

Sedbergh & District

# LOOKAROUND

February 2010

Issue 274

Donation £1

A Happy and Healthy New Year to everyone and thank you for another bumper issue of *Lookaround*.

We must admit, it was such a good relaxing time over the Christmas period that it took some time to get back into 'Editorial Mode'.

Thank you to everyone that has suggested or submitted photo's for the Covers which have been appreciated by many. There is a wonderful selection and if used, will be attributed to the originator.

*Dennis & Jacky Whicker*

## Looking To The Future

**A meeting to consider a joint approach to Sedbergh's future development.**

You are invited to a meeting at:

**The People's Hall**

**On Tuesday 16<sup>th</sup> February at 7pm**

The meeting will include a presentation by Jackie McQueen from the Community Builders Programme illustrating a variety of approaches that other communities have taken to involve their members in working together for the common good.

The Parish Council, Community Office, Chamber of Trade, and Booktown & Literary Trust have already expressed support for establishing a joint approach through a formal partnership for the benefit of the community of Sedbergh and District.

This meeting is open to all so please do come along with your ideas and suggestions or just to listen.

*Refreshments will be available.*

For further information on the Community Builders Programme see:

<http://www.communities.gov.uk/communities/thirdsector/communitybuilders>

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

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## Table of Contents

Advert Rates	97	Kinderly	69
Bed & Breakfast	96	Late Night Opening	50
Bus Time Table	94	Mobile Library	64
Crossword	95	Neighbourhood Forum	70
Groups	92	Nativity in the People's Hall	54
Religious Services	97	Parish Dent	12
Sudoku	99	Parish Sedbergh	10
Age Concern	24	Pepperpot Club	46
Amateur Music Evening	68	People's Hall	66
Appleby Fair	30	People's Hall Quiz	40
Art Society	60	Photo Call	90
Barrel of Fun	43	Poetry Centre	34
Be at Ease with yourself	86	Poppy Appeal	58
Blankets for Africa	69	Pulse Gym	47
Book Town Buzz	26	Red Squirrels	29
Bookworm	60	Rose Theatre	65
Bus Timetable Change	91	Rosemere Cancer Foundation	59
Carlisle to Settle Garsdale	38	Scouts Post	49
Carlisle to Settle Second Best	61	Sedbergh Shops	57
Carol Singing Garsdale	69	Sedbergh LNFU	65
CDC News	54	Sedbergh Old Town	62
Churches Together	19	Sedbergh Wanders	42
Community Officer	91	Sedman Family Search	67
Councillor Ian & Peter	78	Sports in the Dale	52
Councillor Kevin	16	Sedbergh School Rugby	45
Craft Circle	64	St Andrew's Sedbergh	9
Dent Bus Service	67	Sticks & Stones	34
Dent Crafts Centre	65	Summer Singers	61
Dent Sports	43	Tim Farron MP	84
Dent Walking Festival	68	Town Band Concerts	20
Dentdale Methodist Chapel	35	Town Band Events	58
Dentdale Run	66	Town Band Future Events	90
Dent Memorial Hall	55	Town Band Late Night	81
Driving Tips	82	Town Band Thanks	41
Family Musings	39	Toy Library	90
Farfield Christmas	49	Voluntary Car Scheme	67
Floral Art Workshop	52	Weather November	48
Gala Group	59	Weather December	82
Gardening	53	WI Dentdale	32
Health Centre Times Change	91	WI Frostrow	67
Howgill Harriers	64	WI Howgill	57
HS Thomas Mawson	14	WI Killington	44
Junction Petition	69	YDNP	68
HS Traditional Foods	56	Zrece Friendship	22
K Set	36		
Kidzone	76		

# FEBRUARY BIRTHDAYS

Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

A previous Birthday Voucher was not collected so there are two this month.

The recipient this month is:-

Lisa Alderson who is

9 years old on 11th February

Please collect your vouchers from

*Sedbergh Office Services*

13 Kings Yard, Main Street,

Sedbergh

which can be used in any shop in

**Sedbergh & Dent.**

Day	Name	Age
1	Harry BAINES	8
6	Lucy GIBSON	9
7	Bethany COUSINS	7
9	Nurgul SEN	7
9	Zak BAINES	7
11	Hannah KITCHEN	6
11	Lisa ALDERSON	9
12	Daniel HALL	4
14	Evie DEAN	2
14	Robbie SPROUL	11
19	Chloe COWIN	6
19	Abbie GAME	9
20	Kristian PRATT	1
22	Grace Louise HODGSON	1
	<b>Nonagenarian &amp; Over</b>	

## 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! ☺

## PERSONAL & SMALL ADS £1

### BAINBRIDGE

Happy **65th Birthday** and Retirement Harold. Plenty of DIY lined up! Lots of Love Pat X

### BAINBRIDGE

Happy **65th Birthday**. Enjoy your retirement Dad and Grandad Harold. Love and xxxxxx Shaun, Sarah, Hayley, Martin, Ellie & Joe, Josh & Emily.

### COLLINS

Just to say a big Thank You to everyone who has visited, phoned, shopped, cleared snow & driven me to various appointments & made numerous enquiries about my well being after the recent knee operation. I arrived home the day before the snow came so my 'House Arrest' was not from choice. It has been great to have a walk on a road free from ice. Thank also to our Postmen & Milk delivered daily. There are many good Samaritans in Sedbergh, you all know who you are. Joan

### HAMILTON/CARGILL

Mary and Mary send their warmest thanks to all friends, neighbours and family who have been such a help during this snowy spell, especially Elspeth! Also a huge thank you to Mum's fantastic carers.

### LABATTE

A great big **THANK YOU** to David & Steven for keeping the roads clear during the bad spell of weather. From a grateful driver and resident of Garsdale.

### LONGLANDS

Happy **18th Birthday** on 22nd February 2010 Tiny Legs. Have a great day. Congratulations. Love & Best Wishes. Mum X & Dad X



### LONGLANDS

Happy Birthday Rose from Bill & Rach. Hope the Op goes well. See you soon. XX

### LONGLANDS

Happy 18th Birthday from Grandad Parky

### LONGLANDS

Congratulations on your 18th Birthday. Love Grandad Gordon X

### LONGLANDS

Congratulations on your 18th Birthday. Hope you have a good birthday. Love Grandma & Grandad Longlands.

### LONGLANDS

Congratulations Rose on your 18th Birthday. Best wishes. Uncle Roy & Aunt Kath XX

## PERSONAL & SMALL ADS £1

### LONGLANDS

All the best for your 18th. With love from Audrey, Judith & Uncle Bernie XX

### LONGLANDS

To niece Rose. Best wishes on your 18th. Auntie Carole, David, Sam & Mel XXXX

### LONGLANDS

Happy 18th Birthday Rose. Helen & Antony XX

### LONGLANDS

Best wishes Rose for your 18th. Love Clive, Olive, Claire & Simon XXXX

### LONGLANDS

Alright Rose. Happy 18th Birthday. Have a great day. See you soon. Love from Zo & Dan XX

### LONGLANDS

Congratulations Bill on your **21st Birthday** on 27th February 2010. Here's hoping you have a good 1. Thinking of you. Love & Best Wishes. Mum & Dad XX



### LONGLANDS

Happy Birthday Bruv. Hope you have a good 1. Your Sis X

### LONGLANDS

Happy 21st Birthday from Grandad Parky

### LONGLANDS

Congratulations on your 21st Birthday. Love Grandad Gordon X

### LONGLANDS

Congratulations on your 21st Birthday. Hope you have a good birthday. Love Grandma & Grandad Longlands.

### LONGLANDS

All the best for your 21st. Sorry you won't be home. We will have a big drink to celebrate with you when you get back. We know you won't be here but we are very proud of you. With love from Aunty Judith & Uncle Bernie XX

### LONGLANDS

Happy 21st Birthday. Helen & Antony XX

### LONGLANDS

Nephew Bill. Best wishes on your 21st. Auntie Carole, David, Sam & Mel XXXX

### LONGLANDS

Best wishes Bill for your 21st. Love Clive, Olive, Claire & Simon XXXX

## PERSONAL & SMALL ADS £1

### LONGLANDS

Alright Billy Boy. Hope you are ok & not getting into mischief. See you soon. Love from Zo & Dan XX *PS, By the way, Happy 21st.*

### LONGLANDS

Will. Happy 21st birthday. ILY. Love Rachel XXX

### LOWTHER

Happy **18th Birthday** Scott. Have a great day on 17th February. Love Mum, Dad & Becky XXX

### LOWTHER

Happy **18th Birthday** Scott on 17th February. Best wishes. Love from Diane, Michael, Debbie, Emily & Charlotte XXX

### LOWTHER

Happy **18th Birthday Scott**. Lots of love from Amanda, Phil & Joshua. XX

### LOWTHER

Happy **18th Birthday** Scott on 17th February. Lots of Love. Nana & Grandad. Have a great day.

### SWANN

Clifford and Joyce would like to say thank you very much and well done to milk lady Mrs. Sedgwick and family, all of the postmen and the binmen for a superb service during such awful weather over the Christmas period.

### McLENNAN

We would like to send our very grateful thanks to friends and neighbours who over the past eighteen months have helped with walking Henry, lifts to the hospital and telephone calls and visits to keep us cheerful. Each and everyone of such kindnesses have brightened our days and please remember do drop in for a brew if you are around. Lyn and Syd McLennan

### TOMLINSON

I would like to thank sincerely all my friends and neighbours who have been so kind and supportive to me and my family following the sudden and sad loss of my dear wife, Alice. Alice was blessed by being looked after by devoted carers for many years and I would like to express my deepest gratitude to each and every one of them, particularly June Mudd who cared for Alice for eleven years. To the many other people who helped to ensure Alice could be cared for at home, especially the doctors, district nurses and staff at the Sedbergh Health Centre, my sincere thanks. Thank you to Canon Alan Fell and the Revd. Vic Hopkins and everyone who came to Alice's funeral and made the service so special. Thank you to everyone who sent flowers and donations in memory of Alice. My thanks also to Brian Goad and staff of J J Martin and all at the Cross Keys, Cautley. George.

## PERSONAL & SMALL ADS £1

### MITCHELL

There is an old fella called Len  
Who every now and then  
Has fun with Nellie -  
As she sits on his lap  
He tickles her belly  
Bemused, his wife Ann  
Has to sit and stare  
As he plays his mouth organ  
Without a care  
He's busy in the kitchen  
Cooking their dinner  
At 83, the family agree  
That Dad's a winner!

Happy Birthday Dad for the 19<sup>th</sup>  
February from Sue, Jenny, Jim and  
families.

### J. B. RYCROFT

On behalf of Don who had a stroke at  
New Year. Thank you to everyone for  
your kind wishes and cards. He has  
received them all. He is  
overwhelmed by your kindness. He's  
determined to come back as soon as  
possible. My own special thanks go  
to Steve, Bill and Mel for keeping the  
shop going - you've been wonderful.  
Also many thanks to my local  
neighbours for all your help and  
support. I couldn't have managed  
without you. Vicky

### THANK YOU

Many thank to Will and Laura  
(Powell's) for all their hard work this  
Christmas. We should remember not  
to rely on Asda and Tesco all the  
time.

### THANK YOU

Diane, Amanda and Julie would like  
to thank everyone who bought their  
wreaths, posies and table  
decorations. We made £653.29 to be  
shared between St. John Hospice  
and The Great North Air Ambulance.

### FOR SALE

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45's onto CD. Hardly Used & in  
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condition. Mattress required - size  
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21303

**PERSONAL & SMALL ADS £1**

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**WANTED**

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**St ANDREW'S CHURCH,  
SEDBERGH**



There was a heavy snowfall during our family service on morning of 20th December and this heralded a 'White Christmas' which caused some disruption to our services over that period. The Joint Churches Together Carol Service which was planned for that evening was postponed until the following Sunday, although a few hardy souls did attend that evening and took part in an impromptu service!

Despite the weather the Chameleons Nativity Play and the Midnight Communion Service were both well supported on Christmas Eve as was the morning communion on Christmas Day.

On Friday 8th January the BoF [Barrel of Fun] drama group performed two short works at the church entitled A Christmas Play and A Kind of Christmas Carol. Both of which were written by Stuart Manger who assists with BoF. The former was a serious modern interpretation of the predicament experienced by Mary and Joseph and the latter a light-hearted re-working of Dickens' A Christmas Carol. The players performed well to an appreciative audience.

Chameleons (for children aged 7-11) and BoF (for secondary school age) meet weekly during term time at St Andrew's and continue to prove popular with members.

In 2010, Ash Wednesday, which marks the beginning of Lent, falls on 17th February. Once again Lent Lunches will be being served at St Andrew's from 12noon each Wednesday during Lent. We are looking forward to seeing our regular diners again and hope to welcome many new ones. For full details please see the church noticeboard.

Finally, we would like to wish you all a happy and healthy new year.

*Vic Hopkins  
Honorary Assistant Curate*

**Save money  
Save energy  
Save the Earth**



**Friday February 5<sup>th</sup>  
5.30 to 9.30pm**

**Sedbergh People's Hall  
Just drop in  
All Welcome**

**Organised by  
The Killington and District  
Sustainable Energy Trust (K-SET)  
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**SEDBERGH PARISH COUNCIL**

The latest council meeting was held on Thursday 26<sup>th</sup> November at the People's Hall. As usual there was no meeting in December. Full minutes can be read at the Community Office in Sedbergh.

**TIC / Community Office**

It was reported to the meeting that Yorkshire Dales National Park Authority had decided to dispose of 72 Main Street, the building which houses the Tourist information Centre and Community Office. Since then there have been two meetings of a group representing the users of the building and a decision has been taken to pursue the possibility of acquiring it for the community.

**Applications**

11 Woodside Ave Sedbergh. -Full planning for single story and 1st floor extensions.

*Concern expressed re possible impact on neighbour. Also YDNP should have a policy to safeguard a reservoir of smaller properties for local need.*

Sedbergh School biology/maths

block – full planning to remove stone band and replace windows etc.

*No objection*

Birks Farm Cautley, - Full planning permission for 10kw wind turbine.

*Support in principle but would like a site visit as we have concerns over the siting.*

Pinfold Caravan Park Sedbergh - Application to restrict closed season to 5<sup>th</sup> Jan – 5<sup>th</sup> Feb for the whole park.

*Would like to see conditions to prevent permanent occupation as recommended in annex B of the good practice guide.*

Land at the rear of 4 Fairholme Sedbergh – Change of use from agricultural land to form part of a garden.

*Object as it would create a precedent and possible unsatisfactory appearance.*

**Decisions**

21 Thorns Bank, Sedbergh. – Full planning for construction of side and rear extension.

*Approval - conditional*

Settlebeck, High School, Long Lane, Sedbergh. - conservation area consent for removal/demolition of existing single storey prefabricated structure to provide space to accommodate a new building

*Approval - conditional*

Settlebeck High School, Long Lane, Sedbergh - full planning permission for removal of prefabricated structure and erection of new single storey detached building.

*Approval - conditional*

Brier Field, Howgill Lane, Sedbergh -

full planning permission for re-roofing of existing house and side extension

*Approval - conditional*

It was also reported that the section 106 agreement relating to the development at the Auction Mart Site had now been agreed, and that a deadline had been given for specialist contractors to be appointed to restore the former Udales premises.

#### **2010-2011 Precept**

The meeting agreed to set a precept of £20,744 for next year, This represents an increase of 93p per household and still leaves Sedbergh below many similar authorities in South Lakeland.

#### **Town Centre Initiative**

The public consultation has now been completed and a meeting held on the way forward with SLDC's Regeneration Programme Manager. A proposal for the formation of a Project Board will be put to the next Parish Council meeting.

#### **Grants**

A grant of £100 was agreed to help subsidise the extended bus service from Dent Station to Sedbergh as it is hoped that this will contribute to increased tourism.

#### **Playground**

A grant of £7,000 has now been formally agreed towards the cost of a new play barrier between the football field and the playground. A contractor has been appointed and it is hoped that this will go ahead as soon as the play panels have been delivered.

#### **Bad Weather**

Rather late but better than nothing



**Sedbergh Spring Show**  
Floral Art Workshop  
**Thursday 11<sup>th</sup> February**  
People's Hall  
2 - 4.30pm  
for more information call  
Linda Hopkins tel. 21455

the parish received a delivery of grit/salt from County Highways on Friday 8<sup>th</sup> January and I wanted to say a big thank you to the team of parish councillors who helped spread this throughout the town. Also can I take this opportunity to remind people that the Cumbria County Council Highways Hotline Number is **0845 6096609**. This is the number you should ring with any complaints about gritting, highways maintenance, street lighting etc.

**The next meeting** will be on February 24<sup>th</sup> at 7.30pm at the People's Hall committee room. Members of the public are welcome and there is always an opportunity usually around 8.30pm for you to participate. The agenda will be posted in the Parish notice board and Community Office a week before the meeting

For any further information please contact the clerk Colin Robertshaw. (Tel 01539 730597 email [clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk) or at the Community Office around midday each Wednesday)

### DENT PARISH COUNCIL

There is not a great deal to report this month, as the December meeting was relatively short, and the council does not meet in January. As usual, the council's minutes are published on [www.dentdale.com](http://www.dentdale.com) (follow the parish council link).

### Road Gritting

A major concern of most people in the dale over the Christmas period and well into January was the state of the roads during the snow. People were full of praise for the excellent work that Malcolm Robinson, who has the local gritting contract, did in keeping the main road open. However, people who use the ungritted roads fared less well, and so the parish council will be reviewing what happened at its first meeting in February and making its views known to Cumbria Highways.

One of the issues we will doubtless be discussing is the availability of grit for local use. Towards the end of the cold spell, Cumbria Highways made available about five tons of grit for use by the parish council, and so we asked a number of local farmers to distribute it to those parts of the Dale that had not been gritted. If this had happened earlier in the cold spell, together with more frequent replenishment of roadside grit piles and bins, residents might have faced fewer problems this time.

As a footnote, I was interested to see that elsewhere in the country a council was threatening to report to the police anyone who used grit from the roadside on their own property instead of on the roads, because they

*sedbergh's*

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FOR  
ALL  
THE  
FAMILY!



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felt that doing so makes a bad situation worse for everyone else.

### Parking and Roadside Verges

For some time, we have been trying unsuccessfully to get Cumbria Highways to respond to our proposals for restricting street parking in Dent, as well as our concerns over the maintenance of roadside verges. The appointment of Keith Masser as the local Highways Engineer for South Lakeland seemed a good opportunity to try and make some progress on these two topics, so before Christmas we invited him to Dent. Geoffrey Woof (Highways Steward liaison councillor), Colin Robertshaw (Parish Clerk) and I met with him and showed him the problems on the ground; he undertook to report back to us on possible ways forward.

### New Councillor

As there had been no call for an election to fill the vacancy caused by David Hartley's resignation, posters had been put up around the Dale inviting volunteers for co-option. Ken Smith, of Cowgill Barn, had put his name forward, and the December meeting co-opted him on to the council.

### Next Meetings

The next two council meetings will be at 7.30pm on February 1<sup>st</sup> and March 1<sup>st</sup> in the Sedgwick Room. They are open to everyone, and members of the public will be able to raise any issue that concerns them in the public forum which usually takes place about 8 o'clock.

Jock Cairns, Chair

Tel: 25655 E-mail:

[dentparishcouncil@btinternet.com](mailto:dentparishcouncil@btinternet.com)

## SEDBERGH & DISTRICT HISTORY SOCIETY

*Who was Thomas Mawson? (and what is his connection with Sedbergh?)*

Thomas Mawson was born at Scorton in Lancashire on 5th May 1861, and because of his family's poverty, he was forced to leave school at the age of 12 to make a living. He worked in the building trade with an uncle in Lancaster, who happened to have a strong interest in gardening.

When his father died, he was taken by his mother to London, where he was employed by a firm of nurserymen. Eventually he moved back to the North of England, and set up a nursery business in Windermere with his two brothers. Lakeland Nurseries was so successful, that after initially concentrating on the plant trade, Thomas Mawson was able to dedicate himself to garden

design work. Mawson went on to design some of the most famous gardens in the Lake District, including Langdale Chase, Holehird, Brockhole, Holker Hall and Rydal Hall. Later he went on to design gardens not only throughout Britain, but also in Europe and Canada. You can learn more about him on the Visit Cumbria website ([www.visitcumbria.com/mawson.htm](http://www.visitcumbria.com/mawson.htm)).

The following extract from *the Westmorland Gazette* of 8th November 1902 provides the answer to Mawson's connection with Sedbergh:  
*In spite of the wretched weather there was a large and representative company present on Friday at the opening of the "Queen's Garden" – about half-way between the station and the town – and the unveiling of the Queen Victoria Memorial Cross at Sedbergh by the Bishop of Ripon. The land for the garden – over two*



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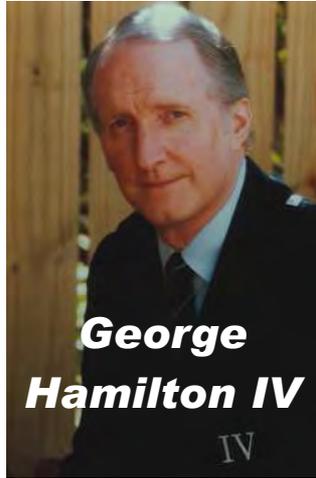
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Tel: 015242 61259



**George  
Hamilton IV**

**IN CONCERT**

Sedbergh Methodist Church  
**Tuesday 15th February**  
 7.30pm  
 Tickets £5  
 for information, ring 015396 20329

*acres in extent – was generously given to the people of Sedbergh by Mrs Upton-Cottrell-Dormer, of Ingmire Hall, who has also been at the entire expense of turning this land into a beautiful garden, laid out in elaborate style by Mr Mawson, of Windermere. At the summit of the ground is the grey limestone cross, some 16 feet high, bearing the inscription “Victoria, Queen, Empress, 1837-1901: revered, beloved, remembered”. This cross and the tablet in Sicilian marble on the fountain in Finkle Street were raised by local subscriptions. Both cross and tablet were designed by Messrs Hicks and Charlewood, of Newcastle-on-*

*Tyne, and executed by Mr Miles of Ulverston.*

In October 1905 Mrs Dormer approached the Parish Council with her wish to convey the land on which the Queen’s Garden stood to the Council and, on November 27th 1905, it was proposed and accepted that gardens be taken over on favourable conditions. The deed was signed by the Chairman of the Parish Council on March 26th 1906. At that time Mawson estimated that the annual upkeep of the Garden would cost no more than £10!

In the 104 years which have elapsed since 1906 there have been many changes in Sedbergh, and the advent of motor transport has brought a widening of Station Road outside the Garden making it too dangerous to enter through the impressive main gates. A postcard provided by the History Society shows how beautiful the Garden was in those early days: today’s Garden is barely recognisable from the photograph, except for the limestone cross in memory of Queen Victoria.

The Parish Council is considering the restoration of Queen’s Garden and ways of promoting greater use of the site. We have a site of historic interest in the town that is barely used, even known about by many. It is just waiting to have its very own makeover for the 21<sup>st</sup> century.

This article was written with the help of Sedbergh & District History Society, and uses extracts from the Visit Cumbria/Mawson website.

CHURCHES TOGETHER IN SEDBERGH AND DISTRICT  
*invite you to a*

## **PANCAKE PARTY**

**Tuesday 16th February 2-4pm**

at the People's Hall

Activities and games for children aged up to 11  
Refreshments and a chance to meet and chat for  
parents, grandparents and friends.  
Everyone welcome and pancakes for all!



### **COUNCILLOR KEVIN**

As I write this the snow and ice which lasted for 3½ weeks has come to an end for this year, hopefully permanently. Talking at length with my county colleagues yesterday I was left with the distinct impression that I had come out of the experience better than most. Yes, I have received some correspondence but barring a couple the contributions have been fair-minded and constructive. That must be down to the excellent service which we have received from the local contractors and the system for dealing with the local issues which has grown up over the years under my predecessor as

county councillor, Joe Nicholson. For future years we need to do better with the back road in Dent and Deepdale and we need to have a better system for clearing the footways in Sedbergh. We owe a special thank-you to the residents of Howgill who worked so hard to keep Howgill Lane open, and at the end helped to clear the snow off some of the streets in the town. By and large we were able to keep the priority route over Scotch Jeans open and passable with care. It will always be the hardest road to deal with – Kendal is a low lying town so you can be working over there, unaware that snow is settling on the road back to Sedbergh: a few years

### **DENT PRE-SCHOOL ASSOCIATION**

Free Nursery grant places available with immediate effect,  
5 mornings per week, 9am -11.30am  
with the option to extend the time until 12 for a nominal donation.  
Places also available for 2-3 year olds, 3 mornings per week  
Monday, Tuesday and Wednesday,  
9 - 12 at a fee of £5.00 per session required,  
rate is reduced if 2 children attend.  
Mother and baby/toddler group each Tuesday in the Memorial Hall  
9.30 - 11.30, 50p each, light refreshments included in fee.  
Any queries please contact Liz on 07811347155

ago I was caught out myself.

As a county Cumbria had built up larger stock-piles than anywhere else. Unfortunately, when the government took over the distribution of salt this meant that Cumbria lost out to those counties which had made no provision. Until 31 December this county, and others sent sub-contractors down to Cheshire to the salt mines as and when needed. Unfortunately as the demand for salt rose it became increasingly difficult for the suppliers to deal with all the lorries of all sizes just turning up on spec.

When the snow comes the first priority must always be to keep the major roads open. For this division that means the A65 and the road from J37 to Kendal. After that it is the other A Roads; the roads from Sedbergh to the motorway and from Kirkby Lonsdale to Sedbergh and through to Hawes as well as the main access roads to Barbon and Dent. Whenever it snows Scotch Jeans Hill from Sedbergh to the Motorway is always a particular problem. This is a system of prioritisation and after that work will be done on other lesser access roads and pavements in towns and villages. Unfortunately when the snow comes intermittently as it did this year in several small storms rather than one large one, the sequence of lesser priority routes and the pavements never get done because it is back to keeping the main roads open.

There is still a lot to be done in refining the system for gritting our roads but it was a major leap forward

SEDBERGH & DISTRICT

## HISTORY SOCIETY

---

Wednesday 3rd February  
**The Journeys of George Fox**  
*Prof Alison Findlay*  
*Dr Hilary Hinds*  
*Prof Emeritus Meg Twycross*

Wednesday 17th February  
**DENT MEMORIAL HALL**  
**The Edwardian Domesday**  
*Dr Michael Winstanley*

---

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

---

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

---

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

eight or ten years back when local contractors were put in place. I suspect more can be done in that direction and we certainly need to be able to call on more people to grit pavements and fill salt stores on the road sides in emergencies. Going up to Bainbridge since the new year it is the first time in thirteen years of making that journey that I found the state of clearing the roads deteriorated when I drove into North Yorkshire rather than as it used to be, improved.

**EXTENSION TO YORKSHIRE DALES NATIONAL PARK –**

I had thought that the proposal would affect only Middleton, Barbon

## Pantonanza 2

come and see your favourite fairytale characters .. and more, in Pantomime. Performed by people from local churches  
*Fun For All the Family*

### Whittington Village Hall

Performance Starts 7:30pm

**18th - 20th February**

Funds raised will be given to the  
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For more details and to book tickets, please contact  
David and Lyn Allen on  
07810 340021

and perhaps a portion of Casterton. In fact it goes rather further than that and now includes areas on the west of the Lune, Killington, Mansergh and perhaps even Kirkby Lonsdale itself.

This is one stage in a much longer process. At this time there are two key points, firstly the need for a referendum of all affected communities and secondly an agreement that the name Yorkshire Dales is unacceptable if a third of it is in Westmorland. Please make your views known for surely, in this case the proponents will construe silence as consent.

### REPAIRS TO THE A684 FROM LILYMERE TO THE MOTORWAY –

The first part of the major roadworks in the division, the A683 at Casterton was done over a couple of days just before the hard weather set in. Touch wood it seems to have been a good job – I hope we have sorted out the water running over the surface.

Unfortunately, the A684 part had to be postponed yet again in order to deal with the drainage issues there. This was scheduled for 14 January but obviously no work could be done until the snow and ice had completely gone. It will then be a two part process, firstly renewing the drains and then renewing the road surface. As everyone can see the road has the same problems as those which afflicted the route through Garsdale about three years ago. The top layer is not properly keyed into the older layers and so it is peeling off like an onion skin. I am glad that this repair was NOT done just before the snow and ice. In an exposed location such as that there would have been a danger that the surface would have been damaged right away and the fundamental problem not solved.

Councillor Kevin Lancaster –  
015396 20800, 07980 844 695,  
kjlanc@kjlanc.demon.co.uk, Fellgate,  
Dowbiggin, SEDBERGH, Cumbria.  
LA10 5LS

For non-urgent matters or to arrange a meeting please contact Anne Fenwick – 07951 465 073,  
AFenwick07@aol.com

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### CHURCHES TOGETHER

Christmas was a busy time in all the Churches with the various festive services, some united and some for individual church congregations. By the time *Lookaround* goes to print, we will also have shared a walk around the local area for the week of Prayer for Christian Unity. As we start the New Year, Churches Together are putting together a programme of events for throughout the forthcoming year. On Tuesday 16<sup>th</sup> February there will be a Pancake party at The People's Hall with activities for children and a chance for parents, grandparents and friends to have a chat over a cup of tea and a pancake (see Page 16). We'll be advertising

future events in the *Lookaround* and on the new Churches Together Noticeboard on Main Street.

Ignite is a new youth club open to anyone in school years 4-7, meeting fortnightly from 6-7pm at Sedbergh Methodist Chapel. The group is looking for more volunteers to go on the team of helpers. Please contact Hannah Edmondson at Hannah.edmondson@niscu.org.uk for more information. In February the group will run on the 11<sup>th</sup> and the 25<sup>th</sup>.

The Monkey House Café continues to meet on Fridays during term time, 7.30-10pm at the library. Anyone between 13 and 18 years old are welcome to drop in to meet friends, use the computers or play on the wii.



### Sedbergh Community Development Centre

### Courses for Spring 2010

Code	Subject	Dates
SED9118	Wire Wrapped Jewellery Workshop	1 day Sat 27.02.10
SED9041	Nuno Felt Workshop	1 day Sat 13.03.10
SED9030	Yoga with David Burbidge	Friday mornings
SED9119	Intro to Lowland Navigation	1 day Sat 20.02.10
SED9102	Feel Confident on the Fells	1 day Sat 06.03.10
SED9123	Mountain Adventure - a practice day (27/03) followed by a weekend	
KEN9114	Digital Camera Workshop - Kendal	1 day Sat 13.03.10
KEN9126	Digital Camera Workshop 2 - Kendal	1 day Sat 24.04.10
KBL	Ceramics Workshop - Kirkby Lonsdale	Tbc
KBL	Life Drawing Workshop - Kirkby Lonsdale	Tbc

Courses are also continuing in Italian, Spanish & French, Pilates, Ceilidh Band Music and Photography. Please enquire about joining.

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

email: [admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)  
21031

Tel: 015396

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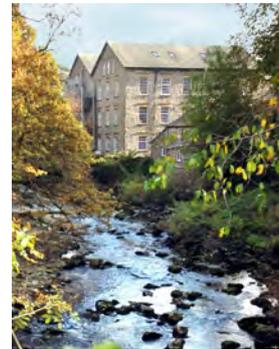
Events: Illustrated Talk (1 Feb, 2-3)

Rob Bridson on the Farfield Mill Pinhole Project £4.50 (£3.50 members & concs.) from Reception

### Weavers Café

**Traditional Sunday Lunch** 3 or 2 courses – groups welcome, booking advisable on 015396 21159

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## **SEDBERGH TOWN BAND**

### *Annual Christmas Concert*

We are delighted to report that again the Band's Christmas Concert held in the People's Hall on Tuesday 1st December was enthusiastically received by the 'Sell Out' audience.

The Band's numbers continue to swell and the corner at the back of the Hall was the playing location as the Stage is no longer big enough to accommodate the Players. The Band's portable staging was employed and together with Steve Longland's lighting an attractive arrangement was achieved though the Band was somewhat squashed together and Alan Lewis, the Director

of Music and Conductor, pointed out that the situation would have been more critical had the 5 missing members of the Band been available to play. If this is seen as a problem, then it's a highly desirable one to have - the more Players, the better: Ways will always be found to seat them.

The formula followed for the Concert was similar to that of recent years - a first half consisting of light, Festive Music and Traditional Carols in which the audience was invited to participate and concluding with a selection of music played by the Youth Band. In the course of the Interval, Santa Claus visited and

distributed Gifts to the young members of the audience: the Raffle was drawn and members of the Band served the audience Mulled Wine and Mince Pies.

At this point, we would like to thank J M Pratt Ltd for so kindly donating the Mince Pies yet again - the generosity of this gift was much appreciated. Thanks also go to Martin Powell who was responsible for donating again the equally appreciated gift of a magnificent Christmas Tree that so helped to create the Festive atmosphere.

Following the first number after the Interval, the traditional pattern of the Concert changed slightly: we were delighted to welcome our new President, Douglas Thompson.

Douglas gave a speech in which he recounted the growth of the Band laying the stress upon the financial challenges that were presented when it was first set up and the ones that remain in an ongoing form as the Band embraces expansion and seeks to develop the Youth Section and provide good quality instruments for both the Senior and Youth Bands. To illustrate dramatically the need for the Band to raise funds, he called upon the Tuba Section to hold their instruments aloft - the four Players duly obliged. Douglas then told the audience that they were looking at £24,000 worth of instruments.

The President concluded his appearance by awarding the Presidents Cup (donated to the Band by our first President, John Metcalfe)

to Chris Perrott (Euphonium) - who becomes the 7th recipient of this prize awarded to the Member of the Band who in the opinion of the Judges has made the most significant musical improvement in the course of the year.

The Familiar pattern of entertainment then took over concluding with the singing of the National Anthem. In the course of the evening, the audience had joined in 4 Carols - Stuart Shields had sung "When a Child is Born", accompanied by the Band, and Christmas favourites were played culminating in a rousing rendition of "We Wish you a Merry Christmas".



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## ZRECE - A FRUITFUL FRIENDSHIP

While I was in Slovenia before Christmas I went to our Twin Town Zrece where as well as being the recipient of some very kind hospitality from the Mayor, I took part in the planting of an apple tree to celebrate the friendship between our two towns. The tree matches the apple tree in Sedbergh which we planted when the Zrece Town Band was visiting. Anthony Cheetham from Dentdale has very kindly carved a sign on a board of Ash which informs the passer-by that the tree celebrates the friendship between our two towns and: "Long may this friendship bear fruit."

I was also given an introduction to the chair of the local Bridge club by Marjan Hren who many of you will remember from when his male voice quartet from Zrece visited Sedbergh for our folk carols festival. The Bridge players in Dentdale and Sedbergh have shown interest in an international Bridge game with our twin town, and the Slovenian players were delighted that there was now an opportunity for them to visit Sedbergh. There are also Bridge tournaments in Postojna, Ljubljana, Maribor and Celje on different days of the week so a return match could give Sedbergh players the opportunity to visit other parts of Slovenia while making a bridge between our two cultures.

While I was in Zrece the Slovenian Veterans Society very kindly invited me to give a speech at a formal lunch where the descendents and families

of those who died in the Slovenian war of Independence come together to honour those who gave their lives for their country. I was able to invite them to visit Sedbergh and, having on a previous occasion talked with Colin Weir of the British Legion, could assure them that veterans here would give them a very warm welcome.

Other plans for this year include a couple of local singing groups visiting Zrece, as well as visits from Slovenian choirs to Sedbergh. I am also in the process of teaching my three brothers some Slovenian songs so we can take part in the Zrece family harmony singing festival on the Brinjeva Gora in September. In October Susan Garnet is taking a



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group on a sight seeing tour to Zrece, and just after one of our singing visits I will be leading a walking tour which will include an ascent of Slovenia's highest mountain: Triglav. We are having some initial discussions about the possibility of a group of Sedbergh school children accompanied by parents visiting Slovenia during the

school holidays - and we are hoping that Slovenian youths will again take the opportunity of having work experience in Sedbergh during the summer holidays as in previous years.

And another repeat this year will be the successful Slovenian language course which last year attracted students from around the country wishing to further their study of Slovenian. Those with no knowledge of the language who are visiting Slovenia for the first time can also benefit from the Slovenian language video we have put on Youtube which contains some useful phrases for beginners to use when visiting this beautiful country. *David Burbidge*

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**AGE CONCERN  
SOUTH LAKELAND:**

*The Village Agent Project goes live in Sedbergh (covering Sedbergh, Middleton, Deepdale, Cowgill, Garsdale, Grisedale, Low Haygarth, Wardses, Lowgill, Beckfoot, Killington)*

Age Concern South Lakeland is, quite literally, extending its offer of services, advice, support and information to people over the age of 50 (and to carers and families of people over 50 years of age) .. and it is FREE! And it is wholly confidential. It is being extended by way of the new Village Agent project that places a named representative in your area in order to raise awareness of the

help that is at hand and to make accessing services a little easier. Village Agents are able to provide information, promote access to a wide range of services, carry out a series of practical checks and identify unmet needs in communities.

This means that Village Agents can be the first point of contact for people who may be having problems, worries or difficulties with something. They can point the way to appropriate services or provide required information and help access the service. They can obtain help in completing forms and assist in helping people to understand paperwork, complete forms and to raise queries about bills for example or problems with service-providers. It may be that Village Agents can help the community in a number of other ways such as starting and arranging classes and talks, promoting social gatherings, lunch clubs, 'surgeries' where people can address problems, working in support of health service delivery (eg. Foot care clinics and general well-being via 'drop-in centres' or clubs)

It is recognised that many communities and their organisations and individuals already do so much to support themselves. The aims of Age Concern South Lakeland are compatible with all of this good work and it is intended that Village Agents will lend support to existing schemes and to contribute to, rather than duplicate their efforts. After all, the aims of Age Concern South Lakeland are to "support people to maintain

THE  
**GEORGE & DRAGON HOTEL**  
DENT

*presents the*

*Dave Savill  
Jazz Band*

**Thursday 24th February**

8:30pm

Admission Free

*New Orleans Food Menu*

An evening of Jazz & Blues with

*Dave on Trumpet*

*Fred on Piano*

*Glen on Trombone*

*Laurence on Bass*

*Ian on Drums*

*Jane with vocals*



***Sedbergh Bowling Club***

**A G M**

*White Hart Sports & Social Club  
Committee Room*

*Thursday 25th February*

*7:30 pm*

*All Welcome*



their independence for as long as possible and enjoy maximum quality of life” and “making more of life”.

So, what is a ‘problem’? Age Concern South Lakeland believe that any subject that is bothering you, whatever the issue, can be addressed by team of experienced advisors. So...you are not alone and a ‘problem’ is anything that bothers you; we all function in different ways and all have our own characteristic ways of dealing with our difficulties... but you are not alone and help is at hand.

The kind of issues that Age Concern South Lakeland may help you with are wide-ranging and may include help with, welfare benefits, pensions and allowances; advocacy; neighbourhood problems; complaint-handling; organising care services, ‘home-help’, meals and day service provision; home improvements, bereavement counselling; and more general day-to-day problems.

My name is Stuart Grimes and I am your new ‘Village Agent’ Please do contact me via the Age Concern South Lakeland Helpline number in

the first instance 01539 728180 and I will be very glad to help.

Confidentiality is assured and my professional background is in health and social care.

The first initiative that I can announce is that Age Concern South Lakeland and Mind (Kendal) have teamed up to offer a Monday Club at Sedbergh Methodist Church Hall between 12 noon and 3 pm and everyone is welcome. It is intended to

support physical and mental well being by providing a social gathering place for a chat and if required support, information and advice. We would like to thank the Methodist Church and Rev Widdes for supporting this initiative and we hope that you will all feel able to call in whether you have a problem or not.

I personally plan to be making my way around the area to meet as many people as possible over the new weeks. Please don’t be offended if I have not got round to you yet – it is only a matter of time and weather conditions but in the meantime remember 01539 728180

*Stuart Grimes, Village Agent*

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### SEDBERGH BOOK TOWN

#### *Busy Time for Family Book Buzz*

Sedbergh Book Town is gearing up to kick off the New Year with a weekend of book-related events and activities aimed at the whole family. Throughout the weekend of 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup> February the **Book Town Buzz** will present a selection of entertaining events and creative workshops that are designed to encourage children, young people and parents to read and write more within the family.

The weekend begins with ***Shouting at the Ocean*** at 7pm on Friday 12 February in the People's Hall when three of Britain's foremost poets for children line up for a night of performance poetry, songs and

comedy for the whole family.

Featuring Roger Stevens, Michaela Morgan and Sedbergh's own poet and storyteller John Rice, the evening is guaranteed to delight all ages.

At 10.30am on the following morning Saturday 13<sup>th</sup> in Sedbergh Library, Michaela Morgan will present ***Picture Books for the Younger Child*** during which she will introduce and read from her books for children aged 3 - 7. Michaela will let Mums, Dads and young children into the secrets of how her books came to be made and will also give you a chance to make up your own story!

Also on the Saturday in the Methodist Church Hall there will be two 2-hour workshops for young

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*directed by Anice Paterson*

**SETTLEBECK HIGH SCHOOL**

*All Orchestral Instruments Welcome*

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Morning Session 11.30-1.00

Afternoon 1.45-4.15

including tea-break

Playthrough for

family & friends 4.30

*Free light refreshments*

*will be available*

*throughout the day*

*but please bring*

*your own packed lunch*

**Application forms from**

**Sedbergh Pepperpot Club**

**Yan Tethera Queen's Drive**

**Sedbergh LA10 5DP**

**tel: 015396 21196 email:**

**yantethera@aol.com**

people aged 11-plus on the theme of ***Drawing Cartoons & Making Comics***. The workshops will be presented by the Liverpool-based Fun Crew who will offer young people the chance to learn how to create and draw crazy characters and add the whizz factor to a comic strip! Fun Crew's workshops are renowned for offering a unique opportunity to engage with experienced professionals from the fields of children's book, magazine and comic-strip creation.

The Saturday afternoon sees a showing of the film of E. Nesbit timeless classic story ***The Railway Children*** which will be followed by a children-led discussion on the books of Edith Nesbit.

The newly appointed Storyteller Laureate, Taffy Thomas, will be entertaining young and old at 7pm on the Saturday evening with traditional tales and stories from his huge repertoire. Taffy's unique and wonderful storytelling sessions are a hit with both young and the young at heart. Come along and celebrate Taffy's new appointment.

Sunday 14<sup>th</sup> February sees a further two creative workshops – this time for all the family when Nick Penny presents ***Making Musical Instruments from Junk!*** Nick brings his best-selling book to life when he and two musician friends lead a morning and an afternoon workshop during which everyone in the family can make and play a musical instrument. We'll provide all the junk...but you can bring some of your

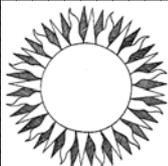
own!

And of course St Valentine's Day would not be complete without some love and romance for grown-ups, and overgrown-ups! So starting at 12 noon in the Post Office Café, Clare & John Rice will present a 20-minute reading of poems that speak about love within the family. Then at 12.30pm next door in Sedbergh Café Evelyn & Mark Westwood will present a 20-minute selection of love poems. And finally in Duo Café Bar at 1pm local actors Gillian Rea & Andrew Allan will read a final selection of romantic poems. Bring your partner and join us for a lunch and refreshments at the three cafes and celebrate this special day with a dash

of romantic verse.

Book Town Buzz is supported by Arts Council England and Spar. A brochure giving full details of timings, ticket prices etc., will be available in early January and bookings can be made at the Tourist Information Centre in Main Street (email [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk) or call 015396 20125) or on line at [www.sedbergh.org.uk](http://www.sedbergh.org.uk)

Please note that places on the creative workshops (the Cartoons & Comics and Junk Instruments events) are limited so please ensure you book early. For further information concerning the programme of events, please call John Rice on 015396 20929.



## OPTIONS for health and well-being

Options are having some Taster Sessions in early 2010. Call in for details.

Now open Tuesday, Wednesday & Thursday

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

*Health practitioners in the local area*

## RED SQUIRRELS IN SEDBERGH

Hopefully many of you are seeing more of our beautiful red squirrels in the area and certainly the sightings you send in indicate this to be the case. We are not witnessing a normal pattern of nature but the results of an ongoing effort by the many dedicated volunteers of the Sedbergh Red Squirrel Group. In addition, thousands of volunteers now form a network with various squirrel organisations across the North of England, all working together to encourage the conservation and return of our native reds by controlling the greys.

As most of you know, there are many reasons why the reds cannot survive in an area where greys are living:

Greys live in very high densities of around eight per hectare whereas reds have a distribution of around one per hectare.

The greys are more opportunistic feeders and will strip the natural food so that little is left for the reds.

Greys will harass the reds preventing their breeding.

The greys carry a disease, harmless to them but fatal when passed on to the reds.

As well as being a threat to reds, greys also destroy birds nests, eating the eggs and young (even those as large as rooks!) and they are well known for killing trees by stripping the bark.

There has been much talk in the past about how to protect red squirrels but it is now accepted that

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the only condition required by the reds for them to thrive in the UK is to be free of greys. Even the 'scientists' and government agencies are now behind the movement to eradicate the grey squirrels from large areas of the North of England and Scotland, with similar programs in other parts of Europe where greys have become a problem.

If you would like to know more about local, national and international 'Red Squirrel Happenings' please come to a public meeting at Settlebeck High School, Sedbergh on Wednesday 24 February at 7.30pm. All are welcome.

In the meantime, if you would like to report any sightings of red or grey squirrels or would like more information about the Sedbergh Red Squirrel Group, please call 015396 25453 or go to [www.northernredsquirrels.org.uk](http://www.northernredsquirrels.org.uk).

### APPLEBY FAIR 2010

Members of the Cautley Residents Action Group (CRAG) held a meeting with the Police, Cumbria County and SLDC chaired by Tim Farron MP on Friday 15 January 2010 to review progress since the last meeting held on 13 November 2009.

The CCC Area Support Manager, David Sheard informed us that the Council intend to put in place Temporary Traffic Orders to ban parking on the A683 roadside verges from Balliol School to Rawthey Bridge, except in designated stopping places. These places will be risk assessed for public safety to determine the maximum occupancy of vehicles, caravans and animals.

If a site becomes overcrowded the police will be able to move the last arrivals onto a vacant stopping place or back to their previous stopping place.

Chief Superintendent Paul Kennedy reported that the police plans are still embryonic, but we are assured that sufficient officers will be in place by the end of April 2010. The CRAG attendees emphasised the need for a mobile police station sited at Strait Bridge.

A CID cover is to be provided to deal with any criminality.

With regard to the trespass of animals on private land, the Animal Welfare Act 2006 can be used by the police to deal with animal welfare, eg:

Sedbergh CDC presents  
**highlights rural touring scheme**

## Kirsty McGee

On a welcome return to Sedbergh Kirsty will perform her songs of vagrancy, love, wanderlust & human frailty, accompanied by master guitar and banjo player **Mat Martin**

**Friday 5 March 2010**  
**Sedbergh People's Hall**  
**Doors open 7:30pm, Bar**

*"Kirsty McGee has the kind of voice that stops you dead in your tracks"* Ralph McLean BBC



Tickets: Adults £7, Child/Benefit £4, Family £20  
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no water. In this case impoundment may be possible.

All owners of horses must also produce a passport for their animals within three hours of a request under the Horse Passports Regulations 2009 (effective from 1 July 2009). If an owner does not or cannot do this then an offence occurs and the police can act.

A public meeting is to be held in the People's Hall on Thursday 4 March 2010 at 7.30pm when the Police, CCC and SLDC will present details of the 2010 arrangements.

*Dr Gina Barney of CRAG*

*WG 11 June 1965*

**Appleby Fair Gypsies' Camp Considered a Danger to Health M.P. "Horrified" by Visit**

Mr Michael Jopling M.P. for Westmorland visited Appleby Fair this week and later told the Gazette, "I was horrified by the degree of lawlessness and unsanitary behaviour".

Mr Jopling said he had spent some time looking round the town and had talked to many people attending the event as well as local residents.

Although he had heard some grumbles from people living nearby he approached the fair with an open mind and feeling that it would be a great pity if an old-established and picturesque event were to be abolished. After stating that he had been "horrified" by his visit, Mr Jopling went on to describe various acts of lawlessness of which he had been told.

"Quite apart from this" he said "the accumulation of filth on the roadside

together with the total lack of sanitary habits makes the whole thing unacceptable."

"I do not know if it can be stopped altogether", Mr Jopling added, "but having spent some time in the Public Records Office in London and in the House of Commons library as well as looking-up some old records, I very much doubt if it is true to say – as some gypsies do – that it is protected by royal charter."

"I feel something has got to be done about it and that the fair has got out of hand."

*We are grateful to Elspeth Griffiths, former archivist at Sedbergh School, for finding the 1965 article.*

**Arrangements for the 2010 Appleby Fair**

A public meeting will be held in the People's Hall at 7.30pm on Thursday 4 March chaired by Tim Farron MP followed by a "drop-in" session. Refreshments available.

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 Newby Bridge Roundabouts.

**DENTDALE WI**

We finished 2009 in great style with a trip to Martin Mere Wetland Centre in November, and our Christmas lunch at The Old Dairy near Hawes in early December. The outing took place during the floods of Cumbria and we almost sailed out of Dent in our mini bus with rain covered fields on each side of the Dentdale road. Martin Mere was unaffected, if a little quieter than we might have expected. Once there we spread out in all directions looking at the exotic and the more humbler plumed birds before meeting up at a hide overlooking the largest mere to watch the Whooper Swans landing for

feeding time. The build up was quite dramatic and awesome watching them. Martin Mere boasts an excellent café restaurant and we were back there again at dusk for tea and to watch the starlings flock together and roost for the night. It had been a good day, and we even indulged in a little singing on the coach on the return journey! Everyone agreed that the Old Dairy had been a superb choice for the Christmas meal. Dining in stylish surroundings and with excellent food we all thought it the perfect beginning to the Christmas season! So then, to 2010 and yet another interesting programme ahead of us.

Sedbergh and District  
Churches Together  
invite you to



**A Service Celebrating**

**The Women's  
World Day of Prayer 2010**

A service prepared by  
the Women of Cameroon.



Speaker Mr Kaze Bachelard,  
from Cameroon.

**'Let everything that has  
breath praise the Lord!'**

Friday 5<sup>th</sup> March  
2.30pm

SEDBERGH UNITED REFORMED CHURCH

**Everyone Welcome**

Our first meeting of the year always takes into account the possibility of bad weather, but we did not realise just how much the snow was going to affect us here in Dentdale. Our speaker, fellow member Anthea Boulton, rose to the challenge of the icy road from Cowgill, not to mention the track from her home to talk to us about her life as a Magistrate. As many as possible had braved the icy conditions to be there. Anthea briefly outlined the history saying that an act of Parliament in 1327 had asked for "Good lawful men in every county to guard the peace" and Magistrates have undertaken the greater part of the judicial work carried out in

England for over six hundred years. Anthea has been a Magistrate since 1978 fitting around freelance working and bringing up a young family." When Anthea moved to live permanently in the Dale in the early 1990's, she applied to be a Magistrate in Kendal. Although no legal training is required, there is a legal advisor, court clerk, in court. Guidelines too, are now in place for sentencing etc. as is training on specific points of the law. Ideal qualities for a Magistrate are good concentration and ability to sift information and assess an informant being careful to avoid prejudice. Ultimately, we were told, one can only convict on evidence! Anthea presented us with two fictitious cases for us to sift through and use the guidelines! It was very illuminating.

The competition entry this month was won by Dale Smith and Belle took home the raffle prize Next months meeting is on 10<sup>th</sup> February in Dent memorial Hall and new members and visitors are warmly welcome.

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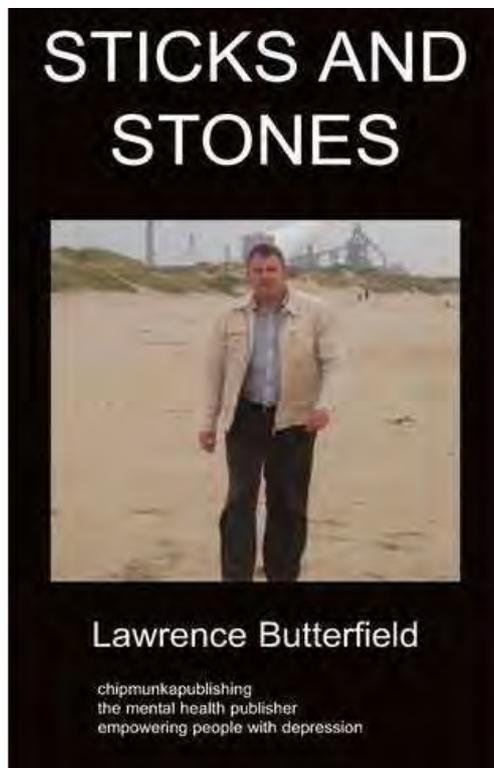
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### STICKS & STONES

My book is titled 'Sticks and Stones' and is autobiographical. It is published through Chipmunkpublishing.com a mental health empowerment publisher whose ethos is to tackle the stigma of mental illness. It is available also through Amazon at £10.

Most of the profits from the book sales will further the cause of promoting more understanding and compassion of disabilities. I have worked as a qualified mental health nurse for 30 years and much of this time has been spent tackling stigma and discrimination in schools, colleges, and the media. The book covers my lengthy nursing career, all my efforts to creatively challenge discrimination, and is also a personal account of my life.

*Lawrence Butterfield*



### THE POETRY CENTRE

Welcome to *Lookaround's* new feature – a monthly poem written by local people. Sedbergh is England's Book Town so it is fitting that the town's own publication should celebrate local scenes, local thoughts and local ideas in poetic form. *Lookaround* invites its readers to submit a poem (no more than 12 lines) that reflects local life. A fee of £10 for each poem published will be paid by Book Town and copyright will remain with the author. Each month Sedbergh resident John Rice will select an appropriate poem for the magazine. John is an experienced editor and a widely-published professional poet who is currently

Poet-in-Residence in Glasgow. And as **The Poetry Centre** is his idea, let's start the words rolling with a poem (unpaid!) from him about the recent cold spell.

#### **Briggflatts Winter**

A third week of snow:  
the colour taken out of our lives.  
We yearn for a patch of green field,  
a single scarlet leaf or garish spray of flowers.

In this monochrome landscape  
we make do with cream sheep  
flocking at the heart of a handkerchief  
field  
to feed from a whimsical yellow  
bucket.

*John Rice*

## DENTDALE METHODIST CHAPEL

Members and friends wish you a Happy New Year and pray you will experience the reality of a personal relationship with Jesus during 2010, if you already know this (PTL) then an even closer one.

Looking back over the last year we have visited almost all the houses in the community many times with invitations to various events/services at the chapel, the monthly Prayer, Praise & Testimony services where different people have told of how God/Jesus is working in their lives and then we have shared a buffet supper, the BBQ in "Rhumes" garden and the Tea Party, then there was the BMF (Business Man's Fellowship) meal in the Memorial Hall and some in Sedbergh. So, will we be coming again? Hopefully yes. The PP&T services continue at 7pm the last Sunday in the month, there is another BBQ being planned, but, without a speaker this year, probably another Tea Party and certainly BMF meals, but we come for another reason, to keep in touch, show we care and the Prayer Line is open 24/7 (07816999432), we are being obedient to Jesus' command to all His disciples "Go into all the world and preach the good news to all creation" (Mark 16 v 15) and we come as friends!

Now, a New year, and it will be an exciting one, but trouble and problems don't go away, if we can be of any help at all, prayerfully or practically please do get in touch. Sadly the Dent & Gawthrop Carol

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Singing, jointly arranged by the Methodists and Anglicans, as it has been for years and years, did not happen partly due to the weather and some issue about Insurance, it meant the Bags of Hope couldn't be delivered but we will do that another time, copies of the Bible Reading Notes "Word For Today" are always available free of charge in the Chapel porch, do collect one. No Carol Singing also meant no money raised for Action For Children one of the advertised charities to benefit, again, hopefully we can remedy this as the year goes on.

Remember, we are here to help.

*Sarah E Woof (Secretary)*

### K SET

#### *Fourteen ways to save the Earth*

On the whole, I'm an optimist but sometimes it's tempting just to give up. As I write this, the Copenhagen summit is closing in a welter of non-agreement. After all that effort (and, to be fair, the UK was one of the countries arguing for a deal to cut carbon emissions), it seems that business-as-usual wins *again*. When will we ever learn?

Now I'm not one hundred percent convinced that human beings are responsible for climate change (although it seems pretty likely to me). But even if you think it unlikely that we have anything to do with it, to ignore the possibility is to take the biggest gamble in human history. And that's why, although the news is gloomy, I'm not giving up. And anyway, I'm an optimist.

The Killington and District Sustainable Energy Trust (K-SET) has taken up the challenge. We are aiming to reduce Killington's carbon footprint, if possible, by 35% by 2020. We are working very hard to meet this target and we hope that the process will be useful far beyond our little community. We should be delighted if you would join us (associate membership is free, full membership £20 a year) and we'll keep you informed, via our newsletter, of what we learn along the way.

It happens that each of us can really make a difference. 26% of this country's energy requirement comes from domestic consumption and, of

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that, at least 50% goes into heating – not a surprise this winter. Well, we can do something about that, can't we? I hope you won't think I'm being too much of a kill-joy if I offer you fourteen ways in which you *could* cut down on your use of fossil fuels. And save money. My thanks to David McKay, Chief Scientific Adviser to the Department of Energy and Climate Change, for the figures (his splendid book, Sustainability without the hot air, is available free on the internet – [www.withouthotair.com](http://www.withouthotair.com) ).

#### **14 ways to save the Earth**

1. Turn the thermostat down to 15-17 degrees. 20 Kwh/d
2. Fit a smart meter (tells you what you're using) and check weekly. 4 Kwh/d
3. Stop flying 35Kwh/d
4. Drive less, more slowly & more gently. Use carpools, electric car, car club, cycle, walk, use public transport 20 Kwh/d
5. Change all lights to LED (it saves money to throw away the old ones) 4 Kwh/d
6. Don't buy clutter. Avoid packaging. 20Kwh/d

- |   |   |
|---|---|
| <p>7. Cut your meat-eating to once a week and buy food locally<br/>10Kwh/d</p> <p>8. Eliminate draughts 5 Kwh/d</p> <p>9. Double glaze 10Kwh/d</p> <p>10. Increase wall, floor and roof insulation 10Kwh/d</p> <p>11. Install a solar hot water system 8 Kwh/d</p> <p>12. Replace heating with ground source/air source heat pump 10Kwh/d</p> <p>13. Wash laundry in cold water 0.5Kwh/d</p> <p>14. Don't use a tumble drier 0.5Kwh/d</p> | <p>carbon footprint, save money, <i>and</i> have a good time, why don't you come along to our next Open Event, on February 5<sup>th</sup> at the People's Hall in Sedbergh? There will be stalls giving information on roof insulation, domestic energy or hot water generation, holidays and adventures without flying and much more! You can try out your green driving skills on a car simulator too! Please come. Doors open at 5.30 and we're there till 9.30. If you've got some good ideas of your own, we want to hear them.</p> <p>And if you'd like to join us, our membership secretary is Nick Ghyll. You can contact him at NickGhyll@aol.com.</p> |
|---|---|
- Sounds like a hair shirt? It doesn't need to be. If you'd like to find out more about how you can cut your

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### **CARLISLE TO SETTLE**

*Another Prestigious Award for a Settle Carlisle Station.*

It has been another bumper year for awards for the Settle to Carlisle Railway.

Following hot of the heels of Settle station being voted 'Small Station of the Year' in September 2009, Garsdale Station has now scooped the 'Craft Skills Award' at the annual National Railway Heritage Awards held in London. Secretary of State for Transport Lord Adonis presented the prestigious award to Clive Farrington of Network Rail.

The recognition is for the careful restoration of Garsdale Station, including the waiting rooms (with a

display of the history of the station) and provision of toilet facilities.

Replica drinking fountains have been installed, and a major talking point is the splendid bronze sculpture of Ruswarp. Ruswarp was Graham Nuttall's collie, the celebrity dog who signed the petition against the closure of the line in the 1980s, and who stayed by his master's side for nearly 3 months over winter after Graham sadly died when out walking in the mountains. (See Page 20 of issue 256 June 2008) The restoration project was led and mainly funded by Network Rail, with support other organisations including the Railway Heritage Trust and the Friends of the Settle Carlisle Line. A second

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phase, covering the parking and access road, has already been planned.

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### FAMILY MUSINGS

A New Year is expected to be a time of change and this one certainly has done that, the weather for one thing, Snow day after day even week after week, then floods, the cold and the frost and attempts to keep warm. The closing of our local much loved Craft Centre where it was very possible to be warmed by the fire with a bowl of Joe's home made soup, the cancelling of many events including the Carol Singing and some folks didn't get to Manchester to "A White Christmas" having one on their doorstep instead. People being ill and work drying up for others, exciting things to look forward to and awful situations for some. I guess it's all that "Rich Tapestry of Life" thing again, pass me the daffodil yellow, spring is coming!

We still haven't had the fireworks, a bad cold meant we stayed home on New Years Eve and listened to others fireworks sounding off around the village. On Christmas eve we moved in with hubbys mum until Boxing Day so I guess "we went away for Christmas" certainly different, hubby popped home to put lights on, close curtains, feed the cat and found a parcel on the doorstep, inside was an Orchid. We wondered how it would have fared had he not found it on Christmas Eve.. until as I gently re-packed it for home and realized it was

a very good imposter, a silk Orchid. And very lovely too. The label said it was "with love from Pat" and we know at least four ladies called Pat, who to thank? A quick phone call to the firm solved the mystery and the Thank-You letter has gone.

Unable to reach the re-arranged Slimming Club weigh-in made me dig out an old pair of bathroom scales, (why are they called a pair when only one, anyone know?) and get on them, when this was repeated two weeks later it said the same but my bubble of enthusiasm was dented by the comment "Are you sure they haven't just memorized your weight from last time?"

My Garden Party between Christmas & New Year was brought down by the weather and folks recovering from having people staying but will be repeated, the idea is everyone brings their favorite Garden Tool and I find them a job using it in my garden, then we ajourn by the fire and tuck in to hot food and drinks and have a good natter. One friend said her favorite "tool" is her deck chair, now, that would have been a photo moment in the snow!

Made your Resolutions? One of mine is to "sort or tidy one area/ drawer/shelf in my house every day with a day off on Sundays" and so far it is happening and it is really surprising what you find and how many things do not actually live where I thought they did! Enjoy your "sorting", see you next month.

S.

### PEOPLE'S HALL QUIZ

#### ANSWERS

Thank you to all those who purchased a quiz sheet even if most of you did not complete and return them. In fact we had only ONE returned and are delighted to announce the winner as Rev. Jane Bailey of Anglesey (Sedbergh born). We did not think the questions were particularly difficult, especially with access to the internet which these days seems to provide the answer to most things but perhaps you were all being generous without wanting a reward! The total raised was £162 and we are most grateful for each and every donation towards this sum.

The answers were as follows:

1. Henry III
2. Roger Lupton, Provost of Eton College
3. 1675
4. The Father of Geology
5. Sleeping Elephants
6. Armstrong Siddeley
7. The mill supplied the Queen's horse blankets
8. 94
9. Sleepy Elephant
10. Taylors of Loughborough
11. 1998
12. 1 February **1954**
13. Three
14. Mrs Upton-Cottrell-Dormer of Ingmire Hall
15. The Monkey House
16. Dent

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- 17. Athienou
  - 18. October 1970 (Junction 35-40)
  - 19. 24
  - 20. June 1995
- Suzy Thurlby/Lyn McLennan*

**SEDBERGH TOWN BAND**

*Thanks from the Band*

The Band would like to take this opportunity at the beginning of a new season of engagements to thank all those who have unstintingly assisted the Band's activities throughout the past year.

We are indebted to so many individuals that it would not be possible to mention all by name - whether named or not, our sincerest thanks go out to you all including Linda, Janet, Viv, Sandra, Zander, Moira who help at all Concerts, culminating in the December Christmas Concert, has made all public performances possible. All Concerts have seen members of the audience helping to clear up the Hall and store chairs - our gratitude to them is great.

We are grateful to all the shops and businesses that help to bring news of our forthcoming activities to the attention of our potential audiences through allowing our Posters to be displayed. We are particular indebted to Nisa (Premier), Green Door and the Tourist Information Office for once again acting as Tickets Sales Outlets.

Without the Lookaround, information concerning our activities would be severely curtailed and our thanks go to Dennis and Jacky for continuing to produce this splendid publication

which has become a focal point of so many aspects of life in Sedbergh.

Suitable accommodation is essential for an organisation and the Band is particularly fortunate to enjoy the extreme generosity of the Governors and Headmaster of Sedbergh School for allowing us use of the magnificent facilities of the School's Band Room for its weekly rehearsal. Band's more renowned and longer established than Sedbergh are envious of the facilities we enjoy not to mention to the incredulity they express on hearing of the support the Band receives in terms of audience and financial donations. The other building of importance is the People's Hall: Concerts are always well and attractively presented and much credit is due to the management of the Hall and the excellent lighting system always in place thanks to the expertise of Steve Longlands.

Finally, to repeat our thanks for the support given to the Band by the people of Sedbergh and the wonderful responsive audiences, that attend all functions. Great and much appreciated generosity was shown in the recent "Blow In" and the encouraging comments so frequently were summed up in the letter published in December's Lookaround from 'Two URC Church Members', referring to the 'Inspiring Service of Remembrance' in which 'the music, the atmosphere, and the Ceremony were wonderful'. The writers comments were particularly warmly received.

*GB*

### FAKE THAT

As many of you are aware, Sedbergh Wanderers FC hosted a Take That tribute evening in the people's hall on Saturday 28th November 2009. This event was greeted with great excitement, both from us as a club and from the locals, who turned out in great numbers on the night!

The evening got off to a great start with the band belting out some Take That classics! The crowd were loving it and would *never forget* them and wanted them *back for good*.

Unfortunately the second half of the show wasn't quite as good and didn't quite go as we had hoped it would go with the group reverting to random cover songs. We would just like to assure you all that we had no idea the group were planning on doing this and we were not told this upon signing our contract with them. We were as disappointed as you were with this and it put a downer on what was otherwise a belting evening. We hope this won't deter you from supporting our futures events, the first being a Charity Fancy Dress Disco on 17th April and our 2nd annual One Big Weekend running over the weekend of 9th - 11th July. Again, apologies if anybody felt let down by the Fake That evening, it was not our intention for that to happen and we were as disappointed by it all as you were.

*Ben Close*

For and on behalf of Sedbergh Wanderers Football Club

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for the Community Fund  
since opening 15 months ago.*

With few exceptions, the shop has a policy of accepting all the donations that we are offered. At times, we find ourselves almost overwhelmed by your generosity. On these occasions we seek to ensure that any overflow is passed on to a range of other registered charities in the area, where there may be a greater level of need and demand for certain items. We also try to support those charities, including the Air Ambulance who, make periodic doorstep collection. We try hard to recycle as much potential waste as possible but dealing with even the small amount of un-saleable items we receive is time consuming and does have cost implications.

As a shop, we have a duty to make sure that the products we sell satisfy those Trading Standards requirements that may not be so rigorously enforced at a Car Boot or Jumble Sale.

Please help us by continuing to ensure, that all donations are in safe and saleable condition and that those intended for use, rather than decoration, are fully fit for purpose.

*The next meeting at which the Trustees of the Community Fund will consider requests for grant funding from local organisations, is scheduled for 24<sup>th</sup> February. Please contact the Community Office for details.*



### DENT SPORTS

Since I resurrected the Rise Hill & Wherside Fell Races, I have become interested in Dent Sports which took place on first Saturday in June up to the 1970's. Clearly this was a major social and community event which attracted competitors from as far away as Ipswich. I hope that the WG may have some information but I wondered if there are any photo's etc stuck up in a loft gathering dust.

As a matter of interest, the Fell Race Winner in 1961 won £8 - a lot of money then.

If anyone can help, please contact John Hyde on 25503. *J Hyde*

### BARREL OF FUN THEATRE

On January 8<sup>th</sup>, Barrel of Fun entertained at St Andrew's Church in a double bill with two very different takes on the Christmas / Epiphany story.

The first play looked at the difficulties the young pregnant Mary and at his wits' end Joseph figures might have had getting out of Nazareth and into a jam-packed Bethlehem for the census, trailed by

# DENT SPORTS and RACES

Saturday, June 3rd, 1961

Commencing at 2.30 p.m. prompt.

President :  
A. V. HOGARTH, Esq.

COMMITTEE :  
E. Akrigg, J. Akrigg, sen., J. Allen, W. Bayne, J. Bentham, N. Brooksbank, A. Booth, R. R. Burrow, J. Capstick, J. E. Cookson, W. E. Ellison, M. Hartley, D. Hartley, J. Hartley, J. Mattinson, J. Middleton, J. Murdoch, M. Raw, D. Stavcley, D. Parkinson, R. Farrington, J. Thompson.

Secretary and Treasurer :  
K. McCLURG

PROGRAMME --- 1/-

Westmorland Gazette Ltd., Printers, Kendal

Three Kings relying on sat nav and gobsmacked at where it has got them. Good work here from Emma Hopkins, Sam Roper, a lively gang of gossiping girls, and Three notably silly Kings.

In the second play, a ten minute version of Dickens' Christmas Carol, the accent was on a panto style presentation with ghosts, melodrama, absurdly poverty-stricken Cratchits and black comedy touches. Elliot O'Connor Ramsey was particularly commanding as Scrooge.

Drawn from five or six different schools, Barrel of Fun pulls together young actor talent from all over the area, many of whom have been together since Chameleons in Year 5 until BOF in Y11.

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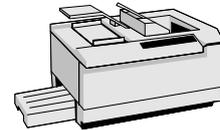
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## **KILLINGTON W I**

This should have been a bumper report covering both December 2009 and January 2010. Sadly though, along with our fellow institutes, January's meeting had to be cancelled. We thought that we would all be able to reach the meeting but were nothing like as confident that we could all get home again. We have been saying for years that we don't get 'proper winters', anymore, so the weather gods have decided to teach us a lesson! The first few days were picturesque (or pictureskew, as one might say), and quite fun but the novelty soon wore off. Slipping and sliding all over the place is great fun

for the young and flexible but for the rest of us the ground seems much harder than it used to be! No matter! The snowdrops are showing their heads and Spring will soon be here. Our Christmas Lunch at the Pheasant was as enjoyable as last year and as I promised we had no problems with the weather. It was agreed that, "a good time was had by all". After lunch our minds were exercised by a quiz devised by Dawn Stevens, who clearly had the members of Mensa in mind when she thought up the testing questions. (e.g. What do you get if you eat the Christmas decorations? Tinselitus. And so forth!) It was appropriate that

Dawn should be the winner of our extra special raffle for a Christmas hamper, infinitely superior to anything that Fortnum & Mason could provide. We finished off the afternoon with tea and mince pies, and a lovely present for everybody.

Roll on next Christmas, or perhaps we should introduce an Easter lunch, and/or a Whitsun Lunch, or maybe one every bank holiday.

Another pleasant occasion in December was the visit of Wandred, the headmaster of our school in Thandi. It was so interesting to hear first hand from him about the progress of the new kitchen which is now complete. Happily the official opening awaits the visit of Anne Jones, our member, in February. Kirbie Kendal School is now also supporting the school, raising generous funds to support the expenditure on physical education equipment for them. Thank you, Anne, for your hospitality

Now we eagerly anticipate another year of WI meetings. Our programme secretary has devised a most interesting and varied programme, which will no doubt, be supplemented by other spontaneous events as the year progresses. Our next meeting (WP) will be on Tuesday 9<sup>th</sup> February in the People's Hall, at 2-00pm, when Paul Sweeting will tell us about, "People and Penguins in the Falkland Islands". I wonder if we will be able to spot the difference? It should be fun, and surprisingly our competition is for a 'picture of a penguin'. Do join us, if you can.

*W.F.U.*

### **SEDBERGH SCHOOL**

Sedbergh School have had another Unbeaten Season once again.

There have been some really great matches this year with some tight wins against Wellington, Millfield and Colstons.

Big pack with lots of dynamic ball carriers, containing 2 excellent props Alex Allan (Scotland u18's) and Nathan Morris (England U18). Other Capped players were second row Tom Hicks (Eng U18 last year) and scrum half Sam Stuart( England U20's squad).

The Team have lost twice in the last 5 seasons (Millfield away in 2007, and Colstons away in 2008) but have been unbeaten in 2005,2006 and this season.

The School only contains 320 boys but has a strong rugby tradition including old boys such as John Spenser , Will Carling, Will Greenwood and James Simpson – Daniel.

The School has a number of Old Boys now playing in the premiership including Phil Dowson (Saints), David Barnes (Bath), Carl Fearn (Sale ) and David Tait (Sale) and Simpson-Daniel (Glocs).

*Stuart Oliver*



### PEPPERPOT CLUB

You may already have read about the PEPPERPOT CLUB proposal to start a COMMUNITY ORCHESTRA in SEDBERGH. We had hoped that this would have been up and running by now, but in view of the various setbacks we have encountered, we have decided to take a different approach initially and so we are organising an ORCHESTRAL DAY WORKSHOP at SETTLEBECK HIGH SCHOOL on SATURDAY, FEBRUARY 27th. The Workshop is designed to give the many players of orchestral instruments who live in and around Sedbergh a chance to bring their instruments along and find pleasure in making music with other like-minded people.

For this first get-together, a minimum standard of Grade 5 is suggested in order to make it easier to select suitable music to play. This does not mean that it is necessary to have taken the exam, but we want to make sure that everyone who comes to the Workshop will feel comfortable with the dots in front of them! Of course we hope to attract lots of more experienced players too.

Anice Paterson, who has kindly offered to direct the proceedings, has had a great deal of experience in running community orchestras in Leicestershire where she worked as the County Music Adviser for many years. She now lives in Kendal with her husband and is very much involved with the Brewery Arts Centre as well as playing in some of the

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Westmorland Orchestra concerts. She will bring a lot of enthusiasm to the occasion.

You will find the details of the day advertised elsewhere in this edition of *Lookaround*.

If you think that you might be interested in taking part in the Workshop or have any queries, please get in touch with Donald or Shirley Smith by telephone (015396 21196) or by email (yantethera@aol.com) and ask for an application form.

*If you cannot come to the whole day, it may be possible to take part in just the morning or the afternoon session.*

Application Forms should be returned to 'Yan Tethera', Queen's drive, Sedbergh LA10 5DP as soon as possible and by Monday 22nd February at the very latest.

We look forward to hearing from you soon.

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**PULSE GYM**

*Happy New Year from The Pulse Gym*

Hi everyone, hope that you've had a good Christmas and we wish you all a very healthy and successful 2010.

We would just like to clarify the situation concerning the closing of Baliol School and the effect it will have on the gym. Baliol School will close and transfer to Harrogate in September 2011 but we will try to negotiate the use of the gym to continue, until it is sold, with North Yorkshire County Council, who are the current owners of Baliol School. We are of course included in the plans for the new People's Hall

project and hopefully it won't be too long a gap between Baliol closing and the new People's Hall opening. We will keep you posted on any news.

We are again having problems with non-members entering the gym by borrowing swipe cards. Please note that if you are not a member, you are not insured to use the gym equipment and this could have serious consequences, not only to yourself if you are injured, but could jeopardise the gym insurance and would therefore affect the gym as a whole. Would members please make sure that no-one uses your card and if you know of anyone using the gym, who is not a member - please let us know. The committee will be coming into the gym to do spot-checks so please do not be offended if you are a member and you are asked for your name and membership number. If any members are found to be lending their cards out, their membership will be terminated.

Our Annual General Meeting will be held in April and all are welcome to come and have a chat about your gym and any suggestions or ideas for improvement for the future will be appreciated. We are looking for a new treasurer so anyone interested please ring Dot on 015396 20232. Jacky Baines has been fulfilling that roll since the gym opened but is giving up the post due to lack of time. Thank you Jacky for the brilliant job you did in setting up the books in the beginning and for the continuing support you have given, we couldn't have done it without you.

### **NOVEMBER WEATHER**

A record breaking month but sadly for all the wrong reasons!! It was certainly the wettest month I have ever recorded which is hardly surprising when it was the wettest month since records began! With only 3 days when rainfall was not measured we ended up with a total of 11.5 inches. This, of course, pales into insignificance when put alongside what was measured in Seathwaite where they recorded more than that in one night!!! I have never recorded such low pressure for such a long period with only 6 days during the month actually getting above 29 inches of mercury. We had a continuous series of Atlantic depressions covering the UK. Even then it did not match the low pressure measured in 1978 when the barograph actually dropped off the scale!! With these depressions the wind was generally from the North West with a maximum gust of 25.3mph. Temperatures were also variable but we had 9 days in the middle of the month when the maximums were above 50F with a high of 55.6F. On the low side we had 7 nights with a ground frost and a couple with actual frosts. The minimum recorded temperature was 27.9F! We also had our customary dusting of snow on the fells during the last couple of days of the month.

This very wet weather makes it very difficult for wildlife. Owls find it very difficult to hunt as Tawny's, in particular use sound a great deal in their searching but with heavy rain they is not possible. Very few

sightings of fieldfares and redwings have been made so let's hope they have found drier areas. The fat balls have been a good source of food and have needed replacing regularly for the tits, including the long tailed tits which have made regular visits this month. Honey bees have actually made some flights coming back with what looks like ivy pollen. Livestock has also struggled with the mud. Sadly we had to say "goodbye" to our donkeys as we could not keep them dry and their feet were suffering. We shall miss them as they were real characters. Sheep too have had a rough time paddling about but still manage to look in decent condition. Let's hope the tup has done his job!!

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### **A FARFIELD CHRISTMAS CAROL**

The Cautley Carollers would like to thank everyone who made our star-lit carolling expedition just before Christmas over the snowy fields from Farfield to some of the furthest reaches of the parish such a success. Nearly every house we visited either invited us in to sing by their fires or greeted us at the door with refreshments. Most of the residents at Hallbank had gathered in one of the cottages for a party to give us a very cheery welcome, and we had a fairytale ending for our evening when, with the snow falling around us, we sang at Ernie Hailwood's home where the entire cast of Cinderella had gathered.

In a Farfield holiday cottage we met an elderly widower from the south who, having recently celebrated his 70th birthday surrounded by family and friends, had come to Sedbergh for some peace and quiet. I met him in the lane about a quarter of a mile from Farfield and for half an hour tried to push his car out of the snow drift where it was stuck.

It turned out that all the residents at Farfield also had a turn at helping him - Mick and Jo Lavery Hoff went down the lane with their wheel barrow to help bring up his bags to his holiday cottage. Other neighbours lent on their rally driving skills to free his car and get it down the lane, while others invited him to their house for a meal and brought him supplies to his cottage. By the time the Cautley Carollers appeared on his doorstep to

wish him festive cheer with the singing of their well practiced carols the old chap was totally overcome - he broke down in tears saying he had never experienced a community where people had showed so much kindness before.

Not even the Scrooge-like attitude of the new Farfield Mill manager, who banned our 3 year old daughter Anika from playing outside our cottage in her sandpit which she shared with visiting children to the mill, could dampen the resolve of the good people of Farfield to show kindness and hospitality to those in need.

Also - many thanks to the many people at the Brigflatts Carol evening who despite the weather came and joined the singing along with the Brigflatts children, the Cautley Band and Cautley Carollers.

*David Burbidge*

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

Thank you to everyone who used the Scouts Christmas Post service. Over the three week period we delivered over 1,300 cards and made £216 for Scout funds – money which will help to fund the programme of activities planned for this year.

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

### **LATE NIGHT OPENING 2009**

Blessed with fine weather, Sedbergh's annual Family Festive Evening and Late Night Opening, held on Main street in early December, proved as popular as ever this year. True to our tradition, the evening began with the ringing of St Andrew's Church bells. This was followed by a fine rendition of traditional Christmas carols on Main Street by the Cautley Carollers, dressed in period costume and carrying lanterns.

As in the past few years, the event was combined with the "official" switching-on of Christmas lights. The switch was due to be thrown by our Gala Queen, Hannah Turner-Lant at

6.00 pm, as Santa rode along Main Street to his grotto. However, Hannah had to return from East Yorkshire that afternoon and heavy traffic delayed her arrival. As the clock ticked towards the hour and the distant sound of Santa's reindeer could be heard trotting along Long Lane, the switch remained un-manned. Then, at the last moment, a fluffy, pink, cuddly bear (or was it a rabbit)? appeared from nowhere and came bouncing along Main Street, just in time to throw the switch and get the evening off to a grand start.

Entertainment on Main Street was provided by Astral Circus, with a particularly dazzling display of fire-related stunts, including fire eating

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and juggling with blazing torches. For many years, Christmas music has been played during Late Night Opening by Sedbergh School Band and this has been much appreciated by all. However, the School band was unavailable this year, so their place was taken by Sedbergh Town Band (aided by a few members from the School), who played a fine selection of carols and other Christmas music.

This year, Santa's grotto moved to the Launderette behind Ellie's (Howgill) Cafe. We are very grateful to Mel for this and for the hospitality and refreshments provided to Santa and his team. We also thank Mark Westwood for helping man the stall and the entertainments outside Santa's grotto. The covered alley-way gave particularly good shelter for queuing children and parents.

During the evening, shops and businesses on and near Main Street provided colourful and cheerful surroundings and friendly hospitality to their regular and new customers, often with tasty snacks and seasonal drinks. The "Treasure Hunt" competition included clues in many shops, and one aim was to entice people into shops that they might not otherwise visit. The prize, a top-quality Samsung digital camera, was won by Janet and John Postlethwaite. The winner of the Chamber of Trade "Most festive Premises" shield this year was Garth Steadman's butchers shop.

We are grateful to the many shops and businesses who donated generous prizes for the Grand Raffle. The following businesses kindly

## SPRING SHOW

**Saturday March 27<sup>th</sup>**  
1-00pm

**GET BUSY  
WITH  
YOUR ENTRIES**

Entry forms in the shops now

provided financial sponsorship for the event: The Bath House, R. S. Morphett Ltd., Christopher Whelan, Cobble Country, J. M. Pratt and The Lookaround. We thank Garth Steadman for donating 50% of the Hog Roast proceeds to the cost of the evening (and the other 50% to charity).

Thanks go to Karen Brewer and family for arranging Santa's transport and to Olive Hunter for helping to keep the mulled wine flowing in the bus shelter. Also, to Fenella and John Davis and Mark Westwood for helping convert Mell's launderette into Santa's grotto for the day.

The event is organised by a small group of individuals and we would particularly like to thank Sandra and Steve Longlands who have worked tirelessly for so many years to bring sparkle to Main Street at Christmas time and to provide an enjoyable festive evening, particularly for children visiting Santa in his grotto. Needless to say, we also greatly appreciate Santa making the effort to visit Sedbergh at this busy time of the year!

*Martin Powell,  
Ernie & Viv Hailwood*

**SPRING SHOW  
FLORAL ART WORKSHOP**

*Thursday 11<sup>th</sup> February at 2pm*

Have you looked at the flower designs at the Spring Show and thought that you would like to have a go? But, perhaps you need a little encouragement.

We are running a workshop to give you some ideas and some tips as to what the judge will be looking for in the Floral Art Section.

This is your opportunity to come along and try some flower arranging in a non threatening environment.

One of the classes in this year's Show, which takes place on Saturday 27<sup>th</sup> March, is entitled 'An Easter Table Decoration' this is a class for novices, so it is an ideal one to try for your first attempt. We have asked several ladies, who regularly enter flower shows; to demonstrate examples of a table arrangement and then they will be on hand to encourage you make your own design.

Date: Thursday 11<sup>th</sup> February 2010  
Time: 2pm – 4.30pm. Venue:  
Committee Room, People's Hall.  
Cost: £5 which will include a container, floral foam, and refreshments.

Some suggestions of what plant material you will need to bring will be given to you when you book your place, but it is anticipated that it should cost you no more that £5 for flowers.

To book your place and/or to find out more information please telephone

Linda Hopkins tel. 21455. (If the answer phone cuts in leave your name and telephone number and I will get back to you).

**HOUSE IN FRANCE?**

We have shared (50/50) ownership of a house in France for 15 years. In the foothills of the Pyrenees, 50 minutes from Med. Friendly, sparsely touristed, French village. House of character in good repair, with fine garden. Our co-owners are leaving; would you perhaps join us? Ring Peter or Doue-Lis on 25357 for details.

**SPORTS IN THE DALE**

Thank you to everyone who bought raffle tickets and supported us on Boxing Night. A good night was had by all!

Raffle:

- 1<sup>st</sup> Prize - £500 won by Peter Barrington
- 2<sup>nd</sup> Prize - £250 won by Angharad Couch
- 3<sup>rd</sup> Prize – Rugby tickets won by Les Tyas
- 4<sup>th</sup> Prize – Meal for 2 at the George & Dragon won by Keith Moorby
- 5<sup>th</sup> Prize – Hamper won by Eddie Smith
- 6<sup>th</sup> Prize – Bottle of Whisky won by John Dixon
- 7<sup>th</sup> Prize – Bottle of Wine won by Andi Jackson
- 8<sup>th</sup> Prize – Bottle of Wine won by Angela Jasper-Smith

Other prizes won by Chris Jasper, Julie Middleton, Mark Dodd

Thanks again.

## FEBRUARY GARDENING

As I write this, the much longed for thaw has started to occur and green lawns and brown borders are beginning to emerge from under the thick layer of snow which has, so unexpectedly, blanketed everything for the last 3 or 4 weeks. I searched for, and found my first snowdrop on 12<sup>th</sup> January – way ahead of all the others which are not even showing white – it is a sure sign that spring is on the way whatever the weather.

Snowdrops, or *Galanthus* do particularly well in our area. I do wonder if there is a particular type of mycorrhiza – a growth promoting fungus which seems, according to current research, to aid root formation in a wide variety of plants, from trees to terrestrial orchids – in the soils here. We have 5 distinct snowdrop flower types in our garden: “thin” single flowers, “fat” single flowers, large single flowers (a cultivar called ‘S. Arnott’ which usually blooms before all the others), fat (but not very prolific) single flowers with broad green leaves ( *Galanthus ikariae*) and double flowers. The latter are the most successful, and the most showy of all, but my ‘Sam Arnotts’ which have increased in number very satisfyingly over the last 20 years are, from reading the current catalogues, the most valuable of the lot. The catalogue price last Autumn was £8.80 for 3 bulbs. I haven’t counted them, but there must be the price of a weeks holiday in the sunshine sitting out there in the border.

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I am expecting to find one or two casualties in the borders when the growing season really begins but will wait until at least May before removing anything from the ground. Plants have amazing powers of regeneration and sometimes throw up new shoots from below ground level when the tops have died back. Our good blanket of snow has insulated the soil so that the frost did not penetrate too deeply and our lowest temperature up here on the hill was only down to -7.5 C. Gardens down the valley, beyond Kirkby Lonsdale fared much worse. There the snow cover was much less and the temperature dropped to -13.5C. I expect that Pentstemmons, Erysimums (perennial wallflowers) and some of the *Cistus* (Sun Roses) and Hebes may need to be replaced but as these often grow leggy and scruffy with age I actually look forward to being able to start again with something new. Perhaps the frost and the snow have actually done us a service.

*Elaine Horne*

### **STRANGE VISITORS AT THE PEOPLES HALL IN DECEMBER**

It was Drama all the way through at the People's Hall monthly informal worship service held by Sedbergh Methodist Church. There were strangely dressed characters mixing in as people were sitting drinking their coffee, and joining in the songs. I'm sure you would have seen through the disguises though! A very Wise (Irish) Man appeared, in extremely ornate headgear and matching belt, and then a local shepherd, - yes really local and a shepherd, but in clothes never seen on our fells gathering sheep, - was looking after his granddaughter Zoe. An innkeeper's wife from Barbon was kept busy and a very cross King Herod had taken a rest from putting up marquees, to interrogate Wise Men as to where the new King was born. And then there was a lovely young girl, very athletic looking, the daughter of another local shepherd/teacher, who was dressed in blue and white and was ready to do exactly what God has chosen for her, which was to give birth to the Saviour of the world. They all had a "hand" in the Nativity Story and showed how God used the people of the day to carry out his work on earth, just as He wants to do today. The children were very amused by a short film of a Christmas song by Father Christmas and his reindeer. There were Christmas songs and lots of coffee and mince pies. All this was a great way to celebrate Christmas and all

that God has done for us by sending us His Son. It was added to by the deep, crisp and even snow falling all around making it difficult for some to get away!! (Some for days!)

The next informal service is to be on **Sunday 21st February, at 10.30am.** so do come along and enjoy modern worship to God in an informal setting, with children's activities, worship band and coffee, and you never know who you'll meet, don't miss it!

*R Pedley*

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### **SEDBERGH CDC NEWS**

#### *New Yoga Course in Sedbergh*

After many years of teaching yoga for us Deyna Hirst has moved to Kendal and is no longer running our Sedbergh classes. We are very lucky that David Burbidge has stepped in and agreed to run a Friday morning course for us. David is a very experienced yoga teacher. He originally learned yoga in India many years ago and has been practicing it ever since.

The classes run on Friday mornings from 9:30 to 11:00 at the Methodist Hall. If you would like to join, or just

try it out for a week, please ring Sedbergh CDC on 015396 21031.

*Other course news*

We have a number of other classes running in Sedbergh this term, and you are welcome to join in part way through if you have suitable prior experience. These include Pilates, Woodwork, Spanish, Italian, Play in a Ceilidh Band and Digital Photography. You can learn more about farming by joining our Farm Visits course, the next visit is on 13<sup>th</sup> March.

We are also developing our **outdoor education programme** and have day courses coming up in Lowland Navigation, and Feel Confident on the Fells. We are also planning a Mountain Adventure course, which will consist of an introductory day followed by a weekend away in the Lakes or Scotland. Finally we will be running a short course in Rock Climbing, based at Kendal Climbing Wall.

Watch out for further workshops in a variety of subjects in late spring/early summer.

*Chris Wood, Sedbergh CDC*



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**DENT MEMORIAL HALL**

The "Flicks in the Fells" in October was a great night, very well supported and raised over £300 for Hall funds, many thanks to everyone including Wheelbase Cycles who donated a Child's Bike for the Raffle and especially to Mrs Alice Clegg for all her planning, arranging and hard work!

Indoor Bowling is going well, we are poised to experience a "friendly" match with Barbon and wonder if they play to the same rules as us? Sessions continue some Wed evenings & Saturday mornings, see posters for details or phone one of the officers.

Anyone interested in Dancing lessons? Jive? Line? Ballroom? Salsa? Anyone able to teach us? Do get in touch.

Our AGM is on March Wednesday 24th 7.30pm in the hall, members of the public are very welcome and we will discuss all aspects of the Memorial Hall including the main fund-raising event, Dent Gala on August BH Monday from 11am.

*SE Woof (Chairman) 25212.*

## HISTORY SOCIETY

### *Traditional Food in the North*

Just in time for Christmas, Ivan Day, the food historian, came to talk to the History Society about 'Traditional Food in the Lake Counties and North Yorkshire'. He covered the period from 1595 to 1900.

In the north, oats and barley formed the staple diet of most people unless they were very rich. These were eaten in the form of stews and haverbread and Mr Day had discovered several recipe books which gave various ways of serving the same fare. Soups, potage and haverbread were served at most meals. There would be oats (with sugar or currants as a luxury), mutton

broth thickened with bread or eggs and havercake. In the towns, white rolls would be available for those who could afford them.

Crowdie was mutton broth thickened with oatmeal; podish or hasty pudding was porridge flavoured with black treacle. Sowers was made from steeped oatmeal and boiled until the water had evaporated leaving a jelly; flummery was similar but sweetened and put into a mould. Nothing really to excite the tastebuds!

As a treat mutton ham was served, this would be flavoured with Juniper berries, bay salt and brown sugar. The gentry fared better. In general they ate more meat and fish.

Mr Day gave us a full description (accompanied by many slides) of how haverbread (or clap cake) was prepared. He described the various implements which all house wives had in their kitchens:- ridged rollers to roll out the oat dough, sputtles to stop the sticking on the backstone or griddle, havercake maidens to assist in the toasting and drying of the havercake which was then stored on racks suspended from the ceiling.

The monotonous diet was relieved at Easter, Christmas and funerals. Easter fare included fig soup on Good Friday and Easter ledges pudding. At Christmas there would be hack pudding made from oats, suet, mutton, sugar, currants and spices. Pies of every description were very popular – goose pies, venison pies and some containing every kind of game.

Funeral feasts were the largest. Funeral bread contained caraway

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seeds and everyone was presented with a funeral biscuit wrapped in black paper.

Over Christmas, in the TV programme 'The Victorian Kitchen', Mr Day demonstrated some of the recipes mentioned in his talk. Fascinating and very enjoyable.



### SEDBERGH SHOPS

I was curious to know why the shelves in one or two shops in Sedbergh looked rather empty during January's cold and snowy weather. I assumed there had been difficulty in bringing in supplies. "Not at all", I was told, "but quite a few people are shopping here instead of going to Kendal".

Great!

There may be marginal differences in choice and on price on some items normally bought at Morrison's or Asda, but on quality Sedbergh would surely have the edge; the butcher's, the greengrocer's, the baker's, the Post Office, the hardware shop the electrical suppliers, the paper shop, the fish and chip shop and the sweetshop all take some beating. Some people will remember the even

greater variety of shops we had here in Sedbergh not long ago. They have disappeared almost unnoticed, one by one. Are we going to allow this trend to continue? In a snowy winter in 10 years time, will we still have the option of shopping locally?

What a great thing it would be for the town if this dire winter led to a reversal of the present trend to shop 10 miles away.

*Maureen Lamb*

---

### HOWGILL W. I.

Our singing group led by Helen Beare took part in the Carol Service held at Howgill Church. We enjoyed performing and hope you enjoyed it too.

Christmas celebrations took place at the Sedbergh Golf Club where members and their guests enjoyed an excellent meal.

Several games of mystery dominoes resulted in us each winning a prize and some of us went home with the added bonus of a raffle prize.

"A Star made by Yourself" was the competition. This was won by Helen Beare with Barbara Axford second.

We would like to thank Ruth and her staff at the Golf Club for the lovely meal and to Mary Silva for arranging everything for us. An enjoyable evening, with good food and festive fun.

Due to the adverse weather conditions it was decided to cancel the January 2010 meeting. We meet again on February 4th at Firbank Church Hall when the Kinderley Singers will be entertaining us. New members will be most welcome. A. H.

### POPPY APPEAL 2009

The Sedbergh Branch of the Royal British Legion would like to thank all those who helped with, or contributed to, The Poppy Appeal in our area last October/November. Although the final tally is not yet known, it is thought it will exceed 2008's total of £7051.05p by at least 5%.

It is testament to the generosity in both time and money of local folk that we manage to collect more each year. Your support of our charity is a reflection of the regard in which the nation holds our Armed Forces and the Legion takes very seriously its responsibility to invest the income from the Poppy Appeal in the welfare of Service Personnel past and present. If you would like to know more about the work of the Legion please contact me, or log on to [www.britishlegion.org.uk](http://www.britishlegion.org.uk), or [www.poppy.org.uk](http://www.poppy.org.uk) for specific information on the Legion's Poppy Appeal.

Our grateful thanks to all concerned for another magnificent total!

Rose Pease, Secretary, Sedbergh & District Branch, The Royal British Legion. Tel. 015396 21575

### SEDBERGH TOWN BAND

#### *Christmas Carols*

In common with recent years, the Band had a full programme of Carol playing in the days leading up to Christmas. An early start was made at Asda in Kendal at the end of November when opposition from a Yo-Ho'ing mechanical Santa Claus was successfully overcome. A most satisfying response from the Shoppers was experienced subsequently at Morrison's, the Kendal Birdcage, the Sedbergh Pubs and, on Christmas Eve, the Bus Shelter in Sedbergh's Main Street. One engagement, at Hallgarth, fell victim to the weather and had to be cancelled whilst additions to previous programmes in the form of assistance to local School Carol Services went west.

#### *Coffee Morning*

A Coffee Morning was held in the URC Rooms on Wednesday 9th December. The Band extends its thanks to all who helped and attended in an event that has assisted in the efforts to raise funds to provide instruments to equip the expanding Youth Band.

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### SEDBERGH GALA GROUP

#### *Urgent support needed*

We would like to call out to all those people who would like the Gala, Bonfire and Children's Party to continue.

We urgently need your help. Whether it is because you have a creative flare in Design, Retail, and local knowledge or ever to run a stall in our Craft Tent on Gala Day.

This will be a deciding year, for Sedbergh people to come and make this community pull together and provide and support these great local events.

If you have any good Ideas you would like to share with the committee drop into the community centre in the information centre where there is a box available for Ideas or even better come to the next Gala meeting everybody welcome it will be held at the People's Hall 7.30pm Monday February 8th.

Chairman Sedbergh Gala Amanda Bond contactable on 07876 706170 or call in the community centre and leave your details there.

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### ROSEMERE CANCER FOUNDATION

#### *Local Solicitor slims for Rosemere Cancer Foundation*

Local solicitor, Nigel Davis of Nigel Davis Solicitors, has been taking part in a sponsored slim in aid of The Rosemere Cancer Foundation.

Rosemere fund research, patient welfare projects, additional equipment and training in cancer units throughout South Cumbria and Lancashire as well as providing the very best care possible for patients wherever they are treated.

Nigel Davis has already lost 3 stones. If you would like to sponsor Nigel and support the charity you can do so online at [www.justgiving.com/Nigel-Davis](http://www.justgiving.com/Nigel-Davis) or alternatively you can contact 0777 913 9841.



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### BOOKWORM

What I have been reading this month .....

'Zoia'a Gold' by Philip Sington (fiction)

This 389 page novel is based on the life of Zoia Korvin - Krukovsky ( 1903-99)a Russian born 'painter on gold'. There are 2 interwoven themes - the complex hidden aspects of the artist's life in Russia, France and Sweden with the development of her unusual style of painting plus the fragile British art dealer writing a catalogue for a 2000 exhibition of Zoia's work who becomes obsessed with the task that almost unhinges him.

I found it an unexpectedly engrossing read enticing me to the last chapter to find the solution to the 'mystery'.

'Fine just the way it is ' by Annie Proulx ( fiction : short stories)

A collection of raw tales based in Wyoming - hard unvarnished ranch life. the unconventional is made ordinary and vice versa.Names of people and places caught my attention - Forrie, Wintker, Karok,Mrs Quilt, Fenk, Mellowhorn, Littleweed, Verl and Tug Diceheart. There are no happy endings here but evocative glimpses of an untamed landscape and characterful people trying to make a living in it.

'The making of modern Britain 1900-1945' by Andrew Marr ( non - fiction)

I was prompted into reading this after catching an episode of the TV series with the same name.I found the book written in an easily accessible style, paceyand

thoroughly researched. .Influences and trends are identified and the significance of a person or incident drawn out giving a broader understanding of the contributions made to the Britain that we know.Marr covers a range of political leaders as well as lesser known ones and mixes in different perspectives eg military, musical and consumer, effectively giving a full picture of the period. I learnt a lot.

RM

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### SEDBERGH & DISTRICT ART SOCIETY

We didn't quite know what to expect at our meeting on 11th December 2009. The title was "Power Presentation", by David Lyons, who proved to be a very entertaining speaker. He produces his works by using a combination of art, craft, and technology. For example, in making a picture of tigers, he works from a computer enlarged print -out of a section of a photograph taken at a zoo. He then cuts out sections of the markings on the tigers to make a stencil, which is then glued onto a board, and painted through. The

stencil is removed and the painting continued, taking care to paint a compatible background.

David often uses a computer reference dictionary to create a composition. His favoured paints are alkyds--fast drying oil-modified resin paints.

A lot of food for thought here, especially for those of us who can't draw very well, but also a bit of a culture shock, quite different from our usual speakers.

Unfortunately, our January meeting had to be cancelled---guess why!--- but we hope to hear John Campbell at a later date. So our next meeting will be our AGM on February 10th at 7.30pm in St. Andrew's church room, all welcome ,of course. V. Finch

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### **SEDBERGH SUMMER SINGERS**

#### **ATTENTION!**

With summer approaching (we hope!) we look forward to the Sedbergh Music Festival. The Summer Singers are invited to perform, on June 15th and 16th, in St. Andrew's Church, this time with me, Mary Hamilton. I sincerely hope that

you will support me in this and come along on Monday evenings for a good fun sing - beginning on Monday 22nd Feb. at 6.30 p.m. in St. Andrew's.

Music to be performed is:- Horovitz - Summer Sunday "A comical, tragical, ecological pastoral" Stanford - The Blue Bird Coleman - The Rhythm of Life

As Sedbergh Choral Society is now over, you may be missing your weekly sing. Please come and join me.  
*Mary Hamilton*

### **SETTLE TO CARLISLE**

*Settle & Carlisle is Second Best - in the World!*

The railway journey between Settle & Carlisle has long been famous for its scenic splendour, and the way it cuts dramatically through the Yorkshire fells before tracing the pastoral glory of the Eden Valley to Carlisle. But now its fame is international - having been voted no.2 in the list of best train trips in the world by an American news network. The S&C therefore is more spectacular than the Trans-Siberian or Orient Express!

The ABC News survey of 'The World's Top Ten Great Railway Journeys' gave the top ranking to South Africa's Blue Train. England's pride the Settle & Carlisle took second spot, ahead of Russia's Trans-Siberian, Europe's Venice-Simplon-Orient Express, and Canada's Rocky Mountaineer. Rail routes in Malaysia, Syria, India, Switzerland and Kenya complete the top 10.



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**SEDBERGH OLD TOWN**

*The Town in Old Photographs*

In Main Street Sedbergh, smoke fills the air as guns fire a salute for the proclamation of the accession of George V; elephants stroll through the town; and a dead horse still in harness attached to a cart, lies sprawled on the ground. These are just some of the unexpectedly vivid photographs to be found in this book.

Since its inception in 1980, the Sedbergh and District History Society has been collecting old photographs and they have been archived in the History Room in the Community Office in Main Street. They have been available to anyone who wished to

pop in and browse through them, but selecting the most interesting to be produced in a book has made them much more widely accessible.

It must have been a mammoth task selecting over 200 photographs from a much bigger collection, and compiling them into sections depending on where they were taken. There is also a brief introduction to each section. They have done a superb job.

The earliest photo, and it is very early, soon after the popularisation of photography, is of the market Square in Sedbergh. It was taken before 1858, probably by one of the Brunskill family who became professional

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photographers and whose collection can now be found as part of the Armit collection in the Armit Museum at Ambleside. It is likely that one of the children in that photograph was a Brunskill and unbelievably the names of several of the other people are known. They are names of families still living in Sedbergh, the Atkinsons, the Milburns, the Harrisons and the Thompsons.

This book brings to life how it was to be living in Sedbergh in those days. We no longer get water from a 'spout' in the street, but that was one of the many time consuming jobs undertaken by most working class families up to the middle of the twentieth century. Looking at the picture of the first car to come to Sedbergh in 1898 you can feel the excitement of the crowd as it trundled down Loftus Hill, passenger in front and driver behind. And did people

really ride penny farthings as a useful way of getting around, not just as a museum piece?

Sadly Sedbergh School no longer has its gymkhana procession through Sedbergh streets with its bagpiping boys and its giant spoof elephant, but the procession of gypsy wagons through the town in 1976 is surprisingly familiar.

It would be churlish to make any criticism of this wonderful collection of photographs, but there were times when I wished there had been an index, so I could go back to a picture I wanted to show a friend. However as all the work of collecting and cataloguing the photographs in the first place and then putting together a selection in this book, has been done entirely by enthusiastic volunteers, it would be unfair to ask for more. The Sedbergh History Society are to be congratulated on an excellent book, of universal interest.

At only £10, for any one who knows Sedbergh, this is a must for their bookshelf. Copies can be found in the Tourist Information Centre and many local shops. *Maureen Lamb*

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### HOWGILL HARRIERS

The welcome break in the wintry weather brought some impressive times at Howgill Harriers' annual Ravenstonedale Red 10k. A total of 174 runners took to the undulating course in Saturday's race. Winner James Bulman of North York Moors AC stormed to the finish line in 33.03 with Borrowdale's Morgan Donnelly hot on his heels in 2nd (33.05). Chris Steele of Borrowdale was 3rd in 33.17.

There was also a strong field of ladies. Pippa Maddams was 1st home, and 13th overall, running an incredible time of 37.42. Helm Hill's Melanie Hyder (38.36) and Swaledale's Erica Johnson (40.41) were 2nd and 3rd respectively.

Howgill Harriers won the men's and ladies team prize. Jack Walton and Tessa Higgs (both from Howgill) won their races in the 2.5 mile Fun Run held before the main event. Afterwards The Black Swan Hotel provided soup for all the runners as they waited for their prizes, presented by sponsor Garth Steadman. Howgill Harriers would also like to thank Stonethwaite Holidays for supporting the event.

### NEW CRAFT CIRCLE

A group of women from Sedbergh have established a craft circle and hope to meet every few weeks on a Monday evening. The circle is for anyone interested in sewing, knitting, crocheting. Basically any craft that can be done on knees whilst having cups of tea and a chat! New members are very welcome.

For information please ring Katy on 07843673416.

## GRAHAM J MOFFAT



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### KENDAL MOBILE LIBRARY

The Mobile Library is an invaluable Service to the remote areas of the County.

The Kendal Van will be travelling into our area and stop at the following times and locations:-

Gate Cottage	09:50 - 10:00
Green Cottage	10:10 - 10:20
Dent Car Park	10:30 - 11:30
Barbon Village Hall	12:00 - 12:30
Casterton	12:40 - 12:55

On the following dates:-

9th February; 2nd & 23rd March; 13th April; 5th May; 2nd & 23rd June.

Dear Sir,

Dentdale has recently lost one of its greatest assets and most welcoming of eating places, I refer to the Dent Craft Centre which closed down at the start of the year. Always a welcoming venue for a leisurely coffee/light lunch/afternoon tea with friends or family, especially sat under the array of Tools Of Yesteryear by the log fire, or a long browse around the diverse selection of pictures, models, ornaments, gifts, cards, books and toys. (Did you play with the Tumbling Tedds or the Marbles?) Joe and Carrole have certainly earned their "retirement" and I wish them a long enjoyable one and look forward to being able to escape to their B & B in the future.

Nevertheless, they and the CC will be missed.

Regards,

*Sarah E Woof.*

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**SEDBERGH LADIES N.F.U.**

Many thanks to everyone that attended our Coffee Morning on December 2nd 2009. We managed to raise £337.20 including donations

which will go to local cancer charities.

The December meeting was held on Tuesday 8th December 2009 with a good attendance. The evening started with one of our members Mrs. D. Howarth showing us the art of doing Christmas Flower Arrangements. She kindly donated one of these for the raffle which was won by Mrs. D. Pratt. The menu was passed round for the Christmas meal which was held on Tuesday 19th January 2010.

Mince pies and shortbread were enjoyed by all followed by a quiz which was won by Mrs. H. Jackson.

The enjoyable evening ended with Carols accompanied by Mrs. B. Gorst on her keyboard.

---

**THE ROSE COMMUNITY THEATRE**

It's great to have the *Lookaround* back and to be able to report that the RCT are busy rehearsing for Panto number six, Oh no you're not, Oh yes we are.

This year we have a cast of 1,000's and we will be romping through a tale involving Pirates, Hero's, Warriors and Nymphs plus the scariest monster you have ever seen. All the usual faces will be there, although you may not recognise them, plus a plenty of youngsters and a few new faces. The proceeds will be once again going to support the People's Hall re-build. The RCT members look forward to your continued support at the Panto's March performances.

For further information about the RCT call Sandra or Viv on 015396 21808/21539

## **PEOPLE'S HALL**

### *Redevelopment Project*

Little visible action does not mean inaction, as regards fund raising for the People's Hall project. By the time you read this the first fund raising activity by the B&B ladies will have finished and the winners will be enjoying their 'substantial' rewards.

Though applications to grant giving bodies and the creation of the Friends of People's Hall will only occur when we have planning permission, we are not being idle in the meantime. Useful information documents are being prepared and the fund raising group is increasing in number as 'volunteers' are being inveigled into leading the funding of the individual parts of the total project. These volunteers will need some help and support and so if you feel you can offer some of your time do contact Hilary Hodge (015396 20314) who will be pleased to hear from you.

Whilst some activities are on hold we would be delighted if you can now organise an event to raise funds for the project. However, please let us know what you plan to do so we can co-ordinate activities.

On the planning side we have submitted, through the YDNP Planning Portal (*sic*) the preliminary details of the project together with being busy going through the Associated Check Lists and Validation Questionnaire. The BAT man will have called by the time you read this to check if any bats have taken up residence in the Hall.

Meanwhile it is intended to have conversations with the VAT man about zero rating some parts of the proposed works.

*Dr Gina Barney (20790)  
and Douglas Thomson (21747)*

## **DENTDALE RUN**

It's that time of year again!

On the 13<sup>th</sup> March the annual Dentdale Run will take place over a 14 mile course around the roads of Dentdale. In its 26<sup>th</sup> year the race generates vital funds for Dent C of E Primary School with the assistance of the race's main sponsor Dentdale Brewery along with massive support from other local businesses and the support of local people in providing catering, marshalling and other help.

The race starts at 1pm on Saturday the 13<sup>th</sup> March and consequently Dent village will be very busy that morning, the roads will also be busy culminating at 1pm with over 500 runners taking to the roads around Dentdale. So I would ask very kindly that if anybody is arranging for large deliveries or any farmers are looking to move livestock on that day it would be tremendously helpful if you could avoid any time between about 12 noon and about 3.30pm.

It is a very enjoyable event and any spectators are warmly welcomed to come along and cheer the exhausted athletes. You may even wish to enter the race and an entry form can be downloaded from [www.dentdale.com](http://www.dentdale.com)

*Peter Knapton  
Chairman  
Dentdale Run Committee*

### FROSTROW WI

Our Christmas meal is always at the beginning of December which you might think is a bit early, but it does conjure up the Christmas spirit and put us all in the mood for the festivities to come. This year we went to the Cross Keys and the staff really did us proud. It's such an "Old World" setting and we had the whole place to ourselves. It was lovely to have everyone altogether on a purely social occasion, giving us chance to enjoy a good 'chinwag, which is not always possible when we have a speaker. The food was very good and we have to give full marks to the chef and to the ladies waiting on who had the difficult task of sorting out what everyone was having!

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### VOLUNTARY CAR SCHEME

#### *Transport Difficulties?*

Our voluntary Car Scheme may be able to help.

Community Transport South Lakeland is a registered charity and we have Volunteer Drivers in Sedbergh who use their own vehicles to offer transport to residents of South

Lakeland who have difficulty making their journey by public transport.

Examples of journeys include medical appointments, visiting relatives or friends in hospital, attending lunch clubs or day centres, shopping trips or social events; and they can be short or longer distances. A fare is charged to the passenger of 40p per mile and no charge is made for waiting time.

Contact: Local Co-ordinator:  
015396 20869

### DENT BUS SERVICE

An extra Saturday service has been approved for this year starting in May for 20 weeks. The idea is to allow walkers / visitors to stay in the Dale for longer. The service will set off in Sedbergh about 4.45pm, Dent for 5pm and then up to the station for 5.15pm to meet the 5.32pm to Leeds. The start date and correct times will be announced when known.

Dear Mr Whicker,

I am trying to locate my brother-in laws two children, both girls, the eldest would be about 34-36. I do not have their first names. Their fathers name is Rodney Sedman who comes from Driffield North Humberside and I believe they still use the surname Sedman. They have cousins in Australia who would love to contact them. If any of your readers has any information as to their whereabouts, can they please contact me at [ssedman@yahoo.com.au](mailto:ssedman@yahoo.com.au)

*Regards Sheila Sedman*

### **AMATEUR MUSICAL EVENING**

Maureen, Jean and Friends would like to thank everyone who supported our Musical Evening in St. Andrew's Church on December 12th.

It was an evening of great fun!! The audience at St. Andrew's wielding their Union Jacks, singing their hearts out with patriotic fervor, not forgetting the strong musical accompaniment was surely the equal of The Last Night of The Proms at The Royal Albert Hall?

Thank you to the Ladies who prepared and served the refreshments and especially to Ann who prepared the Mulled Wine.

You might like to know that the Retiring Collection raised almost £600 - a staggering amount.

Thank you all so very much for your support and generosity.

This information is available at:-  
<http://www.yorkshiredales.org.uk/housing-working-group-decisionsbysite-august09.pdf>  
<http://www.yorkshiredales.org.uk/sedbergh.pdf>

At the time of going to print, there does not appear to be any locations to view this information, apart from the Web Site and Bainbridge

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### **YORKSHIRE DALES NATIONAL PARK**

In 2009, the YDNP requested applications for possible sites for development of housing in the Park area.

There are various Pages on the YDNP Web Site which outlines the locations and comments made about them for building of houses in the areas of Sedbergh (Fairholme, Vicarage Lane, Thornsbank, Long Lane; Guldrey Lane, Toll Bar Est, The Paddock, Opposite Toll Bar Est, Glenview, Bramhaw), Dent (Ghyllside, Glebe Fold, Laning View, Scar View), Gawthrop (Midcot, between Oliver & Haycote Bridges, Haycote Barn) and Millthrop (Blandses Farm).

### **DENT WALKING FESTIVAL**

*Walking Festival 23rd - 25th April*

We are planning a walking festival in April to promote Dentedale as a great location to come walking / visit, we are still in the planning stages but we hope to have new walks established & resurrect the classics with new literature, guided walks over the weekend, historical talks & entertainment ect - so if you would like to help or have any good suggestions, we would welcome any help we can get, from making pack ups for walkers to guiding a team of visitors around the Dale, to historical talks, please drop me a line.

We are also applying for Dent to be a walkers are welcome destination - [www.walkersarewelcome.org.uk](http://www.walkersarewelcome.org.uk).

### **BLANKETS FOR AFRICA**

Knitters in Sedbergh and around, made over 20 blankets last year, for the Nyumbani orphanage in Kenya which Christine Wood supports. Christine visited the orphanage in November and saw the blankets in place. Her comment....."They have brightened up the girls' dormitory and living space enormously"

Thanks again to everyone who contributed  
*Helen Beare*

---

### **KINDERLY**

Wanted. Soprano, tenor and alto singers wanted to augment "Kinderly", a small local choir who perform an eclectic mix of music. Some experience and sight reading an advantage, but not essential. Please contact David Ramsbottom on 21013.

---

### **CAROL SINGING IN GARSDALE**

The amount raised from Carol Singing in Garsdale came to £244. This amount is being forwarded to Action for Children (formerly National Children's Home).

Grateful thanks to all who gave so generously, also those who braved the elements to sing!!!

Once again, a 'Big Thank you' to Auntie Agnes.  
*MA*

---

### **JUNCTION PETITION**

On Wednesday 25 November 2009, at approximately 8 p.m., Dan, a member of my family, was travelling from Sedbergh to Kendal when he was involved in a hit and run accident at Junction 37 of the M6. The other vehicle was an articulated lorry which

had stopped at the exit slip road from the north, then carried on across Dan's path onto the south bound slip road. The truck driver stopped to check his truck then drove on. He did not stop to check on the condition of the driver of the car.

Dan was left in a wrecked car, bleeding heavily and with a broken sternum. The police have not been able to catch the lorry driver.

We have been left shocked by the accident and dismayed at the complete absence of support for Dan and the massive impact that this incident has had on his life.

I cannot change what has happened but I can campaign for improvements to that dreadful junction where so many accidents happen. If you feel that you would like to join in with this campaign I have left a petition in the shops in Sedbergh asking for the following improvements to be made to the junction:

- Put rumble strips on both slip roads at the approach to the A684.
- Install street lights at the junction and on the bridge.
- Prohibit lorries parking up at night in the lay-bys on either side of the junction to reduce the number of lorries using the junction unnecessarily.
- Stagger the slip roads so that people cannot drive straight across the A684, a major road between two towns carrying commuter traffic.

Please add your signature. We will need lots to get anything done.

*Rosemary Lewes*

**SEDBERGH & KIRKBY LONSDALE  
NEIGHBOURHOOD FORUM**

Summary of meeting held at The People's Hall, Sedbergh on Tuesday 24th November 2009.

County Councillor Kevin Lancaster welcomed everyone to the Forum.

**People's Hall Re-development**

Dr Gina Barney gave a detailed presentation on the plans for the re-development of the People's Hall and its facilities. Plans have been based on surveys which asked local people what they wanted to use the hall for and several local groups will be accommodated in the re-designed space. Plans to be approved include an extension at the front of the hall to create an additional, smaller hall, a

new office/projection room, refurbishment of the kitchen facilities, new and improved toilets and external landscaping to include an outside terrace. At the back of the Main Hall it is planned that the town band will have a new, larger practice space. Pulse Gym will relocate to the lower level, with separate access, and there will be upgraded changing facilities for the football team along with a dedicated area for young people. The whole scheme is expected to cost around £1.5 million. Final plans are likely to be agreed by the Management Committee at the beginning of December, they will then be submitted to YDNPA. The fundraising can then begin in earnest.

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in the White Hart Club in the evening.

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It is hoped that as much of the work as possible will be done by local tradespeople.

### **Sedbergh Community Office**

David Ramsbottom gave an overview of the achievements of the Community Office during his first 14 months in post. The Constitutions of the Office and of the Community Fund have been recently revised to reflect the actual terms of reference under which both are now operating. The Office has taken steps to ensure that it pays its way in a sustainable way, rather than relying largely on funding from the Parish Council. About 20% of income now comes from the Parish Council and further income is generated by letting space

in the offices to the Parish Council, the History Society and Barnardos. In addition a local charity shop was set up 11 months ago and in that time has generated £17.5k of profit. The Community Office takes 10% of any profit for administration costs and the balance (nearly £16k this year) goes straight into the Community Fund. This money is available for people to bid for and so far grants of between £200 and £1500 have been awarded to several local groups including the Baby & Toddlers group, Brownies and Sedbergh Playgroup. Grants are considered quarterly and there is still money available as only about half of the funds have been granted so far. Contact the Community Office for

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more information on grants and how to apply. For the future the aim is to secure premises for the office, either by obtaining a new lease or possibly buying the existing building from YDNPA. Mr Ramsbottom concluded by acknowledging the efforts of his group of volunteers, who help to run the office and have made such a success of the shop.

**Age Concern – Village Agent scheme**

Penny Pullinger, Co-ordinator for the scheme in South Lakeland, outlined the origins of the scheme which aims to provide older people, particularly in rural communities in South Lakeland, with easier access to information and services available to those aged 50+.

Jules Drummond-Hay is already in post as the Village Agent for Kirkby Lonsdale, and an agent for Sedbergh is to be appointed to start work in the New Year. The agents work very closely with voluntary and statutory agencies within South Lakeland, and the agent's work also means Age Concern's Specialist Officers have more time to devote to specific cases.

Penny also explained the Older People's Programme for South Lakeland. The aim is to provide a joined up service which links all the key agencies, including the Police, Citizens Advice, Fire and Rescue, SLDC, Cumbria County Council and gives those people who need it quick and easy access to support and

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facilities. Any suggestions for activities or a more catchy name for this programme would be welcomed by Penny and her colleagues on 01539 728118.

### **Appleby Fair**

Much has happened in recent months, including a meeting chaired by Tim Farron MP with the police, local residents, and officers from the district and county councils and the formation of CRAG (Cautley Residents Action Group).

Kevin Lancaster reported that options for action on issues raised are currently being examined in depth by district and county council legal services. He is also seeking advice from the NFU about dealing with the

variety of civil trespass issues that arose last time. The general feeling is that the police are more aware of the need to maintain a much higher profile in the Sedbergh/Kirkby Lonsdale/Cautley area prior to the fair and Members of the Police Authority have also said they wish to meet local residents to discuss concerns.

Significantly, a permanent police presence in the area has now been promised in advance and for the duration of the fair. Mr Wilberforce from Garsdale Road expressed regret that, having written to various agencies with concerns, he had heard nothing further despite visits being promised. The matter of checking horse passports was also

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raised – this is a Trading Standards matter and is also being pursued for next year. It was generally agreed that with the combined actions of CRAG, the Respect Group and MASCG preparation for the next fair was much further ahead than it had been twelve months ago.

### **COMMUNITY SAFETY – CUMBRIA FIRE & RESCUE**

Brian Steadman of Cumbria Fire and Rescue, gave a detailed and informative explanation of the wide ranging work of the modern Fire and Rescue Service, of which a very small proportion of time involves actually putting out fires! The emphasis these days is very much on preventing fires and other incidents happening in the first place.

#### **Home Safety**

Working with agencies such as Age Concern, Adult Social Care and Deaf Vision among others, the Fire and Rescue service carry out free home visits to test and install smoke alarms, provide security advice and arrange to fit security devices to doors etc. Approximately 18,000 of these home visits are made per year across

Cumbria. Officers are also trained to report back to the relevant support service any issues arising from home visits that they cannot deal with.

#### **Road Safety**

As well as attending road traffic accidents the emphasis again is on preventing accidents and promoting driver awareness information. All levels are covered, from young to old, those living in rural and urban areas and others in the region, such as temporary staff coming into the area to work in tourism and leisure, many of whom may also be foreign.

For young people there is a very powerful course for students in Year 11 and upwards. 270 students at Kendal College recently participated over a week in a course of lectures and exercises designed to bring down the annual number of deaths on the area's roads. This seems to be working as from a peak of 60 deaths in one year, 5 years ago, this year the total for the year to date is less than 30. The presentations are quite graphic and people have been known to faint.

#### **Education**

As well as traditional **School Visits** for all ages of student, in the three weeks leading up to Bonfire night all primary schools in Cumbria were visited for safety talks

The Fire and Rescue Service also run week long **Young Firefighter** courses. These involve students tackling all aspects of a firefighters work and culminate in a Passing-out ceremony on Day 5. **Set Point** involves using firefighting methods as

a practical approach to maths and physics, e.g. how do you fit 1800 litres of air into a 9 litre container? as a way of engaging students who might otherwise fall behind in these subjects.

The **Embedded Firefighter** scheme takes this project a step further by putting a firefighter into a school to develop the Set Point teaching method further over a longer period of time.

**Junior citizens** works together with the Police and Ambulance services to give students snapshots of various safety issues and strategy to deal with problems such as e.g. Internet safety, Cycle Safety, Drug and Alcohol abuse and stranger danger.

**Station Open Days** are an ever popular favourite with children and adults alike and are still a vital way of communicating the work that the Fire and Rescue Service do within our communities.

The Fire and Rescue Service are always looking for community volunteers to support their work – you don't have to go and put out fires, but any skills you can offer will be put to good use. One example is someone with an HGV licence who is currently helping to move fire engines round the district to where they are most needed to deal with flood related issues. For more information on becoming a Community Volunteer, contact Cumbria Fire and Rescue on 01900 820247

Gill Puncher announced that a new project will be starting in Sedbergh in January. The Monday Club will be

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open every Monday from 12.00 – 3.00 pm at Sedbergh Methodist Church Hall. It is supported by MIND, but will provide a drop-in venue for those interested in general health and wellbeing, as well as offering advice for carers and on Mental Health services. This project is also being supported by the Sedbergh Community Fund.

A local Traffic Action Plan has been set up as part of the Sedbergh Town Initiative with the Parish Council working in conjunction with the district and county councils and other parties. One main objective is to tackle issues relating to speeding in the town

### GRANTS

**Sedbergh United Reformed Church**  
Requested: £1,000 Awarded: £1,000

**Church of St Andrew, Dent**  
Requested: £1,000 Awarded: £800

**Sedbergh Embroidery**  
Requested: £108 Awarded: £108

The next Neighbourhood Forum will be held at Kirkby Lonsdale Institute at 7.30pm on Tuesday 9th March 2010.

All are welcome.

### **KIDZONE & NYUMBANI**

Four children stood silent and glum watching the school children laughing and singing to the live accordion music. It was late afternoon and we had come to St Theresia's school in Eastern Kenya to take the children from the Kidzone Schools Programme home for the Christmas holidays. The school overlooked fertile valleys and steep terraced hillsides. Later I saw the four children and their Grandma, Muliko, talking to the Headmistress. The children, she said, had not eaten, since their school lunch the previous day. Muliko had lost her two daughters to AIDS, leaving her with eight children she could not afford to feed. Two are at the school, happy and healthy, one is well looked after at the Kidzone Orphanage. This is the tragedy of the AIDS pandemic. Of course we left some money to feed them all in the holidays and promised to find sponsors for the four so they can board at St Theresia's and Grandma can save her meagre earnings to feed them in holiday time.

Kidzone now has about 80 sponsored children in full time education, including those at the Orphanage. Some are at day schools, the poorest board. We are looking for more sponsors for Muliko's children and others. If you happen to know anyone, or a group or a school who would be interested in finding out more about this part of the Kidzone programme, please contact the writer.

The 20 girls at the Kidzone

Orphanage are happy and healthy. It was such a pleasure to go into the converted classrooms and see colourful blankets, knitted by Sedbergh ladies, posters for the pantomime Noah's Lark, and a pile of books and toys they can play with any time. They of course make good use of the washing machine donated by the Rose Theatre, and some brightly coloured plastic chairs given by a Sedbergh resident. I wish you could all see how much these gifts and others from Sedbergh fund raising have improved their quality of life.



The girls seem so happy together, help each other and smile a lot when they are playing singing games, making things with plasticine, colouring. As well as a Housemother a charity now funds a full time Manager and Programme Coordinator who are both experienced teachers and enhance the quality of these children's lives. Visitors and volunteers come from schools and parishes in the South of England who support the project. They take the children on outings,

spend time with them. In fact, apart from the three youngest, Winnie, Pat and Carol, the children do not seem like orphans, they are not attention seeking. Some of them spend time in the family of Mary and Richard the Directors of Mary Happy School and the Orphanage. Their 8 year old daughter and her friends often go and play at Kidzone. A lot of care has been given to these children, and it really shows. A big thank you to all of you who have helped improve the lives of these girls with donations and fund raising. Now the home is looking for funds for a much needed new building. The girls are rapidly growing out of their two converted classrooms. Some still sleep end to end in bunk beds and they are already aged between six and twelve!

I spent some time with my friends the older girls at Nyumbani, the home for HIV+ orphans. I have known them for six years now and with the new drugs they are growing into happy, healthy young women. Laura, who came to Sedbergh in 2003, always takes special care of me during my stay. They have great fun together, and are all good cooks. Under the Housemother's guidance they do all their own cooking. Some are still at High School, some have left and are planning careers as diverse as catering manager, hotel manager, air hostess, lawyer. I know they will get every support from Nyumbani. One of the older boys has just received an award for community service he does in his spare time. Nyumbani staff are delighted to see the children now

putting something back into society.

This year they have opened a Respite Centre for sick children in their slum programme, Lea Toto. This programme helps HIV+ children whose mothers are still living, with food and drugs. They also train the mothers to make and market craft goods. The Respite Centre gives nursing care to sick children 24 hours a day until they are well enough to go home.

Nyumbani is an inspiration to anyone helping deprived children. They are always willing to give help and advice. From starting the home as a hospice with only three children in 1991, they now help over 3,500 children at Nyumbani Home, in the Lea Toto programme and at Nyumbani Village where grandparents can live with their HIV+ children in a protected, self sustaining environment. There are no hungry children there. Yet six years ago they were still struggling for funds, they only had just enough to meet each month's expenses for the Home. There was a problem with children accessing books. Now they have a proper library with books and computers. We are confident that Kidzone will in time and with everyone's support become one of the best homes in Nairobi and the Schools Programme will give many, many poor children access to food and education they could only dream about.

*Christine Wood*  
015396 21750  
[cwtrans@tiscali.co.uk](mailto:cwtrans@tiscali.co.uk)

### COUNCILLORS CORNER

As I write this (on the 15<sup>th</sup> January) we are just beginning to emerge from the "Big Freeze" – with temperatures this morning in the region of +6 degrees Celsius rather than -10 degrees which they were at this time last week! The conditions have inevitably been putting a tremendous strain on resources, with the County Council struggling to keep the roads clear and SLDC endeavouring to remain on top of refuse collection and allied services. The Christmas period is usually a quiet time for meetings etc. but even more so this year with councillors throughout the District often being unable to get into Kendal.

The first meeting of the new Local Area Partnership was however able to take place on the 2<sup>nd</sup> December at Barbon Village Hall. It was well attended by Parish Councillors and Clerks representing most of the parishes in the area, as well as the County Councillor, District Councillors and officers, and representatives from the Police, Social Services and the NHS. The meeting was primarily concerned with agreeing its constitution, setting its terms of reference and deciding on its priorities for the next meeting. The subject of the state of the highways is high on the agenda for discussion. Doubts about the need for the LAP have already been expressed. The main fear is that it will simply add another layer to local government and prove to be merely another talking shop. The jury is still obviously out

on this but personally I am hopeful that it will be an opportunity for individual Parish Councils to meet together and talk together to share their experiences and pool their local knowledge with a view to resolving issues and solving problems common to them all. Let's give it a year and see what happens.

The other issue now firmly on the horizon is the consultation currently being organised by Natural England into the possible extension of the Lake District and Yorkshire Dales National Parks. This has a direct effect on the Sedbergh and Kirkby Lonsdale Ward as the part of the Ward already within the boundaries of the YDNP namely Sedbergh, Dent

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and Garsdale would be extended to include Middleton, Barbon, Casterton and parts of Mansergh but probably not Kirkby Lonsdale itself. It behoves us all to be as fully informed as possible as to what is being proposed and the full implications of it, and to this end Natural England has produced an excellent consultation pack available by calling 0161 273 8235 or by sending an email to [nwdesignationproject@naturalengland.org.uk](mailto:nwdesignationproject@naturalengland.org.uk). Alternatively view the contents of the pack online at [www.lakestodaleslandscapes.org.uk](http://www.lakestodaleslandscapes.org.uk). I attended a drop-in session at the Community Office a couple of days ago and had the opportunity to discuss the proposals in some detail

with Christoph Kratz, one of the Natural England Project Officers. A public consultation will also take place at the Peoples Hall on Monday 25<sup>th</sup> January between 7.30 and 9.30 in the evening. For myself I am continuing to keep an open mind on the whole issue until I have received full and complete briefings and also attended the meeting of the SLDC Community Overview and Scrutiny Committee on the 18<sup>th</sup> January which will then make its own recommendations to the SLDC Cabinet. Please make sure that your own views either for or against the proposals are lodged with Natural England by the end of the consultation process on the 17<sup>th</sup> March. Don't hesitate to contact me if you wish to discuss it further.

Many of you will have been following the story of the so-called proposed "merger" between South Lakeland District Council and Eden District Council. At the current time this is not at all the intention of the respective Councils. What *is* being proposed is a greater degree of shared service provision between the Councils, which makes a great deal of sense in the present economic climate and also enables experience and resources to be shared as well. Another example of partnership working in fact and which would be particularly helpful on occasions such as the annual Appleby Horse Fair. At the moment officers of the two authorities are meeting together to come up with proposals which will

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then be referred back to the elected members of both Authorities for further decision. Personally I think that the Sedbergh area probably has more in common with parts of Eden, Kirkby Stephen, for example, than it does, say, with Ulverston and I welcome the closer working ties between the two Councils. I have to say that this is not a view shared by all my colleagues at SLDC and there was in fact quite an ill-tempered debate on the subject when this matter came to a full Council meeting just before Christmas. The prevailing view, however, was that we should press ahead and explore the possibilities, which is now being done. Whether in the longer term

these closer ties between our two Authorities will lead to a full "political" merger remains to be seen. That is a debate for another time.

2010 is likely to prove a busy year for both national and local politicians. There are District Council elections on the 6<sup>th</sup> May and the small matter of the General Election whenever Gordon Brown chooses to call it!

Don't forget if you have any matters of local concern please do not hesitate to contact either Peter or myself:

*Ian McPherson: 015396 20648*

*Email: [ianmcperson24@hotmail.com](mailto:ianmcperson24@hotmail.com)*

*Peter Woof: 015396 20857*

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## **SEDBERGH TOWN BAND**

### *Late Night Shopping*

On Wednesday 2nd December, the Town Band provided the Christmas music that has become firmly identified with the annual Late Night Shopping.

In previous years, Sedbergh School CCF Band has done the honours. However, the demands made upon that Band and its members, not least the plethora of various School events that crowd the end of Term, meant that it was deemed appropriate for the Town Band to offer their services. The contact at this event between the Town and School Bands was assured by the inclusion in the Town Band ranks of a few School players - thus a valued link has been maintained.

Those in the crowd milling so enthusiastically around the Band's performance marquee who the previous night had attended the Christmas Concert in the People's Hall would have recognised many of the exuberant festive numbers that were played. A fine atmosphere was created for a most enjoyable and sociable evening.

Early in the proceedings, the Band was well represented; the Gala Queen, who was due to open the event, was unavoidably delayed and her function of switching on the Lights was undertaken by a Teddy Bear answering the name of 'Viv Hailwood', wife of Town Band Trombonist, Ernie. The Fanfare accompanying this act was played by first Cornetist Keith Wood.



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**DECEMBER WEATHER**

Another variable month with rain, snow and blow plus changing temperatures as the month progressed. To start with it was comparatively mild with 4 days making 50+F with a maximum of 51.4F. At the other end of the scale the latter part of the month was decidedly chilly with the last half of the month in the 30sF. On the 18<sup>th</sup> it did not get above freezing all day with a low of 19.2F but this was surpassed two days later when the minimum for the month was 14.7F (-10.5C)! That same night the wind chill took the temperature down to 9F! Precipitation for the month was a modest 2.8

inches but some of this was, from the 16<sup>th</sup> of the month, as snow. As there was not much of a thaw only 0.3 of an inch was added to the rain gauge. As it takes 10 inches of snow to produce the equivalent of 1 inch of rain we are "owed" some as it hasn't melted yet! The year's recordings produced some interesting facts. The total rainfall was 47.19 inches, approximately half that recorded in Mallerstang! Half of this rainfall fell in July, August and November!! November was the wettest month I have ever recorded and that includes one period when I recorded 4 inches in one night back in the 1970s! February with 0.28 inches was the

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driest month ever recorded. We had quite long spells of low pressure in January, February and again in December. The latter one was interesting in that in winter we usually have high pressure when we have prolonged cold spells. We also had snow in June which is not common and a tremendous hail storm in August. These we often associate with hot weather in summer but not this year. I don't know what you remember but for me it was a very wet summer!

This time of year is hard for wild life normally but with deep snow lying it is especially hard. One plus from the snow is that you can see who is visiting. Birds tracks show the various sized birds and occasionally you get a sharp imprint of its wings as it takes off. Pheasants leave good wing traces. There are plenty of rabbits about judging by their tracks.

Likewise there are regular fox trails. One visits my chicken run most nights. One animal I have noticed any tracks for are badgers. Whether they have decided it is too frozen to dig for worms and have gone into semi hibernation but hey are not around us and there is a large set across the field on the river bank. Owls too have been noticeable by their absence. I haven't heard them calling since the snow fell. Hunting will be quite difficult for them as the snow will hide their prey and soften any noise they make. I haven't seen our "resident" Tawny and we haven't lost TV pictures recently! Plants are also put into "suspended animation". Before the snow fell the daffodils were poking through. The frost killed off the winter jasmine flowers but the green hellebore has flowers although weighted down by snow. We have fewer birds around the feeders. They seem to do this if the weather is bad. I suspect they move into town where it could be warmer. Put a date in your diary. February 14-21 is National Nest Box Week. For more information go to [www.bto.org/nnbw](http://www.bto.org/nnbw)

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

### **TIM FARRON MP**

I know it all seems rather a long time ago now but I hope you had a great Christmas and are really looking forward to 2010. I had been thinking that 2009 had not been such a great year for our part of the world what with the flooding and proposed closure of Ambleside Campus of the University of Cumbria but then, just before Christmas, we had the news that the proposed cancer unit for Westmorland General Hospital had been recommended for approval. Although this is not the final approval, it is a major step along the road and everyone who has helped in the campaign to make this happen

should feel very proud of their achievements to date. The challenge will be to keep the momentum behind the project whilst we face the threat of health budget cuts but I had a meeting with Andy Burnham, the Secretary of State for Health, the other day where he too gave his support to the scheme. I will just have to keep knocking on doors and keep things moving along.

I chaired quite a positive discussion over arrangements to handle the Horse Fair the other day, the Police and local councils seem to have taken on board the fact that last year's behaviour along the Cautley Road must not be repeated and

appear to be doing what they can to improve the situation. We have been promised a permanent police presence actually on the Cautley Road itself together with a dedicated 24 hour phone line for any residents who encounter problems. This will be publicised in and around Sedbergh and within the traveller population itself. The police say that when they have taken these measures in other parts of the country they have been very effective. It is just a shame that we had to go through last year to get this action.

The news of the closure of Baliol School is a major disappointment but I am continuing to explore other options for the site. Of course we really cannot afford to lose such a significant employer in Sedbergh but also it would be tragic to lose such a valuable resource for the area. Having a facility so well integrated into the town is such a benefit to the children involved and should be maintained if at all possible. I will keep you informed of any developments

Finally, I am sure you will have been as annoyed as I have been by the very poor performance of the County Council when it came to keeping our roads clear during the snow over Christmas. I have started a campaign to get Cumbria to change their policy and take on board suggestions like enabling the District Council to help them when they are over stretched. At times of difficulty like the one we experienced it is important that we all work together as much as possible

but I fear this has not been a view shared by the County.

On the subject of snow I have called for the Rural Payments Agency to make interim payments to farmers who have found life very tough due to the recent weather problems. Many have had the payments delayed due to yet more problems with the system. Again I will let you know what response I get.

As ever if I can help you with these or any other problems please do write to me, Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

Thanks for your support

*Tim Farron MP*

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Fax : 01969 625588

### **BE AT EASE WITH YOURSELF**

This article is my response to a request from a Lookaround reader, that I write "something spiritual". It consists of a summary of points brought to my attention by two of my favourite teachers.

The much loved Indian teacher, Ramesh Balsekar, who died only a few months ago, was fond of saying that the reason for a spiritual search is a desire to be "comfortable with oneself and comfortable with others". I like this because it takes the mystique out of the spiritual search and replaces it with something we can all understand. It is also absolutely correct: if one were totally at ease with oneself and the world, what reason would there be to start a spiritual search?

Every few years I re-read the books Carlos Castaneda wrote about his apprenticeship to his (real or imaginary) teacher don Juan. I

warmly recommend these books, firstly because they are a thundering good read and secondly because of don Juan's many wise pronouncements. One of his main teaching points is, that his apprentices should strive to lose their self-importance.

Self importance, as we can all see logically, is inappropriate. None of us is intrinsically more special than anyone else and each of us is worth exactly the same as any other human being on the planet. Further, much unhappiness is caused by wounded self-importance. The line of thought, "How could X do such a thing to me, after all I have done for him?" is a good example. This thinking, based on the erroneous idea that my worth could have been inflated by all the good deeds I have done for X, can only damage me. Not only have I suffered the results of X's behaviour, but I prolong the agony with this poisonous train of thought. To quote don Miguel Ruiz (he, like don Juan, is a teacher in the Toltec tradition), "Don't take anything personally". In this example, it really was not personal: X was simply doing what X does and I happened to be there.

A more subtle form of self-importance comes up in the form, "If only I had not done Y then bad event Z would not have happened." This is putting myself forward as the all-powerful perpetrator of event Z. In fact all events have multiple causes and I, like X in the previous example, was simply acting within the limits of my beliefs and capabilities, in the period before Z happened. Misfortune

## **ACUPUNCTURE**



"Acupuncture reduces chronic headaches"  
JCM News, Feb 2009

Free half hour  
initial assessment  
and telephone advice.

**June M. Parker**

Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh  
Tel: 015396 20972

has befallen and I make my suffering worse by torturing myself with thoughts of blame and guilt. This of course does nothing to help the other people affected by event Z.

These unhealthy trains of thought use up considerable amounts of energy. As you must have noticed, any form of sustained emotion is very tiring. That same energy could be used to make you strong instead of making you unhappy. A direct way of doing this would be to substitute a beneficial activity for the undesired thought forms. This activity could be something like focussing on your breathing or repeating a prayer or mantra instead of indulging in the damaging thoughts. Any beneficial activity, which undermines the internal dialogue, will do.

The main message of Ramesh Balsekar's teaching goes further. It can be summed up in the saying, attributed to the Buddha, "Events happen, deeds are done, but there is no individual doer thereof". This can be interpreted as follows: each body-mind moves in response to (internal and external) stimuli according to its nature and conditioning, as part of the great play of life. If we conceive of an individual "I", distinct from the body-mind, this is merely an observer of the body-mind's actions. Our primary illusion is the "I" claiming authorship of the actions of the body-mind and this is the root of our suffering.

This is a short and inadequate account. If you would like to know more, I can suggest the following books.

Ramesh Balsekar: "Peace and

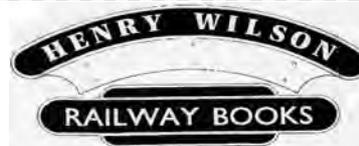
Harmony in Daily Life" and "Who Cares?" These hammer home the message that "there is no individual doer".

Carlos Castaneda: "Journey to Ixtlan" and "Tales of Power". Castaneda writes without self-importance about his time with his teacher Don Juan. I find something new at each reading.

Don Miguel Ruiz: "The Four Agreements". This is a self-help book, based on clear principles which make a real difference.

Alan Wallace: "Choosing Reality". A densely written book comparing the models of reality arising out of physics and Buddhist contemplation.

*June Parker*



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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e-mail: [hwrailwaybooks@aol.com](mailto:hwrailwaybooks@aol.com)

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

## DRIVING TIPS

*Tired drivers: don't wing it with energy drinks*

High mileage drivers who use "high energy" drinks to keep them going have been warned by the IAM (Institute of Advanced Motorists) that there could be a hidden danger in relying on caffeinated drinks, which can even lead to increased weariness behind the wheel.

The US National Safety Commission (NSC) has issued an alert for those driving under caffeine intoxication, similar to warnings associated with drinking alcohol and driving.

Research has shown that just an hour after drinking a highly caffeinated and sugared drink, tired drivers can experience serious lapses in concentration and slower reaction times as the drink wears off.

Excessive caffeine consumption can cause similar symptoms to alcohol intoxication. The American Food and Drug Administration (FDA) has attributed symptoms such as irritability, nervousness, irregular or rapid heartbeat, muscle twitching and rambling speech to what it terms "caffeine intoxication".

Neil Greig, IAM Director of Policy and Research, said: "Energy drinks are good as a quick fix, but they're no substitute for regular breaks. Having a high-caffeine drink is a one-off hit – you can't repeat it, as this type of drink does not produce the same effect in a couple of hours' time".

In order to beat fatigue on long drives the IAM advises the following:

- Consider stopping overnight on

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Please ring Kendal Practice  
for appointments  
01539 740452

long-haul journeys

- Share the driving with someone else – don't do it all yourself if you don't have to
- Stop every two hours
- If you start to feel tired while driving, don't rely on air con or an open window: find a safe place to stop
- Only get back behind the wheel when you are properly refreshed
- Remember, tiredness can be a killer as it affects reaction time and concentration

*Make frequent checks to avoid tyresome fines, says IAM*

If you're planning a long drive, take a quick but thorough look at your tyres.

According to the IAM (Institute of Advanced Motorists), around 10 per cent of cars on the road have at least one tyre with an illegal tread depth. This reduces braking effectiveness, increases risk of collision, and could lead to a hefty fine and points on your licence.

The IAM's Head of Technical Advice, Tim Shallcross, says: "As tyres have only the area of the sole of your shoe

in touch with the road at any one time, it's a safety 'no-brainer' to keep them in top condition - extra care is needed in autumn when sudden heavy showers can profoundly affect tyre performance".

Stopping distances double on wet roads and the risk of a skid can be trebled if the tread depth is only at the legal minimum of 1.6 mm. This risk increases seven-fold when the tread depth is less than 0.5mm. And if you have to brake hard on one of the 10 per cent of road surfaces with below average skid resistance, the skid risk rises by around 50 per cent.

*IAM Tyre Advice*

#### **Inspect**

- Check the general state of the tyre for cuts, bumps and uneven wear: worn shoulders indicate under-inflation; if worn in the centre indicates over inflation and wear on one side indicates wheel misalignment
- Check the tyre air pressure (an IAM survey found that only 18 per cent of men and 4 per cent of women check tyre pressures weekly)

### **SEDBERGH HEALTH CENTRE**

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

Thursday 11th February  
 Tuesday 16th March  
 No Session in April  
 Tuesday 18th May  
 Wednesday 16th June



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Kendal & surrounding areas**

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**David Morgan ADI (Car)**  
[www.drivetimekendal.com](http://www.drivetimekendal.com)

- Under inflated tyres affect road grip, increase fuel consumption and tyre wear, and in hot weather they're more likely to suffer a 'blow out'

#### **Adjust the tyre pressure**

Check that your tyres are correctly inflated (ideally when they're cold)

#### **Know the law**

- The penalty for driving with one illegal tyre is a fine of up to £2,500 and three points on your licence.
- While the legal minimum tread depth is 1.6mm, consider replacing the tyres soon after the tread depth reaches 3mm, and always replace them once the tread is down to 2mm

#### **Fitting new tyres**

- When replacing two worn tyres, the new ones should be fitted to the same axle, preferably the rear axle Also make sure the tyres are suitable for the vehicle and the wheels they are being fitted to

*All the above information is available on the IAM Web Site at [www.iam.org.uk](http://www.iam.org.uk)*

### PHOTO CALL

Regrettably I had no feedback at all for December's photo of a derelict farmhouse. This month I am submitting a similar photo and again almost certainly in Dentdale. I am in the process of compiling a collection of every house/ruin in Dentdale for the History Society so it is important that as many houses as possible can be named.

Suggestions as usual to me Shirley Tebay, Walnut Bungalow, Dent. Tel: 015396 25001 or by email shirley.tebay@btinternet.com



### SEDBERGH TOWN BAND

#### *The Year Ahead*

The Bands programme for 2010 is taking shape. A quiet start to the year see just the Annual Dinner in early February before musical engagements commence in March with first the Annual Spring Concert and the Spring Show at the end of the month. Early summer sees the Gala and a performance by the Band on Wednesday 9th June as part of the Sedbergh Music Festival.

A Concert of Remembrance will be held on 11th November when, it is hoped, that further new music

introduced to the repertoire will gain the same high accolade as last years in inaugural Concert. December will see a repeat of the recent busy programme.

Other events, including Coffee Mornings in April and December will take place, and full details will be made available nearer the occasion.



*Colin Capstick*

Builder & Plasterer

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### SEDBERGH & DISTRICT TOY LIBRARY

The Toy Library will open again on Thursday 4th February at 2pm and run throughout the year on every 1st and 3rd Thursday of the month in the People's Hall.

The membership fee remains at £2 per annum and the hire fee is £1 per toy for two weeks.

The Baby Clinic and Tiddlers Baby/Toddler Group also runs alongside the Toy Library and all families are welcome to come and play or parents can relax and have a cup of tea and meet other parents.

Please note that the Toy Library AGM will take place on Tuesday 8th February at 7.30pm in the People's Hall Committee Room. All are welcome.

### HEALTH CENTRE & BUS TT

Would readers please note the alterations to surgeries and times that appear on the Back Page and on the New Bus Timetable on Page 94.

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

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

### COMMUNITY OFFICER

Over the previous 2 months there have been 3 reports of galvanised field gates taken from farms in the Garsdale area, messages have been sent out via the Farm Watch scheme to alert farmers of the incidents, to remind them to report anything suspicious on 0845 33 00 247 and to ensure their farms are secure. If you are a farmer and not already on the Farm Watch system please get in touch so you can be added to the scheme.

2 males have been arrested on suspicion of supplying drugs, they are now on bail pending further Police enquiries. In line with the Policing pledge this is as a result of local intelligence regarding drug dealing taking place.

There have been 2 reported break-ins to vehicles in our area during

November and 2 further vehicle break-ins in December occurring on the same night, 2 males have been arrested in connection to this. Please ensure your vehicles are left secure and that valuables are not left inside. Tradesmen are advised to remove any tools from vehicles overnight.

We have had a report of trails bikes riding on the fell in areas they are not permitted in the Dent area, as a result a number of warnings have been given to the riders.

There have been reports in the south lakes area of car thefts where the keys have been left in the vehicle by the owner. In the majority of cases rural events such as pheasant shoots have been targeted between the hours of 12:00 and 15:00. Please always remove keys from your car if you are leaving it. If you see anything suspicious please call 0845 33 00 247

As mentioned previously Kendal RPU (Traffic) Officers are continuing to be visible and enforce the speed limit in Sedbergh. Over the past month they have issued a number of endorsable fixed penalty notices to motorists.

Drop-ins for this month are Dent stores 10:00 – 12:00 Tuesday 2nd February, Sedbergh Library 17:30 – 19:00 Monday 22nd February and Kendal auction mart Thursday 4<sup>th</sup> February and Thursday 18th February.

Karen Dakin CSO 5206 Email kendalruralINPT@cumbria.police.uk  
Tel – 0845 33 00 247

<b>Organisation</b>	<b>Update</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Allotments Association (Dent) *	08/09	Mr Smith	Dent:	25688
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	Mrs 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	Dr 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
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
Pepperpot Club (Sedbergh)		Mrs Smith	Sed	21196
Pistol and Rifle Club		Mr Middlemiss	Sed:	20662
Playground (Sedbergh)	10/09	Mrs Rice	Sed:	22100
Playgroup (Sedbergh)		Mrs Gunning	Sed:	20226
Playing Field (Sedbergh)	10/09	Mr Longlands	Sed:	20885
Rag Ruggers		Mrs Hennedy	Sed:	20899
Red Squirrel Group (Sedbergh)	02/09	Mrs 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 *	11/09	Mrs Osborne	015242	61029
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 (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 *	12/09	Mrs Wilson	Sed:	20238
Young Kidz		Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	03/09	Mrs Woof	Sed:	21644

\* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect,  
please supply details to the Lookaround Office

## BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	KLC	0825	0858	M - F	564	KLC
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1007 (C, H)	1049	M - S	564	KLC	1055 (C)	1128	M - S	564	KLC
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	A8	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	KLC
1310 (C)	1347	M - S	564	KLC	1425 (H)	1500 (L)	Sat	564A	A8
1545	1620	M - S	564	KLC	1610 (C)	1640	M - F	564	W
1708 (C, H)	1745	M - F	564	W	1625 (C)	1658	M - S	564	KLC
1827 (C)	1904	M - S	564	KLC	1745 (C, H)	1818	M - F	564	W
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	KLC	0705	0740	M - F	564	KLC
1128	1202	M - S	564	KLC	0940	1007	M - S	564	KLC
1443	1505	M - S	564	KLC	1235	1310	M - S	564	KLC
1658	1732	M - S	564	KLC	1510	1545	M - S	564	KLC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Cowgill					Cowgill to Sedbergh				
1330	1355	Wed	564B	W	0950	1015 (L)	Wed	564B	W
0940	1009 (DS)	Sat	564A	A8	1020 (DS)	1050 (L)	Sat	564A	A8
1500	1530 (DS)	Sat	564A	A8	1545 (DS)	1615 (L)	Sat	564A	A8
Last Update: January 2010									

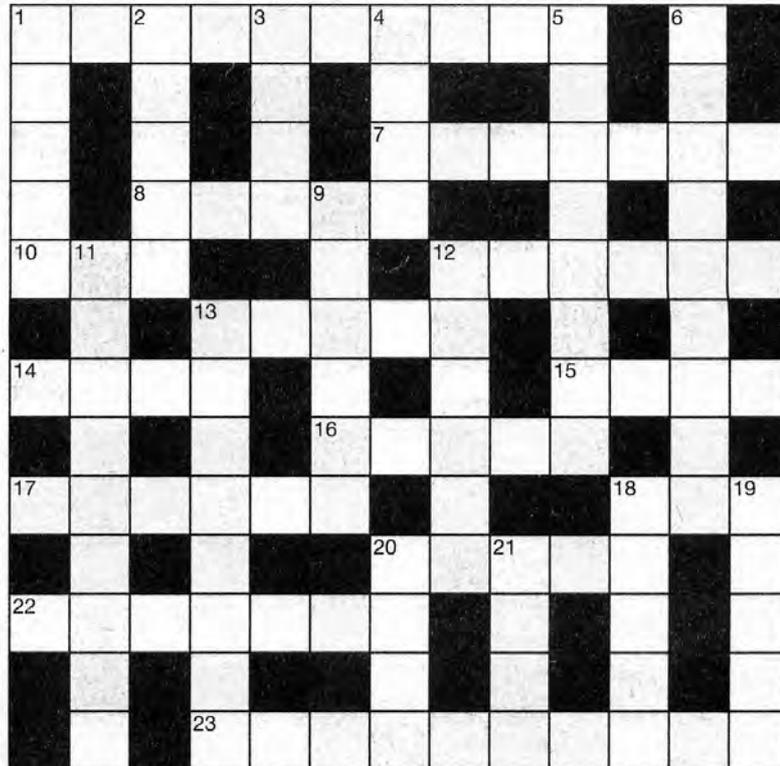
L = Sedbergh Library  
 C = Via Kendal College  
 H = Via Westmorland General Hospital  
 DS = Dent Station

W = Woof's of Sedbergh  
 KLC = Kirkby Lonsdale Coaches  
 A8 = Apollo 8

Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.

For Comprehensive up-to-date information ring :-  
 Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)

*All times are from and to Thorns Bank*



## ACROSS

- 1 Tito's country (10)
- 7 Trouble (7)
- 8 Value (5)
- 10 Metal container (3)
- 12 Fixed food allowance (6)
- 13 Sudden increase (5)
- 14 Revolved rapidly (4)
- 15 Amount wagered (4)
- 16 Ballroom dance (5)
- 17 Dish covered with  
breadcrumbs (6)
- 18 Along with (3)
- 20 Council regulation (5)
- 22 Mechanical device (7)
- 23 Section of a store (10)

## DOWN

- 1 Sailing vessel (5)
- 2 Developed (5)
- 3 Prophet (4)
- 4 Chief (4)
- 5 Former top-security  
American prison (8)
- 6 Failed to remember (9)
- 9 Launched (6)
- 11 Of great significance (9)
- 12 Truly, honestly (6)
- 13 Grabbed (8)
- 18 Knowing (5)
- 19 Numeral (5)
- 20 Greek letter (4)
- 21 Rough person (4)



### BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite .....	Bramaskew Farm, Howgill, Sedbergh (2010/09) ..... <i>ID(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh (2010/11) ..... <i>ID; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: <a href="http://www.holmecroftbandb.co.uk">www.holmecroftbandb.co.uk</a>	20754
Mrs K Vigar .....	Apley House, 27 Loftus Hill, Sedbergh (2010/09) ..... <i>ID (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*)</i> ; Di (min 4 by arrangement) e-mail: <a href="mailto:kathryn.vigar@btopenworld.com">kathryn.vigar@btopenworld.com</a>	20447
Mrs J Hope .....	The Old Joinery, Garsdale, Sedbergh (2009/12) ..... <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: <a href="mailto:enquiries@theoldjoinery.com">enquiries@theoldjoinery.com</a>	20309
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
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) ..... <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	20360
Miss S Thurlby .....	15 Back Lane, Sedbergh (2009/12) ..... <i>ID; 1T; TVL; CH; DW; P; DR; VB</i> e-mail: <a href="mailto:wheelwright.cottage@homecall.co.uk">wheelwright.cottage@homecall.co.uk</a>	20251
Mrs S Gold-Wood .....	Number Ten Main Street, Sedbergh (2010/02) ..... <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB</i> e-mail: <a href="mailto:sangold.kwood@virgin.net">sangold.kwood@virgin.net</a>	21808

### CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) ..... <i>Self-Catering Sleeps 6-8</i>	20360
Sycamore Cottage, Lunds, Sedbergh (2009/09) .....	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356

### KEY

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

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

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

**Canon A W Fell Tel: 20283**

*Church Wardens:*

Tony Reed Screen 21081 & Lavinia Mahon 21740

### ROMAN CATHOLIC

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

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

### METHODIST CHURCH

New Street  
 Sunday 10.30 & 18.30

**Rev. T Widdess Tel: 20329**

### UNITED REFORMED CHURCH

Main Street  
 Sunday 10.30

**Rev. C Marsden Tel: 22030**

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
 Sunday 10.30

**Mrs T Satchell Tel: 20005**

### UNITARIAN & FREE

#### CHRISTIAN CHAPEL

Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30

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

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

### CHURCH OF ENGLAND

Firbank; Howgill & Killington  
 Cautley & Garsdale

**Canon A W Fell Tel: 20283**

*Church Wardens:*

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

**Rev. P Boyles Tel: 25226**

### METHODIST CHURCH

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

**Rev. T Widdess Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 20588 or 20503**

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



## Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£2.00
Postal Overseas	=	£2.50

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

## DIARY OF EVENTS

*Dates are held up to 14th December 2010*

<i>"Lookaround Diary" What's missing?</i>		U R	3 1930 WIF Discovering Lakeland Villages	PH
Entries marked (*) see Advert in previous Lookaround.			4 1930 Appleby Fair Public Meeting	PH
<b>FEBRUARY</b>				
1	1000 3 Exhibitions (till 28th) (20)	FM	5 1430 Women's World Day of Prayer (33)	URC
1	1000 Exhibition (till 28th)	DCMH	5 1930 Kirsty McGee (30)	PH
1	1400 Cutting Poetry into Paper (20)	FM	5 1930 Domino Drive & Tattie Pot	HVH
1	1930 Parish Council Dent	DMH	6 tba Flicks in the Fells	PH
3	1930 HS Journeys of George Fox (17)	SHS	9 1400 WIK Spring Cookery Demonstration	PH
3	1930 WIF Copper Kettle	PH	9 1930 Domino Drive	FCH
4	1930 WIH Kinderly Singers	FCH	9 1930 Neighbourhood Forum	KL
5	1830 Save Money, Save Energy (9)	PH	10 1000 Coffee Morning URC Church	URCR
6	tba Flicks in the Fells	PH	10 1930 CWT The Atlantic Arc	SHS
6	1930 Village Bingo	BVH	10 1930 Town Band Spring Concert	PH
8	1930 Toy Library AGM	PH	13 URC Jumble Sale	URCR
8	1930 Gala Group AGM	PH	13 1300 Dentdale Run	Dent
9	1400 WIK people & Penguins in the Falklands	PH	15 2000 Chamber of Trade	PH
9	1930 Domino Drive	KVH	17 1000 Coffee Morning Christian aid	URCR
10	1930 CWT Cumbria's Reptiles & Amphibians	SHS	18 People's Hall Memories	PH
10	1930 Art Society AGM	StAS	19 People's Hall Memories	PH
11	1300 Floral Art Workshop (11)	PH	20 People's Hall Memories	PH
12	Book Town Buzz (12)		23 1930 Garsdale Ladies Massage	GVH
13	Book Town Buzz (12)		24 1000 Coffee Morning Oral History Society	URCR
13	1930 Underwater Exploration Slide Show	BVH	24 1930 DMH AGM	DMH
14	National Nest Box Week		27 1300 Spring Show (51)	PH
14	Book Town Buzz (12)		28 1900 Prayer, Praise & Testimony (*)	DMC
15	1930 George Hamilton IV (15)	SMCR	31 1000 Coffee Morning Badminton Club	URCR
16	1400 Pancake Party (16)	PH	<b>APRIL</b>	
16	1400 From Sheep to Scarf	DCMH	1 1930 WIH Radio Presenting to Local Hospital	FCH
16	1900 Looking to the Future (1)	PH	2 Good Friday	
16	1930 Domino Drive	FCH	3 0400 Coast 2 Coast Bike Ride to Sandside	
17	1400 Children's Discover & Do	DCMH	3 tba Flicks in the Fells	PH
17	1930 HS The Edwardian Doomsday (17)	DMH	3 eve Coast 2 Coast Disco (70)	WHC
18	1930 Pantonanza (18)	WVH	5 Easter Monday	
19	1930 Pantonanza (18)	WVH	5 1900 PH AGM	PH
20	1930 Pantonanza (18)	WVH	7 1000 Coffee Morning Town Band	URCR
24	1930 Sedbergh Parish Council	PH	7 1930 WIF Torpedoed: The Children's Ship	PH
24	1930 Red Squirrels in Sedbergh	SHS	13 1400 WIK Is the father in?	PH
24	2030 Dave Savill Jazz Band (24)	G&D	14 1000 Coffee Morning NW Cancer	URCR
25	1930 Bowling Club AGM (25)	WHC	16 Eve Junior Disco (80)	PH
27	1100 Orchestral Workshop (27)	SHS	17 2000 Beatles Tribute Band (80)	PH
28	1900 Prayer, Praise & Testimony (*)	DMC	21 1000 Coffee Morning StAS Mission	URCR
<b>MARCH</b>				
1	1930 Parish Council Dent	DMH	21 1930 CWT Borrowdale, the Secret Valley	SHS
1	1930 FCH AGM	FCH	23 Dent Walking Festival	Dent
3	1930 HS Woman in a Man's World	SHS	24 Dent Walking Festival	Dent
			25 Dent Walking Festival	Dent

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

*Copies available from Sedbergh Office Services, Sedbergh Tourist Office, Premier,  
Ellies, Post Office, Dent Stores & Meadowside Cafe*

**COVER PICTURE**  
*Holme Fell by Stuart Manger*

27 1930 Garsdale Ladies GVH  
28 1000 Coffee Morning GVH URCR

**MAY**

1 1000 Open Garden GFK  
1 tba Flicks in the Fells PH  
2 1000 Open Garden GFK  
5 1000 Coffee Morning Barnodo's URCR  
5 1930 WIF Down the Decades PH  
6 1930 WIH Life & Times of a Sewer Rat HVH  
8 Football Club Presentation Night Golf Club  
11 1400 WIK Resolutions + Either/Or PH  
10 - 14 Christian Aid Week URCR  
15 1200 Sedbergh Gala Sedbergh  
17 1930 WIH Flowers for a Spring Evening HVH  
18 1930 Garsdale Ladies Musical Evening GVH  
19 1000 Coffee Morning Firbank Church URCR  
26 1000 Coffee Morning Alzheimer's URCR  
29 1000 Coffee Morning CWT URCR

**JUNE**

2 1000 Coffee Morning Dent Foot Chapel URCR  
2 tba WIF Mystery Outing tba  
3 1800 Killington Sports BK  
3 1930 WIH Members Evening FCH  
4 Sedbergh Music Festival Starts  
5 tba Flicks in the Fells PH  
8 1400 WIK The way we were in 1940's PH  
9 1000 Coffee Morning WIH URCR  
9 1930 Town Band Music Festival StAS  
15 Sedbergh Summer Singers StAS  
16 Sedbergh Summer Singers StAS  
16 1000 Coffee Morning WIK URCR

**Regular Meetings**

The Monday Club	1200 Every Monday	SMCR
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 Thursday	PH
Toy Library	1430 1st & 3rd Thursday	PH
Royal British Legion	1915 2nd Thursday	WHC
Sed. Parish Council	1930 Last Thursday	PH
Monkey House Café	1930 Every Friday	Library

**DIARY KEY**

BF = Brigflatts  
BK = Beekside, Killington  
BVH = Barbon Village Hall  
CDC = Community Development Centre  
CO = Community Office, Main Street  
CTiS = Churches Together in Sedbergh  
CWT = Cumbria Wildlife Trust  
DCMH = Dales Countryside Museum, Hawes  
DCP = Dent Car Park  
DMH = Dent Memorial Hall  
DMC/S = Dent Methodist Chapel/Schoolroom  
FCH = Firbank Church Hall  
FM = Farfield Mill  
G&D = George & Dragon, Dent  
GFK = Grassrigg Farm, Killington  
GVH = Garsdale Village Hall  
HJC = Hawes Junction Chapel  
HS = History Society  
HVH = Howgill Village Hall  
JLCP = Joss Lane Car Park  
KLI = Kirkby Lonsdale Institute  
KVH = Killington Village Hall  
LHCP = Loftus Hill Car Park  
PH = People's Hall  
SHS = Settlebeck High School  
SLSB = South Lakeland Society for the Blind  
SMC(R) = Sed. Methodist Church (Room)  
StAS/D = St Andrew's Church, Sedbergh/Dent  
STO = Sedbergh Tourist Office, Main Street  
URCR = United Reformed Church Rooms  
WIB = Women's Institute, Barbon  
WID = Women's Institute, Dentdale  
WIF = Women's Institute, Frostrow  
WIH = Women's Institute, Howgill  
WIK = Women's Institute, Killington  
WVH = Whittington Village Hall

9					3		
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		4					6

## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

Loftus Hill & 015396 20218  
Repeat Prescription & 015396 20239  
Out of Hours & 01539 781999  
Bay Call & 0845 0524 999

<b>Monday</b>	0830 - 1030 O	1500 - 1800 B
		1500 - 1800 *
		1500 - 1600 C
		1830 - 2030 W*
	1130 - 1215 Dent Surgery	
<b>Tuesday</b>	0830 - 1030 O	1430 - 1730 H*
		1045 - 1230 H* 1830 - 1915 W*
<b>Wednesday</b>	0830 - 1030 O	1430 - 1730 D*
		1045 - 1230 P* 1500 - 1800 L*
<b>Thursday</b>	0830 - 1030 O	1430 - 1730 H*
		1045 - 1230 L*
<b>Friday</b>	0830 - 1030 O	1430 - 1730 L*
		1045 - 1230 L* 1430 - 1730 P*

#### Practice Nurses

<b>Monday</b>	0845 - 1300 A	1400 - 1730 A
		0820 - 1200 KB
<b>Tuesday</b>	0845 - 1300 A	1400 - 1720 R
		0820 - 1100 KB
<b>Wednesday</b>	0830 - 1300 J	1400 - 1640 D
		0840 - 1200 KB 1640 - 1720 H
		1400 - 1630 E
<b>Thursday</b>	0830 - 1300 J	1400 - 1720 J
		0840 - 1300 KB 1400 - 1720 A
<b>Friday</b>	0845 - 1300 A	1400 - 1720 D

*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*

L = Dr Lumb	H = Dr Hunt
P = Nurse Pilling	O = Open Surgery
B = Book on Day	W = Workers Surgery
C = Women's Clinic	D = Diabetic Clinic
J = Joanne Batty	A = Anne Crome
R = Respiratory Clinic	E = ECG Clinic
K = Kay Lumb KB = Bloods	D = Dressings
* = Appointment Only	H = Holiday Vacc's

<b>District Nurse</b> & 015396 21690	<b>Health Visitor</b> & 015396 20979
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#### A Collinge Optometrist

Friday only	0900 - 1300	1400 - 1730 *
	* = By Appointment Only	

### DENTAL SURGERY

Finkle Street ☎ 20626  
Mr I R Dawson, Ms G Turner & Mr B Houghton  
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  
1000 - 1700  
[www.sedbergh.org.uk/booktown/dlbc.html](http://www.sedbergh.org.uk/booktown/dlbc.html)

#### COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600  
Thursday 1000 to 1300  
e-mail [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)  
[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

### RURAL CITIZENS ADVICE BUREAU

Kendal Office  
☎ 01539 738772  
[www.cabsouthlakeland.org.uk/kendal.html](http://www.cabsouthlakeland.org.uk/kendal.html)

### PENSION SERVICE SURGERY

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

#### SLCVS @ Community Office

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

### COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031  
[www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk)

### POLICE

☎ 0845 33 00 247

### PUBLIC TOILETS

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

### VETERINARY SURGERY

22 Long Lane ☎ 20335  
Mr N. Preston & Mr J. Bramley  
Monday to Friday 1400 - 1430 \*  
Mon, Wed & Fri 1900 - 1930 \*  
Saturday 1330 - 1400 \*  
Sunday \*

\* = By Appointment Only

MARKET DAY	WEDNESDAY
HALF-DAY CLOSING	THURSDAY