all felt that we knew so much more about New York and it had been a very enjoyable and informative talk.

Belle Burrow beat off competition for the competition prize with her miniature Statue of Liberty, well, naturally! Ann Mason won the raffle prize.

Our next meeting will be on May 13th at 7.15 in the Memorial Hall. ☺

LOOKING AFTER THE JOINTS

Healthy joints depend largely on the right amount of exercise. Too much exercise, particularly repetitive movements, can damage joints, tendons, ligaments and muscles. Not enough exercise leads to stiffness and loss of movement. In particular, if a joint is not allowed to experience its full range of movement regularly, its movement can become restricted. This balance is something that everyone must determine for him or herself.

All movement is initiated from the centre of the body and uses the pressure of the body (usually the feet) on the ground. Basically, when we walk we are translating the downward force of gravity into a horizontal movement. Becoming more aware of this enables us to be more relaxed and to move more efficiently. This has particular benefits for the joints as they are less hampered by inappropriate tension in the muscles.

Specific exercises, such as shoulder rotations can benefit particular joints, but ideally these exercises should be thought of as being whole body movements. Motivate the rolling of the shoulders from the hips and the movement will become much easier. Pain in the knees can be helped by allowing the hip joints to relax and by allowing the whole body to fall down into the feet.

It is useful to have a small repertoire of joint maintenance exercises, which can be done every day. These might include very simple routines such as shaking and tapping the whole body.

ACUPUNCTURE



Early morning outside
exercise class starts
Monday 11th May.
Cost £5 per session.
Please phone
to register your interest.

June M. Parker

Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh
Tel: 015396 20972

Shaking from the hips allows the body to find its most natural alignment, and in particular encourages the sacrum and the tailbone to drop. Tapping the arms and legs promotes the circulation to the muscles and stimulates the acupuncture channels. Basic swinging movements, following the natural movements of the joints, would come next, followed by joint rotations. For the knees squatting is an important maintenance exercise for two reasons. Firstly it strengthens the centre of the body so that less work is required of the knees when stepping and secondly it allows the synovial fluid to lubricate all the interior surfaces of the joint. The principles of moving from the ground and motivating movement from the centre of the body should be maintained throughout.

One of the best exercises for

improving stability is simply standing. After a few minutes awareness of imbalance and tight muscles increases, enabling the body to find a more natural stance, which is then automatically more stable. This can be combined with various arm positions to increase awareness of how the arms are supported by the lower body.

If you want to experience such an exercise programme first hand, I would invite you to come to my early morning exercise class in Queen's Gardens this summer. We had a similar arrangement last summer and it was idyllic in Queen's Gardens at that time in the morning. The place we use for the class catches the early

morning sun and last year the weather was consistently good, only one class fell out because of bad weather.

The health maintenance exercises will be followed by a short sequence of movements from the Wild Goose Qigong system. This develops flexibility. We shall finish with the main practice of circular movements used in the Chinese martial art Bagua (similar to Tai Chi), to develop power and stamina.

Classes will take place on Monday mornings, starting on 11th May, from 7 to 8.30 a.m. For more information, or to book your place, please telephone. My number is (015396 20972).

June Parker ☺



Sedbergh Community Development Centre Sedbergh Courses for May — July

Course	Area	Wks	Day	Start	Times
Dry Stone Walling - <i>Brenda Koo</i>	Garsdale	2	Sa/Su	30-May	09:00 - 16:00
Fly Fishing Theory & Practice - <i>Neil Birkinshaw</i>	Kendal	4	Sa	2-May	09:30 - 12:30
Using Spreadsheets - <i>Chris Wood</i>	Sedbergh	4	Tu	19-May	19:00 - 21:30
Get to know your digital camera - <i>Pam Grant</i>	Kendal	1	Sa	06-Jun	10:00 - 16:00
Yoga postures of the birds & beasts - <i>Deyna Hirst</i>	Kendal	1	Sa	09-May	10:00 - 16:00
A Medley of Crafts - <i>Sue Oliver</i>	Kendal	2	Tu	12-May	09:30 - 15:30
Basics of Family History Research - <i>Katy Iliffe</i>	Sedbergh	1	Sa	09-May	10:00 - 16:00
Get That Job! Impress the Interview Panel - <i>David Walton</i>	Kendal	2	Sa	20-Jun	09:30 - 15:30
Understanding Child Behaviour - <i>David Walton</i>	Kirkby Lonsdale	2	Mo	08-May	09:30 - 15:00
Resolving Family Problems - <i>David Walton</i>	Sedbergh	2	Sa	04-Jul	10:00 - 15:30

www.sedberghcdc.org.uk

email: admin@sedberghcdc.org.uk

Tel: 015396 21031

COUNCILLORS CORNER

As a District Councillor my “eyes and ears” as to what is going on in the Sedbergh and Kirkby Lonsdale Ward are very much the Town and Parish Councils. I have the privilege of having eight civil parishes within my Ward and this month, as usual, I was able to attend meetings of several of them including Dent Parish Council. One subject which comes up time and time again not only in the Parish Councils but also direct from Ward residents is the state of the roads and particularly the condition of the A683 which, as Dent Parish Council pointed out at its last meeting, is downright dangerous in places not to mention the wear and tear on one’s vehicle. Highways fall within the jurisdiction of Cumbria County Council (not SLDC) and specific complaints should initially be directed either to the Highways Hotline (0845 6096609) or to the Highways Steward via the Parish Council contact person. Failing a satisfactory response the County Councillor Joe Nicholson should be contacted direct (015242 76377). Unfortunately, for many reasons, the County Council seems unable to respond in a timely and satisfactory way to many complaints and I know that our MP Tim Farron spends a lot of time corresponding with the South Lakeland Area Engineer Nick Raymond in an attempt to get positive action. Another possible way forward, aired at the same Dent Parish Council meeting, is the possibility of using a new system



Bakery & Tearoom

Main Street, Sedbergh Tel: 21058

for

Traditional Bread
Homemade Cakes & Scones
Freshly Baked Daily

Open 7 Days a Week



Good selection
of Gluten Free and Allergy foods
always available

shortly to be introduced called the Councillor Call for Action. This enables individual councillors to refer a systemic failure (which the present situation regarding Highways seems to be) to one of the SLDC Scrutiny Committees for a full investigation with a view to holding responsible parties to account. If the appalling condition of the roads continues without *effective* remedial action being taken, then a Councillor Call for Action may need to be seriously considered.

As a member of the SLDC Planning Committee I was present at the meeting on the 26th March when consent was refused for a three

Yvonne Cervetti a natural touch
M.I.F.A, M.C.A.R, JING Advanced Massage, GRCCT Reg.

*Advanced Massage
for pain relief & prevention*

A fusion of techniques for the treatment
of soft tissue injuries, muscle & joint pain

Hand & foot Reflexology inc. specialist
Reflex therapy for spinal injuries & whiplash

Pure indulgence
Hot Stone/Aromatherapy

Appointments in Sedbergh & Kirkby Lonsdale
Call Yvonne on 015396 21303 or 07795 063107

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. As I mentioned in my last article the appeal against the Old Hutton decision 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.

I would now like to put a question to you which has puzzled me for some time. And it is this. What is in the mind of a dog owner who picks up after his or her dog and then leaves the plastic bag either hanging on a fence or discarded in a ditch or under a hedge? This is a very strange and, may I say, quite a disgusting habit and I do wonder at the mentality of those who do it. So the question is

why, and I am seriously interested in your replies? Maybe you would care to drop a line to the *Lookaround*. There are no prizes I'm afraid unless someone cares to offer one! In this context I'm pleased to say that SLDC are in the process of erecting and replacing dog fouling warning signs around Sedbergh and hopefully these will act as a timely reminder to offending dog owners to clear up after their pets and dispose of the bag in an appropriate way. Needless to say, by far the majority of dog owners are punctilious in this respect and act as responsible citizens.

Well, it's almost a year now since I was elected as a District Councillor and I must say that the time has gone very quickly (although this has probably as much to do with my age as anything else!). On the whole I have enjoyed the year enormously together with the challenges which it has brought – not least the number of meetings I am called upon to attend and the amount of time I have to spend on my computer. At the end of the day it is a privilege to serve the residents of the Sedbergh and Kirkby Lonsdale Ward in what must be one of the most beautiful parts of our country. Sometimes I just can't believe my luck!

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

Ian McPherson: Tel. 015396 20648
Email: ianmcperson24@hotmail.com

Peter Woof: Tel. 015396 20857
Email: peterwoof@hotmail.co.uk ☺

SEDBERGH TOWN BAND

Annual Spring Show

On Saturday 28th March the Band again provided a period of background music to entertain the many visitors who flocked to the Annual Spring Show in The People's Hall.

Although lacking several regular players who had other, prior commitments the Band that took the stage numbered thirty. Director of Music, Alan Lewis, was one of the absentees and his traditional rôle on the Conductor's rostrum was ably taken by Stuart Shields whose infectious enthusiasm with the baton extracted the best out of the Band.

Apart from two numbers first played by the Band at their Spring Concert a few days earlier in the month the programme consisted of a selection of music that has proved popular with audiences in the past.

The Director of Music

Alan Lewis has been particularly busy recently. He was unable to conduct the Band at the Spring Show as he had been engaged some weeks earlier to rehearse the Garrison Band of the Swedish Air Defence Regiment. He was occupied for two days of intensive training in preparation for their bi-annual inspection later in the year. He will be returning to Sweden for a further couple of days training closer to the actual inspection.

Earlier in March he was invited by the Flookburgh Band to polish their

performance in the Darlington contest. Alan has coached them in the past and they clearly hoped that his renowned expertise would assist them in continuing their remarkable rise through the sections - Winners 4th section 2007, Winners 3rd section 2008. Their hopes for a hatrick of successes were realised when with Alan's help they became winners of 2nd section 2009.

Twin Successes

Sedbergh Town Band members Samuel and Henry Wray have had a successful run of music festivals. They achieved a second and third place respectively in their class at the Tyndale Festival. Sam then went on

HOME FROM HOME

PET CARE

With experienced pet owners, providing:

- Dog Boarding
- Dog Walking
- Pet Sitting &
- Cat Feeding



Whilst you are

- On Holiday
- Stuck at work
- Weekend Away

Providing a great alternative to dog boarding kennels and catteries in a secure, happy family environment.

Call Linda on 07919 152526
for more information.

Sedbergh & surrounding area

to win the Leonard Somervell Cup for his rendition of Demelsa on the tenor horn at the Mary Wakefield Festival. His performance so impressed the adjudicator that he was able to progress to the Jim Noble Award competition, winning a £100 bursary and being awarded a Bronze Medallion for the most promising brass player in the festival.

Not to be outdone Henry, at the South Cumbria Music Festival won the S.C.M.F. Ball Award with 'Il Silenzio' on the trumpet and the Clarry Dunlop Shield with 'Concerto de Aranjués' on the cornet.

He was also awarded the Kimberley-Clarke Bursary as a result

of his outstanding playing at the festival.

Uniform

Cooler weather will see both the Youth Band and the full Town Band sporting smart fleeces that in colour match the Band's blazers. Both bands will be exhibiting the Band's distinctive crest.

Instrument Repairer

In the Spring of 2005 Town Band tuba players Tony Playfoot gained the qualification of the National Association of Musical Instrument Repairers. The intensive course he attended in Wales qualified him to repair all aspects of brass instruments and being one of only four similarly qualified people in the North of England he has found himself in constant demand repairing instruments sent to him from all parts of the country.

However even he, used as he is to business arriving from far and wide, was surprised to be contacted by a gentleman from Australia requesting a complete refurbishment of his bugle. Tony apparently came to his notice via his website.

Other clients include Arthur Butterworth, famous in the Brass Band world for his compositions, who has had a favourite, antique French Horn restored. On-going contracts exist with the Championship Band, Kirkby Moorside and the Cumbria County Council Schools' Music Department. He is also regularly in contact with Sedbergh School keeping their instruments in first class condition. ☺

 **VERITAS** *financial planning*

**Independent
Financial Advisers**

53 Highgate, Kendal LA9 4ED
Phone: 01539 735002 Fax: 01539 741812

- ✓ Investment & Savings
- ✓ Inheritance Tax Planning
- ✓ Pensions
- ✓ Mortgages
- ✓ Equity Release
- ✓ Life Assurance & Critical Illness Cover



Contact.....

John A. Douglass
FPC, CcMAP, CcLM

Direct Line
☎ 015396 20536
e-mail: jd@jdifa.co.uk

"Independent Advice to help you get it right!"

Contact us for your **FREE** initial consultation

Your home may be repossessed if you do not keep up repayments on your mortgage.

Veritas Financial Planning is a trading style of Turner Scott MGI Ltd, which is authorised & regulated by the Financial Services Authority. Registered in England & Wales 05001959.

TIM FARRON MP

I took the opportunity of the Parliamentary Easter Recess to get around as many businesses as I could. Naturally I meet with a great many business people during the course of a normal week but I thought it would be really useful to spend 4 days systematically travelling around the constituency listening to how people are managing in the recession. I even managed to get Menzies Campbell MP, our former party leader, to interrupt his holiday in the Lakes to accompany me for part of the tour. By now he is getting used to me asking him to come along and see what is going on around here

when ever I hear he is spending time on Ullswater as he loves to do most years.

As part of the tour I spent an interesting afternoon in Sedbergh talking to your local businesses. The picture I got was fairly similar to that of the rest of the area. About 70% of the people I spoke to say that their business is doing OK, or even well, but they are having to work twice as hard to keep it that way. This leaves a worrying 30% who are finding things tough for a variety of reasons. All the views I heard will help me when I discuss issues with Government ministers and make the case for any help needed.



SEDBERGH SCHOOL

Requires the following:

**Sanatorium Nurse
(Part-time)**

An opportunity to join the Medical Team.
Applicants must be RGN/RSCN minimum with current registration and pin number.

Grounds Person

The successful applicant will join the team in maintaining the high quality of all sports pitches, as well as estate work such as hedging, fencing, tractor driving & other general duties.

Closing date for applications 30th May 2009

Please contact Debbie Corney on 015396 20303 for an informal chat or
e-mail msw.bursary@sedberghschool.org

Sedbergh School is committed to safeguarding & protecting the welfare of children.
Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Record Bureau.

Registered Charity No. 1080672

WINDOW CLEANER

FRIENDLY LOCAL SERVICE

Mob: 07827 813974
Tel: 015396 20661
e-mail: berry.carl@sky.com



It was through listening to hill farmers in a similar fashion that I learned about the issue of what happens to the farms when the current generation of farmers retire from the hills. I estimate that about 85% of hill farmers have no one to pass their farm on to. This is worrying because of the number of roles we all appreciate these skilled people perform, not simply in breeding sheep but in maintaining the look of the fells that we enjoy. As a result I have been pushing the Government to introduce a Hill farm apprenticeship scheme to train up young farmers in the skills involved in farming on hills. I appear to be making some progress with this plan, the next stage in the campaign is a meeting I have with Hilary Benn MP, the Defra minister, in the next couple of weeks. I will let you know how I get on.

Finally, just before Parliament broke up (sounds more like school than the body that runs this country doesn't it?) there was a meeting of the Parliamentary National Parks Group. This gave me the chance to challenge the Minister responsible for

National Parks, Huw Irranca-Davies MP, to introduce a formal system of accountability to the Park authorities, giving people who live within their boundaries the power to elect people to represent them on the authority. As I have said in this column before I was extremely disappointed, but not really surprised, when the Yorkshire Dales National Park Authority decided to support continuing with the current system with no-one formally elected to their group with the result that no-one is formally accountable to people who live within the park. How can this be right? Surely there has to be some people on the body formally accountable to the people who actually live and work within the Park, so these people can be sure that their views are being heard?

As ever if I can help you with these or any other issues then please do get in touch, write to me Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or email me tim@timfarron.co.uk

Thanks for your support

Tim Farron MP ☺

MAY GARDENING

Now that the wonderful uninterrupted displays of flowers produced by spring bulbs – snowdrops, crocus, daffodils and tulips – are coming towards the end of their reign, my thoughts begin to turn to those lush colourful blooms which make up a typical English Herbaceous border.

The first signs of buds on the peony plants start to show in mid daffodil season. Peonies have been in cultivation in gardens in this country since the 16th century. Originally used in herbal medicine the seeds were used to cure epilepsy or worn as necklaces to aid teething in young children. In Western medicine the

only current use is in the treatment of eczema in children.

Peonies in cultivation are divided into two groups – the herbaceous type, which die right back to their underground tubers each winter, and those known as Tree Peonies which grow into deciduous shrubs, 4 – 6 ft high.

At Firbank we have the easiest and hardiest of plants – the herbaceous, old fashioned double, dark red flowered *Paeonia officinalis* which flowers well regardless of the winter cold and wet. *P. officinalis* 'Alba Plena' is similarly robust and double white. Other wonderful cultivars include 'Sarah Bernhart' with fragrant double rose pink flowers and 'Bowl of

Cumbria Eco Heating Limited

Ground Source Heat Pumps & Solar Panels

Prospect House, Marthwaite, Sedbergh, Cumbria, LA10 5HS

Trevor 015396 20796 or 07771514535 George 015396 21287 or 07977514229

Email: info@cumbriaecoheating.co.uk

www.cumbriaecoheating.co.uk

- Save up to 70% off your Heating Bills
- Lower your Carbon Footprint
- Grants Available
- Please ring for a no obligation chat
- Full Service Provided – Planning, Excavation, Installation and Commissioning
- We are the local Worcester Bosch Group accredited installer of Ground Source Heat Pumps



Beauty' with cup shaped rich pink blooms filled with creamy "stamens". Other hardy species worth growing include the challengingly named *P. mlokosewitschii* (affectionately known as "Mollie-the-Witch) which has single, pale lemon yellow, chocolate scented flowers. This one grows well from seed – but it does take 5 or 6 years to reach flowering size. In one of "my " gardens we have had three attempts at producing a flowering sized plant. The first specimen was slugged in its second year, the second produced three flower buds last year which with much anticipation opened up to be pale pink.(very pretty though, so we decided that it could stay,) and the third, in its third season is almost ready to be planted out into the border with hopes that it might produce flowers of the correct shape and colour in another 2 years

The Tree Peony group are a mixed bunch. *P. delaveyi* is very hardy and

Apple Macintosh Help & Advice

problem solving – upgrades – installations

Video to DVD Transfer

preserve those irreplaceable home movies

Digital Photographic Renovation & Retouching

retouching of scratches & tears – even remove that unwanted relative!

Contact Andrew on 07788 688490

or email: andrew.allan@virgin.net

has rich dark red, single flowers with yellow stamens. The flowers which are relatively small, as peonies go, tend to look lost amongst the red tinted stems and foliage, so if you grow this one you have to be prepared to make a special effort to search them out. *P. lutea*, the yellow flowered peony is similarly robust and bears single pale yellow blooms. Neither of these can compare with the cultivated forms of tree peonies which were introduced from China in the 18th century. Amongst these *P. suffruticosa* 'Joseph Rock' is my favourite with its enormous, white, crepe paper blooms with their central maroon blotch. *P. suffruticosa* 'Reine Elisabeth' produces double flowers with ruffled shell pink petals. Chinese Tree Peonies grow most successfully where they experience a long uninterrupted dormant season in the winter. Our rather damp winters with their mild spells seem to lead to leafy growth, rather than flower bud formation so the most successful plants that I know around this area are those growing in sunny well drained positions. E Horne ☺

Philip Horner

Fencing Contractor

Walling

Man & Tractor

Tel: 015396 21984

Mob: 07855 349157

e-mail: prhorner@hotmail.com



COMMUNITY OFFICER REPORT

Over the past month there have been 3 incidents of criminal damage to vehicles and 1 theft from a vehicle.

There have been 3 burglaries to commercial premises and 2 burglaries from dwellings which took place on the same date. One incident involved car keys being taken from the property and the car then being stolen. Detectives from Kendal CID are continuing investigations into these incidents. Despite this overall crime in the Sedbergh, Dent and Garsdale areas remains low.

Myself and PC Da Silva Neto have completed an EVA (Environmental, Visual, Audit) in the Dent and Sedbergh area; this involves looking out for insecurities and any local problems in the area. We came across a number of vehicles which contained either valuables or sat-nav stands on display; we also found

Stephenson & Wilson
15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

vehicles left unlocked. Advice was given to owners of these vehicles, please ensure that valuables are not left on display and vehicles are locked.

There were 2 thefts from commercial premises; the snowball system was activated on both occasions. A man was arrested for having tried to "Ring the changes" he was trying to confuse staff in shops into handing him excess change. We would advise anyone dealing with cash transactions to take their time and to ensure that all money is counted before any change is given out.

Myself and PC Orr will attend the May Chamber of trade meeting to discuss the Snowball system and security in the shops.

There has been an incident of the Barclays ATM in Sedbergh being tampered with; the device has been removed for further examination. If anyone has any concerns please contact your own bank. When entering your pin number either in shops, restaurants etc and any ATM please ensure that the pin number is shielded and regularly check your

CHIROPODIST

HPC Registered

Kay Whittle

MSSCh DipPodMed MBChA

Surgery
Pedi-Care House,
Howgill Lane,
Sedbergh



Tel: 015396 22122

Appointments 10:00 - 4:00

Closed Mondays

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

statements.

It has been brought to my attention that dog fouling is becoming an issue in Dent as well as Sedbergh. Please ensure that dog foul is picked up and disposed of in an acceptable manner. A fixed penalty noticed will be issued to anyone failing to clean up after their dog.

The Litter pick held on 01/04/09 saw young people of Sedbergh collect 10 bags of litter from various areas of Sedbergh, thanks to all the young people for their work, young Cumbria and everyone who supported us.

The drop-in for May will be held on 8th June due to the usual date (25th May) falling on a bank holiday. I am also offering a drop-in service in the

Dent stores Café on the first Tuesday in every month from 10:00 to 12:00, this will commence on Tuesday 5th May.

I would like to hear from anyone who would be interested in volunteering to act as a front counter clerk at Sedbergh police station. This would allow the station to be open on a specific day/time each week. This idea has been used in other parts of the county and has been useful for rural stations; if you are interested please contact myself or PC John Orr.

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

Eden Recycling Skip Hire

We provide environmentally friendly Skip hire, recycling over 80% of all waste brought into our fully licensed and approved Waste Transfer Station situated in Kirkby Stephen

Contact

- Tel 017683 72322
- Mob 07860 426716
- www.edenrecycling.co.uk
- Email edenrecycling@aol.com

We can supply Mini, Midi, Builders size skips and 25 yrd Roll on off bins. Demolition, asbestos testing, and removal. Crusher Hire Recycled Aggregates delivered, as well as sand, and concrete mix, supplied loose, or in 1 ton dumpy bags

Waste carriers license
CMA/192914
waste management license
EAWML57540
issued by environment agency



PINFOLD

I write as one of the original "twelve month residents" of Pinfold - in fact, twelve months x 10 years.

Pinfold was built in the early 1940's for the war workers who came to work at Farfield Mill. Many of them married and stayed on after the war.

Pinfold was a wonderful place to live, like a little village full of lovely families. I was one of a family of six, the Turners - Mum, Dad, Bob, Phyllis, Keith and Sylvia, oh and Glen the Welsh Border Collie (given to us by Simon Harper the auctioneer). Next door to us were the Wilson family - Mr and Mrs Wilson, Pam, Michael and Ian. Opposite us were the Bowmans, then the Kevans (Dick Kevan the

teacher), then the Aireys, Walters, Oughtons, Scotts, Majors, Abbots, Jacksons, Kempins, Dinsdales, Billy and Annie Burton, Holmes and the Chappies. The Home family were at the entrance to the estate next to Mrs. Coxon, Gibsons (Kelly), Shutts and Miss Stead were near the White bar, then the Snowdons and the Hendersons. I may have forgotten some of the others, but it was sixty four years ago!

We moved into No. 1 just after V.E. Day 1945 when rationing was still in force and there were coupons for everything. Pinfold had its own sewerage farm looked after by Jim Holmes, next to the town tennis courts where many a Wimbledon final



The Wine & Coffee Lounge

at

The Old Dairy Farm

Widdale, Hawes, DL8 3LX Tel: 01969 667070

3½ miles from Hawes on the B6255 Ingleton Road

Open For

Morning Coffee : Lunch : Snacks : Dinner : Sunday Lunch

Fully Licensed

*We offer a wide range of coffees and teas,
a comprehensive wine list, selection of malt whiskies, liqueurs and spirits, and a variety of menus.
Theakstons & Kronenbourg on draft.*

Try our
Early Evening Special
available 5.30 - 6.30pm
2 courses £12.50
3 courses £15.00
by advanced booking only

Our tasty, evening
a la carte menu
offers local and international cuisine
Prices from:
Starters £3.75
Mains £10.50
Desserts £5

Our traditional
Sunday Lunch
Menu is only
2 courses £12.50
3 courses £15.00
and is supported by
blackboard specials

Our opening times vary so please phone to book a table

The Wine & Coffee Lounge is available for Private Hire
Tel: 01969 667070
www.olddairyfarm.co.uk

was played, whilst someone on the "round thing" (our name for the Pinfold) kept watch for the members coming to play football matches or cricket test matches, these games took place on the grass at the side of No. 1 where the estate bonfire also took place and everyone came along bringing Parkin, "Plot" toffee and Mintoes made with dried milk powder, peppermint essence and sugar and water.

I think we all learnt to swim in the river, Handley's Dub and the Clews were favourites. I particularly remember the summer of 1946 when we practically lived in the beck-edge. The Hollybush was the den where we ate, cooked trout, smokey boiled potatoes and peas. My dad thought his peas never did very well at Pinfold - I wonder why?

Does anyone else remember Eric Major fetching coke from the gas works on Saturday mornings? He used to manage about four sacks on a bike! Tot Harper came early morning with his milk float - the horses' hooves used to waken everyone, shortly followed by Irene and Phyllis Fenwick clicking down the road on their way to work. You didn't need an alarm clock on Pinfold!

From memory, none of us lads had bikes until we started work. I think Jim Airey was the first with his 'Wearwell'. I used to borrow one from anywhere. Mr and Mrs Beetham from Frostrow Lane used to ride past, and one day I had to repair her 3 speed gears and she said I could borrow the bike any time. It had huge 28 inch wheels and

Wenningdale Home Repairs
We offer a good range of home improvements and maintenance jobs such as:

- * Interior decorating
- * Exterior painting
- * Sash window repairs
- * Sanding of floors

Working in Sedbergh,
 Kirkby Lonsdale & Bentham
Mobile: 07854 - 596391

balloon tyres and a device of string from the mud guard to the axle to keep coats and dresses out of the spokes - very handy for a 14 year old lad! However, beggars can't be choosers and it got me to Ingleton at Easter and Bowness at Whit. We sometimes went swimming to Killington Bridge, five of us on four bikes, one standing on the pedals and the other sitting on the seat!

My son and his wife now have a beautiful lodge on Pinfold, about 25 yards from where No. 1 was. I know they will be very happy there as "ten month residents", but I bet they don't have half the fun!

Bob Turner ☺



Picture is c1950

DENTDALE MEMORIES

This month's excerpt from the Dent & Sedbergh Oral History Society archive comes from the late Mrs Bessie Mason, who was born in 1911 and grew up in Dentdale. It begins with her memories of the Quaker Meeting House at Lea Yeat, Cowgill, at about the time she was twelve years old.

Bessie: Well this meeting was held once a year to keep it in the hands of the Quakers, and my mother used to take us and we used to sit on a form and never nowt happened but every year, because my mother thought it should be still kept open, and it was a good thing because they had that place for funeral teas after, you know.

It was quite a nice gathering, and nobody never said anything for a long long time, then somebody got up and spoke.

Interviewer: Do you remember it closing?

Bessie: Yes I do. It was a Reading Room, wasn't it, at t'front and t'little room was at t'back.

Interviewer: So what happened in the Reading Room?

Bessie: Well, young people used to go and play billiards and that, you see. It was a gathering place.

Interviewer: What were attitudes to alcohol like in your early days?

Bessie: Oho, it must have been bad in Dent, (chuckling) 'cos they had t'Band of Hope, hadn't they? They

Vacancy: Office Assistant

This is a supporting role in a small, friendly and welcoming team. Depending on your skills and experience, your work will include answering telephone and email enquiries, organising course materials and setting out refreshments and buffet lunch for courses on-site

Location: Lucid Training Centre in Garsdale, 5 miles from Sedbergh on the A684 towards Hawes

Your skills: You will need excellent verbal and written communications skills, a talent for organisation, good IT skills, and a willingness to learn new skills and help out with anything and everything when needed.

Hours: Initially part-time, 10.30 am to 3.30 pm Monday-Thursday, but this will depend on your skills and what duties you take on.

How to apply:

Please contact us for an application form

Email: John@lucidos.co.uk
Tel: 015396 21219


www.lucidos.co.uk
www.lucidtraining.co.uk

Take the hassle out of recording Digital TV with a 'plus' recorder

SKY plus
FREE Equipment
and standard
fitting Subs
from £16.50 per
month

Freesat plus
via a Dish
from £300 plus
dish no ongoing
subscription

Freeview Plus
via your aerial
from £149
no ongoing
subscription

SKY plus HD
from £49
+ fitting
Subs from
£26.50 per
month



Tooby's
ELECTRICAL STORE



Ingleton 015242 41224 / Bentham 015242 61259

**Need Help Re-tuning for digital?
BOOKINGS NOW BEING TAKEN FOR THE JUNE AND JULY
SWITCHOVER DATES - need a digibox? Reserve yours now!**

used to have a gathering in Dent and a band, a brass band, and this man used to speak off a waggon, a flat waggon. And they'd get people to sign pledge but my father wouldn't let us, I think he thought we should have a strong enough mind to resist it. And then they would set off playing and children following t'band around up Flintergill and around. And then they gathered together in that field, Jackie Holme, and had sports. Pubs were open all day then and no ladies could go, could they? They couldn't, you know. I never entered a pub.

Interviewer: You've had a lovely long life, tell me what changes you've seen that strike you as important.

Bessie: Families. You know we always had a meal together. We sat round t'table and we'd discuss what had gone on and what was coming and I think that kept people together. I think people aren't as content as they were then. They was pleased and satisfied wi'things and they don't seem to be now do they?

Anthea Boulton ☺

DENT CAR PARK

Do you have any surplus bedding Plants, Flower Tubs and Hanging Baskets? Could you help to brighten up the Car Park in Dent? Please contact John or Hillary on Dent 25503.

☺

RELIGION & POLITICS

Should Church and Politics Mix?

Some would say no, some would say yes! With a real spread of opinions we could get into a fabulous debate! Who knows where we would end up?

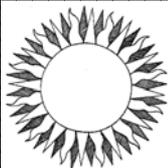
Some would argue that Jesus went to the temples and debated with the religious leaders and law makers so we should take a stand too. However within the Christian faith, as with all faiths, there are many different political views held and justified by scriptures, history and persuasive arguments.

What we, as leaders and representatives of the churches in Sedbergh, believe is that Jesus'

teachings were always about fairness, loving acceptance and justice. Whether dealing with women, foreigners, children or those who were sick, Jesus brought a message of God's total love.

This message didn't exclude on the grounds of race or wealth. Instead it demands that followers try and live within their society demonstrating God's love in thoughtful action. Spreading the news of this great love to all who are open to hearing it.

So should church and politics mix? You will have your own views but we hope that political parties will not succeed in exploiting and misrepresenting any faith or characters in their desperation to win



OPTIONS for health and well-being

Options are having some Taster Sessions in early 2009. Call in for details.

Now open Tuesday, Wednesday & Thursday

Peter Burridge	Counselling	07817 718793
Yvonne Cervetti	Aromatherapy, Hot Stone Therapy and Massage	015396 21303
Elizabeth Hilton	Light Therapy	015396 21800
Deyna Hirst	Yoga Consultant	015396 21556
Ian McPherson	Homeopathy and T'ai Chi	015396 20648
Melanie Missenden	Counselling, Aromatherapy, Remedial Massage, Reflexology, Hot Stone Therapy, Reiki, Indian Head Massage	015396 21058
June Parker	Acupuncture	015396 20972
Rebecca Wheten	Homeopathy	07792 285357
Denise Williamson	Homeopathy and Bowen Technique	015396 20846
Daisy Lussierfigg	Aromatherapy, Reflexology & Hot Stones ...	01539 567579
Victoria Reed	Hypnotherapy	07803 047643

Health practitioners in the local area

HEALTHY FEET BY EDNA

15 Years experience in
the NHS, the Community
and Private Care



Why go looking for foot care
when you can experience it in
the comfort of your own home?
Call now
or find her at
The Cross Keys
Cautley

Corns
Callus
In-growing Toenails
General Footcare

Phone 07968 535420
Sedbergh
Kirkby Stephen
and surrounding areas

political seats here and in Europe.

Jesus demonstrated a compassion
and love for all and that will never
change!

- *Revd Tim Widdess – Sedbergh
Methodist Church*
- *Revd Carole Marsden –
Sedbergh United Reformed
Church*
- *Revd Vic Hopkins – St Andrews,
Sedbergh*
- *Mr Ian Mcpherson – Brigflatts
Friends meeting*
- *Dr Peter Campbell – Roman
Catholic* ☺

CANCERCARE STAR WALK

On Saturday 9th May, at 9pm, I will
be joining hundreds of women, taking
to the moonlit streets of Kendal,
walking 15km (9.3 miles) to raise
money for Cancercare.

With centres on Blackhall Road in
Kendal and Slyne Road in Lancaster,

CancerCare is a local charity that
provides free support, therapy and
advice to cancer patients, their
families and carers and those who
have been bereaved as a result of the
disease in the South Lakes and North
Lancashire.

The charity receives very little
funding from central government and
relies on the generosity of local
people. Now in its third year, the Star
Walk is a very important event in the
CancerCare fundraising year.

I have entered the walk in memory
of Pauline Mather, who died in
January. Pauline was a good golfing
and WI friend and she is greatly
missed by many people.

*Please consider sponsoring me, I
have undertaken to raise at least £40
for CancerCare, my target is £200.*

All contributions to this cause would
be gratefully received. Many thanks.

Linda Hopkins, Tel. Sed: 21455 ☺

KNITTED SQUARES

Knitted Squares for Africa - update
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.

15 blankets have now been made,
and several will be taken out free of
charge to Africa soon by Christine's
son Simon, who is a pilot with British
Airways. Thank you to all knitters and
stitchers. We now have just 5 more to
make.



The blanket pictured with its new
owners, was the first to arrive. It was
knitted by Sue Sharrocks' late
mother-in-law, and put together by
Margaret Denton.

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. ☺



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448
fax 01539 730253
e-mail info@strampress.co.uk
website www.strampress.co.uk

GARY ALLAN

Welding & Fabrication

Structural Steelwork, Farm Equipment,
Farm Buildings Erected or in Kit Form,
Specialist Ornamental Gates & Railings,
Fabricated Steel supplied to the Building Trade,
On-Site Welding & Repairs.

Light Oaks,
Killington
Kirkby Lonsdale
Carnforth
LA6 3EY

Tel: 015242 76426 Mobile: 07968 411787

MAIN STREET LOUNGE DUOPHONIC

Firstly, a heartfelt 'thank you' to all the people who came down to Duo on Good Friday and made the evening such fun – it was lovely to see people chatting, relaxing and enjoying the wide-ranging music in Duo's fantastic ambience. The twinkly lights were worth doing, no? The fourth instalment of Duophonic will take place on Sunday 24 May (the night before Bank Holiday Monday) at Duo on Main Street in Sedbergh. What you get is an evening of very eclectic mixing from experienced and skilful DJs with a range of beers, wines and soft drinks and good food (snacks

and meals) if you're hungry. Why drag yourself to Faliraki when you can sit and watch the sun going down behind St. Andrew's? The night will be steered by local resident DJ Nela Sound, and you'll hear funk, relaxed house music, jazz, all sorts of good stuff ... and there will be a special guest as well but Lookaround deadlines mean we can't say who it is yet. 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 www.music.freakout.biz, and a mix giving an idea of what you'll hear is available at <http://eclecticdjs.blogspot.com> ☺

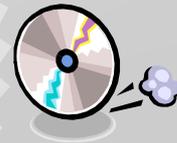
HAVE YOU POPPED-IN TO SEDBERGH TOURIST OFFICE LATELY?
JUST ARRIVED, NEW STOCK for SPRING 2009

A new range of local postcards and photo greetings cards

copies of - **'Get to Know Sedbergh'**,

Sedbergh's new DVD packed as a greeting card
for you to send to your family and friends

**New Walks Guides for the whole area
and a range of newly published local books
plus gifts for all ages**



QUIET DAY

An opportunity to just step-aside from the busyness of life and be still and quiet is being offered to any who wish to be part of it, on Monday June 22nd, at "Rhumes", Laning, Dent between 10am and 3.30pm. The loosely arranged programme will be something like this; 10-10.30 Tea/ Coffee and home made refreshments, then a time of worship including listening to praise songs/ hymns on CD/Tape, readings from the Bible and a short "Reflection" followed by a period of time to "Just Be.." to be quiet and enjoy the garden or have a walk by the river or visit the Anglican or Methodist churches. Then a buffet lunch followed by more Quiet

M WINN & SONS LTD

(Established 1894)

Sedbergh

General Builders & Joiners

Now

Kitchens

Supplied & Fitted

Contact R. M. Winn
015396 20649



time, a short sharing time, more food and time to leave.

Interested? Or think you might be? Do get in touch for more information or to book in. There will be a box for donations towards expenses as no charge is made.

Sarah E Woof. Dent 25212 ☺



Hearing Problem?

Visit the
Irene Taylor Hearing Centre
Est. 1980

- Fully independent
- Specialist & expert hearing aid advice
- Hearing protection
- Home visits
- Competitive prices
- Over 27 years of experience

The Hearing Centre
Salt Pie Lane
Kirkby Lonsdale LA6 2BH
015242 73589

Registered with the Hearing Aid Council
www.prestonhearingcentre.co.uk

MARCH WEATHER

March certainly lived up to its "March many weathers" title. Although it didn't quite come in like a "lamb" it certainly went out like a "lion". In fact it was a typical windy March with only 3 days when the wind speed did not reach double figures in mph. Over half the month had wind speeds which reached the upper teens or above with a maximum of 24.8mph being recorded. Again the atmospheric pressure reflected the wind speeds with low pressure, below 29 inches of mercury, on the windier days. Temperatures had improved sufficiently that only on 2 days did the maximum not reach 42F, the temperature at which growth occurs, so a general greening of the fields was seen. It actually reached 60sF on

2 days with a maximum of 60.6F but at the opposite end we had temperatures down to a minimum of 23.5F. Rainfall was moderate with a total of 2.84 inches which included 12 dry days and a couple of snow flurries, the latter one only on the high tops.

Many birds seem to be nesting and we have certainly seen blackbirds and house sparrows building. I haven't found the blackbird's nest yet but they are in the shippon every time you go in. The sparrows have chosen to use the lamp post top in the garden. The rooks have certainly been vociferous in their activities with a couple of nests nearby. Oystercatchers and curlew were making themselves evident by their calling. The call of the curlew as it does its "circuits and bumps" is one of the pleasures of summer. Isn't March a golden month with daffodils, forsythia and celandines giving a gorgeous display? Some of the earlier cherries made an appearance later in the month with a touch of pink. On one of the pleasanter days towards the end of the month we had

the glorious site of 4 buzzards soaring above us. ☺

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

REFLEX remedial massage **REFLEX** orthopaedic massage

015396 23696
Josephine Lade LCSP (Phys)

CHURCHES TOGETHER



Churches Together in Sedbergh held their annual procession and outdoor service on Good Friday. Over 60 people gathered for the service on Main Street, which was led by representative from all the churches in Sedbergh. Music was provided by the Methodist Church worship band and despite fears of rain everyone stayed dry if not over warm! Following the service Sedbergh Brownies distributed specially wrapped Hot Cross Buns to those gathered. Many thanks to all who took part & helped organise the shared service. ☺

EDWIN MIDDLETON
JOINERS
All aspects of site joinery work
30 years experience
We design, manufacture purpose made joinery in our own workshop.
All your requirements fully fitted.
UPVC windows & doors
Free Advice and Estimate
Phone: 015396 25431 or 015396 20074
Mobile: 07779 049103 or 07814 149105

LADIES N. F. U.

Thank you to everyone who supported our Coffee Morning on April 1st.

We made a grand total of £280 which will be divided between North West Cancer Research and Macmillan Nurses.

Also, many thanks to all who gave donations. ☺

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. ☺

NORTH WEST CANCER RESEARCH FUND COFFEE MORNING

The Sedbergh Committee thank everyone who helped in any way to raise the total of £246.50 recently.

Some of the Committee hope to visit Lancaster University -- possibly later this year -- to hear more about the research carried out there into all types of cancer. The money we raise helps towards this. ☺

SOUTH LAKELAND CARERS ASSOCIATION

For the next few months we have spread our wings and moved from the People's Hall Meeting room to other venues, so, if you look after someone unpaid ie not an agency/private-paid care assistant and you would like to

meet with us, you need to ring our office in Kendal (01539 815970) and locate our meeting place. You will be made most welcome.

For an Easter treat we went to Duo in Sedbergh, where we enjoyed a lovely afternoon tea of sandwiches, home made cakes and biscuits with copious amounts of tea. Discussion included future events' a concert in Arnside on May 2nd where the raffle proceeds are for SLCA. Another Concert that evening but in Kendal Masonic Hall with part proceeds to SLCA. The Annual Lunch at Dent and possible holidays to be arranged. We hope to hold some fund-raising event in Sedbergh during the year but it will not be a Wednesday Coffee Morning.

In May we are once again meeting in Duo, this time with a Gardening theme, hopefully we'll not make too much mess!

We meet on the 1st Tuesday in every month, 2-4pm. SLCA. ☺

POSTAGE STAMPS

The readers of *Lookaround* rise on a regular basis to help good causes both locally and nationally.

There is currently an appeal for all of your used Royal Mail Postage Stamps. And where are they going? To help the Guide Dogs for the Blind and you will find collection boxes for them in Sedbergh Post Office and the Primary School.

The only request is that you either leave about 3/4" border round them or leave them on the envelope. ☺

SEDBERGH MEDICAL PRACTICE

Please note that there are a few amendments to the Surgery Times which appear on the Back Page of this issue.

As of from May, the Health Centre will be closed in the afternoons from 12:30pm for Training Days on the following dates.

Wednesday 13th May 2009

Thursday 18th June 2009

Tuesday 14th July 2009

No staff training in August

Wednesday 16th September 2009

Tuesday 13th October 2009

Thursday 19th November 2009

No staff training in December

Wednesday 13th January 2010

Thursday 11th February 2010

Tuesday 16th March 2010

If you require a Doctor during these times, please refer to the details on the Back Page of this issue.

Sedbergh Medical Practice ☺

Cumbria Stove Centre

Supply and installation of
wood, coal and gas stoves
Flue and chimney lining services
Inglenook specialists
Fully qualified and experienced
Hetas engineers

01539 821061 (day)

015396 25227 (evening)

SHOWROOM:

34a Main Street, Staveley, Nr Kendal

ROYAL BRITISH LEGION

Sedbergh Branch

The Sedbergh Branch of the Royal British Legion has been a firmly supported for many years by very

eminent members. Alas, some of these members are having to stand down due to circumstances and new members are being actively encouraged.

It was a condition of membership that you had to be a member of the Armed Services but this has been changed and any person can be a member.

There are events being held through the year and a Committee Meeting held once a month on the second Thursday at 7:15pm in the White Hart Club.

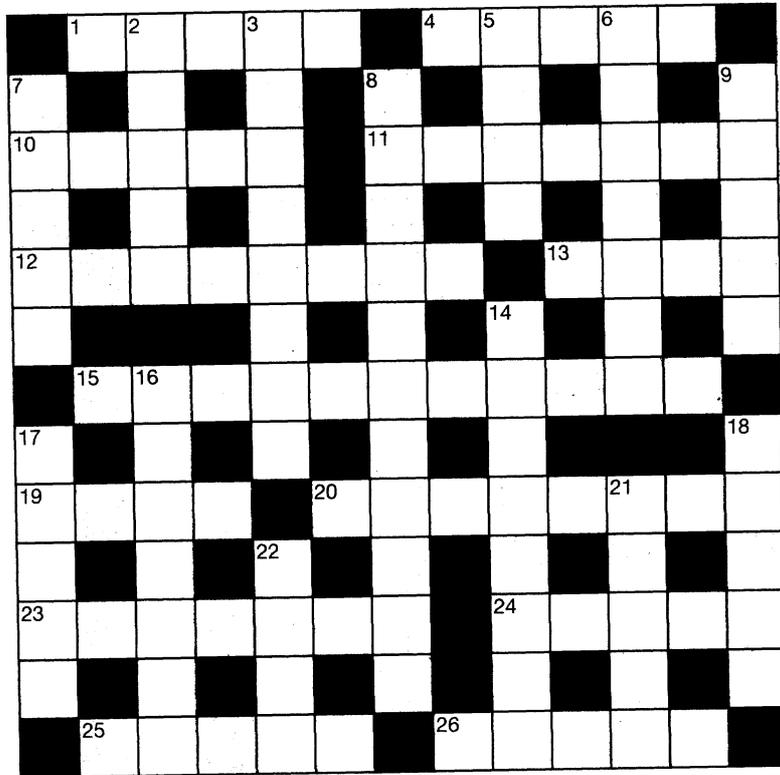
If you are interested in any aspect of the Royal British Legion in Sedbergh, please contact Rose Pease on Tel: 21575. ☺

WINDER SUMMIT



On Easter Sunday 30 early risers trekked to the trig on Winder to watch the sunrise. A short service was held and hymns sung as we all enjoyed the stillness and calm of a beautiful day. Who would have thought that last Easter Sunday dawned to snow drifts! Many thanks to all those who made the trip to the top, see you next time!

Carole and Kenzie' ☺



ACROSS

- 1 Exhaust (5)
- 4 Social outcast (5)
- 10 Crest (5)
- 11 Disregarded (7)
- 12 Wearisome routine (8)
- 13 Casino counter (4)
- 15 Women's rights campaigner (11)
- 19 Tall, lofty (4)
- 20 Friendly, affable (8)
- 23 African language (7)
- 24 Garden ornament (5)
- 25 Speak of (5)
- 26 Japanese fencing (5)

DOWN

- 2 French sculptor (5)
- 3 Recognise (8)
- 5 Sea eagle (4)
- 6 Hearing distance (7)
- 7 Fragment of bread (5)
- 8 Largest city in Minnesota (11)
- 9 Very skilful (5)
- 14 Baked'egg dish (8)
- 16 Promote (7)
- 17 Deep ravine (5)
- 18 Odd number (5)
- 21 Wide (5)
- 22 Swampy ground (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 K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2009/09) <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2009/12) F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB* e-mail: enquiries@theoldjoinery.com	20309
Mrs K Milburn	High Roans, Guldrey Lane, Sedbergh (2009/08) 2T (ES) VISIT BRITAIN 4* - CH,L,TV,TVL,P,NS,VB,CW www.highroans.co.uk e-mail enquiries@ highroans.co.uk	21440
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2010/05) <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (2009/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- antique.thurlby@amservice.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2009/02) <i>1D (ES); 1T(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>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2009/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2009/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh (2009/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Borrett Barn Flat, Marthwaite, Sedbergh (2009/05)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175
Waterside Farm Caravan, Firbank, Sedbergh (2009/09)	4 Berth; H&C Shower; WC	20616
Borrett Barn Caravan, Marthwaite, Sedbergh (2009/05)	4 Berth; H+C Shower; WC; TV; NS	21175
Miss J Davidson	Bideber Mill Cottage, West House, Ingleton (2009/10) <i>Sleeps 2; ES; CH; L; TVL; P; NS; NP; DR</i>	015242 42478

KEY

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Canon A W Fell Tel: 20283

Church Wardens:

Tony Reed Screen 21081 & Lavinia Mahon 21740

ROMAN CATHOLIC

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

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
 Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
 Sunday 10.30

Rev. C Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30

Mrs T Satchell Tel: 20005

UNITARIAN & FREE

CHRISTIAN CHAPEL

Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30

Rev. G Jones Tel: 01539 722079

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington
 Cautley & Garsdale

Canon A W Fell Tel: 20283

Church Wardens:

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

Rev. P Boyles Tel: 25226

METHODIST CHURCH

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

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

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



Lookaround Advertising Rates

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

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.

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

Articles etc. by 19th of every month
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 5th April 2010

<i>"Lookaround Diary" What's missing?</i>		U R		
Entries marked (*) see Advert in previous Lookaround.			23	SS Half Term Starts
			23	Garsdale Social History Event
MAY			23 1400	Alpacas Open Day (23) Ghyllas
1	1000 Forbidden Kingdom (48) (till 04/05)	FM	23 1830	Flicks in the Fells PH
1	1000 Migration (48) (till 31/05)	FM	24 1200	Special Charity Open Day (6) GNS
1	1000 Let no Loop Down (till 18/06)	DCMH	24 1900	Duophonic (24) Duo
1	1900 RBL Annual Dinner (*)	SSQH	25	May Bank Holiday
2	0930 PH Boon Day	PH	25 1300	Garden Open (6) GNS
2	1100 Ring the Church with Silver (*)	StAS	25 1900	Duck Race & Coffee Evening HVH
3	1200 Auricula Day (6)	GNS	25 2000	Badminton Club AGM Bull Hotel
4	May Day		27 1000	Coffee Morning WIK URCCR
4	1300 Garden Open (6)	GNS	27 1100	Community Safety Day (27) JLCP
4	WIB Family Day	BVH	27 1300	Garsdale Sports GVH
5	1930 WIB Resolution Meeting	BVH	27 1345	HS St Oswald's Church (26) LHCP
6	1000 Coffee Morning Barnardo's	URCCR	28 1800	Killington Sports (28) LHB
6	1930 WIF WI Advisor & Resolutions	PH	28 1930	Sedbergh Parish Council PH
7	1930 WIH Christine Wood & Kenya	HVH	30 1930	Killington Sports Ceilidh (28) KPH
9	1000 John Cooke (48) (till 28/06)	FM	30 2000	Old Tyme Dance (30) PH
10	1400 Dentdale Cricket Club Match v Sedbergh	SHS	31	SS Half Term Ends
10	1400 Tennis Club Family Fun Day	G	31 1400	Dentdale Cricket Club v KL RUFC Dent
10	1830 CA United Service (10)	MC	JUNE	
11	1000 Christian Aid Week (10)	URCCR	1 1000	John Cooke (48) (till 28/06) FM
11	0930 CA Shop (10)	URCCR	1 1000	Let no Loop Down (till 18/06) DCMH
11	1300 Garden Open (6)	GNS	1 1300	Garden Open (6) GNS
11	1930 GVH AGM	GVH	2 1930	WIB Cartoonist BVH
12	0930 CA Shop (10)	URCCR	3 1000	Coffee Morning Dent Foot Chapel URCCR
12	1400 WIK Resolutions + Ken & Clair Pope	PH	3 tba	WIF Outing tba
12	1800 CA Shop (10)	URCCR	4 0700	Elections PH
12	2030 Les Bull Jazz Band	Bull Hotel	4 1930	WIH Members Evening FCH
13	0930 CA Shop (10)	URCCR	6 1000	Art & Craft Exhibition BIK
13	1000 Coffee Morning Christian Aid (10)	URCCR	6 1330	HS Rydal Hall LHCP
13	1915 WID First Responders	DMH	7 1000	Art & Craft Exhibition BIK
14	0930 CA Shop (10)	URCCR	7 1400	Dentdale Cricket Club v Bellringers Dent
15	0930 CA Shop (10)	URCCR	8 1300	Garden Open (6) GNS
15	1930 Henry & Alice Theatre Production	PH	9 1400	WIK To The North Cape PH
16	1000 CA Coffee Morning (10)	DMH	10 1000	Coffee Morning Sedbergh Playgroup URCCR
16	1200 Sedbergh Gala (1)	Sedbergh	10 1330	Muncheon Music SSQH
17	1030 Christian Worship	PH	10 1915	WID Bath House Fragrances DMH
17	1100 FOFM Plant Sale (16)	FM	11 1930	HMS Pinafore StAS
17	1300 Afternoon at Whernside	WM	12 1930	HMS Pinafore StAS
17	1930 Directors Farewell Concert	StMCKL	14 1400	Dentdale Cricket Club v Bentham Dent
18	1300 Garden Open (6)	GNS	15 1300	Garden Open (6) GNS
18	1930 Garsdale Ladies Group Auction	GVH	17 1000	Coffee Morning Firbank Church URCCR
18	1930 WI Lune Valley Working in Africa	PH	19 1800	Evening Walk GVH
19	1430 Rachel Little Entertains (19)	PH	21	Father's Day
19	1930 Public Meeting - Health Centre	PH	21 1030	Christian Worship PH
20	1000 Coffee Morning Dent Chapel	URCCR	21 1400	Dentdale Cricket Club v Holker Dent
20	1900 Town Band AGM	SS Band Room	22 1300	Garden Open (6) GNS

*The S & D Lookaround is edited, published & distributed monthly by
Dennis & Jacky Whicker and is printed by Stramongate Press.*

*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.*

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	1830	Dent Folk Festival (46)	Sedbergh
27		Dentdale Music & Beer Festival	Dent
27	1000	Dent Folk Festival (46)	Sedbergh
28		Dentdale Music & Beer Festival	Dent
28	1000	Dent Folk Festival (46)	Sedbergh
29	1300	Garden Open (6)	GNS
29	1930	Neighbourhood Forum	DMH
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 Becksdale
15	1000	Coffee Morning British Legion	URCR
17	1400	Strawberry Tea & Auction	DMH
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
DIARY KEY			
BF	=	Brigflatts	
BFK	=	Beckside Farm, Killington	
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	
G	=	Guldrey	
GNS	=	Greenbank, New Street	
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	
MC	=	Methodist Church	
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	
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	
WM	=	Whernside Manor, Dent	

GRAHAM J MOFFAT



**BUILDER
PLASTERER
ROOFER**

QUALITY WORK

Tel: 015396 20907

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

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	1400 - 1730 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	1400 - 1730 C

B = Joanne Batty

C = Anne Crome

L = Kay Lumb LB = Bloods

E = ECG Clinic

District Nurse

☎ 015396 21690

Health Visitor

☎ 015396 20979

A Collinge Optometrist

Friday only 0900 - 1300 1400 - 1730 *

* = By Appointment Only

DENTAL SURGERY

Finkle Street ☎ 20626

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

Monday to Thursday 0900 - 1700
Friday 0830 - 1500

LIBRARY Main Street ☎ 20186

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

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day
0900 - 1700

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

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