

Sedbergh & District

LOOKAROUND

June 2009

Issue 267

Donation 70 Pence

Thank you for all the kind comments with respect to the last issue which hopefully will be the format for some time to come.

We intend to feature a photograph of a different location on the cover every month which will be our choice. However, if you have a suitable photograph that you would like to be used, please submit it to us for consideration. Sadly, we will not be able to accommodate everyone.

Please note that from this issue, Donations are now 70 pence per copy.

This month, we have a noticeable lack of stories and reports. There is much going on in the area so please let us of your reports and stories.

We have not featured the 'Groups Pages' for a few months so they are included this month at the cost of no Crossword or Bus Timetable.

Dennis & Jacky Whicker

three spring performances

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BIRTHDAYS JUNE 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 recipients this month is:-
Christopher McConnell who is
10 years old on 9th June

Annabelle Brewer who is
10 years old on 28th June

Please collect your vouchers from
Sedbergh Office Services
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which can be used in any shop in
Sedbergh & Dent.

NONAGENARIANS

We are now including the details of all those aged 90 years and over who wish to have their details included. 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	George HINSON	10
7	Harrison BROOKS	5
9	Jack McDOWALL	2
9	Christopher McCONNELL	10
10	Natalie WALLER	5
15	Lavinia CAPSTICK	5
16	Omar NOUR	8
18	Lauren CHARNLEY	7
19	Cameron PARK	8
20	Isabel COLTON	8
23	Lewis DALZELL	3
23	Jay KIRBY	6
23	Joe GAME	10
24	Ben GARNETT	7
28	Annabelle BREWER	10
	Nonagenarian & Over	

PERSONAL & SMALL ADS £1

DEVINE

Many Happy Returns Georgina on 19th June. Love from Mum

GARDNER

Congratulations Shaun on your **21st Birthday** on June 9th. Wishing you health and happiness always. Lots of Love Dad, Mum, Graham, Laura and Alistair. XX

GARDNER

Happy **21st Birthday** Shaun. Lots of Love Dom. XXX

GARNETT

Many happy returns Ben on 24th June. Love from Grandma and Auntie Gina.

PACKHAM

We would like to thank all our family and friends for the wonderful cards and gifts we received on our wedding day on 9th May, and for making it such a special day for both of us. A special thank you to Janet Postlethwaite who made a wonderful wedding cake for us, and Sheila, Kirsten, Joyce, Jane, Doreen, Julie and Colin for the mouth watering buffet they laid on for the evening. Also to Sedbergh School for the use of crockery for a small donation which goes to charity. A big thanks to Rev. Carole Marsden who as a close friend insisted on marrying us, and finally to all those who are too many to mention, a very big thank you for making our wedding day so memorable. Peter and Linda.

GORDON

Eleanor and Norman would like to thank everyone who helped when Norman fell at Whernside Manor on Sunday 17th May. In particular Mrs Johnson, the doctor and lady who assisted. At the time of writing Norman is in Lancaster Hospital recovering with 4 cracked ribs. Thank you all.

THORNTON

Happy 40th Birthday John on 6th June 2009. Love from your family.



WOOF

Well done Katie on gaining **1st Place** in your gym competition at Carlisle. Lots of Love Nanny Woof.

WOOF

Well done Jake on gaining **1st Place** in your school golf competition at Sedbergh Golf Club. Love Nan Woof.

FOR SALE

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A move to a smaller property forces a Clearance Sale. Antique Brass/Copper ships lantern circa 1850. Now electric lamp. Brassware - Door knocker owned by Jane Seymour. Candlesticks, Button Stick. Antique Whitehaven China Ladle - tankard. Early Victorian signed pewter - 2 tankards, 1 pepper pot, 1 mustard pot. Nest of 3 glass topped tables 24" x 24". Oven proof 12" serving dish and fish embossed broiler. Miniature 3 drawer chest 19th century apprentice piece. Assorted blue/white china jugs, Imari bowl, Rupee silver oddments etc. Six framed bedroom pictures inc. original by Charles Buschel RA. Two Carpets: one 6'6" x 4' turkish hand knotted wool. One antique Turkoman hand made 7' x 4'6". Will sell at best offer price at 7, Flintergill Close, Dent. Phone 25223.

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DENT PARISH COUNCIL

In the absence of Jock Cairns, the May meeting was chaired by Graham Dalton. Some of the matters discussed are outlined below, and the full minutes are published as usual on the Dentdale website, www.dentdale.com.

Council Finances

The meeting approved the end of year financial statement which the council will be sending to the auditors.

In 2008-09, it cost just over £13,500 to run the parish council, excluding the car park. This included over £4,500 given out in grants to local organisations. The expenditure exceeded the non-car park income by

around £2,400, and as in previous years, the shortfall was met by using the surplus from the car park takings.

The car park took nearly £21,000 last year, and its costs were almost £16,000. The takings were down on the previous year by just over £2,500, probably as a result of the poor summer weather. A full breakdown of the figures can be found in the end of year statement on the Dentdale website, www.dentdale.com.

Sedbergh Health Centre

The day after I sent in my report for the May edition of Lookaround, the Parish Council received a petition signed by 182 electors (33% of the electoral roll). The petition expressed full support for the planning

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SEDBERGH & DISTRICT

HISTORY SOCIETY

RYDAL HALL GARDEN Saturday 6th June

Tom Attwood will lead a tour of this beautiful Mawson garden.
A cup of tea will be available afterwards in the cafe.

Park and assemble in the grounds at 2-30
or meet in Loftus Hill Car Park
at 1-30 for shared transport

DENT FAULT WALK Wednesday 24th June

Dennis Sanderson will conduct members and friends on a walk to Heletsgale Barn.
Meet at Blind Beck Bridge in Barbondale
at 2pm or in Loftus Hill Car Park at 1-15pm,
to share transport.

Bring a picnic tea, weather permitting.
All are welcome

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

The digital switchover is nearly here....

We will be back in Sedbergh to answer more of your questions and help you make the switch

**Wednesday the 3rd of June
In the congregational School room
from 2.30 till 8pm**



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application for both the Health Centre and the Spar store and asked the parish council to express this view to Sedbergh parish council and the YDNPA planning department.

The parish council has subsequently informed the Chair of Sedbergh PC of this petition and raised it at a meeting held in Sedbergh of representatives of Sedbergh, Garsdale and Dent PCs and the YDNPA planning department. It has also been passed on to YDNPA in writing as part of the consultation process on the application.

YDNPA Boss to Speak in Dent

Last year's Parish Plan Survey identified residents' concern about the relationship between the community of Dentdale and the National Park,

and the action plan set the target of finding ways of improving it. As a first step in this process David Butterworth, the Chief Executive of YDNPA, will be coming to speak at the Annual Parish Meeting at 7.30pm on Monday 22nd June in the Memorial Hall. His topic will be "Working with Communities in the National Park", and there will be an opportunity to put questions to him at the end of his talk.

The talk will be followed by the Parish Council's Annual Report, and copies of this will be available both at the meeting and beforehand on www.dentdale.com (follow the links to the Parish Council pages).

The meeting is open to everyone, and members of the public will be

able to raise any issue that concerns them.

Council Members' Roles

The May meeting was the Annual Parish Council Meeting, at which the following roles of parish councillors were decided for the forthcoming year:

Chair of the Council: Jock Cairns

Vice Chair of the Council: David Hartley (for the first three months)

Car Park Committee: Jock Cairns, David Hartley, Ken McClurg.

Playing Field Committee: David Hartley, Jenny Pilgrim, plus two members nominated by the Football Club (currently Keith Burrow and Jill Mitchell) and two by the Cricket Club (currently Peter Moorby and David Hunter).

Parish Plan Committee: Jock Cairns, Peter Knapton and two council appointees, Heather Fraser and Mike Lawton. This committee also has two co-opted members, Matt Clayton and John Sibley.

Litter sub-Committee: Wendy Pontefract, plus nine council appointees.

Planning Working Group: Chris Evans, Peter Knapton, David Hartley, Jenny Pilgrim.

Highways Steward Liaison: Geoffrey Woof

Appointments were also made to the following bodies:

Dent Grammar School Foundation: Jock Cairns, Graham Dalton, Ken McClurg, Geoffrey Woof

Dent Combined Charities: David Hartley, Geoffrey Woof

Dent Primary School Governors: Bob Pontefract (council

DENTDALE METHODIST CHAPEL

June Services @ 7pm

Sunday 7th Mr Brian Park

Sunday 14th Mr Thomas Gorst

Sunday 21st 10:30 am United Service

No evening service

Sunday 28th Mrs Sarah Woof

Testimony, Praise & Supper

Everyone Welcome to all

Information Dent 015396 25212

representative)

Dent Memorial Hall Committee:

Graham Dalton

Sedbergh Community Office:

Graham Dalton, Peter Knapton

Sedbergh Health Centre Patients'

Forum: Kate Cairns (council representative)

Central Dales GP Practice

Consultative Group: Jenny Pilgrim

In addition, Graham Dalton will be continuing with his role as the representative of Dent, Sedbergh and Garsdale parishes on the Yorkshire Dales National Park Authority

Next Meeting

As stated above, the next meeting will be the Annual Parish Meeting at 7.30pm on June 22nd in the Memorial Hall, which will include a report by the council of its work over the previous year. The meeting is open to everyone, and members of the public will be able to raise any issue that concerns them. Following this a short parish council meeting will be held to deal with urgent items.

Jock Cairns, Chair

Tel: 25655

e-mail:

dentparishcouncil@btinternet.com

SEDBERGH JUNIOR SCHOOL

Lord Bingham Opens 'New' Sedbergh Junior School 7 May 2009

Lord Bingham of Cornhill, Knight of the Garter, unveiled a plaque to celebrate the opening of Sedbergh Junior School (SJS) in Sedbergh ON 7th May. For six years, until January 2009, SJS was based in Bentham. The move has proved very popular, and the School has gained 12 new pupils since the move.

The opening ceremony was attended by 250 people, including the Headmaster of Sedbergh School, Christopher Hirst, and Head of SJS, Sara Hirst, along with parents, governors, former pupils (known fondly as 'Old Sedberghians'), current SJS pupils and staff.

Lord Bingham is one of the most distinguished of Old Sedberghians, who attended Sedbergh School from 1947-52, and was a School Governor in the 1970s. He has also been officially welcomed at a lunch today as the new President of the Sedbergh School Foundation 1525 Society, the society for former Old Sedberghians. In the intervening years, Lord Bingham's exceptional career saw him as Lord Chief Justice of England and Wales (1996-2000) and The



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Times has called him 'the pre-eminent lawyer of his generation with a brilliant, incisive mind.'

During his speech, Lord Bingham said that this opening was a very important event, for three reasons. To paraphrase:

- a) good education is of paramount importance to the resolution of any world problem, and therefore the opening of any quality educational institution is a significant and positive occasion;
- b) a junior school provides the essential foundation for a child's - and thereby a society's - future success and happiness;
- c) the opening of a school is, in essence, a forward-looking event.

Special mention must go to Jeremy Cowen, Head Boy of SJS, who concluded the proceedings with a very professional speech to thank Lord Bingham.

SEDBERGH GALA

Many months of hard work goes into the Gala every year and 2009 was no exception.

The theme for the day was 'Musicals' and many people entered into the spirit of it.

The Parade left Maryfell at 1230 led by Sedbergh Town Cryer Dennis Whicker closely followed by the Town Band. The Junior section of the Band also appeared in their new Uniform.

There then followed the outgoing Gala Queen, Lizzie Hunt and her Attendants and the incoming Queen Hannah Turner-Lant and her Attendants. There were the 'Walking Groups and Decorated Vehicles with the Fire Service bringing up the rear.

SEDBERGH PLAYGROUP

COFFEE MORNING

Wednesday 10th June
10 am to 12 noon
U R C Rooms
Teas & Coffee
Homemade Biscuits, Cakes & Jams
Raffle

(If a quarter of the Groups that appear in the *Lookaround* Group Page were to put a Float in, what a Parade it would be.)

The weather prior to the day was not very nice with high winds and heavy rain. On the day though, the rain held off until 12:50 when there was a light shower, which did not put anyone off. (It did rain heavily later about 3pm but only for about 10 minutes).

Everyone gathered on the field and Lizzie Hunt Crowned the New Gala Queen Hannah who then Officially opened the Gala and hoped everyone had a good day.

There were many stalls and events throughout the afternoon which kept everyone entertained.

The evening concluded with a Ceilidh in the Marquee on the field which was well attended and everyone enjoyed themselves.

Competition Results:

Fancy Dress
Decorated Vehicle:
Settlebeck High School with Oliver.
Pedestrian Group:
1st Primary School with Mary Poppins

MUNCHEON MUSIC



SEDBERGH SCHOOL WEDNESDAY LUNCHTIME CONCERT

The Best of the Best
Wednesday 10th June
at 1:30pm

Please note new start time
The Queen's Hall

Admission Free
Soup and a roll provided

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Sedbergh Summer Singers
with Dent Players
present

Gilbert & Sullivan's "HMS Pinafore"



St Andrew's Church

Thursday 11th June

Performance 7.30pm

£3.50 Students free

Friday 12th June

Supper 7.15 for 7.30pm

(Booking Essential)

Supper and performance £8.50

Performance only 8.15pm

£3.50 Students free

Available from Sedbergh TIC

2nd: Grease

3rd: Guys & Dolls

Shop Window:

1st Henry Wilson - Little Shop of
Horror

2nd Capstick's Insurance - Oliver

3rd Sleepy Elephant - Guys & Dolls.

Girls over 8:

1st Brodie Swallow

2nd Chloe Kendal

3rd Emma Hopkins

Boys 4-7:

1st Ruban Swallow

2nd Robbie Kendal

3rd Jay Kirby

Girls 4-7:

1st Bobbi Mae Kirby

2nd Hattie & Libby Davies

Under 4's:

1st Vicky Woof

2nd Phoebe Hall

3rd Isaac Brewer

Decorated Pram:

1st Zak Hall

Fell Race

Senior Fell Race:

1st Alistair Dunn 20m 12s

2nd Brendon Taylor

3rd Chris Edis

1st Local Kevin May

1st Female Lisa Laycock

1st Veteran Christopher Smale

Under 17:

1st Jonathan Bradshaw

2nd Tim Orr

3rd Marc Scott

1st Female Melanie Hyder
 Under 14:
 1st Male James Knox
 2nd Ben Johnstone
 3rd David Goad
 1st Female Nicole Narey
 1st Local David Goad
 Under 12:
 1st Neil Orr
 2nd Oliver White
 3rd Ben Kent
 1st Female Mary O'Reilly
 1st Local Lewis Goad.
*Cumberland & Westmorland
 Wrestling*
 Under 12:
 1st Thomas Gibson
 2nd Tom Riley
 Under 15:
 1st William Hayhurst
 2nd Thomas Gibson
 Under 18:
 1st William Hayhurst
 2nd Jack Ewart
 Open Ladies:
 1st Tracy Hodgson
 2nd Hannah Hodgson
 12 Stone:
 1st Graham Brocklebank
 2nd John Harrington



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Football Final
 Ferns Foxes 3 v Glanville Gliders 2
Rounders Final:
 Hopkins Hoppers 5½ v Rosenzweig
 Razors 3
 The Gala Group Committee would like to thank everyone for their attendance and support on the day as well as all those people and businesses who Sponsored the day and appeared in the Programme.
 And finally, a big thank you to Sedbergh School for allowing the Gala to take place on Lupton Field and for the printing of the programmes.

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FROSTROW W.I.

Where does time go these days? It only seems like yesterday that I was writing the report for April! Our May meeting was to discuss the Resolution "SOS for Honey Bees". There is a decline in the bee population, both in the UK and globally, from pests and diseases. Bees play a vital role in pollinating plants for food and other crops. Almost a third of our diet is directly dependent on bees. There are fears that unless action is taken now the bee could be gone in ten years. The WI are urging HM Government to increase funding for research into bee health.

Six of our more energetic members

took part in the Federation Spring Walks hosted by Storth WI. The event started in the Village Hall with coffee and biscuits (how civilised!). There was a choice of walks of varying lengths from a three mile meander around places of interest locally, to a more energetic eight mile walk to the Fairy Steps through woodland and along the shoreline. The day was rounded off with afternoon tea back at the Village Hall. All in all a very enjoyable day out. Our walking group decided to join The Pennine Group Walk from Soulby as their walk for this month.

The Book Group met at Linda Hopkins' to discuss "The Lemon Tree" by Sandy Tolan. This is a true story of a friendship that survives forty years of conflict between Israel and Palestine. All agreed that it provided a wealth of background information, both historical and religious, from the two sides of the conflict.

Our next meeting is on Friday 5th June which will be our Summer Outing.

INDOOR BOWLS 

COFFEE MORNING

10am Saturday 13th June
Dent Memorial Hall
Come and have a go!
Update on Dent Gala arrangements
All Welcome



CHARITY FUN AUCTION
SATURDAY 13th JUNE
URC Church Room
viewing with coffee morning
& light lunches from 10am
AUCTION 3pm
Donations and items for sale
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of Books and Drama*

**SUMMER IS ICUMMEN IN -
LOUDLY SING SLOVENE!**

What do British MPs and the Garsdale Street Band have in common? They both benefit from a good bit of fiddling.

But whereas of course we all deplore the misuse of taxpayers funds by our MPs, those of us who joined our 40 Slovenian guests and their hosts for a Ceilidh in Dent a few weeks ago can only celebrate the band's fine fiddle playing, which was augmented when Carolin Francis gave a short performance.

The Slovenians were a choir made up of teachers and parents from the Ljubljana Rudolf Steiner School which many of us have visited when we

have been singing in Slovenia. After landing at Liverpool they came here before going on to visit community choirs, town twinner and Steiner Schools in Scotland.

As well as singing in the morning service and taking communion at the Dent Parish Church, they joined English singers in the Dent Memorial Hall where everyone sang songs from both countries before going on a walk, singing in different places through the village and beyond with a picnic lunch by the river.

They were joined by the Cautley Carollers who had learnt the Slovenian mountain song Planinska for the occasion and the evening hymn Vecernica, and Lakeland

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Voices who learnt Tece Mi Tece (Flow river flow,) and Pobeledo Pole (the fields were white with sheep) which everyone was able to sing together. Singers from both countries were also able to join together singing English songs such as Tarry Wool, I am a River, and the mediaeval round: "Summer is icummen in ludhe sing Cuckoo."

Being teachers interested in fostering children's creativity the Slovenians were particularly interested when the Cautley Carollers sang On Children, an arrangement of Kahil Gibran's famous poem: "Your children are not your children - they are the sons and daughters of life's longing for itself."

Another local choir which some of us from Sedbergh sing with, and who are most remembered for their stirring addition to the history of church music concert in St Andrews a few years, are the Gladly Solemn Sound west gallery choir. So low was the river and still the wind that when the choir arrived in Dent they could hear the voices of the singers as they sang by the bridge. This choir had also learnt a couple of Slovenian songs - including Krasni Majnik - In praise of the Virgin Mary and the month of May - which the two choirs sang together in the Dent Memorial Hall concert as well as two English folk songs similarly praising spring: By the Green Grove and Halantoe.

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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.

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

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

Even after a fine and hearty meal for 70 people prepared by Lucia Marquart (helped by our two year Anika who chose the most suitable time to have a long afternoon nap!) no one could stay seated for long once the Garsdale Street Band took to the stage - the language barrier once again nimbly leapt over by caller Clare Pope.

A couple of days before I had taken some of early arrivers on a tour of Sedbergh's religious establishments - St. Andrews Parish Church, Brigflatts Quaker Meeting house, and Dentfoot Methodist Church. On the way back they thought Clare's husband Ken was joking when he leant over his garden gate and said: "You've seen the churches and now you're meeting the Pope."

Some of the Slovenian teachers who work in the kindergarten were staying with Alison Siddal from Brigflatts Quaker Meeting and they went with her to teach Slovenian songs to the children which they sang after the meeting - afterwards travelling on to be reunited with their comrades in Dent thanks to Slovene language students Mike and Liz Clarke.

A couple of others were given a warm welcome when Erik licked them all over. Not an overabundance of international affection, but a greeting from a dog you will have seen at the Sedbergh Gala dog show who they

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, **Farfield 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

John Cooke Recent paintings and drawings by this Dent-based artist (until 28 June).

Wild Various artworks by local artists inspired by their natural surroundings (from 6 June).

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Dining

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met when they stayed with singer Emma Watton. Dave Collier's two guests liked it so much in Sedbergh that half way to Scotland the Slovenian choir leader Igor Velepich received a phone call. "Who's that?" "Mirjan." "Mirjan who?" "Mirjan who's been left behind in Sedbergh."



Four of them stayed with David and Pauline Ramsbottom (including the son of teacher Maja who arrived unexpectedly on the train from Leeds,) and three with Cris and Barbara Lewis, who are part of our regular Slovene language classes and were well known by the visiting Slovenians for the luxury chocolate

factory they run near Ljubljana. Others stayed here with us and our neighbours Mick and Nicky Lavery Hoff at Farfield where they were also able to meet Rebecca, the secretary of the Lancaster Steiner school. The rest stayed with singers from the Greater Sedbergh areas of Kendal, Stavely and Arnside.

Many thanks to all of you who made their visit such a success - whatever else is happening in the rest of the country we were able to show that hospitality is still very much alive in this part of England.

David Burbidge

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KILLINGTON W I

Our meeting this month was a very busy one with lots of things to be planned. Shirley greeted us all and having noted the “errors and omissions”, welcomed our guest Maureen, a very long standing friend of Anne Macer, and then proceeded to the business in hand. Forthcoming events included our W I Lunesdale group meeting, our stall at the Sedbergh Gala (ably headed by master salesperson, Dawn Stevens) and our forthcoming Coffee Morning at the U.R.C. rooms. We hope that you enjoyed all of these, as by the time you read this they will all be successfully over. I think that the Wednesday coffee morning in

Sedbergh is a wonderful tradition. It's a chance to meet friends and acquaintances, have a cup of coffee and a laugh, and know that we are all part of a wonderful community. I'm sorry that those of you who have to work can't be there. Never mind, one day you will be retired or redundant! and able to join us.

Then followed the really serious business of the W I year, the discussion of and the decision on our voting intention on the resolution to be adopted (or not) at the National W I conference. This year's resolution presses the government to allocate more money for research into the health of bees. This is a topic which has been much aired in the media of

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late. Although the meeting was well aware of the importance of bees to the productivity of crops of all sorts, the view was advanced that it is no good throwing money at a problem unless there is a clear programme of relevant research proposed. This resulted in a large majority of our members wishing to abstain from voting for or against the motion. Like, 'motherhood', and 'apple pie', it is not a motion to which one could object.

Then, on to the jolly part of our meeting. We were treated to some wonderful, and at times, thought provoking entertainment provided by folk singers and instrumentalists, Clare and Ken Pope. What a lovely mellow instrument the guitar is when expertly played and without a horrid amplifier! Unfortunately Clare had come without her triangle, so we had to make do with a cup and a stick! They gave us a variety of folk songs, some traditional, some by popular

musicians and some which they had written themselves reflecting personal happenings and local interest. One I particularly enjoyed was about the Romany people, travelling by vardo to the Appleby Fair in the days of yore.

The chorus went thus: -

The rumble of the wheels are telling our story.

The rhythm of the ground is singing our song.

Our meeting concluded with a delicious tea, with cakes baked by the committee and other members. A great escape as I was on 'tea duty'! Digestive biscuits will have to wait another year. The raffle for a huge box of tea bags was won by Barbara Kooper, (sorry Barbara, not chocolates!), and there was no competition so nothing to forget! Next month we are going on the first of our 2009 garden visits to Yewbarrow Garden in 'Grange over Marshes', so we are looking forward to that. *WFU*



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DENTDALE METHODIST CHAPEL

Exciting times for everyone! Leading up to Easter we placed symbols onto a wooden cross representing Holy Week and Good Friday, these were removed on Easter Sunday and ribbons and fresh flowers were put to replace them and after the service the decorated cross was placed in the graveyard near the road. On Easter Monday a chap went up the road with his two small sons one up on his shoulders and one was heard to say "Daddy, put me down, I want to go and hang on that Cross and pretend to be Jesus!" Daddy kept going but we shared a smile.

In May we have held a meeting to

discuss the way forward in the light of some great developments, this was a very positive meeting and then on the following Sunday eve we held an "old favourites" service and sang some old hymns ie Blessed Assurance, Standing on the Promises and then continued fellowship over a shared supper.

Between my writing this and you reading it there will have been a BBQ and Buffet Supper held in conjunction with Business Men's Fellowship & Ladies Aglow and before this event members and friends of our Fellowship (chapel) will have visited the community to invite folks along. We will also have invited people in

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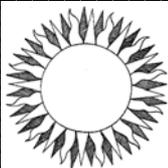


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Rebecca Wheten	Homeopathy	07792 285357
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Victoria Reed	Hypnotherapy	07803 047643
Peter Burridge	Counselling	07817 718793

Health practitioners in the local area

the village and dale to let us know of any Prayer Requests or indeed if anyone would like someone to pray with them there will be contacts given (as below) all in complete confidence.

In June our services continue in the evenings (see advert) with 28th being the service with a difference, more modern hymns/songs this time and followed by a bring and share supper. Do join us. If you play an instrument and would come and play at the service do let us know and we can give you the tunes. On 21st it is the United Anglican Methodist service, in the Chapel, at 10.30am, it is good to worship together in this way. On

Monday June 22nd a Quiet Day is being held, if you would love to be part of this but cannot manage the whole day, do come for as long as you can. Also on 28th some of us are off to Skerton Chapel, in Lancaster Circuit to their closing service and on Sunday July 5th at 2pm we will welcome and celebrate the arrival of our "new organ" gifted by Janet Park (trainee Minister) and family and from Skerton Chapel and Janet will lead the service which will be followed by afternoon tea.

As you see much is happening! Do join us. Prayer Line: 07816 999432.

Sarah & John Woolf 25212

DIGITAL SWITCHOVER

Help someone else to switch to digital TV by passing it on!

With just weeks to go to switchover, the BBC-run Switchover Help Scheme is urging people across Cumbria and the south Lakes to help someone else to switch to digital.

The Switchover Help Scheme has launched the 'Pass it on' campaign to make sure every eligible older and disabled person in the area knows about the help they can get to keep their TV working when switchover starts this June.

The Caldbeck transmitter group which mostly serves Cumbria, south west Scotland and the south Lakes will start to make the switch to digital



on 24 June this year.

In the run up to switchover, the BBC-run Switchover Help Scheme is offering practical help to eligible older and disabled people to make the change to digital on one of their TV sets.

Eligible people have been posted a Help Scheme information pack and will be getting a reminder letter. However, the Switchover Help Scheme is urging everyone who has already switched to digital to reach out to those older and disabled people they know who may still need help and have not yet got in touch with the Help Scheme.

Local Help Scheme representative, Martin Plenderlieth, said: "It's up to all of us to make sure we check that every friend, or neighbour understands the help and support that is out there to make the switchover very easy. We understand there are eligible people who may find the process of switching to digital daunting, but we are here to help! By simply spreading the word that there is help and support available from the Switchover Help Scheme, you could

DENT ANNUAL PARISH MEETING

7.30pm Monday 22 June

Dent Memorial Hall

Working with Communities in the National Park

**Speaker: David Butterworth
Chief Executive
Yorkshire Dales
National Park Authority**

followed by

**Parish Council
Annual Report 2008-09**

After each item
there will be an opportunity
for questions and discussion

be helping someone to continue watching their favourite shows. So 'Pass it on'!

The Help Scheme makes it easy for eligible older and disabled to switch to digital TV. It offers each eligible household help to switch one TV set to digital, including equipment, installation and an aerial check and upgrade if necessary. They also get a demonstration of how the equipment works and aftercare.

Equipment has been specifically chosen for ease of use, and contact centre, delivery staff and installers have all been trained to understand and respect older and disabled people. Installers carry identification and will never call without having made an appointment.

Most people will be asked to contribute £40 towards the help. The service is free for eligible people who also get pension credit, income-support, or income based jobseekers allowance.

People are eligible for help from the Switchover Help Scheme if they are:

- aged 75 or over,
- have lived in a care home for six months or more,
- get or could get, disability living allowance,
- attendance or constant attendance allowance, or mobility supplement,
- Or if they are registered blind or partially sighted.

In the run-up to switchover in each region, every eligible person will receive a Switchover Help Scheme letter and information pack explaining

the options for switching to digital.

Most people will be asked to contribute £40 towards the help. The service is free for people who are eligible and also get pension credit, income support or income-based jobseekers allowance.

People need to respond to get the help. Completed information pack forms can be returned to the Help Scheme, or, to make it even easier to apply, eligible people can also apply by calling the Help Scheme **free** on 0800 40 85 901; or text phone users can call us free on 0800 40 85 936 are open Monday to Sunday between 8am and 9pm.

In addition, any eligible person who needs help to apply can nominate someone else to complete their form for them.

If you would like to find out more about the Help Scheme and who is eligible to apply, please log onto helpscheme.co.uk

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DENTDALE W.I.

A really good number at the meeting where we were able to use the new amplification/loop system recently installed in Dentdale Memorial Hall to the advantage of several members.

At the start of the meeting, Catherine Sugden expressed our congratulations and best wishes to Ann Mason who had celebrated her Golden Wedding Anniversary a few days previously.

Summer is a coming in..... If not in glorious sunny weather as I write. Details of forthcoming events were given during the business meeting. The summer outing on 12th August has been finalised and we are off on a trip to see the Mouseman

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Workshop near Thirsk. Members were asked to let Belle Burrow know their intentions as we have a 24 seater coach ordered which we should fill in order to keep the transport cost as low as possible.

Something new! In that a Taster Craft Day has been arranged. Dorte-lis will be demonstrating and then members making woven boxes of all shapes and sizes using recycled fruit juice cartons. Anyone wanting to try their hand should meet at the Sedgwick Room at 10'o'clock on 15th June.

More details about the Gardener's Question Time on the evening of 24th July were given. Tickets will be £3 to include tea/coffee and biscuits and we hope to have a book and plant stall. So, start saving those surplus gardening books and potting up the cuttings!

May is traditionally the month when all members look at the reasoning behind the resolutions set to be discussed at the forthcoming AGM of the NFWI this year to be held at the Albert Hall in London. It is for an SOS to save our honey bee and to insure funding for research into bee health. Jane Timshle a local bee keeper had been invited to give a little first hand information about the scourge of the Varroa mite on the bee population. It was a very visual talk as Jane had

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brought along parts of an empty hive to explain the basics to us and when discussing some of the preventative measures that could be taken, she showed us evidence of the droppings on the base of the hive where we could all see the dead varroa mites. Dentdale WI had no hesitation in giving their unanimous support to the resolution.

Jenny Pilgrim, Chair of the committee of First Responders gave her resume of the growth and on-going work of the group during the five years that it has been set up here in the Dale. She gave us the general picture for Cumbria which is one of the largest counties with the fewest ambulances and there are now 57 groups of First Responders. In Dentdale we have 12 to 15 responders across the Dale with



equipment in Dent and Cowgill. First Responders are not independent, they are called upon by the Ambulance Service in potentially life threatening

situations. There is continuous training given in the use of the defibrillator and other equipment and they work in groups of three or four. They wait with the patient until the ambulance arrives giving care and reassurance. Speed is of the essence as early resuscitation increases survival rates by 25 to 30%. Dentdale First Responders are called out on average 10 to 12 times a year. In

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... thanking Jenny, Belle mentioned that we were indeed grateful that we had such a dedicated group of volunteers in our midst. Margaret Fothergill and Rita Corpe had prepared an excellent competition word quiz for everyone to attempt at the beginning of the tea break We had to find a dozen or so words that finished one word and started another, not so easy late in the evening! Catherine Sugden managed to make the most connections. Dorte-lis won the raffle prize.

Our next meeting is on June 10th when Gareth Marshall from Bath House will be talking to us. Visitors and new members always welcome.

APPLEBY FAIR

Dear Resident,

This year Appleby Fair will take place between Thursday 4th and Wednesday 10th June 2009, with thousands of people coming to Cumbria in order to enjoy the occasion. South Lakeland in general and the Sedbergh and Kirkby Lonsdale areas in particular will experience a considerable increase in visitors making their way towards Appleby. Year on year, tourist numbers have risen and the fair is now the county's largest cultural event. Local people have continued to display an increasing understanding of the customs of Romanies and other groups from the

travelling fraternity. This has coincided with a considerable fall in visitor-related crime. In fact, this same period during 2008 presented the lowest local crime figures for many years.

Regrettably, we have experienced occasional hostility between residents and travellers and a few unsavoury incidents were reported last year during the relevant time. I recognise that such episodes can lead to increased suspicion between the travelling and settled communities and the Police, together with Cumbria County Council and South Lakeland District Council, are keen to work with locals and travellers to address any problems at the earliest opportunity.

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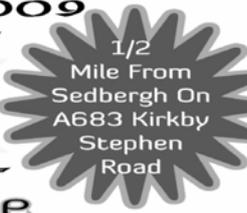
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We will be seeking the co-operation of all parties in order to promote consideration for the customs and traditions of the travellers and, equally importantly, the impact on the day-to-day lives of residents who live here all year round. There has already been a series of discussions involving all the agencies and representatives from both communities, and a great deal of preparatory work has followed, which has been aimed at minimising conflict before, during and after the event

Plans are in hand for staff from Cumbria Highways to tend some grass verges which have been deemed too hazardous for horse-grazing and will be placing out traffic-

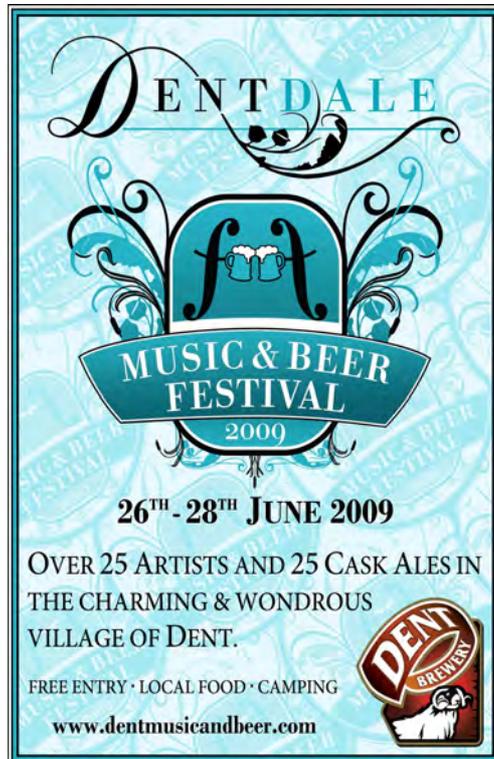
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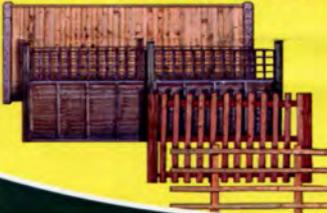


calming road signage. SLDC is providing a series of facilities for the visitors, including some portaloos, bin liners for regular waste collection and advisory verge signage. These are intended to encourage sensible, considerate and proportionate encampments along the A683 between Kirkby Lonsdale and Rawthey Bridge and the A684 between Sedbergh and Garsdale, and should go some way to reducing incidents of unnecessary obstruction. Local Police officers will be patrolling along these routes between 7am and 5pm, providing reassurance, identifying and acting upon obstructive or less sympathetic parking, and where possible

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preventing unofficial encampments from becoming too large and unmanageable. Between the hours of 5pm and 7am, these responsibilities will be undertaken by Police officers under the central control of Cumbria Constabulary's Appleby Fair policing operation.

In an effort to assist local Police officers and staff from the district council's Environment Department to deal with problems as they arise, I am advocating an early warning system. The Police or the council can be contacted 24 hours a day using the telephone numbers at the bottom of this page, in order to alert them to any potential problems. Please

consider if: -

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- ii) any encampment is becoming too large, or*
- iii) any person is dangerously exercising horses, or*
- iv) any person is committing a criminal offence.*

In the event of an ongoing criminal offence being committed, dial **999** in order to ensure a swift Police response. Please use the non-urgent telephone numbers in all other instances. Incidents of civil trespass should be reported to the landowner in the first instance. Any reports to the

Police or the council should be necessary, balanced and reasonable in the circumstances and consideration should be given to choosing the appropriate agency for each situation. Cumbria Constabulary and South Lakeland District Council will always give full consideration to the human rights of all individuals and groups and would expect others to do the same.

Please contact me at Milnthorpe Police station or John Barwise and Maureen Stewart of SLDC via the telephone numbers below if you wish to discuss any of these matters further.

*Police Sergeant Mark Jacobs
Milnthorpe*

YOUNG GYMNAST

On Sunday 10th May, Katie Woof joined Gymnasts from Kendal, Barrow and Carlisle to take part in the Cumbria Novice 4 Piece Championships held at Carlisle.

The competition requires all gymnasts to compete on the Floor, Vault, Beam and Unequal Bars. Katie gained 1st Place in the 11 years and over category.



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TIM FARRON MP

The disappointing ways that some of my fellow MPs have been using their expenses has, unfortunately, been a major distraction from the activity of Parliament over the past few weeks. I have always tried to be as open about my expenses as possible and not spend any money I did not feel I could justify to you as a reasonable expense for someone running an office in Kendal and travelling down to London, most weeks, for several nights. But, quite rightly, even my expenses needed checking so I sat down with a journalist from the Gazette and went through every one of my receipts, after which she was good enough to say that there was

“no trace of questionable claiming”. As I am sure many of you know, given that it felt like most of Sedbergh and even someone from the Planning Board was crammed into the People’s Hall the other evening, I chaired a very positive discussion on the proposals for the new health centre. The consensus appears to be that it would be a great to have a new modern health facility in the town and the compromises needed to make this happen appear, on the whole, to now be acceptable. The new proposal seems more sensible, the access is not perfect but given that Spar has committed to remaining on the Main St for at least two years and even if they do then move they have

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agreed to allow another grocer to take over their old store, we appear to have reached the best solution. I see my role now as pushing things along as quickly as possible to ensure the funding does not disappear. I have rung the Chief Executive of YDNP to encourage him to hasten things along and I am hopeful the proposals will go before the Planning Board very soon. Given that we appear to now have a fair degree of support for the plans it would be extremely disappointing and demonstrate a worrying disconnection between the Board and the inhabitants of the Park if they did not now give approval.

Developing the old Auction site would, probably, be the best solution to the current problem we have with travellers using it as a campsite. The behaviour of some of the people using the site has been frankly unacceptable and I have been working with the police to find a solution.

I am continuing to push for improved signage to the Dales from the M6. It was a major victory to get the brown signs to the National Park put on the motorway but the fact that once on the slip road any visitor is left to their own devices to work out whether to turn left or right is plain daft and highlights a bit of a disconnect between the various bodies controlling the roads in this country. I will let you know how I get on.

Finally, you have the opportunity to vote in two elections before the next edition of *Lookaround* comes out, please, please do ensure that you

use your vote on June 4th it is important that you get the people who represent your views on both Cumbria County Council and in the European Parliament.

If there is anything else I can help with please do write to me, Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP



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TWIN TOWNS BAND TOGETHER

*Slovenian Ambassador to pay
homage to Sedbergh' hospitality.*

For the past five years I have been sending reports about the activity between Sedbergh and Slovenia to the Slovenian embassy which has been accompanied by a steady torrent of visitors going both ways.

And now the Slovenian Ambassador to Britain, His Excellency Iztok Jarc, is coming to Sedbergh to thank the town for the extraordinarily warm welcome it has given to his fellow citizens and for its enthusiasm for all things Slovenian.

Although he will be meeting with

civic dignitaries in Sedbergh during the day, he particularly wants to thank those who have done the work.

This includes all the people in Sedbergh who have kindly hosted Slovenian singers and children in their homes, those who accompanied and organised the school children on visits to Zrece and vice versa, those who have cooked enormous meals for visiting groups or invited them home for a meal, those who have gone to the trouble to learn the Slovenian language and songs so they can make our Zrece guests feel especially welcome, those who have helped with transport from the airport

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or driven minibuses for them while they were here or accompanied them on outings to see other parts of the country, those who have organised and stewarded and MC'd the many concerts and public events or bought tickets so we had the funds to provide hospitality, those who manned stalls with information and liqueurs from Slovenia, those who led and accompanied visiting Slovenians on walks and cycle rides around local beauty spots, and made them welcome at services in each of Sedbergh's religious establishmentsand the hundreds of people from the area who have

been to visit this tiny country famed for the grandeur of its mountains, the quality of its singing and the hospitality of its people.

Realising that so many people were involved, we have booked Sedbergh's biggest venue for the occasion on the first Tuesday evening in July - The Powel Hall - and have also invited the mayor of Zrece and 60 of their finest musicians to join the Sedbergh Town Band in what promises to be the biggest town twinning concert to date: even without an audience there are 100 people coming!

The Sedbergh Town Band are

pulling out all the stops to make the visitors as welcome as is humanly possible. On Monday they are hosting a "Jacobs Join Supper" in Ernie Hailwood's garden, and after what promises to be an extraordinary concert they have invited their Slovenian comrades for a drink in the pub. And that's on top of weeks of serious rehearsal to make this the one concert that everyone will remember.

But there are still plenty of opportunities to get involved if you would like to help with welcoming our continental cousins when they arrive on their coach from Slovenia, making and serving meals, and

accompanying them a sightseeing tour. And if we are successful in our EU bid for a grant worth 8,500 euros you will also be most welcome to join discussions and talks focussing on European identity (even if you're not looking for a cure for insomnia.)

It was originally hoped that the Sedbergh Town Band director Mr Alan Lewis would be able to compose a piece of music which both bands could play together but certain difficulties emerged to threaten this possibility - although knowing the spirited nature of the plucky people of Sedbergh I suspect that a small obstacle like some of the musicians not being to read music won't stand in

SEDBERGH WANDERERS FOOTBALL CLUB

ONE BIG WEEKEND

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

Something for all the family

All events in the People's Hall or on the Playing Field



FRIDAY 3rd

Toddler/Junior Disco 7 to 11pm

£2 entry

Refreshments available

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The Weekend events are sponsored by

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the way of making international harmony. And having witnessed the Slovenian propensity for watching American and English movies it's also quite possible that musicians in our twin town already know theme tunes from films like the Great Escape and Dambusters. Those who find themselves humming these tunes every time they think of the town band might breath a sigh of relief that we're not twinned with a German town.

Coming with the Ambassador, his glamorous culture attaché, the elusive Zrece Mayor, and 60 players from the Zrece wind orchestra is a teenage boy band called Pet Sto

Metro who will rock the town to its roots and have parents everywhere locking up their daughters for the night. And also a quartet called Vrt who play a distinctive form of music known as "avsenic" accompanied by accordion and traditional costume. Prepare for some very serious thigh slapping.

So if you're not doing anything on the first Tuesday evening in July make sure you have it in your diary - and if you are, cancel all other engagements to make sure you don't miss this concert of a lifetime. (Full details will be in an advert in next month's Lookaround.)

David Burbidge

SEDBERGH WANDERERS FOOTBALL CLUB

ONE BIG WEEKEND



SATURDAY 4th
COFFEE MORNING
 9am to 12 noon
 75 per ticket
 Refreshments ~ Cake Stalls ~ Raffle
Contact Mags or Lorraine

FAMILY SPORTS FUNDAY
 1pm start
Contact Steve Cayley
 £250 Winners Tug-Of-War
Contact Ed Waller

ABBA TRIBUTE BAND & DISCO
 8pm till very late
 Tickets £9 - £12 on the door
No Under 16's
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SUNDAY 5th
CAR BOOT SALE
 9am start
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HOWGILLS & LUNE VALLEY
10 MILE ROAD RACE
 1pm start - £900 in Prize Money
Contact Ben Close




BAR AND BARBECUE
ALL WEEKEND

FOOD AS MEDICINE

Recently a woman phoned to make an appointment at my other acupuncture practice in Lancaster, saying she had decided to come for acupuncture rather than rejoin her slimming club. I was pleased by this, because over the years I have introduced quite a number of people to the ideas of Chinese medicine on healthy eating, and acupuncture can be very effective for regulating the digestive system.

The common substances we consume have an effect on the body, beyond simply providing calories and nutrients. Some foods, such as chicken, lamb, winter vegetables, onions and various herbs and spices are warming. Others, such as wheat, most fruit, most salad, certain types of fish are cooling. Smoothies and raw juices, recommended for some dietary regimes are cooling, so they slow down the digestive and metabolic processes of the body. In this way they might actually contribute to weight gain rather than weight loss.

Coffee is more of a drug than a food. It has the effect of temporarily speeding up the body's processes, giving a short-lived sensation of abundant energy. People who are lacking in energy for what ever reason: poor digestion, overwork or disturbed sleep may rely on coffee to get them going in the mornings. However this comes at a price: coffee drinking tends to result in looser stools and more frequent urination, which uses up the body's energy

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JCM News, Feb 2009

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June M. Parker

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unnecessarily and results in loss of fluids. The energy rush of coffee also uses up the long-term energy reserves of the body – the precious stored energy is squandered on a temporary feel-good moment. In addition, for women, coffee can have a negative effect on the breasts and the reproductive organs.

In Chinese medicine, the "basic healthy diet" we hear so much about, consists of food which is supportive of the processes of digestion, absorption and metabolism. Chinese medicine teaches that it is healthier to eat warm, cooked food than chilled raw food. After food is eaten, it must be warmed to body heat and "cooked" in the stomach, before the process of absorption of nutrients can begin. For this reason it is especially beneficial to eat food in the form of soups and stews. In our culture we know this too – these are what we

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feed to infants and invalids.

In order to have all the necessary nutrients and to avoid overloading the system with any one type of food, it is important to eat a wide range of food. Japanese medicine (which originally came from China), suggests that we eat at least thirty different sorts of food in one day. Japanese food often consists of many different vegetables, and meat or fish, chopped small and eaten with rice. The quantities in packs of food in Japanese supermarkets are much smaller than we would expect here, because so many different ingredients are included in each dish.

It is quite challenging, I find, to reach

thirty different ingredients in one day, but the principle of eating as wide a range of food as possible remains a valid one. A good start for this would be to avoid eating the same thing more than once in the day (for example, toast for breakfast, sandwiches for lunch and pizza for dinner would be bread three times in the day).

If you are interested in this, you might want to read "The Tao of Healthy Eating" by Bob Flaws (Blue Poppy Press, 1998). Or you can phone me if you have specific questions relating to your own diet. My telephone number is (015396) 20972.

June Parker

JUNE GARDENING

My successes with summer bulbs have been rather limited, although I have tried out a variety of different things over the years. Odd *Gladiolus* have sprouted and flourished in a patch of the veg. plot, but a solitary gladiolus flower stem looks very strange in a garden and is equally difficult to place in a flower arrangement. My "Chocolate Cosmos" (*Cosmos atrosanguinea*) with its dark velvety brown/maroon single flowers lasted perhaps 3 years and then the winter cold and wet finished it off; my "Bishop of Llandaff" *Dahlia* went mouldy in store; my *Sparaxis* failed to sprout and the

Polianthes sat in a pot looking very sad until all danger of summer was past, and then went yellow and droopy. As all of the above plants hale from the Mexico, South Africa and similarly warm spots, it is no wonder that they do not perform well here.

Fortunately there are some bulbs which come from more temperate regions of the world which survive and thrive here. Martagon lilies usually take a couple of years to settle in to a garden but once there, they will spread and even naturalise in grass. *Lilium pardalinum* (Leopard lily) and *L. superbum* and *L. henryi* (both orange flowered, Turks cap

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lilies) are all robust long lasting species.

The other highly successful group of plants in local gardens is the alliums. I was given some bulbs of *Allium giganteum* more than 20 years ago and these have seeded in the herbaceous border where, each year, they scream at the bright red Oriental poppies which burst into flower shortly after them. Efforts to dig up and relocate the alliums have only succeeded in spreading them through the border. In another garden it is *A. caeruleum*, a blue flowered species which looks interesting and delightful in the bulb catalogue, but grey and scruffy where it rampages amongst the other plants. *A. roseum*, often sold

as "suitable for rockeries" can be a similar thug, especially where your plants produce bulbils instead of flowers. If you are going to grow Alliums then perhaps the best to choose are the large flowered *A. christophii*, *A. 'Globemaster'* and *A. 'Purple Sensation'* all of which will make a big bold statement in the garden but will not take over.

June is the month for Garden and Flower shows and visits to these can be dangerous because many growers very successfully force summer flowering bulbs into looking their best for showtime. Do try to be restrained and remember that, in spite of global warming, Sedbergh will never be the Tropics.

Elaine Horne

<p><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><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><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>		<p>THE HEAD AT MIDDLETON</p> <p></p> <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <p>Menu</p>		<p><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><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><u>Rice Dishes</u></p> <p>Chilli £7.39 Chicken Tikka Masala £7.99</p> <p><u>Salads</u></p> <p>Ploughman's Lunch £6.20 Cold Meat Salad & Roll & Butter £6.99 Prawn & Rice Salad £6.99</p> <p><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.99 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>	
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HMS PINAFORE

AHOY SAILORS!

Following their acclaimed performance of "Trial by Jury" last year, Sedbergh Summer Singers with Dent Players are performing a semi-staged concert version of "HMS Pinafore" in June (see advert). W S Gilbert began work on a new opera, *HMS Pinafore*, before the end of 1877. Gilbert's father had been a naval surgeon, and the nautical theme of the opera appealed to him. On 27 December 1877, while Sullivan was on holiday on the Riviera, Gilbert sent him a plot sketch accompanied by the following note.

I have very little doubt whatever but that you will be pleased with it. ... there is a good deal of fun in it which I haven't set down on paper. Among other things a song for the First Lord – tracing his career as office-boy... clerk, traveller, junior partner and First Lord of Britain's Navy.... Of

course there will be no personality in this – the fact that the First Lord in the Opera is a Radical of the most pronounced type will do away with any suspicion that W. H. Smith is intended.

Despite Gilbert's disclaimer, audiences, critics and even the Prime Minister identified Sir Joseph Porter with W. H. Smith (a politician who had recently been appointed First Lord of the Admiralty despite having neither military nor nautical experience). Sullivan was delighted with the sketch, and Gilbert read a first draft of the plot to Carte in mid-January. Sullivan was "in the full swing" of work on the piece by the middle of April 1878. When preparing the sets for *HMS Pinafore*, Gilbert and Sullivan visited Portsmouth in April 1878 to inspect ships. Gilbert made sketches of *HMS Victory* and *HMS St Vincent* and created a model set for the carpenters to work from. This was

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far from standard procedure in Victorian drama, where naturalism was still a relatively new concept, and where most authors had very little influence on how their plays and libretti were staged. This attention to detail was typical of Gilbert's stage management. The bright and cheerful music of *Pinafore* was composed during a time when Sullivan suffered from excruciating pain from a kidney stone. The cast began music rehearsals on 24 April, and at the beginning of May 1878, the two collaborators worked closely together at Sullivan's flat to finalise the piece. It was 'HMS Pinafore', or 'The Lass that Loved a Sailor' that established Gilbert and Sullivan as a creative

force to be reckoned with in British comic theatre. Gilbert's libretto has everything necessary for their type of farce - Josephine is being courted by two men, one a sailor (Ralph Rackstraw) and the other the Admiral of the British Navy (Sir Joseph Porter). To make things more complicated, of course, a former nurse exchanged certain babies many years ago.

Aside from this promising plot, Sullivan's music was mainly responsible for the long-term success of 'HMS Pinafore'. The show abounds with unforgettable tunes. You have been warned!

Tickets now on sale at Sedbergh Tourist Office.

SG



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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.

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CUMBRIA WILDLIFE TRUST

Wildlife in Sacred Places

The Sedbergh Support Group of Cumbria Wildlife Trust enjoyed a talk in April from Simon Harlow outlining the work of the Cumbria Wildlife Trust Wildlife in Sacred Places Project. The project aims to help church communities and others responsible for grounds associated with worship and retreat to manage their land in a way that is sympathetic to the needs of wildlife and in ways that encourage wildlife diversity. They can help by:

- Undertaking a basic survey to see what species of plants are present in your grounds
- Visiting your church to discuss the practical aspects of managing grounds for wildlife
- Providing an enquiry service responding by e-mail to specific queries about managing grounds for wildlife
- Developing our web site with practical advice and links to good sources of information.

Churchyards and other sacred places offer havens for wildlife and many are refuges for old hay meadow flowers, such as meadow buttercup, pignut, oxeye daisy and yarrow. Shrubs, hedges, areas of longer grass and trees all provide a variety of homes for small mammals and birds and walls and tombstones provide crevices for insects and homes for lichens and ferns. In more urban churches and sacred places, formal flower beds, shrubberies and tubs and flower boxes can all be planted with species that will attract

wildlife.

Shrubs, hedges, areas of longer grass and trees all provide a variety of homes for small mammals and birds and walls and tombstones provide crevices for insects and homes for lichens and ferns.

So, whether your sacred place is in a town or the country, there is lots of potential to encourage wildlife by providing food and shelter.

The local support group invites you to join them in visiting two churchyards which are being managed for wildlife on Saturday 4th July details from Susan Garnett (015396 21138) or Cumbria Wildlife Trust (01539 816300) www.cumbriawildlifetrust.org.uk

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CHURCHES TOGETHER

Churches Together in Sedbergh exists to encourage churches to work together as and when it is appropriate. We are a mixed bag, from different traditions and backgrounds. Over the years many of you will have seen different initiatives come and go but the good news is that whilst activities, ministers and members change the idea of working together never goes away!

With this in mind we intend on communicating some of these events more effectively over the coming months to encourage all of Sedbergh to get involved and enjoy the activities. It isn't about making us all the same, rather enjoying each others hospitality and appreciating each others styles of worship and skills.

In July we'd like to invite you to a weekend with a difference! Over a weekend we will put together, rehearse and perform the musical 'Greater than Gold'. The story of Mary Jones and her Bible by Roger Jones. Actors, singers, musicians and dancers of all ages and abilities are all welcome to join in this production.

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The performance will take the place of Sunday worships across Sedbergh with a joint service for all at St Andrews at 10.30am.

In August, if you are young in years (5-11) the Holiday Club could be for you! Fun packed mornings during the week of 27th July - 1st August.

Contact Tim on 20329. We will be having a stall at the Charter Fair and later in the year will of course come the shared Remembrance Service and Concert. Christmas will be here before we know it but I'm afraid to mention that to soon!

We hope soon to purchase a Notice Board for Joss Lane for advertising events and services so keep an eye out (*As well as appearing in Lookaround*). Any questions or suggestions for Churches Together in Sedbergh please contact Emma Brown on 21445.

All the best - Carole Marsden - Chair of Churches Together in Sedbergh.

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HOWGILL W. I.

We had a good turn out of members and three visitors at our May meeting held at Howgill Village Hall.

Mary Silva gave everyone a warm welcome. We were reminded of the Group Meeting hosted by Killington W.I. On May 18th at the People's Hall. Helen Beare was thanked for making the poster our entry for the competition, the theme being "The Spirit of Africa".

The one resolution "SOS Honey Bees" was discussed. We were all in favour. Our delegate Kate Cairns has been instructed to vote on our behalf at the Royal Albert Hall in June. Audrey Hoggarth gave a report on the half yearly Council Meeting. Christine Andain a Feng Shui consultant urged us to clear out our clutter, to de-stress and energize and Dulcie Lewis gave a cheerful and humorous talk "Down the Pan". Names were taken for our summer outing. Times and transport to be finalised next month. Holker Festival tickets and bulb leaflets were distributed to members.

We were delighted to welcome our speaker Christine Wood, a former part time teacher at Settlebeck High School who also ran a successful translation agency from her home in Sedbergh. On this occasion Christine gave us an insight into the Kenya Project and spoke about her involvement with vulnerable children who are innocent victims of Aids.

She has helped to raise money which has been used to build a school and a hostel. The setting in the hall was appropriate as we were

surrounded by hand knitted blankets ready to be sent out to the children. Eighteen blankets are complete. Knitting squares is on-going allowing us to reach our target of 20. We would like to thank everyone who has kindly taken their time to knit squares. So many people are willing to help make a difference in a child's life. Helen Beare thanked Christine for her moving talk.

The competition for an article about some aspect of Africa was won by Audrey Hoggarth, with Helen Beare second. Raffle winners were Doris Airey and Christine Wood. The social game with cards was devised by Vera Hodgson and won by Maggie l'Anson. The evening rounded off



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with our usual Jacobs Join supper.
We meet again on June 4th at Howgill Village Hall for our members evening. Bring along your favourite recipe and a small pair of scissors. New members will be welcome. AH

BLANKETS FOR AFRICA

We have done it! 20 blankets have now been produced for the Kidzone orphanage in Nairobi, which is one for every bed.

Many thanks to everyone who has contributed. Kath Winn has made 6 blankets single-handedly.

Simon Wood, Christine's son, who is a BA pilot and supports the orphanage, visited Sedbergh recently

and took a huge bundle of blankets back with him. He conveyed the warm thanks and appreciation of the managers of the orphanage.

If you still have squares, or completed blankets, leave them at the Community Office, and they will be stitched and sent out. They are happy to have more than 20 blankets. They also wanted spare wool and knitting needles, so if you have any needles you don't want, leave them in the box at the community office before the end of June and they will be sent out so that the children can get knitting themselves.

Any queries, please ring Helen Beare on 21339.

Well done to our cost-conscious British M.P.'s!

There are under 700 of them so even if every one purloined their annual maximum of some £45,000 the whole shower can "only" take under £3 million from taxpayers. This is chicken-feed because

Every day of the year the U.K. sends £40 million to Brussels.

That's right.... Every day.... And direct payments are under 10% of the overall costs to the U.K. What happens to all this money?

The E.U.'s own Court of Auditors states that a pleasing 7% of the annual budget of over 340 billion Euros per year is error-free. This means that 93% cannot be signed off by E. U. Auditors.

For example. M.E.P's travel and expenses cost £100 million each year.

A secret report into E.U. fraud and corruption was written, so secret that the few M.E.P's allowed even to see it could only do so in a locked room with no news coverage; they were prohibited from writing any notes or saying what they saw.

The Chief Accountant of the E.U., Marta Andreasen, (now sacked) who has become the Treasurer of the U.K.I.P., refused to sign the accounts, now unsigned for the last fourteen years.

At the command of the Anti-Fraud Commissioner, Neil Kinnock, she was relegated to a tiny office with no telephone, followed by the internal police and quickly sacked.

At least it is only some of our U.K. M.P's who are corrupt.

With the E.U. it is the State itself which is corrupt. British voters should be ashamed to belong to such a cesspit. You have perhaps the last chance on June 4th to leave its stink behind.

Vote for the U.K. Independence Party.

John Mander, Prospective Parliamentary, Candidate in 2010

LADIES N.F.U.

The April meeting was held on Tuesday 21st with a good attendance. The President introduced Mr. Erik Irwin from Chester who has been a Designer Goldsmith for over 35 years.

He served a five year apprenticeship with a manufacturing jeweller in Liverpool after which he became a part time tutor at the Liverpool College of Art.

In 1968 he established his own jewellery business in Chester and his daughter has now joined the business.

The Royal Mint requested him to design a Diamond Pendant to celebrate the Queen's Golden

Jubilee. The limited edition known as The Imperial Star is based on the Coronation Crown, which is on view at the Tower of London.

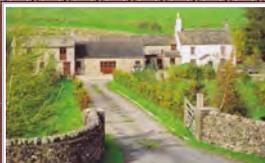
He brought along some beautiful pieces including pendants, ear-rings, rings etc., a samples of his work, which were all greatly admired.

The June Outing was discussed and will be finalised at the May meeting.

AGE CONCERN

Age Concern South Lakeland is aiming to put more money in older people's pockets.

Age Concern South Lakeland estimates that something like 5,000 retired people in the district are entitled to Pension Credit but not



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3 courses £15.00
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Sunday : 11:00am to 3:30pm (ish)

Our Restaurant is available for private hire.

claiming it. The average amount unclaimed is £26 per week. Even higher numbers are thought to be missing out on Council Tax Benefit, losing an average of £624 per year. Still others miss out on extra help with rent payments through Housing Benefit.

Last year Age Concern South Lakeland dealt with more than 6,000 enquiries from local older people and helped them get a whopping £1¼ million in extra entitlements. Across the country it is thought older people are missing out on a staggering £5 billion each year.

Sonia Mangan, Chief Officer of Age Concern South Lakeland said:

“Older people don’t always claim what they are entitled to. At national level there are billions of pounds going unclaimed that should be in older people’s pockets. As a result, many older people are struggling in poverty.

“We know that just a few extra pounds can make an enormous difference to someone’s health and well-being. Even if you have been refused Pension Credit in the past it’s worth trying again as the savings threshold has now been raised.”

Hugh Tomlinson Deputy Director of Age Concern South Lakeland said:

“Older people are feeling the pinch as low interest rates undermine returns on saving so it’s vital to make sure they are getting all they should. Many older people are unaware that putting in a successful claim just for

AGE
Concern

Council Tax Benefit could reduce their council tax bill by hundreds of pounds per year.

“Sometimes all it takes is the right piece of help at the right time. We are here to provide free confidential advice and expert information and we encourage older people to get in touch to find out what they can claim. It costs nothing to check and it could make a massive difference to your daily life!”

Older people can contact Age Concern using the free national helpline number on 0800 009966, or 01539 728180 to speak to Age Concern South Lakeland directly.

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APRIL WEATHER

Another surprising month but generally for its good points. Instead of April showers we had an official drought having 17 days without measurable rainfall! In fact we had 23 out of the 30 days of the month without rain but with a few wet spells in between. The total rainfall for the month only made 1.5 inches. We also had some "shirt sleeve" weather with temperatures reaching the upper 60sF with a maximum of 69.8F. The clear skies also gave us some cool nights with 2 actually below freezing, with a low of 31.3F, and 10 nights where there was a ground frost. These nights the air temperature does not get below freezing but the

dew becomes a hoar frost. When wind-chill is added to the equation we had only 2 nights which stayed over 40F. It was also windy month which also helped dry things up a bit. The maximum recorded was 20.6 mph.

It has been a busy month on the nesting front. The blackbirds have got their first clutch of 3 away in the shippon. Out in the garden the magpies have already had the eggs of the collard dove, wood pigeons and a blackbird which chose to nest in a hedge. The first swallow was back on the 7th of the month, last year it was seen on the 9th. Numbers of swallows increased as the month went on. The "resident" cock was back early sitting on the wires over the shippon singing for his mate. I've only seen one house martin and that visited the old nest, saw that the house sparrows were around and left never to return. The robins gave up on a clutch of 4 eggs in bales of straw so something must have disturbed them. I've put up a new nest box complete with camera but they haven't used it so far. The blue tits are busy in and out of a nest box so hopefully they will be successful. It's been a good lambing month weather-wise but several folk have lost lambs to fox, badgers and the odd crow. Late on the first butterflies emerged from hibernation. Bumblebees, the insect that shouldn't be able to fly, has been busy during the brighter spells. There is more colour in the garden this month with the ornamental cherries in bloom, a good show on the amelanchier as well as all the tulips in bloom. The late

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blackthorn may have faired better as there was at least some sun around to get the insect on the wing. Violets and primroses have had a good year and early signs of bluebells are promising.

SEDBERGH WANDERERS FOOTBALL CLUB

The Club would like to thank SLDC, Cumbria County Council, The Craven Trust, Dawsons Coal Merchants, Stramongate Press, GB Builders, Steve and staff at the Spar Shop, Ed Waller and Able Memorials. Also Angel, Terry, Mags and staff at Nisa local, Mike Packham Joinery, Tom Parkin, Deano and the Bull Hotel, Mary and the White Hart Club, Janice

at Sedbergh Office Services and all our supporters for all their continued sponsorship and support as per usual. Our season was longer than the rest of the League because when we call endless games off through the winter months due to our awful pitch drainage problems we play catch up three games a week in March, April and May. But, hopefully the diggers will have been in by the time you read this.

We hope the town gives us it's support for the ONE BIG WEEKEND in July, that will be our annual fundraiser from now on (no more disco's) but if the ABBA night is a success we will try cabaret nights from now on.

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FAMILY MUSINGS

Chatting to a close friend she kept saying that hubby and I are "between" but didn't elaborate further, so I asked her what she meant, she just said, "You know, between ". Getting exasperated I said "No, I didn't know", to which she said "between children and grandchildren, one lot have grown and flown the other haven't come along, you are 'between'. "Thank goodness", I said, I wondered if she had meant between sanity and insanity to which she replied that yes, that as well, but not to worry, no one minds and it sure makes life interesting!

The three stone and a bit more have gone, probably having a ball with all

the e-mails I send which go but never arrive, and all the socks which go into the washer but never come out, and as for my brain, well, someone steals that in the night and gives me another which is never quite to my liking and one day my name just escaped me so I called myself "darling" much to the bewilderment of the chap at the garage. Now he always asks me how I am and I am very careful how I reply.

Just over 2 months to our holiday in Cornwall, hurrah! I want to walk Pendower Beach with the wind in my hair, wander up the hidden valley, have a proper Cornish Clotted Cream Tea at a hotel with a sea view, explore the alleys and crannies of St

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Mawes, visit the Round Houses of Veryan, see if Tolverne is still there and fling my arms round Carol and Pat, two friends not seen for 12 and 29 years respectively, and perhaps throw another bottle with a message inside into the sea from the beach where such happy times were spent. This bottle doesn't need an active young farmer to clamber down to rescue it, the farmer I have will do very nicely thank you, we have just celebrated 28 years of wedded-bliss and the rest. Poor chap. He must often wonder just what he is "between" what I might do next. Hopefully we will do some walking as well as attend the events of Wellspring, the "5 days of spiritual & physical refreshment" we are going to with son & T. The chap who rescued the bottle tore his trousers so requested a replacement pair when he wrote to me, we met the following year when I was back in Cornwall but didn't keep in touch afterwards, the initial visit to his farm was very interesting but more of that another time. Just be careful where you are "between" !

Sarah

SEDBERGH SCHOOL PUPIL

Look out! There is an outstanding new pupil at Sedbergh Junior School - literally. Standing 10 feet high, 'Syd Bear' may well be Britain's largest school teddy. It was certainly all that six adults could do to manoeuvre him through the door!

Former pupil and Old Sedberghian Club chairman, Jan van der Velde, who runs play and education



equipment manufacturer, Kit for Kids, has generously donated the giant teddy to SJS.

Syd arrived at the end of April to the great excitement of the pupils, who had voted on his name that morning. They immediately tested his ability as a bouncy castle, before assigning him a more sustainable role as a reading sofa.



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.

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YORKSHIRE DALES NATIONAL PARK

Grow more trees in the National Park

Landowners are being offered cash to plant more trees in the Yorkshire Dales National Park.

The scheme aims to increase the area of the National Park covered by native broadleaved woodland which, in turn, will help boost wildlife habitats as well.

Grants can cover up to 100% of the establishment costs, though in most cases, applicants will be expected to make some contribution in terms of finance, materials or labour.

The Yorkshire Dales National Park Authority and its partners – the Forestry Commission and the

Yorkshire Dales Millennium Trust – are particularly keen to fund schemes where there are opportunities to make significant biodiversity, habitat or environmental improvements.

The Authority's Senior Trees and Woodlands Officer Phill (correct) Hibbs said the target was to plant 80 hectares (198 acres) by the end of the 2009/10 planting season, which runs between October and March.

"Trees and woodlands are a vital component of the wider landscape of our countryside and they act as important storehouses for carbon that would otherwise be in the atmosphere," he said.

"Our ancient and semi-natural woodlands in particular are often

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relatively small and fragmented, so planting new native woodlands near them helps to protect them from the impacts of surrounding land use and the effects of climate change.

“Planting trees offers many benefits including increasing the longevity of woodlands through introducing appropriate management – including replanting.

“It also creates natural ‘corridors’ between areas of woodland that allow wildlife to move around more freely, and new woodlands also offer potential benefits to reducing flood risk by slowing down rainfall runoff and flood peak flows as they head downstream.

“As well as co-ordinating the grants,

we can provide technical support with the design and specification of the woodland to be created, as well as finding appropriate contractors to carry out the work.”

Anyone wanting more information about the grants is asked to contact Phill Hibbs on 01756 751607 or Chris Lodge at the Yorkshire Dales Millennium Trust on 015242 51002.

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.

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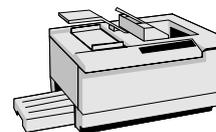
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SEDBERGH AND DISTRICT COMMUNITY FUND NEWS

Thanks to the commitment of the volunteers and the support of you the community, the charity shop continues to thrive raising almost £7,000 to date. The Trustees of the Sedbergh and District Community Fund (registered charity 1056692) met in April and were pleased to approve a number of requests for funding to support local causes.

Sums of £100.00 to £350 were granted, the recipients being the 1st Sedbergh Brownies, Zebras Baby and Toddler Group, Sedbergh Youth Band, Howgill Playgroup, Gladstone House Social Fund and Sedbergh United Reform Church. The latter, being for the purchase of new chairs for the room which is used by many different community groups for their fundraising coffee mornings.

The Trustees will meet again at the

end of July to consider further applications for funding. If you need support for a project or activity that is of benefit to the community and would like to make application to the Community Fund please contact the Community Office.

Community Office Developments

In addition to the wonderful History Society Archive and the existing National Park Ranger base, Sedbergh Parish Council now has its own room, where a range of documents, to include council meeting minutes and planning applications are available to view, and where Colin Robertshaw the Parish Clerk will be available on most Wednesdays 11am – 2pm, to receive queries and comments about Parish Council related matters.

We are delighted that Children's Services, who provide a range of support for children, young people

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and families will also be shortly be based in the Community Office suite and, commencing in June a welfare benefits adviser from the Carlisle and Eden Disability Association will be holding a monthly surgery there.

A Thank you and Invitation.

I would like to take this opportunity to thank the team of volunteers without who neither the Community Office, nor the Community Fund Charity Shop, could continue.

If you have a few hours to spare on a regular or occasional basis and would like to find out more about volunteering opportunities do please get in touch.

*David Ramsbottom
Community Office Manager*

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SEDBERGH SCHOOL LOCAL BOYS FUND

The Committee of the Sedbergh Scholl Local Boys' Fund will meet on 12th June to consider any Grant Applications from local boys in the Parishes of Sedbergh, Garsdale and Dent. The requests should be for any assistance towards the purchase of books, equipment or other expenses incurred at a Primary, Secondary or Higher Educational level.

Please contact Joyce Priestly (Honorary Secretary) at Havera Bank, Howgill Lane, Sedbergh Tel: 20104.



**DENTDALE
MUSIC & BEER FESTIVAL**
26th – 28th June 2009

With less than a month to go I would like to take this opportunity to thank everybody who has been involved in getting this project off the ground. From volunteers to sponsors to the fantastic support we have received from artists nationwide that have promised to play at either this year's festival or at future years.

We had a great day at our fundraising event at Whernside Manor on Sunday (17th May), We had live music on the lawn, the best cakes you could imagine and great Host's to make us all feel welcome, so thanks to Lord & Lady Johnson, Dennis Whicker for being our compere and to all the volunteers that either baked a cake or helped in erecting the tents, all in all we raised £1120 towards the Music Festival & the Festive lights committee.

We are delighted to confirm we have secured over 25 Artists from the young band – Last Orders (BBC Young Folk Award Winners 2007) to the not so young / matured – Gordon Giltrap (One of the UK'S Most Respected Guitarist) and the fantastic Duo from Ireland, Chris Sherburn & Denny Bartley (Engaging and Intense – The Guardian) the founder members of Last Night's Fun.

We are also delighted to confirm that we have agreed terms with over 20 Craft Breweries to supply between 20 – 30 Real Ales that will be temperature controlled from breweries in the Yorkshire Dales, Northern England and Scotland (list

of Beers on the website) as well as a separate Dent Brewery Bar from our friends in the Dale.

As the focus of the event is based on a community approach, we are using our best local skills to produce and run the catering aspect, using local produce and meats with the finest ingredients. We have a wonderful variety of choice from Lamb koftas to Moroccan Carrot and Orange Salad to fresh fruit hampers for the children.

We are all looking forward to staging a great event for 2009 and for many years to come and hopefully (fingers & toes crossed) we will raise money for the School.

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St ANDREW'S CHURCH

Sedbergh

The annual "Ring the Church with Silver" event took place on the early May Bank Holiday Saturday and £550 was raised for the Church funds. Over half of this sum was raised by our faithful band of ladies who served tea and coffee and home made light lunches. Next year we hope increase donations from the money trail which far from ringing the Church has yet to get to the North door from the Lych Gate!



The sound of music is ringing through the Church especially on Monday evenings when the Sedbergh Summer Singers are practising hard for a concert performance of Gilbert

and Sullivan's HMS Pinafore which will take place on the evenings of 11 and 12 June. The choir is practising for a Choral Evensong at Pentecost on Sunday 31 May and on Sunday 7 June we welcome the Sedbergh School Choir who will be singing Choral Mattins; the last time the School Choir performed in the Church was during the 2008 Music Festival and it was a very special occasion indeed. During the weekend 4/5 July we are hosting a "Churches Together" musical weekend which promises to be an exciting mix of music and drama. And last but not least preparations are well underway for the 2010 Music Festival which will take place during 4 to 20 June and include performances by Emma Kirkby, the international singer, and Carlo Curley, the world renowned organist.

Preparations for the Flower Festival in August are well underway and we have received a generous grant from the Harold and Alice Bridges Charity towards the cost of flowers. Progress on the Garden Trail has not been so spectacular and in view of the limited response that we have received we have decided to postpone it until 2010. To those who did volunteer to open their gardens we are most grateful and we will be in touch in early 2010.

Last week we welcomed parishioners from Saint Andrew's Dent who are temporarily without a Church as their roof is being repaired as part of a major restoration project. We look forward to welcoming them again during the restoration period.

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SEDBERGH BROWNIES

1st Sedbergh Brownies re-opened in November 2008 and within 2 weeks of opening we had a full pack and a waiting list. We have lots of fun and learn some key life skills along the way. A number of girls have now been enrolled and some of those girls have also carried out their first badge (Hostess). On Good Friday a handful of the brownie pack helped give out



hot crossed buns outside the URC church in Sedbergh as part of a churches together in Sedbergh initiative.

We have recently been given some generous monetary gifts from within the local community, which we are very grateful for and we will use to buy craft materials and essential equipment. We will be hosting a DUCK race and coffee evening at Howgill village hall 8th July to help raise further money for Brownies and cordially invite everyone to join us there. Currently we have 4 adults leading and helping on a weekly basis. We are always

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looking for interesting and exciting things to do and would welcome suggestions so if you think you have something to offer we would love to hear from you. We also welcome trefoil guild and guiders from other packs to join us at any of our meetings with prior arrangement. If you are 18 years + and are looking for some practical hands-on experience we would welcome a junior leader, this experience can help towards your Duke of Edinburgh award or simply enhance your CV.

For further information or if you think you could help in anyway please contact Jacqui Waller 07980 952870 or Ann Newbold 07734 212191.

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S.L.S.B. SEDBERGH GROUP

(For people with sight problems)

The May gathering was an important meeting for the group as Rachel Little, the well known and much admired soprano, gave a recital of well known melodies, accompanied by the gifted pianist Alexa Whiteman. The People's Hall was filled as members of the public were also invited to attend. She was introduced by her aunt Betty Harper. Gordon Axford gave the vote of thanks, expressing the view of the audience that the songs



and the quality of the singing had been very much appreciated. Mary Tallon and Betty Harper presented Rachel and Alexa with a bouquet of flowers each.

Following the concert, the audience was invited to enjoy light refreshments to end a memorable afternoon.

The outing on June 16th is to be lunch at the Barbon Inn,

meeting at 12.00 for 12.30p.m. New members are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633.

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SEDBERGH TOWN BAND

Wedding: The Band join in congratulating Peter and Linda Packham on their Wedding held in the U.R.C. in a ceremony conducted by cornet player the Rev. Carole Marsden on Saturday 9th May.

In the evening the celebrations were held in the People's Hall where many guests including numerous fellow bandsmen of Peter's enjoyed a sumptuous meal and dancing.

Annual Gala: The parade was again led by the Town Band with the difference that this year they were joined by the twenty members of the Youth Band.

On arriving on the Lupton Field, the Youth Band gathered in the Town

Band's marquee and with most commendable panache played two numbers that impressed a considerable audience.

A little later under the baton of Director of Music the full Town Band played a selection of numbers of contrasting sources and styles.

On completion of their programme the Band dismantled their marquee, exploiting a brief period in which the material had dried out. The operation provided a moment of drama as a malign gust of wind rose just as the roof was being lowered. The combined weight and efforts of several bandsmen just managed to bring it under control before it could wreak the havoc that was threatened.

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Dear Editor,

As most of us will know by now, the switchover to Digital TV in this area is due to commence on 24th June. I understand that those aged 75 or over are being sent information offering them help with the switchover.

As my mother comes into this category, several weeks ago she received a questionnaire from the Switchover help scheme which advised her of the forthcoming changes in June, which she duly filled in and returned as instructed.

In yesterday's post she received an identical set of information and

questionnaire, which confused her somewhat as this was for the Granada TV region, which is not due to switch over until 4th November. I am unsure how much of the Sedbergh area is covered by Border (the majority I would imagine), but sending out conflicting information is sure to confuse the elderly, also I would expect some of the younger ones amongst us as well !

I phoned the help line today on my mother's behalf, who advised that the second (Granada area) set of information should be ignored. Apparently they try to cover all areas which could be in a regional crossover zone, just to be sure that no-one misses out on help and advice.

I though this information might be helpful to others in the district.

Colin Cowperthwaite

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PHOTO CALL

Hi again guys - I was impressed with the cover of May's Lookaround and even with the rise in donation still think it is excellent value for money. We always buy 2 copies as one goes to Mike's mum now living in Milnthorpe and aged 94.

At last I have a name for one of the prefab ladies. Sarah Woof kindly emailed me to say that her mother in law, Jennie Woof of Millbeck, Dent and her sister recognised the lady with the belted coat (April 09) as being Agnes Woof now Mrs Parrington who lives in Lancaster. Sadly Mrs Parrington has had a stroke and is unable to confirm it is her or tell me the name of the other



lady in the photo.

This month is another photo from Freda's collection and is of a church. I don't recognise it but someone may know where this attractive little church is.

I can be contacted by post at Shirley Tebay, Walnut Bungalow, Dent, Sedbergh, LA10 5QT, by phone on (015396) 25001 or by email shirley.tebay@btinternet.com

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SEDBERGH PRIMARY SCHOOL

Our Trip to Liverpool

During the 27th to the 30th of April we (Year 6) went on a school trip to Liverpool. It was a brilliant time to do this, as it let us feel relaxed before doing our SATS.

While we were there we stayed at the Liverpool YHA. The food that they served us was delicious but they gave us huge portions. Kept us going with all the walking we had to do!!

Our trip to Liverpool started with the Knowsley Safari Park. The highlight of the safari park was our ride through the baboon cage (we are one of the only classes to do this). Then we went to the sea lion show and saw them perform some fantastic tricks!

Through the next few days we saw many things that were fascinating and funny. Such as:

- The Walker Art Museum
- The Anglican Cathedral
- China Town
- The Metropolitan Cathedral
- The Conservation Centre
- The Space Port
- A Ferry across the Mersey
- The History Museum

And much, much more!

The trip was great fun and we learnt loads! We would recommend going to the safari park as you will see lots of exotic animals. Only go through the baboon cage if you don't care about your car (it will probably get wrecked!)

*Kayleigh Brown,
Caroline Rosenzweig,
Natasha McFadyen*



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of

Sedbergh Lookaround

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FLICKS IN THE FELLS

Thanks to all of you who continue to support your local cinema. Our last evening screening of 'Slumdog Millionaire' was very well attended which creates a lovely community atmosphere in the People's Hall, something that doesn't happen in a commercial cinema. Whilst sitting at the back of the Hall as projectionist I enjoy the unique communal 'vibe' that happens as much as the films themselves!

However we still have responsibilities to observe and regrettably we had to turn away two or three families from the last showing. 'Slumdog Millionaire' is

classified as a '15' by the British Board of Film Classification, which means that no-one under 15 may be permitted to see it. The BBFC's classifications are enforced (in our case) by SLDC's Licencing Department, who may visit us at any time to ensure that we're observing the terms of our Entertainment Licence correctly, and the penalties to us for any infringement would be rather severe – up to 6 months in jail and/or a fine of up to £20,000! There is some very useful information on film classification for parents here <http://www.pbbfc.co.uk/>

We strive to show films for all ages and tastes, and unfortunately this

SEDBERGH HEALTH CENTRE

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

Wednesday 17th June (*date change*)

Tuesday 14th July

No Closure in August

Wednesday 16th September

Tuesday 13th October

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time we had to exclude some of the younger members of our community, but we're looking closely into finding out what films they would like to see. A special mention must be made at this point of one of our younger volunteers, Izaak, who came and helped set up the Hall for the screening, left whilst the film was on and returned when the fun was over to put everything away again, thanks Iz!

We have also decided to shelve the idea of 'Silver Screenings', at least for the present. These simply weren't bringing in enough of an audience to justify running them, at least on financial terms. We'll be looking into restarting these, along with other ideas for 'themed' film seasons, and for showing films for the younger members of the community, in the near future, and any suggestions or observations are gratefully received.

We would welcome anyone from local organisations and fund-raising groups to consider running the refreshments at one of our screenings and benefiting from the proceeds. One group recently raised

over £70 at a screening (and made some lovely cakes!) Sometimes it's also possible to theme the film being shown to the organisation. We also sell advertising space at a very reasonable rate on our pre-film showreel and would be happy to talk to you about that. To get in touch please ring the Community Office on Sedbergh 20504 or email flicks@sedbergh.org.uk.

Our next screening will be 'The Boy in the Striped Pyjamas' (cert. 12A) at the People's Hall on Saturday 13th June, and then we'll be taking a well-earned rest until our new season in September. Hope to see you there!

Andrew Allan

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LONDON MARATHON



'Sarah and I finished in a little over 5 hours, and this mile-22 picture shows the delight we felt.

We raised over £3500 for the NW Air Ambulance, so a very big THANK YOU to all our sponsors.

If you haven't sponsored us, and wish to, the websites are open for a few more weeks at: www.justgiving.com/sarahioannou, or www.justgiving.com/johnioannou71

John Ioannou'

DALES UTD. F. C.

We would like to say a big thank you to Sedbergh Wanderers F. C., for their donation of £100 to the Club. Also to Young Kidz for their donation of the U10'z kit. Thanks also go to all the managers, the players and anyone else who has helped us this year.

AGE CONCERN LOBBY

On 10th June a number of older people from South Lakeland will be taking part in a mass lobby of Parliament to discuss reform of the care system. They will be talking to their MP about their experiences of care and how this needs to be improved. They will be joined by hundreds of others from across the country.

Older people tell us that the current care system is failing. Whilst many receive care and support that is of a high quality, many do not. Polling suggests that eight of out ten people are very concerned about the quality of care they or their loved ones will get in later life. A further four out of ten people are not confident they will be treated with dignity or respect.

Age Concern South Lakeland believes the care system needs to be revised so that the dignity and independence of older people are paramount. There needs to be greater clarity about what is available and fairness about how it is apportioned. Above all, the quality of the care system as a whole needs to be improved and the financial investment made in order to sustain and improve social care to meet future demand as the population ages.

We appreciate that not everyone can travel down to London to take part, but we would be very interested to hear any views that older people and their relatives may wish to contribute. If readers would like to write to me at the address below I would be pleased to hear from them and will endeavour to ensure their views are represented at the lobby.

Yours sincerely,
 Sonia Mangan, Director
 Age Concern South Lakeland
 17 Finkle Street, Kendal LA9 4AB

DENT GALA & MEMORIAL HALL

There will be an update of the arrangements for the Gala at the Indoor Bowls Coffee Morning in the Memorial Hall on Saturday 13th June from 10am . Do come along and have a go at the Bowls or watch others trying their hand at it, have a coffee and chat with your friends.

The next Trustees meeting is on Wed June 24th 7.30 in the Sedgwick Room.

If you have any suggestions for the Gala or would like to get involved please do let us know. Keep the "old crocks" coming so we can have a spectacular smash on the day!

We now have the Loop system working and this can be used by hirers. Many thanks to those who have helped with the notice boards.

Sarah E Woof

Chairman DMH Committee 25212

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YORKSHIRE DALES NATIONAL PARK

Open Access walks in the Yorkshire Dales

Walkers will have the chance to explore new areas of the Yorkshire

Dales National Park with the start of a series of free hikes on Open Access land.

Until the Countryside and Rights of Way (CRoW) Act 2000 came into force in the Yorkshire Dales in May 2005, only four per cent of the National Park was open access land. That figure rocketed to 62 per cent following the Act – providing more than 390 extra square miles for walkers to enjoy.

The Yorkshire Dales National Park Authority' Rangers have organised a series of walks in different areas of Open Access land this summer.

Alan Hulme, the National Park Authority's Ranger Services Manager, said: "The idea of these walks is to give people a chance to meet the local Area Ranger and to experience new areas of the National Park that they may not have seen before, away from the rights of way."

The next walk in the Sedbergh area will be: 4 June: Open Access Guided Walk with a Ranger – Longstone Fell to Rise Hill, Guided Walk. Meet at Longstone Fell parking area, located off A684 Sedbergh to Hawes road, 3km east of Sedbergh (Grid SD 694 913), 09:30 to 15:00. Telephone 01969 666210.

SEDBERGH TOY LIBRARY, TODDLERS AND BABY CLINIC

Please note that there will be no session on June 4th. It will be held the following week on Thursday 11th June.

The next session will be on Thursday 18th June as normal.

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STATUETTE

Dear Sir,

About 32 years ago when passing through Sedbergh I took the time to visit a local fete where I purchased and treasured ever since a statuette of a tramp, the statue is based on a local character of that time called Trevor.



With the wonders and assistance of modern electronic communications I was hoping if anyone could

assist me in finding and contacting the artist who made my statue.

The only information I have is that the figure is stamped on the base with the letter B, I believe that it was a lady sculptor and she lived locally. Would it not be wonderful if after all this time I could make contact with the artist.

Thank you in anticipation

Mr Terry Maskell

If anyone has any information about the Statuette, Artist or Character, please let me have details and I will pass them on. DJW

STAR WALK 2009

Many thanks to all who sponsored me on my walk on the evening of 9th May. Along with some 800 ladies of all ages I walked 9.3 miles around Kendal, in 3 hours, on a beautiful still starry night (after a day of torrential rain). I exceeded my target of £200 for CancerCare, in memory of my golfing and WI friend, Pauline Mather.

It was a great experience, if only to see the Kendal Leisure Centre full of ladies of all ages, shapes and sizes, in pink boas and flashing bunny ears, all prepared to walk into the night for CancerCare.

If anyone would like to join me next year the Star Walk will take place on Saturday 8th May 2010, all the proceeds will go to CancerCare, a local charity dedicated to support people with cancer, their families and their carers, and those bereaved by cancer.

Linda Hopkins



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COMMUNITY OFFICER REPORT

Overall, the month of April has seen lower levels of crime and disorder. However, there have been a number of incidents of anti social behaviour and criminal damage in Sedbergh and an incident of theft in the Dent area. There has also been a theft of a Quad bike in the local area, enquiries are ongoing.

The anti social behaviour and criminal damage has occurred in various areas of the town with Sedbergh School grounds remaining a vulnerable area. As a result Sedbergh School have now installed CCTV, Police have liaised closely with the school who will make available CCTV footage to assist in the prosecution of offenders. Positive action will be taken against anyone committing Anti social behaviour or criminal offences.

Due to recent burglaries in the area please be vigilant and be aware of any strange vehicles or anything that appears suspicious and report it to the police by calling 0845 33 00 247 or 999 in an emergency. Ensure that you are aware of your own security

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such as making sure your doors are locked and valuables are out of sight. Simple crime prevention steps such as these could help to prevent YOU becoming a victim.

During April 3 students from Dent primary and 11 students from Sedbergh Primary have successfully completed their cycling proficiency so well done to all the children who took part. In May another group of 11 students from Sedbergh primary will also take part in cycling proficiency.

The drop ins for this month will be on the usual dates, Sedbergh, at the Library on Monday 29th June 17:30 – 19:00 and at Dent stores café on Tuesday 2nd June 10:00 – 12:00.
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ORGANISATION	Update	CONTACT	Tel:	015396
Allotments Association (Sedbergh) *	02/09	Mr Atkins	Sed:	20031
Angling Association		Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Dent)		Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	10/08	Mr Wheatley	07816	437500
Beekeepers Association (S & D)		Mrs Whitton	015242	72004
Birdwatching *	02/09	Mr Foott	Dent:	25453
Book Group		Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)		Mr Killops	Sed:	20279
Bridge Club		Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club (S&D)		Mr Hinson	Sed:	20118
Caving Club (Kendal)		Mr Teal	Sed:	20721
Chamber of Trade		Mrs Baines	Sed:	21287
Chameleons Drama Club		Mrs Bush	Sed:	20058
Christian Aid		Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)		Mr Beck	Sed:	20336
Cricket Club (Dent)		Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)		Mr Hoggarth	01539	731140
Cumbria Wildlife Trust		Mrs Garnett	Sed:	21138
Dentdale Choir	10/08	Mrs Corpe	Dent:	25594
Dent Memorial Hall		Mrs McClurg	Dent	25446
Dentdale Players		Mr Duxbury	Dent	25535
Dent School (Friends of)		Mr Hartley	Dent:	25317
Dog Training (Sedbergh)		Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/08	Mrs O'Neill	Sed:	21958
Fire Service (Tuesday Evenings)		Mr Packham	Sed:	20302
First Responders (Dent)		Mrs Pilgrim	Dent:	25589
Football Club (Dent)		Mrs Mitchell	Dent:	25432
Football Club (Sedbergh) *	06/09	Mr Kirby	Sed:	21214
Gala Group	10/08	Mrs Goad	Sed:	20402
Garsdale Village Hall		Mrs Scarr	Sed:	20502
Garsdale Ladies Group	09/08	Mrs Ramsbottom	Sed:	21013
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions (Dent)		Mrs Woof	Dent:	25275
Help Tibet Northern Branch		Mrs Howarth	Sed:	20090
History Society		Mr Cann	Sed:	20771
Howgill's Harmony		Mr Burbidge	Sed:	21166
Howgill Schoolroom		Mrs Stainton	Sed:	20665

Howgill Toddlers		Mrs Alderson	Sed:	22050
Kent Lune Trefoil Guild		Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Mr Ripley	Sed:	21101
Ladies National Farmers Union		Mrs Escholme	Sed:	20376
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Methodist Church Hall		Mrs Jackson	Sed:	20530
Playgroup (Sedbergh)		Mrs Gunning	Sed:	20226
Over 60's (Dent) *	02/09	Mrs Burrow	Dent:	25203
Parent Support Group		Mrs Goad	Sed:	20402
Parish Council (Dent)	09/08	Mr Cairns	Dent:	25655
Parish Council (Garsdale)		Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	10/08	Mr Robertshaw	01539	730597
People's Hall		SOS	Sed:	20788
Peoples Hall Day Centre (Mon & Fri)		Day Centre	Sed:	21126
Pepperpot Club (Sedbergh)		Mrs Smith	Sed	21196
Pistol and Rifle Club		Mr Middlemiss	Sed:	20662
Playing Fields (Sedbergh)		Mr Hinson	Sed:	20118
Rag Ruggers		Mrs Hennedy	Sed:	20899
Red Squirrel Group (Sedbergh) *	02/09	Mr Foott	Dent:	25453
Residents Association (S & D)		Mrs Capstick	Sed:	20816
Scouts		Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.		Mrs Storey	Sed:	21593
South Lakeland Carers Association		Mrs Woof	Dent:	25212
South Lakeland Society for the Blind		Mr Axford	Sed:	21019
Squash Club		Mrs Cooling	Sed:	20622
Slimming Club		Mrs Uttley	01539	722568
Swimming Club		Mrs Thexton	Sed:	20574
Tennis Club		Mr Robinson	Sed:	21014
Town Band		Mrs Waters	Sed:	20457
Toy Library *	06/09	Mrs Roberts	Sed:	21355
White Hart Sports and Social Club		The Committee	Sed:	20773
United Reformed Church Rooms		Mrs Howarth	Sed:	20428
Westmorland Gazette Correspondent		Mrs Gold-Wood	Sed:	21808
Women's Institute (Barbon)				
Women's Institute (Dentdale)		Mrs Sugden	Dent:	25303
Women's Institute (Frostrow)	12/08	Mrs Petyt	Sed:	21574
Women's Institute (Howgill)		Mrs Hoggarth	01539	824683
Women's Institute (Killington)		Mrs Sharrocks	Sed:	20754
Young Cumbria		Mrs Hartley	01524	781177
Young Farmers Club		Miss Capstick	Sed:	21032
Young Kidz		Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group *	03/09	Mrs Woof	Sed:	21644

* = Latest Amendment



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2009/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs K Milburn	High Roans, Guldrey Lane, Sedbergh (2009/08) <i>2T (ES) VISIT BRITAIN 4* - CH, L, TV, TVL, P, NS, VB, CW</i> 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
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

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Sycamore Cottage, Lunds, Sedbergh (2009/09)	01969 667356
<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	

KEY

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

Religious Services in Sedbergh

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Canon A W Fell Tel: 20283

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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;
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Rev. T Widdess Tel: 20329

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Articles etc. by 19th of every month
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DIARY OF EVENTS

Dates are held up to 5th April 2010

JUNE			
1	1000	John Cooke (16) (till 28/06)	FM
1	1000	Let no Loop Down (till 18/06)	DCMH
1	1300	Garden Open (*)	GNS
2	1930	WIB Cartoonist	BVH
3	1000	Coffee Morning Dent Foot Chapel	URCR
3	1430	Digital Switchover Help (7)	URCR
3	tba	WIF Outing	tba
3	2030	Batwatch	DCMH
4	0700	Elections	PH
4	1930	WIH Members Evening	FCH
4		Appleby Fair Starts	
6	1000	Wild Exhibition (16)	FM
6	1000	Art & Craft Exhibition	BIK
6	1330	HS Rydal Hall (6)	LHCP
7	1000	Art & Craft Exhibition	BIK
7	1400	Dentdale Cricket Club v Bellringers	Dent
7	1900	Witnessed from the Slope (1)	QG
8	1300	Garden Open (*)	GNS
9	1400	WIK To The North Cape	PH
10	1000	Coffee Morning Sed Playgroup (10)	URCR
10	1330	Muncheon Music (10)	SSQH
10	1915	WID Bath House Fragrances	DMH
10		Appleby Fair Ends	
11	1930	HMS Pinafore (11)	StAS
12	1930	HMS Pinafore (11)	StAS
13	1000	Indoor Bowls Coffee Morning (13)	DMH
13	1000	Auction Coffee Morning (13)	URCR
13	1500	Charity Fun Auction (13)	URCR
13	1830	Flicks in the Fells	PH
14	1000	Xing Yi Quan Seminar	PH
14	1400	Dentdale Cricket Club v Bentham	Dent
15	1300	Garden Open (*)	GNS
17	1000	Coffee Morning Firbank Church	URCR
17	1930	Suspense does not conclude (1)	StGCW
19	1800	Evening Walk	GVH
21		Father's Day	
21	1030	Christian Worship	PH
21	1400	Dentdale Cricket Club v Holker	Dent
22	1300	Garden Open (*)	GNS
22	1900	Swimming Club AGM (22)	Bull
22	1930	Annual Dent Parish Meeting (22)	DMH
23	tba	WIK Outing to Yewbarrow Garden G-O-S	
23	1930	Garsdale Ladies Group AGM	GVH
24		Digital TV Changeover	
JULY			
1		SS Term Ends	
1	1000	Coffee Morning URC	URCR
1	1000	Brigantia in the Dales	DCMH
1	1930	WIF Thandi Friends Project	PH
2	1930	WIH Local Food Traditions	HVH
3	1930	Sedbergh Wanderers Junior Disco (34)	PH
4	1000	Sedbergh Wanderers Coffee Morning (35)	PH
4	1300	Sedbergh Wanderers Sports Day (35)	PH
4	2000	Sed Wanderers Abba Tribute Band (35)	PH
5	0900	Sedbergh Wanderers Car Boot Sale (35)	PH
5	1300	Sedbergh Wanderers Half Marathon (35)	PH
5	1400	Dentdale Cricket Club 5-a-side	Dent
7	1930	WIB Garden Party	BVH
7	2000	Zrece Town Band	SSPH
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
11	1000	Sedbergh Playgroup Table Top Sale	PH
12	1400	Dentdale Cricket Club v A. Hutton	Dent
13	1830	Settlebeck Summer Fete	SHS
14	tba	Garden Party	High Beckside
15	1000	Coffee Morning British Legion	URCR
17	1400	Strawberry Tea & Auction	DMH
17	1800	Evening Walk	GVH
19	1030	Christian Worship	PH
19	1400	Dentdale Cricket Club v Barrow Nomads	Dent
22	1000	Coffee Morning Network	URCR
23	tba	WIK Outing to Constable Burton Hall	
26	1400	Dentdale Cricket Club v Sheeptown Cavs	Dent
27	1000	Showstoppers (47) (till 01/08)	PH
29	1000	Coffee Morning Alzheimer's	URCR

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The content of The Lookaround in no way reflects the views of the Editors.

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

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30	1930	Sedbergh Parish Council	PH		
AUGUST					
1	1000	Day Walk	GVH	BF	= Brigflatts
4	1930	WIB Bath House Products	BVH	BIK	= Burton in Kendal
5	1000	Coffee Morning Howgill Church	URCR	BS	= Baliol School
5	1930	WIF Dance Exercise	PH	BVH	= Barbon Village Hall
6	1930	WIH Folk Songs	FCH	CDC	= Community Development Centre
12	1000	Coffee Morning Sed Methodists	URCR	CO	= Community Office, Main Street
12	tba	WID Summer Outing	tba	CTiS	= Churches Together in Sedbergh
15		Charter Market	Sedbergh	CWT	= Cumbria Wildlife Trust
15		Flower Show	BVH	DCMH	= Dales Countryside Museum, Hawes
16	1400	Dentdale Cricket Club v Hawes	Dent	DCP	= Dent Car Park
19	1000	Coffee Morning NW Cancer	URCR	DMH	= Dent Memorial Hall
23	1000	James Bond 007 Theme Day	Wigton	DMC/S	= Dent Methodist Chapel/Schoolroom
23	1030	Christian Worship	PH	FCH	= Firbank Church Hall
23	1400	Dentdale Cricket Club v Kendal Cavs	Dent	FM	= Farfield Mill
26	1000	Coffee Morning Beekeepers	URCR	GNS	= Greenbank, New Street
26	1930	Sedbergh Parish Council	PH	GVH	= Garsdale Village Hall
29 - 31		Flower Festival	StAS	HS	= History Society
31		August Bank Holiday		HVH	= Howgill Village Hall
31	1200	Dent Gala	Dent	JLCP	= Joss Lane Car Park
SEPTEMBER					
2	1000	Coffee Morning	GVH	KL	= Kirkby Lonsdale
2	1930	WIF Making Gift Boxes & Tags	PH	KVH	= Killington Village Hall
3	1930	WIH Marzipan Fruits	HVH	LHCP	= Loftus Hill Car Park
8	1930	WIB Joyce Grenfell	BVH	PH	= People's Hall
8	1400	WIK Mountain Rescue Dogs	PH	SHS	= Settlebeck High School
9		SS Term Starts		SLSB	= South Lakeland Society for the Blind
9	1000	Coffee Morning Dent Foot Chapel	URCR	SMCR	= Sed. Methodist Church Room
9	1915	WID Lakeland Farmhouse	DMH	StAS/D	= St Andrew's Church, Sedbergh/Dent
16	1000	Coffee Morning StAS Mission	URCR	StGCW	= St Gregory's Church, Weathercock
19	1930	Theme Night	GVH	SS	= Sedbergh School
20	1030	Christian Worship	PH	STO	= Sedbergh Tourist Office, Main Street
23	1000	Coffee Morning Sunday Club	URCR	URCR	= United Reformed Church Rooms
24	1930	Sedbergh Parish Council	PH	WIB	= Women's Institute, Barbon
26	2000	Old Tyme Dances	PH	WID	= Women's Institute, Dentdale
30	1000	Coffee Morning A&LP Lookaround	URCR	WIF	= Women's Institute, Frostrow
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	
		SLS Blind Group	1400 3rd 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	
		Frostrow WI	1930 1st Wednesday	PH	
		History Society	1930 1st & 3rd Wednesday	SHS	
		Dentdale WI	1915 2nd Wednesday	DMH	
		Howgill WI	1930 1st Thursday	FCH	
		Child Health/Baby Cl	1400 1st & 3rd Thurs	PH	
		Toy Library	1430 1st & 3rd Thursday	PH	
		Sed. Parish Council	1930 Last Thursday	PH	
		Monkey House Caf�	1930 Every Friday	Library	
				WIK	= Women's Institute, Killington

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