

Sedbergh & District
LOOKAROUND

April 2010

Issue 276

Donation £1

A very warm welcome to our regular readers and to the visitors to the area. We hope that you leave lots of footprints and take away many memories of our wonderful area.

I have been including lately an

Editors Blunders but I only made two mistakes last month. Hopefully, I haven't made any this time and that you enjoy this edition which is one of the smallest for a long time - at 80 pages.

Dennis Whicker

Multiple Sclerosis



GIANT TABLE TOP SALE

Bric-a-brac
Raffle
Refreshments

Games
Toys
Books

9:30 am to 4pm
Easter Saturday 3rd April
People's Hall
To Book a Table or make
donations of goods
Please Tel:
Sandra on 07815 069394

SEDBERGH PEPPERPOT CLUB



including
Pepperpot Music Makers
Registered Charity Number 1087220

presents

**MUSIC at ST ANDREW'S
DALES CHAMBER ORCHESTRA**
Special **"FOUR SEASONS"** Concert
Wednesday 7th April 7.30pm
Vivaldi **"Four Seasons"**
Piazzolla **"Four Seasons"**

Light refreshments will be available during the interval

Adults £10.00 Under 18's free
Tickets from Sedbergh Pepperpot Club
Tel: 015396 21196
e-mail: yantethera@aol.com
Sedbergh TIC Tel: 015296 20125
or at the door

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

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

Table of Contents

Advert Rates	77	Middleton Parish P	51
Bed & Breakfast	76	MS Cake Break	65
Bus Time Table	74	Open 5	24
Crossword	75	Oral History Soc	39
Crossword Answers	71	Parish Dent	8
Groups	72	Parish Sedbergh 1	6
Religious Services	77	Pepperpot Workshop	32
Sudoku	71	People's Hall	50
Appleby Fair	66	People's Hall AGM	65
Art Society	58	Photo Call	68
Bookworm	59	Pinfold Pirates	64
Churches Together	62	Playing Fields	65
Community Officer Report	69	Poetry Centre	54
Councillor Kevin	18	Qi Movement	14
Councillor Ian & Peter	23	Quakers at Brigflatts	35
Creative Writing	70	Queen's Gardens	63
Dales Highway	57	SHS Chairman Letter	10
Dent 1st Responders	62	SHS Immersion Day	48
Dent Methodist Chapel	52	SHS Science	41
Dent Primary School	58	SHS Sellafield	63
Dentdale Cricket	61	SHS Sheep	53
Dentdale Run	55	Slovenian Holiday	7
Dentdale Walking Festival	42	St Andrew's Church	26
Dent Memorial Hall	68	Stepping It Up	64
Extemporaneous P	57	Thandi +	22
Family Musing	44	Tim Farron	28
Farfield Bunnies	40	Town Band	30
Gala Group	59	Weather	37
Gardening	21	WI Dentdale	34
HS New Domesday	60	WI Frostrow	46
HS Upper Eden Valley	43	WI Howgill	38
KL Embroiderers	45	WI Killington	36
Ladies NFU	54	YDNP Dogs	56
		Young Cumbria	64
		Zak David Hall	16

APRIL 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.

The recipient this month are:-
Abbie Allan who is

8 years old on 21st April

Please collect your vouchers from

Sedbergh Office Services

13 Kings Yard, Main Street,

Sedbergh

which can be used in any shop in

Sedbergh & Dent.



Day	Name	Age
2	Morgan BROWN	12
5	Katie COLTON	4
10	Isobel METCALFE	7
10	Brodie SWALLOW	10
18	Jasmine SEN	2
18	Tom ALLAN	6
21	Abbie ALLAN	8
22	Myles STANTON	3
22	Siobhan COUSINS	5
23	Zak HALL	3
25	Izzy NEWBOLD	4
25	Sienna MIDDLETON	5
26	Emily KITCHEN	8
27	Scott LAWSON	3
27	Emilia PAGE	9
27	Molly WOOF	11
28	Lucy CAPSTICK	4
29	Jessica ORR	9
	Nonagenarian & Over	
10	Jack PRUCE	99

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

BOWNASS

Bill thanks everyone for the cards, presents and donations on the occasion of his **80th Birthday**. He was pleased to see many friends, old and new. Donations for the NSPCC amounted to £657. Thanks to KLRU Club, especially John Townson and Ian Taylor.

=====

BRADLEY/SMITH

Leanne & Danny are pleased to announce the safe arrival of George Taylor on 28th February 2010 weighing 8lb 8½ oz.

We would like to say a massive thank you to all family & friends for all the presents, cards & visits.



=====

BRADLEY/SMITH

Congratulations Leanne & Danny on the safe arrival of our beautiful Grandson George Taylor Smith on February 28th. All our love and best wishes. Mum & Dad Bradley. X

=====

BRADLEY/SMITH

Welcome to the world little George! We'll have you in that Sedbergh Wanderers shirt before you know it!! All our love and big cuddles. Aunty Sammy & Uncle Daniel XXX

=====

GARNETT

Happy 85th Birthday Mum (Olive) on April 8th 2010. Love Teresa & Paul XX

GARNETT

Many Happy Returns for your 85th Birthday Grandma Olive. Lots of love. Shelley & Lee XXX

=====

GARNETT

Happy 85th Birthday Grandma Olive. Lots of love Michelle & Danny XXX

=====

GARNETT

Happy 85th Birthday Mum (Olive) on 8th April. All my love Marian XX

=====

GARNETT

Congratulations Grandma Olive on your 85th Birthday on April 8th. Lots of love from Amy & Stephen XXX

=====

GARNETT

Birthday kisses to our Great Grandma Olive on her 85th Birthday. Lots of love & hugs. Megan, Louie, Eve, Devon & Lachlan XXX

=====

HALL

Happy 3rd Birthday to our very best little man Zak on 23rd April. With lots of love and cuddles from Mummy, Daddy and big sis Ashleigh XXX

=====

MATTINSON

Happy **21st Birthday** Megan on 25th April 2010. With love and very best wishes from Mum & Dad.



PERSONAL & SMALL ADS £1

MATTINSON

Happy 21st Birthday Megs. With lots of love from Charlotte & Mark.

=====

MATTINSON

Happy 21st Birthday Megan. Good Luck, Health and Happiness always. Love Nan.

=====

MATTINSON

Best wishes Megan for your 21st Birthday on April 26th. Love Auntie Pauline.

=====

FOR SALE

30 Concrete Flags 3 x 2 (buff). £2 each. Tel: 015396 25064

=====

FOR SALE

Round Pinewood table with 4 chairs £50. 6ft Beechwood slatted Venetian Blind £25. Tel: 20824.

=====

FOR SALE

Giant Pooh Bear 29" high £10. Leap Frog Learn Around Playground £5. Both in excellent condition. Tel: 01539 731296 or Julia on 07929 781 377.

=====

FOR SALE

Hardly used Futon, wooden frame, attractive oatmeal textured Chenille covering. Opens up to ¾ sized bed. £150 Tel: 22014.

=====

FOR SALE

2 Fly Rods with reels, spare spool, lines, casts, leaders & 40 Flies. £50 the lot. Also waders size 9 £5. Contact John Bird Tel: 20164.



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

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



**Big Easter
DOMINO DRIVE**

Friday 2nd April
7.30pm
People's Hall
Raffle
Refreshments
Prizes



Children, bring your best
Decorated Egg to win a prize.

Everyone Welcome

remedial works have been carried out but the Council continues to press for enforcement action be taken regarding the repair and repainting of the frontage of the building.

Car Parks

Just a brief reminder that the car park tariffs will be changing shortly but the price of local resident's passes will remain unchanged. Also we are now in the process of registering for VAT as at the present time, HMRC are telling us that the income from the car park is subject to VAT. However there is still an ongoing case in the courts which could change this in the future. VAT is currently about £8,500 p.a.

Town Centre Initiative

The first meeting of the project board is to take place at the People's Hall on 22nd March.

TIC/Community Office

Various points regarding the sale of 72 Main Street have been made to YDNPA which will be reported to their meeting on 30th March and we await their response

Playground

The new play wall has now been completed and we hope that you are as pleased with the outcome as we are. It has added a significant new dimension to the playground. Please let us know what

SEDBERGH PARISH COUNCIL
The latest council meeting was held on Wednesday 24th February, at the People's Hall. Full minutes can be read at the Community Office in Sedbergh.

Planning
The meeting discussed a number of planning applications and there were no objections to any.
The council are continuing to keep in close touch with the planning authority in respect of the release of planning consent for 37-39 Main Street. Certain

ST ANDREW'S CHURCH, DENT

**ANNUAL EASTER
MONDAY SALE**

Monday 5th April
Dent Memorial Hall
10 am to 2 pm
Refreshments all day
Home Baking ~ Plants ~ Nearly New
White Elephant ~ Competitions
Books ~ Raffle

WARM INSIDE AND OUT



**HOT SUPPER and
K-SET**

TALK on INSULATION

TUESDAY APRIL 6
at 7pm



Killington Village Hall £3

you think of it.

War Memorial

It was agreed that, at the request of the History Society, the Council would make an application to have the War Memorial listed.

The next meeting will be on April 28th 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 or at the Community Office around midday each Wednesday)

SLOVENIA HOLIDAY

24 to 31 October

I have now got more detail on costs etc. for this trip.

The 4 star Hotel Smogavc in Zreče has offered us heavily discounted prices for Bed and Breakfast as follows; Double Room 27€ per person, Triple Room 23€ per person, Children under 14 20€ each. Dinner 10.00€ Tourist Tax 1.50€ per person per night. Swimming pools in Terme Spa (150m away) 7.50€. All sorts of treatments, saunas etc. are also available there. (Ask Garth!)

At the moment return flights with Jet2 from Manchester to Venice (Marco Polo) are £176 each inclusive at group rate at the time of writing.

On top of this we would need transfer either way Venice/Zreče. At the moment Tadeja at the TIC there has priced it at around 64€ return. I haven't priced transport at this end yet.

On top of this we would like to go on several excursion, day and half day, and I await further costings on these. So far we are quoted 15-25 euros each per trip for example to Postojna caves, Ljubljana, Lake Bled. There are buses and taxis for local travel.

At the time of writing (February 12th) I have 13 definite bookings and ideally we want 25.

This should be a fabulous fun trip in great company so get in touch as soon as you can if you want to join us!

*Susan Garnett 21138
msg@wardses.org.uk*

WhyNot
Ghyllas
Cautley Road
Sedbergh
LA10 5LT



Alpacas
Tel:
01539 621246
www.
whynotalpacas.co.uk
robin@
whynotalpacas.co.uk

Now have a small showroom
at Ghyllas
(2 miles out of Sedbergh,
on the road to Kirkby Stephen),
where our home-produced
**Pure Cumbrian Alpaca
Knitting Yarn and Knitwear**
can be seen and purchased
by prior appointment; and Visitors
can have the chance to view the Alpacas
themselves at close range.

N.B.

At present we only open by
request, so, before coming,
please be sure to telephone on
015396 21246 or
07812 158641 or 077731 30432

DENT PARISH COUNCIL

The March meeting started with the three-monthly visit from the police, and discussed the council's liability for VAT on the car park charges as well as two draft reports from the National Park about conservation areas. As usual, the council's minutes are published on www.dentdale.com (follow the parish council link) and a paper copy can be obtained on request for a nominal fee.

Dent Conservation Area

The meeting agreed the council's response to the final version of the appraisal of the Dent Conservation Area, which the National Park had published for public consultation. The

parish council supported the proposed boundary changes to the conservation area and was encouraged by the expressed view that conservation is about helping to manage change rather than trying to prevent it. However, the council also felt that the report was vague about which agency should take the lead in implementing its recommendations, and asked the National Park to clarify this. The full report can be downloaded at <http://tiny.cc/PWM1ySettleCarlisleRailwayConservationArea>

The council also received the draft appraisal of the Settle Carlisle Railway Conservation Area, which makes some recommendations that

farfieldmill

arts & heritage

Heritage displays, telling the fascinating history of the Mill; a unique range of **fine art and crafts** created by resident and visiting artists, **Farfield rugs and throws** produced on Dobcross looms; daily **demonstrations** of weaving, rag-rugging or lace-making, plus **Weavers Café** for superb, freshly-prepared food.

All you need for a great day out this Spring!

Exhibitions

Land Marks Lynne Stein's rag-rug and felted textiles

Green Door Sprung Open New work by this local group

Out of the Rag Bag Lunesdale Rug Makers

Children's Easter Activities, 1 to 11 Apr

Easter Bunny Hunt around the Mill, £1 per entry

Art Play Area in our new education room – open to all!

Workshop, 24 & 25 Apr, £70 (£63 conc. & Friends)

Sketch & Stitch, with Frances Winder & Jan Hicks

Weavers Café

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

Friday Specials: (12-2) soup & sandwich, £5.50;
(2-4) home-made cake or scone and tea, £3.50



Open 10.30-5 (Fri to Mon 'til 29 Mar, then daily)

www.farfieldmill.org 015396 21958

Just one mile outside Sedbergh - local residents get FREE entry on Mondays

affect Dentdale, particularly about the area round Dent station and at Stonehouse. This report can be found at <http://tiny.cc/JjbD0> and the council's response to it will be decided at the April meeting.

Street Lights

Dent's street lights are getting increasingly unreliable as they get older, and so the March meeting agreed to obtain estimates for gradually replacing the existing stock with better quality fittings more in keeping with the village.

VAT on Car Park Charges

Like everywhere else, Dent is affected by events beyond its boundaries. Over the last few years, a parish council on the Isle of Wight has been in dispute with HMRC over whether it should pay VAT on the income from its car park. Having gone through the courts in this country, the case then went to the European court, and though the matter is not finally resolved, it looks extremely likely that HMRC will win. This has implications for Dent, because if the Isle of Wight parish council loses, all car parks run by parish councils will be liable for VAT. In order to avoid having to pay penalties, most councils are now paying the VAT but at the same time registering a claim for repayment should the court case be resolved in their favour. At the March meeting, members decided to adopt the same approach for the Dent car park takings.

Suspicious Visitors

CSO Karen Dakin and PC John Orr came to the March meeting to report

DENT READING ROOM & SNOOKER HALL

Recently Refurbished
New Members Welcome



Adults £20 per year
Juniors 13 - 15 yrs £15 per year
from 1st April 2010
to 31st March 2011
Please contact
Jason on 25341

on recent police matters. In addition to thefts of farm gates and a farm trailer, two men had entered a couple of properties in Dent and tried unsuccessfully to do so at others. The police appealed for anyone to report any suspicious behaviour to them – they can be contacted on 0845 33 00 247.

Next Meeting

The next meeting will be the Annual Parish Meeting which will be held at 7.30pm on April 12th in the Memorial Hall. The parish council's annual report will be available and there will be the opportunity for anyone to raise any matter that concerns them. Unlike last year, there will be no outside speaker, however. The Annual Parish Meeting will be followed by the April parish council meeting, also in the Memorial Hall.

Jock Cairns, Chair Tel: 25655

Email:

dentparishcouncil@btinternet.com

SETTLEBECK HIGH SCHOOL

Chair of Governors' letter

There have been many changes at Settlebeck this year as the school continues to improve the quality of education for our young students.

The introduction of vertical teaching allows students to learn at just the right pace for them. They are telling us that they are finding lessons much more interesting and challenging as a result. This change has been successfully introduced by the head and senior staff and supported by all teachers, who have had to adapt and change to maximise the opportunities this has created.

The recent report by the School Improvement Inspector

acknowledged that to implement this change alongside many other improvements has been a monumental task and reflects a complete change to traditional practices and existing structures for both staff and students. He also acknowledged that the concept is both excellent and forward thinking.

The same Inspector who visited the school recently to discuss the School Self-Evaluation form, which gives OfSTED grades to different aspects of the school's work, recommended that the school should be graded as 'outstanding' for curriculum, care and guidance, and behaviour and 'good-to-outstanding' for leadership and management, and understanding

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

Charlesworth

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



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

CALL GAVIN TODAY
015242 71840
OR WOODYARD ON
015396 20006
Mobile **07721 773135**
email: gavin@g-charlesworth.co.uk
The Woodyard, Old Railway Goods Yard,
Middleton, Kirkby Lonsdale LA6 2NE

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



This Team Leaves It Clean

and using data. This was a real affirmation of what the school has achieved recently, especially since the new OfSTED framework is even more challenging than in previous years.

The school continues to deliver very good GCSE result year on year and helps students across the whole ability range make very good progress. These results are well documented and available for anyone to see at the school. We don't often boast about academic results as these are often taken for granted. However, we were very proud of the awarding of High Performing School status last year, as recognition of the quality of our academic achievement. This is a national award, which is only available to schools who achieve a certain standard of GCSE results – we are one of only a few schools locally who hold this.

Academic results are important and provide a relatively simple way to monitor progress and measure achievement. And our teachers are very good at teaching students and helping them to meet these targets. However I believe a truer measure of how a school performs and one that is harder to measure are things like student aspirations, confidence, motivation, self reliance, taking responsibility for learning and self esteem. This is where students at Settlebeck perform extremely well.

There is plenty of evidence that individual students, whatever their aptitude whether academic, creative, social or physical, have been given

FRIENDS OF DENT SCHOOL
Would like to invite you to have a
Professional
FAMILY PHOTOGRAPH



by



THE PORTRAIT PEOPLE
Sunday 11th April
in the Committee Room
People's Hall, Sedbergh.
To book an appointment
or for more details,
please contact
Tom or Gail Hartley
07772 096757

the confidence, encouragement and support at Settlebeck to achieve and maximise their potential. There are many factors which make this difference but one important one is that Settlebeck students are encouraged to be individuals and respect that individuality in others. This self affirming quality, which is fostered by the culture at Settlebeck, has a huge impact on student personal development and ultimately their journey to lead successful lives and become valuable members of the wider community. This school culture is led by staff and supported by students. This is also supported by teachers providing truly individual

SOUP 4 LUNCH
then
STAY 2 PLAY

Anyone welcome to come and share in a meal and stay on to play. We hope to have various games and/or crafts available for you to 'have a go' at: dominoes, chess, draughts, scrabble, knitting, jewellery making, jig-saw puzzles etc. When we find out what people would like, we will do our best to provide it. Do come and join us.

Our first Lunch will be on Monday April 12th from 12 noon to 1pm followed by activities until 3pm.

We hope to make this a monthly event on the second Monday of each month
 IN
 SEDBERGH
 METHODIST SCHOOLROOM

learning paths, personal attention to each individual and modelling a clear set of school values that supports an open mind, appreciation of others and an acceptance of difference.

In so many larger schools peer pressure and the need to be part of a group hinder teenagers developing their individuality and personality. The ability to be yourself and respect for that from other people is a rather unique and special quality that is found throughout the Settlebeck School community.

Moving on to other recent developments at the school, the library has now been refurbished and fitted with an impressive array of

computer equipment, lots of interesting new books and some great soft furnishing, making it a pleasant place to read and study. The long awaited new school minibus has finally arrived and its smart appearance reflects the high and rising standards being set at the school. The entrance area has had a facelift and the main floor area has been resurfaced and smartened up. The new school uniform has been another success and this has improved how students feel about themselves and the school – they are proud to represent the school and feel smart both around school and when engaged on outside visits

I was appointed Chair of Governors in September last year and had reservations about the commitment and responsibility of the role as I work full time, have a busy family life and enjoy many other activities. In reality the role has been very varied, rewarding and a lot of fun. The governor meetings are important and this is where the majority of work takes place, supporting the head teacher and senior staff to continue to

Wenningdale Home Repairs

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

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

Working in Sedbergh,
 Kirkby Lonsdale & Bentham

Mobile: 07854 - 596391

develop the school and improve the quality of the provision.

It continues to amaze me how much goes on in the school. For parents and the wider community it is important to have accurate information about all that goes on in a modern 'science and technology school' and we are hoping to introduce and encourage school visits for parents, business leaders and members of the community to see the school on a normal working day, to better appreciate the quality of education and the environment that the students enjoy.

From a personal point of view some of the activities that I have particularly enjoyed this year have been the Yr 7 Borrowdale adventure, the autumn canoeing programme, supporting the refit in the DT room, working with other governors on school projects, and helping with a school caving trip.

There are many opportunities to get involved with the school and experience school life, whatever your strengths or time commitments. Currently we do have a need for more governors to join the team. If it is



Advocating for Sustainable Communities
through organic horticulture -
composting - education

**FRESH, ORGANIC AND LOCAL
ORGANIC SHOP**

Organic vegetables, fruit and groceries

Open 9.30—5.00, Tuesday to Saturday

ORGANIC BOX SCHEME

**Organic fruit, vegetables and groceries
to your door**

Tel: 015242-51723

www.growingwithgrace.co.uk

something you are interested in and feel you would like to make an impact, with support from a very good team, speak to me directly or arrange to visit the school for a look round and informal chat with the head. We are an enthusiastic bunch of people with some exciting plans to support future developments at our local school. To ensure Settlebeck continues to be the excellent school it is and to develop even further, the wider community needs to get involved and has an important part to play. After all it is our young people who benefit and we all have a commitment to that.

Mick Hoffe, Chair of Governors

Please contact me on

mick@zencabins.co.uk or

Sedbergh 20944 or

Judith Greene, the headteacher on

jgreene@settlebeck.cumbria.sch.uk

or 20383.

Yvonne Cervetti a natural touch
MIFA, CAR, CLM, CThA

- *Hot Stone/Aromatherapy fascial or body Massage*
- *Remedial massage & Stretching*
- *Table Thai Massage*
- *Reflexology*
- *Myofascial Release*

Call Yvonne on 015396 21303 or 07795 063107
Home visits for Chair massage & Reflexology

THE MOVEMENT OF QI

The concept of Qi is central to the practice of traditional acupuncture and the Chinese word Qi (pronounced "chee") can have several different translations into English, depending on context. In a medical context, you could think of it as being all movement and change in the body. Its functions are movement, transformation and defence against disease. Qi is said to flow in channels, sometimes called meridians, to all parts of the body. The flow of Qi can be influenced by stimulating certain points on these channels and these are the points used in acupuncture.

Modern research into these concepts has shown that acupuncture points have certain conductivity properties and stimulation of these points can cause changes in muscles, in blood chemistry and in the nervous system. No physical

structure corresponding to the meridians has been found. However, every acupuncturist knows that stimulating points on the leg on a channel passing through the stomach can produce gurgling in that area. Needling points on channels passing through the nose can produce immediate clearing of the sinuses. The body responds to acupuncture stimulus in a way which is consistent with the map of the channels and acupuncture points.

Perhaps the most relevant question is not whether Qi and the channel pathways exist, but whether the concepts of Qi and channels are useful in practice.

A direct application can be found in the treatment of painful muscle and joint problems. Take, for example, sciatica: typically pain runs from the buttocks and down either the side or the back of the leg. In this model, the

ACUPUNCTURE



For the latest research
on acupuncture visit
www.acupuncture.org.uk

Free half hour
initial assessment
and telephone advice.

June M. Parker

Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh
Tel: 015396 20972

TREADWELL FLOORING

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

Quality in-stock carpets at Bargain Prices

1,000's of samples to choose from.

*Carpet Upholstery Cleaning
Service at competitive rates*

Call Nicola or Gordon Sproul

Tel/Fax: 015396 21175

pain is a result of obstruction of the flow of Qi in one or more channels (back channel or side channel according to the line of the pain). The first line of treatment would be to move the Qi and stimulate the circulation along the relevant channel. This would be followed down to the lower leg and the ankle to restore proper circulation in the whole of the leg.

A useful feature of the channels is that sensitive organs can be treated by using points on the relevant channels on the arms and legs. Points on the arm and hand may treat the heart, points on the leg and foot may treat the eyes, for example.

The concept of Qi can be useful in diagnosis. For example, if someone is often tired, we may say that there is insufficient Qi. This could be due, for example to poor digestion and absorption of nutrients or it could be

due to overtaxing the Qi by overworking. Alternatively, flow of Qi may be sluggish from insufficient exercise. In this way, an investigation of the cause of tiredness can point the way to a solution.

The scope of Chinese medicine is much wider than these few concepts. It takes into account how the organs of the body function and interact, how the body reacts to external conditions and to various types of food and drink. In my view, its greatest strength is the integration of the emotional and physical attributes of the body in a single model. It provides a description of the ways in which emotions arise in disease patterns so that emotional and physical aspects of a problem can be addressed by the same treatment method.

For more information, please contact me. My telephone number is (015396) 20972. *June Parker*



KITCHEN ASSISTANT WANTED

Hours to be agreed
between 9.30 am – 2 pm Monday to Friday
£6.29 per hour
TERM TIME ONLY



Settlebeck is looking for a good-humoured, enthusiastic, dynamic person to join our Catering Team, to undertake kitchen assistant duties.

For an application form and further information please contact Margaret Chambers – Business Manager by **Friday 9th April 2010**.

Employment due to commence as soon as possible.

This post is subject to a CRB police check.



SETTLEBECK HIGH SCHOOL
Long Lane, Sedbergh, Cumbria LA10 5AL
Tel: 015396 20383 Fax: 015396 21024



ZAK DAVID HALL

When they say time flies, they weren't lying were they. I can't believe that this month Zak will be turning 3. He is going to school, has a big boys bed and judging by the amount of clothes shopping I have had to do recently, he is very obviously getting big.

Not too much has changed since I last updated the good people of Sedbergh on how life is for our little man, and believe me that is a good thing.

We have had a few little ups and downs over the past year, but mostly we have managed to maintain Zak's version of normal.

I thank my lucky stars every single

day for having the good fortune to live in such a close knit community. Zak thoroughly enjoys his semi celebrity status, and I adore the fact that my wish for him to be recognised as 'just Zak' and not 'the poor little boy in the wheelchair' has been made a reality.

I'd like to take this opportunity to say the biggest, warmest, most heartfelt thank you, to all of the locals who went out of their way to help us raise the much needed funds for his wheelchair. It is amazing what people can do purely out of sheer kindness. From anonymous donations following a brief conversation on the bus from Kendal, to the mind blowing acts of, well quite possibly madness, where Luke Mellard and Thomas Gardner



Tooby's
ELECTRICAL STORE

Domestic Appliances - Digital TV
Service and Repairs
Aerial and Satellite installations

Freesat and Sky Approved retailers
Quality products at sensible prices

www.toobys.com

Ingleton 015242 41224 and Bentham 015242 61259

St John's Church, Cowgill

COFFEE MORNING

10am to 1130am

Saturday April 17th

in St John's Church

Proceeds to Cancer Care

Raffle & Cake Stall

ALL CONTRIBUTIONS WELCOME



cycled the ridiculous distance from Lands end to John-o-Groats....

Jonathon Moore attempting to defeat the coast to coast route (hats off to that man for his persistence)....and the students of Settlebeck High School putting on a very successful junior disco .. all for a little boy who has so obviously touched the hearts of so many.

Zak, despite his ever growing list of diagnoses, had managed to remain a very healthy little boy. Christmas 2009 brought with it his very first chest infection (which, for nearly 3, is amazing for any child to have avoided for so long). His consultant recently plotted his developmental age at 'sub 3 months', but for those who know him, that's nothing we didn't already know.

His biggest battle, as always, is his epilepsy. It is proving to be a particularly troublesome.

He continues to have in the region of 20 to 30 seizures every day, most of which present as silly jumps and jerks, some, a little more worrying. They prevent him from learning anything new, and we have even seen him regress slightly as a result.

But we do not want to dwell on what he can not do. To live in the shadows of what should have been will only cloud what is becoming a very happy and hopeful future.

We look forward to having our house extended in the near future so that Zak will then have his own bed room and bath room down stairs, and I will be able to stop living in fear of dropping him on the stairs in the event of an unforeseen seizure or spasm. My back will certainly be grateful.

After 34 years of never wanting to be a driver, I am now learning to drive. It is something I have thought long and hard about, and feel that it's a case of now or never. I hope that this will open up many more doors for Zak and for all of us.

So 2010 is going to be a memorable year. Our aim as far as Zak is concerned is to make the most of every day, give him the same opportunities as every other 3 year old out there, and to make sure our yesterdays are full of great memories. No one knows when yesterday is all we have left, so make sure it's not wasted.

MH

Howgill Village Hall

Available For Hire

for all kinds of functions
Parties, Dances, Meetings, Concerts,
etc. etc.

Up to 6 hours £8.
Up to 12 hours £15.
Up to 24 hours. £25

For bookings, please telephone
Siobhan: 015396 20665

COUNCILLORS CORNER

DISTRICT / GENERAL ELECTION CAMPAIGN:

By the time you read this we could be at the beginning of the General Election campaign – certainly the district election will be in full swing. For me it is odd as it is the first time since 2006 that my name will not be appearing on a ballot paper for district or county. I will of course be standing again for Sedbergh Parish. Normally the elections for Sedbergh, Garsdale and Dent parishes would be held on the same day as the district elections, May 6. However, it is a strange remnant of electoral law that a parish election cannot be held on General Election day. So, if there are contests

for any of the parishes those elections will not be held on May 6 but on May 27, three weeks later. Unless of course there is no General Election on May 6 in which case the parish elections will be held as normal. Confusing ? Not anything like as confusing as the reason why parish elections cannot be held on General Election day. It was once felt that if more than one set of elections were held on one day then paper candidates would be put up in the elections for the lesser body in order to bring out voters for the major body.

YORKSHIRE DALES LOCAL DEVELOPMENT FRAMEWORK:

After the second call for housing sites in the key service centres,

THE HEAD AT MIDDLETON

Nr Kirkby Lonsdale, Cumbria

Tel: 015396 20258

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



Accommodation available

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

Prices includes Full English Breakfast

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

BAR MEALS or RESTAURANT and an OUTSIDE EATING AREA

ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES

FULL MENU available for Take-Away

PIZZA AND GARLIC BREAD TO EAT IN OR TAKE-AWAY

SERVED UNTIL CLOSING TIME

USUAL OPENING TIMES

Monday to Friday Lunchtime by arrangement

Monday to Friday from 6 pm

Saturday open all day 12 noon to 3 pm & 5 pm to 11 pm

Sunday open all day 12 noon to 3 pm & 5 pm to 10 pm

Proprietors: David and Elizabeth Martin

including Sedbergh there was a significant number of new sites offered. A number of electors took fairly strong views on some of these. I had to keep a certain distance in order not to put myself in a position of pre-determination whilst at the same time putting forward the views of residents. It is now in the public domain that the sites offered adjoining Vicarage Lane were not supported by the working group but that on the corner opposite Rawthey Gardens was, as was the site to the west of the town. The site behind Long Lane and Maryfell was upon further consideration also removed from the list. The present list for all the towns and villages can be seen

on the YDNP website and will be considered at the March meeting of the authority. The sites will then go out to public consultation – everything so far has been pre-consultation !

HARD CASES MAKE BAD LAWS:

One of the perversities of the possible extension to the Yorkshire Dales to include the Lune Valley parishes is that the places which are proposed probably do not want to be in but Kirkby Lonsdale possibly does. This is no surprise to me because I have seen that the difficulties with being in a National Park begin outwith the development boundary. I get very little casework from people living in Sedbergh Town but outside the town planning and other NPA matters are

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

much more to the fore. Dent PC currently has four disputes with YDNP and that is far from atypical.

The main problem is housing outside the development line. Usually this concerns a rural worker or else the re-occupation of a former dwelling house. Recently, there has been the case of a local person in Artengarthdale wanting to convert a barn into a dwelling with a local occupancy condition. This is simply not allowed by the YDNP Local Development Plan and it is exactly the situation which leads to the parroted phrase "hard cases make bad laws". The reality of course is exactly the converse – it is bad laws which lead to hard cases. The system of limiting housing to existing villages within existing development lines is one which is based upon the nucleated settlements of the south of England. It is quite inappropriate for dispersed valleys like Artengarthdale, upper Dentdale, Garsdale or Howgill. This is a matter which YDNP still needs to get right – it hasn't done yet. And it is one of the reasons why I think places like Orton and Ravenstonedale should wake up and think before they rush headlong into a National Park.

HIGHWAYS MATTERS:

Thank you to those who have taken the trouble to thank me over the improvements to the road from Lilymere to the M6. I was really impressed with the speed and I hope it has been done well enough to last eight or ten years. There are good

CHIROPODIST

HPC Registered

Kay Whittle

MSSCh DipPodMed MBChA

Surgery
Pedi-Care House,
Howgill Lane,
Sedbergh



Tel: 015396 22122

Appointments 10:00 - 4:00

Closed Mondays

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

things happening with the local Highways terms and I am hopeful that by this time next year the long backlog of works will not be quite so long.

GYPSIES AND TRAVELLERS:

There was a useful meeting in the People's Hall, organised very ably by Cautley residents. Again we heard a lot of good things which give me hope for a better time this year. I can report that the South Lakeland Local Committee of Cumbria CC has set aside £10,000 specifically to be spent in our area. There are still issues to be sorted out and we will soon be having a meeting of the Respect Group.

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

APRIL GARDENING

Springtime, in deciduous woodlands, is a great time of growth and flowering. Plants which have been held back by cold winter air and soil temperatures have only a short time in which to bloom, before the leaves open on the trees, cutting out most of the light and making photosynthesis (the process using chlorophyll by which plants make their food) too inefficient to sustain growth. Some plants such as our native bluebell have extra chlorophyll, colouring their leaves a rich, bright green. Many have a bulb or rhizome in which food can be stored to provide for speedy growth in subsequent years.

There are many beautiful, hardy spring flowers which will thrive in our gardens in shade, under trees, and in many cases (due to our usually damp, cloudy summers) in open borders. *Anemone nemerosa* – the wood anemone - has various garden forms, *A. nemerosa* 'Robinsoniana' has large, pale lavender blue flowers and *A. nemerosa* 'Flore Pleno', double white blooms. *Anemone ranunculoides*, from Europe has bright yellow flowers. *Hepatica nobilis* a close relative of these Anemones, bears rich blue blooms which usually appear before the kidney shaped, dark green leaves. For something more exotic, choose *Uvularia grandiflora* (Merrybells) which has nodding bell shaped pale yellow flowers on 10in stalks, or *Jeffersonia dubia*, a pale blue flowered beauty which has upward facing, cup-shaped flowers on slender stalks.

For all your joinery, house maintenance and general handyman jobs

Jeff the joiner -----



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

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

Covering Kendal, Sedbergh and surrounding area

Local references available

Ring for a no obligation quote on

07969

973346



There are several species of *Trillium* which will do well in a moist leafmouldy soil. All as their name suggests they have 3 of everything – 3 leaves, 3 sepals and 3 petals to each flower. *T. erectum* is probably the easiest to grow. It has deep red, nodding flowers, whereas *T. grandiflorum* and *T. ovatum* are white, fading to pink. Add to these a few Trout Lilies. Pink *Erythronium dens-canis* from Europe, *E. revolutum* and *E. 'White Beauty'* from N. America and *E. 'Pagoda'* with pale lemon coloured petals and white marbled leaves and you have the recipe for a beautiful, if transient spring show of colour.

Elaine Horne

THANDI COMMUNITY CRÈCHE

From Pinfold to Lebanon Village - and back.

Many readers will know that all of us at Pinfold Park Caravan Site have to leave Sedbergh in the winter.

We have always regarded this as an opportunity – renting locally or elsewhere, staying with family, an extended holiday, perhaps a cruise. This is the first winter that I have fully retired, having spent my career in education, so the possibilities were endless.

This is what we told Alan Clowes one summer afternoon when we called into the Cross Keys for a cup of tea.

Alan and Chris provided the perfect solution: travel to South Africa, stay at their house and help to set up the crèche that they were building as part of the Thandi Friends Project. Simple!

We flew to South Africa early in December because Alan and Chris were returning to the UK for Christmas and we needed to ‘overlap’ for a few days. They showed us around – the sights of Cape Town, the shops in Hermanus where they have a home, how to avoid unwelcome visits from baboons, the Thandi Farm Kitchen (regular readers will remember that they have spent much time and energy there in the past), and the crèche in Lebanon Village.

The disadvantaged rural Lebanon community lies at the end of a long track off the N2 / Garden Route which leads across the southernmost

regions of South Africa. Fifty-four wooden shacks were placed in the middle of the Elgin Valley by the South African Forestry Commission to house their workers. Some years later they ceased to manage the forest and fruit trees and vines were planted as part of the Thandi co-operative. The new crèche building stands on the site of the old farm school which was burnt down some years ago.

When we arrived the outside had been painted by volunteers and the village children. Inside it was totally empty.

Keith and I set about planning the layout of the crèche, appointing a teacher, sorting through books, clothing, toys and other resources donated by people here in the UK and shipped across, working with the crèche governors – oh and a bit of relaxing, reading and walking, enjoying the hot weather whilst watching snowploughs on Sky News as Great Britain experienced its worst weather for many years. We certainly picked the right year to be here.

The pace stepped up when Alan and Chris returned. Services were connected – electricity, water and the septic tank were all connected. A friend built cots, baby changing facilities, storage units, and a work station. We went shopping for resources – tables and chairs, mattresses, plastic cups, plates, bowls, knives, forks and spoons, storage trays – all the equipment needed for 35 – 50 young children

including babies. The mattresses were so that the children, who are there from 6.45 am to 6.15 pm can have a sleep.

One Saturday in the middle of February we held an Open Day so the villagers could see what was on offer and register their children. By the end of the day we had signed up twenty six aged from three months to 5 years. Each parent was told by the teacher that they would be informed when their child could start since we had not yet been able to appoint Crèche Assistants.

Transport poses a real difficulty for many people in South Africa. There are few buses and no taxis. We were still working on ensuring that the teacher, who lives in the nearby town of Grabouw, could get to the crèche for 6.30 am. Alan pointed out that, despite the teacher's explanations, it was very possible that there would be children brought to the crèche on the following Monday morning. And there were! The lift arranged for the teacher was late, so it was just as well that Alan and Chris had left



Hermanus before dawn to travel to the village to be there. At 6.30 a small boy, on his way to catch the bus to school, brought his even smaller sister to the crèche. Another child arrived a little later. Over the following few days there were five or six of them.

On Monday, 1st March – after we had returned to the UK and Pinfold Caravan Park - the Thandi Community Crèche, led by a teacher and three Crèche Assistants, opened its' doors to 35 small children and babies.

The aim is to provide the best possible care and learning environment for these children, encouraging the involvement of their parents and community. Their community has much to learn about the importance of their involvement and support. This is why the Crèche Project is so important. These youngsters will learn that, working together, they can aspire to greater things.

Meanwhile it is true to say that the support of the many donors to the Thandi Friends Project has been absolutely crucial to the children of the Thandi Community Crèche.

COUNCILLORS CORNER

There will be no Councillors Corner articles from Ian McPherson and Peter Woof until after the District Council elections on the 6th May as Ian is standing for re-election and the "Purdah" period begins on the 29th March.

Don't Miss
The Dentdale Choir & Friends in

Cabaret

Gershwin, Kurt Weill, Cole Porter and songs from Porgy and Bess

with

Maggi Stratford	chanteuse extraordinaire
Jack Glover	accordionist supreme
Roger Bush	keyboard

Saturday April 24th at 7.30 p.m.
Dent Memorial Hall
Tickets: £10 and £8 concessions, children and full-time students free,
Admission by ticket only
Available from Dent Stores, and the T.I.C. and Westwood Books, Sedbergh
Tickets include wine and light refreshments



different locations across the North and within the 5 hour time limit competitors aim to visit as many checkpoints (controls) as possible on the map. Some can only be collected by mountain bike others by foot. Each control is worth varying amounts of points and yes you guessed it, the one with the most points after 5 hours wins. Perhaps not quite as easy as it sounds as you have to carefully plan your route, to ensure you maximise the number of controls you can get and be careful not to be late back otherwise you get penalties!

For Sedbergh we had something special planned with the run area including the tops of Winder and Crook, along with more gentle terrain between the hills and the river, from Straight Bridge down to Birks, and all points between! The biking was even more varied, with controls on Holme

MOUNTAIN HARDWEAR OPEN 5 *Yorkshire Dales*

Sedbergh 7th March, a thank you!

Some of you may have noticed a bit of an invasion of our town on a normally placid Sunday morning as about 260 fit, keen adventure racers descended on Settlebeck High School to register for the fourth race in this years Open 5 series. Last minute worries over ground conditions on the planned parking field meant that cars were packed into the school turning circle, the nearby lay-by and then down the side of the Cautley road for about half a mile.

The Open 5 races are held at



**PAINTING &
DECORATING SERVICES**

Guttering
cleared & cleaned

For further
information and terms

Tel: 015396 20524
Mob: 07814 254995

Fell and Frostrow, then up the valley to Cautley taking in Bluecaster Side, Ulldale, Murthwaite and Narthwaite as well. The staggered start, plenty of route choice and an option to run or bike first meant that any spectators saw people coming and going in every possible direction.

By the end of the day, the sports field and school hall were filled with tired competitors buzzing with excitement about the day they had. The weather was perfect with brilliant sunshine and light breezes all day. Mountain bikers enjoyed firm crisp bridleways and the runners had no mist to hinder navigation and any who made it up the Fell were rewarded with fantastic views out over Morecambe Bay and the Lakes. It was so well received that many were overheard already promising a return visit to the area.

The whole event would not have been possible without lots of local help and support. In particular I would like to thank Settlebeck School for our venue and their PTFA who did such a magnificent job catering for a load of hungry athletes, I don't think I've ever

seen as many nice cakes in one place before, or watched them disappear so quickly!

Thanks also go to Paul Wilkinson, our YDNP Ranger for help and advice and the Brant Fell Commoners Association who allowed us to run on the Fell. Thank you also to all the landowners I talked to whilst out on route checking in the run up to the event.

Race Results:

Female Pairs - Winners - Clare Kenny/ Barbara Lonsdale 495 points
Male Pairs- Winners - Kim Collison / Neil Hamblin 580 points
Female Solo - Winners - Heather Burrows 495 points
Male Solo - Winners - Andy Conn 585 points
Mixed Pairs - Winners - Anthony Emmet/Helen Jackson 555 points

If anyone wants to try this for themselves, have a look at www.openadventure.com.

There is still one more Open 5 left in this series then we start again in November. Good luck.

*David Hetherington
Event Planner*

Clutterbooks and Clobber

The Community Fund Charity Shop

Part-time Manager Required

Six hours a week, to co-ordinate and support our team of volunteers, to take responsibility for the day to day monitoring of our Health and Safety Policy and Trading Standards Guidelines, and to oversee the management of stock.

Remunerated at £7.50 an hour and rich in job satisfaction.

For further information please contact Sedbergh Community Office.
Application by letter and C.V. please, with a closing date of 16th April.

St. ANDREW'S PARISH CHURCH

At the time of writing we are still over two weeks away from Easter and the build up from Jesus' triumphant arrival in Jerusalem on Palm Sunday through Holy Week to his crucifixion on Good Friday and resurrection on Easter Sunday has yet to start. But that does not mean that hands have been idle. The annual Parish Meeting, which was held on Wednesday 24 March after the Parish Supper, is the tip of an administrative iceberg when the previous year's business is reviewed and reports and accounts accepted.

It is a time to take stock and reflect upon the immense amount of voluntary work that goes into keeping

your Parish Church so beautifully maintained and a joy to the many visitors who come to admire it and, when the weather is inclement, take refuge in its comparative warmth. It would be wrong to single out individuals but we would like to highlight some of the groups and tasks involved in oiling the wheels of Saint Andrew's. A tremendous amount of effort goes into supporting the Church's work with young people through BOF, Chameleons and our embryonic Sunday School, and then there are the musicians and choristers who make up the Music Group and Choir. Some contributors like our bell-ringing team are heard but rarely seen, our gardeners are

SEDBERGH AND KIRKBY LONSDALE DISTRICT

Appleby Horse Fair Information Drop-In Event

From 5pm till 8pm on Monday 26th April

at Sedbergh People's Hall

Representatives from the

Police, Cumbria County Council

and South Lakeland District Council

will outline the new multi-agency approach to dealing with the influx of visitors throughout the area for the

2010 Appleby Horse Fair

Everyone is welcome to come along,

find out about the plans

and to discuss any concerns they may have.

For further details and information please contact Jason Yates, Neighbourhood Development Officer, on 01539 713448 or jason.yates@cumbriacc.gov.uk

equally unobtrusive and dustbins appear to transport themselves to and from Finkle Street. The clock has to be wound twice a week and a valiant band of ladies ensures that the Church is dusted and the brasses are shining. In a few days time after the austerity of Lent the Church will be decked with flowers for the Easter celebrations. To all of those who give up their time we are most grateful and thank them for their continuing support. To those of you who are reading this article and may wish to help sustain your Parish Church we would ask that you contact one of the Churchwardens to volunteer your services.



We celebrated Mothering Sunday on 14 March with a special service when the Chameleons gave us their interpretation of a mother's daily round of tasks and after-wards distributed posies to all the mums present. With almost a hundred mums and dads and children in the congregation it was a joy to witness Mothering Sunday reflecting traditional values and the young people taking an active part in the service.

On Monday, Tuesday and Wednesday of Holy Week there were

services of Compline followed by the Stations of the Cross. On Maunday Thursday there is Holy Communion at 7.00pm and on Good Friday at 12.00pm a Devotional Hour after the ecumenical procession earlier in the morning. On Saturday evening there will be Compline at 7.30pm and on Easter Day there will be Choral Evensong at 6.30pm in addition to the services at 8.00am and 10.30am.

*Lavinia Mahon and
Tony Reed Screen*



G.B. BUILDERS LTD

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

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

ABLE MEMORIALS

Monumental and Architectural Masons
New Memorials and Additional Inscriptions

Showroom with over 30 memorials on display at

3 Wildman Street, Kendal

Please call for a brochure or free estimate

on 01539 735583

Home visits available by local mason Edward Waller

Tel: (evening) 015396 21338 or 07779 025745

TIM FARRON MP

You would think it would be quite straightforward. After much nagging we persuaded Cumbria County Council that the A684 up to the M6 was due a much needed resurface and I was extremely please to learn that the work was happening. However, I should know by now, whenever Cumbria Highways are involved things are never straightforward. This is not a reflection of the people who do the work, they are hard working and dedicated, in fact they finished the resurfacing ahead of schedule, it is the people who manage them and I suppose ultimately the Council I have

issues with. Firstly, whoever was responsible for letting the Highways Authority, who are responsible for the motorway, know that the road was going to be closed, obviously had something else on their mind that day as they failed to get on the phone to them. With the result that several people had to ring my office to let us know lots of cars were leaving the M6 at junction 37 expecting to drive to Sedbergh only to find their way blocked. We contacted the Highways Authority to ask them to announce the closure of the road to Sedbergh, only to be told that they could not put anything on their electronic signs without being asked to by Cumbria

Highways. Many calls were then made by us but by the time we found a way to get things sorted we heard that the resurfacing was completed..

However, what I don't understand is why they felt that they should only do part of the job, stopping at Blackhorse makes no sense. It cannot be because they don't have the money as they have been given nearly £5 million extra by the Government for road repairs. I have already written to Cumbria Highways asking them to finish the job they have started.

The Cautley Residents' Action Group continue to impress me with their dedication, I was very pleased to Chair their meeting to hear the plans of the police and the councils to prevent any repetition of the disgraceful behaviour we saw leading up to last year's Appleby Fair. I was very encouraged to hear that the police are planning to dedicate 8 officers to Sedbergh for the whole of the period of the Fair this year. This, together with the plans by the councils to introduce restrictions on parking on the verges and prevent encampments, should go a long way to sort out any problems this year but we will all have to remain vigilant to ensure that all of this works.

Finally, I had a lovely time at the Christian Aid Coffee morning at the URC Rooms. As is frequently the case at this type of events I enjoyed the chance to discuss an amazing range of issues, everything from Environmental Health to Afghanistan was brought up. Thanks to everyone

for taking the time to chat to me.

By the time you read this the press seems to feel that Gordon Brown will have called the General Election and I will cease to be your MP. Don't worry I will be working as hard as I can to persuade you to re-elect me, I love this job and want to continue working for you as long as I possibly can.

If there are any issues where you feel I can help, MP or not, please do write to me, Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

Specialist commercial & property lawyers

We can advise you on all aspects of your business. With many years of experience and expertise we can provide business solutions in a pro-active way. Give us a call for initial advice.

01539 720136

Tel: 01539 720136

Naomi.Fell@hwlegal.co.uk

Kate.Seymour@hwlegal.co.uk

Your Local Legal People



Come and join in a
**SCRUMPTIOUS
 CAKE BREAK**

we are holding a cake Break and invite you for a slice of cake and a cuppa to help raise funds to support people affected by MS.



Hosted by
 Dent Over 60's Friday Club

Friday 30th April
 2 to 4pm

*Please come along
 and support us!*



SEDBERGH TOWN BAND

Spring Concert 10th March

The Town Band's Spring Concert was the first engagement of the year following an exceedingly busy Christmas period.

The Bands steady improvement was clearly manifested in the demanding musical programme presented which included a number of items being performed for the first time by the Band. Of particular note amongst the

new pieces was the music from the film 'Crimson Tide' - the menace of submarine warfare beautifully captured in Hans Zimmer's theme tune. The medley of familiar Hoe Down tunes comprising 'Hootenanny' has until this Concert been deemed as being beyond the range of the Band but they concluded the Concert playing it with musical expertise, panache and not a little well - orchestrated theatricality.

The full programme consisted of an imaginative mixture of marches, popular song arrangements, film themes and the Big Band Sound. Providing even greater variety was a vocal (featuring Stuart Shields) and the ever impressive 'Drummers Delight' providing the opportunity for percussionist Ali MacDonald to demonstrate his considerable skills.

At the end of the first half of the Concert, the main Band yielded to the Youth Section who, under the Baton of Carole Marsden entertained with three exuberantly played members. In the course of this section of the evening, Carole paid tribute to the members of the Band who so willingly

SEDBERGH ROYAL BRITISH LEGION

ANNUAL DINNER



Queen's Hall, Sedbergh School,
 Friday April 30th

Bar open 7pm for dinner at 7.30.

Tickets, £15.50 will be available from
The Green Door from Wednesday 7th April

Non-members very welcome

Lifts available if needed.

Tel. Rose Pease 015396 21575



ANNUAL GENERAL MEETING

Friday 30th April

White Hart Club

7:30pm

*Please come along to our AGM
 & voice your opinions and suggestions.*

Everyone is welcome.

Light refreshments served.



RAVEN
Graphics

Signmakers

All types of signage incl.
vehicle liveries, shops,
printed wheelcovers
& carved wooden signs.

Ravenstonedale
Tel: 015396 23463
www.raven-graphics.co.uk

and effectively gave up their time to teach and encourage the youngsters.

As a few members of the Band were indisposed it was possible to fit the remaining thirty three members onto the People's Hall stage as apposed to the temporary staging to the rear of the Hall as has recently been the case. Steve Longlands again constructed a most efficient lighting system. The audience in terms of numbers, but not in terms of warmth of response, was a little down on the usual owing mainly to rival attractions - a performance of 'West Side Story' in Powell Hall and on TV Manchester United playing an important game in the European Cup.

Alan Lewis expressed the congratulations of all to Stuart Shields, who after some past work in Sedbergh, has secured a full-time musical post in his native North East. Hopefully this performance will not be

his last with the Band and that Guest Appearances lie in the future. His singing of 'Love Changes Everything' was much appreciated as well as being somewhat topical in that Lloyd Webber's sequel to 'The Phantom of the Opera', 'Love Changes Everything' opened in London just the day before this Concert.

Further news was given of Band members: Paul Grey (Cornet) was forced to stand throughout the Concert having recently displaced a disc after coughing violently. He awaits an operation and is to be commended for bravely playing through considerable discomfort. Percussionist Ali MacDonald had the misfortune to have the contents of her car stolen in Leeds a couple of days before the Concert. His losses included his own percussion outfit and had to rely on an unfamiliar set for the Concert.

Before the National Anthem concluded the evening, Alan Lewis thanked the audience for their support and expressed his wish to see them at future engagements.

GB

Stephenson & Wilson
15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

PEPPERPOT WORKSHOP

The Pepperpot Orchestra Workshop which took place on Saturday, February 27th at Settlebeck proved to be great fun. Anice Paterson worked us hard and we achieved a lot in the day, but it was all done with a very light touch. Thirty-five people of varying standards and experience came along. These included five players of school age - a flute, an oboe, two violins and a double bass - and although the music was sometimes difficult for them, they all said how much they had enjoyed it and found the get-together well worthwhile. Another Workshop is being planned for early autumn, to entice more younger players.

Out of this Workshop came the possibility of forming an orchestra. The Sedbergh Festival Players will make their first public appearance at the Pepperpot Coffee Concert (10.30 for 11.00) on Saturday June 12th at

St Andrew's during the Music Festival (www.sedbergh.org.uk/musicfestival/). We are very fortunate in that the orchestra will be conducted by Richard Howarth, who was until recently the leader and administrator of the Manchester Camerata. He has now been appointed Principal Conductor of the Westmorland Orchestra from September and we are all very pleased about that. When he heard of the plan to start an orchestra in Sedbergh, but that we had no conductor, he said 'I'll do it!' Rehearsals with Richard will start in April and we are very grateful to Anice and John Seymour who have offered their help on the dates that Richard cannot manage because of his professional engagements. We are delighted that some youngsters who came up through the primary-age Pepperpot Music Makers will be involved.

The present Pepperpot Music



Appliance Services

SALES • SERVICE • REPAIRS

To all leading makes of domestic & commercial appliances

PORTABLE APPLIANCE TESTING

Tel/Fax: 015396 21699
Mobile: 07889 286 722

Tooby's

ELECTRICAL  STORE

TV • Audio • Domestic Appliances
Sales • Service

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

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

Makers will also be performing in the Coffee Concert - free of charge with a retiring collection - and so will the Extreme Cellists (www.extreme-cello.com), who are kindly coming to Sedbergh to raise funds for the Pepperpot Music Makers. Please bring along your loose change! After the concert, at about 12 noon, the three of them plan to clamber up the ladders inside St Andrew's Church tower and then haul their cellos up the outside by rope in order to play for a short time to the assembled crowds from the top! The process will then be reversed so that they can then proceed to the Pepperpot, led by Roger Bush playing his accordion. Everyone is invited to follow on and

bring a picnic lunch and be further entertained. Whatever the weather, the Extreme Cellists will play, but in the bell tower if it is wet, with picnics in the church. The important thing is to put the date, Saturday June 12th, on your calendar now!

Meanwhile, we are promoting a concert to be given by the Dales Chamber Orchestra on Wednesday, April 7th at 7.30pm at St Andrew's Church. It will be a "Four Seasons" concert - the famous Vivaldi and the increasingly popular Piazzolla - a great treat. Tickets £10 at the door (under 18s free) or in advance from Sedbergh Pepperpot Club (21196) or Sedbergh TIC (20125).

Shirley Smith

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

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



Property Sales

Residential Letting & Management

Caretaking Services

Home Finding

Negotiations

Holiday Lettings

We have:

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

Clients looking for property to buy in
all price ranges

We need:

Holiday cottages/apartments, no limit
on owner use

DENTDALE W.I.

It was one of those meetings when one concluded that there would be plenty of chances to cook and help raise funds as we listened to the requests for baking during the year. No doubt members will loyally rise to the occasion! First off then was another plea for cakes for the Dent Run and then on to baking for a Mini Mart to be held on 31st July to help augment our own funds.

Freda Meakin put in a plea for contributions of cakes etc. to be sold to help raise funds for Multiple Sclerosis at a Tea Party to be hosted by the Over Sixties in Dentdale Memorial Hall on the 30th April between 2-4pm.

As a complete contrast, a treat for ourselves! A Lunch out was proposed on 20th April at either the Carvery in Carnforth or in Witherslack!

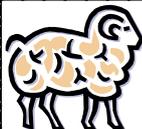
Further details have emerged of the group meeting on 17th May hosted this year by Howgill WI and will star Joan Bentley demonstrating the art of flower arranging. Tickets will be £3.

The craft morning held recently had been very successful which brings

me very neatly to report on our Speaker for the evening – Mrs Dilys McCaffery talking about her Craftwork and showing us plenty of examples! After moving up here more than ten years ago, Dilys attended a course on Ruskin lace at Alston Hall in Preston which had inspired her. This led naturally on over the years to trying out and, what's more, becoming skilful in other crafts. She has specialised in making scarves in velvet and silk, playing with colour in a most interesting way! Some of these may be purchased at Farfield Mill. Dilys now has a loom set up in a barn at her home for weaving. She still feels that there are more crafts she would like to have tried!

This month Margaret Scofield's piece of craft work was deemed the winning entry for the competition and Catherine Sugden picked the wining number for the raffle prize.

Next month we are having our own Flower Arranging talk with inspiration on how to get the best effect from a Supermarket Bunch. This will be on 14th April at the Memorial Hall and new members and visitors warmly welcome.



CALLING ALL KNITTERS!

Arriving shortly at **SLEEPY ELEPHANT KING COLE KNITTING WOOL**

Order from a huge range or buy in store, specialist yarns include superwash merino wool and bamboo and cotton.

Sleepy Elephant would like to hear from expert knitters who would like to make a income from their hobby.

Please ring 21770 ask for Carole.

QUAKERS at BRIGFLATTS

Dear Friends in the Sedbergh Community,

Have you ever wondered what a Quaker Meeting for Worship is like? The Wardens at Brigflatts Friends' Meeting House have had conversations with many visitors and local people over the last few years who would very much like to experience our Quaker way of worshipping either just once or occasionally. In response to this, and *in addition* to our usual Sunday Meeting for Worship, a 'Meeting for Worship in the manner of Friends' is going to be held on Thursday evenings for a trial period commencing on 29th April at Brigflatts. It will begin at 7.30pm and will last just half an hour rather than our usual hour-length meetings on Sunday mornings.

So if you have always or recently wondered what a Quaker Meeting for Worship is actually like, here is your chance to find out! Alternatively, if you actively enjoy your current way of worship on a Sunday morning but would like an additional opportunity for silent prayer or quiet reflection in stillness later in the week, then why not come and try our way of feeling close to God or whatever that life force is which encourages our humanity to one another? Quakers are united in our conviction that there is that of God in *everyone* and we are very concerned about Peace, Equality, Simplicity, Truth and

NICKY ROSS

All types of heating,
including underfloor.

Bathrooms designed,
supplied, tiled & fitted
Gas Safe registered

Mobile
07810 582345
Telephone
015396 20753



Sustainability.

Sorry but there will be no provision for children during these short weekday Meetings for Worship, as we trust that young children will be in bed by this time. However, if they are mature enough to enjoy the experience of being still for half an hour then they are very welcome to join us.

The parking is in the lay-by at the top of the Lane but we do have a few parking spaces halfway down the lane which we try to reserve for those who would find it difficult or painful to walk down our lane.

We hope very much to see you here!

Yours in Friendship,

*Tess and Phil Satchell,
Wardens at Brigflatts.*

Tel: 20005

<http://www.brigflatts.org>

KILLINGTON W I

It was good to get back into our routine again and the weather for our meeting on the 9th March was fine. We have enjoyed a long dry spell, though it has been very cold and frosty at night, the days have been sunny.

After welcoming the members, our President wished three ladies who will be having birthdays during March a very Happy Birthday. She then dealt with the business side of our meeting, pointing out various items in the WI News. The Treasurer assured us we were still solvent and the Secretary read from a leaflet offering assistance with small repair jobs in the home which was circulated by South Lakeland Council. Useful for those who might not be able to do the work themselves.

We were then sitting comfortable and eagerly to watch the "Spring Cookery" demonstration by Laura Harker. Laura had previously prepared a tin of hot cross buns, ready to be popped into the oven, and soon the smell of freshly baked buns was almost too much to bear. She whipped up a couple of cakes and tray bakes which went into the oven when the hot cross buns came out. She brought two items she had previously baked and gave us tips on icings and fillings. All the while she was passing on her baking tips and telling us how she came to be living in the Shap area, when she originally came from Essex. It turned out that she had lived in the same part of Essex as two of our members.

Philip Horner Fencing Contractor

Walling
Man & Tractor
Tel: 015396 21984
Mob: 07855 349157
e-mail: prhorner@hotmail.com



All the while the tea hostesses must have been thinking they could have had an easy time and just made the tea, but it was decided to raffle off all the cakes which Laura had made and we enjoyed the offerings from our hostesses.

Nearly everyone went home with a prize, either piece of cake or some cross buns. Laura generously left the recipes to the cakes she had made. These will be typed up and will be sold at the April meeting; the money raised going towards our Thandi funds.

The winner of the competition for "an old kitchen item" was Susan Sharrocks with a green bean slicer.

The April meeting is on Tuesday 13th and the speaker is Rev Carole Marsden. I must point out this is not Carole Marsden from the U R C, but why don't you come along and join us to find out who this is. VCC

FEBRUARY WEATHER

Well winter seems loathe to let go! It was a chilly month with half the nights below freezing and a minimum of 19.8F. When you added the wind-chill to these minima every night was below freezing with a wind-chill low of 9F!! At the other end of the scale the cold spell showed in the maxima as again half the month the saw the highest temperature for the day only in the 30sF. The highest temperature was 47.1F at the end of the month. During the latter half of the month we had low pressure, below 29 inches of mercury, which is rather surprising as we normally have high pressure during cold spells in winter dragging winds from the continent in an easterly airstream. In fact we only had 5 days in which the maximum windspeed was from an easterly direction and a further 7 from a south westerly quarter. The snow fall resulted in a low precipitation being measured. At a total of 0.95 inches very dry for the time of year. No doubt we shall pay for it later.

With winter dragging on and low temperatures growth has been very

limited. Sheep in particular have been keen to take all food offered. Daffodils which had pushed through before the turn of the year haven't progressed much if at all. It wasn't until the end of the month that the snowdrops opened up significantly. In the latter half of the month there were signs of green on the honeysuckle and the earlier variety of hawthorn. Even the hazel catkins were in suspended development, no pun intended, due to the low temperatures. Whether the cold weather has driven our resident birds away, or many have succumbed to the cold, I am filling up the feeders less often. There have been some signs of activity. The rooks have visited their last year's nest site. I understand the ravens are back at their nest site locally with some extra company. Although the fox visits my chicken run regularly I haven't heard any barking displaying territory. Laying the hedges seems to have prevented the badgers getting into the field as the only signs I have seen have been in the lane. The owls are calling again so some must have managed to feed through the snow. During the few slightly warmer days during the last week a few species crocus showed their colours. On the 27th of the month, the warmest day, the honeybees were licking up sap from a sycamore I had trimmed back. On a couple of the other warmer days they were out of the hives on cleansing flights. I understand that more colonies have been lost again, presumably due to the prolonged extreme low temperatures, as they all apparently had plenty of stores.

J. E. WILKINSON

BUILDING CONTRACTORS

Quality Craftsmanship

New Builds • Alterations

Roofing • Plastering

Specialists in

TRADITIONAL BUILDINGS

Tel: 015396 25531 Mob: 07989 197580

FIREWOOD

Dry Seasoned Wood
Large & Small Loads

Call Jack on
015396 25268
07846 290519

HOWGILL W.I.

Members and visitors met at Howgill Village Hall on March 14th.

Plans are taking place for the Group Meeting which we are Hosting on Monday may 17th when Joan Bentley will be presenting a Flower Arranging Demonstration for a Spring Evening.

We are looking forward to meeting fellow Members from the Lune Valley Group.

One of the highlights during the Federations 90th Birthday Year is the Village Fete at Kirkby Lonsdale on July 17th. Eight members will be helping with teas and kitchen duties on a rota basis.

Maggie l'Anson will be representing us as a Delegate at the AGM in Cardiff in June. Maggie is attending the Briefing Conference to discuss the Resolutions at Endmoor Village Hall on April 19th.

Dates for our diaries are the Northern Show at Appleby, the Musical Evening at Orton and the Fashion Show hosted by Burton W.I.

Four Members enjoyed a Spring Walk led by Vera Hodgson in the

Crosby Ravensworth and Maudes Meaburn area.

Anita Carey confirmed our Summer Outing will be to Yew Tree Gardens and a Guided Tour of Cartmell Priory followed by Afternoon Tea provided by Allithwaite and Cartmell W.I. to take place on June 17th.

Two members will be attending the half-yearly Council meeting at the Town Hall on April 26th.

Following the business, it was time to welcome Historian Trevor Hughes who gave us the story of Lady Anne Clifford, born at Skipton Castle in 1590 and died in 1676 aged 86. Lady Anne lived in the time of Cromwell, she owned Brougham Castle, Appleby castle, Brough Castle, Pendragon Castle, Skipton and Bardon Tower Castle. She lived in each for six months then moved on, keeping them all in good repair.

Tanya Hoare thanked Trevor for learning us so much about this proud northern woman and forgotten heroine.

The competition for an anecdote about local history was won by Helen Beare with Sheelagh Denniss Second. Raffle winner was Audrey Hoggarth. The Social half hour was a quiz devised by Maggie l'Anson and won by Sheelagh.

The evening was brought to a close with a Jacob's Join and Get-Together.

We meet again on April 1st when Ernie Woodcock will be speaking on radio Presenting to local Hospitals - from 1977.

New Members are welcome. *AH*

**DENT & SEDBERGH
ORAL HISTORY SOCIETY**

Ben Lyon has played a prominent part in local life since he came to Dentdale in 1968. He is an internationally renowned caver and the company he started, Lyons Ladders, has grown into a highly successful business producing outdoor equipment for work and leisure. As a major employer, he is particularly aware of economic change and his memories give us a lively insight into how Dent seemed to him forty years ago.

Ben: "In '68 Dent was an agricultural backwater. I don't mean that in a derogatory fashion, it was physically a backwater. Certainly the only non farming institutions were the shops and pubs. We came in at the absolute dying end of a reasonably self sufficient community that was really, really on its last legs. I remember seeing the butcher's shop, Burton's, which is now adjacent to the Penny Bank, and they still had meat in the window in '68, I think it must have sort of shrivelled and disappeared, I don't recall when it physically closed. We had two competing grocers in the village. The second one, I forget who the owner was when we came but it was very quickly purchased by a man called Bothom and I remember that he took on a lad called Parkinson as an apprentice, his first job was as the run-around for Bothom's grocery store opposite the Post Office. And Middleton's was still a gents' tailors. You could go into the shop and it was

**Paul
Hoggarth**



Building Contractor

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

**015396 21413
07968 977429**

like something out of the eighteen hundreds. Brilliant! Walk in and a bell clanged, it was very dark inside. You'd got draperies hanging all over the place and you stood there for about thirty seconds before this figure sort of emerged out of the back, it was a bit like a séance almost, ha! great fun. And there were two banks in the village, only part time by this time. I think the demise of one of them, the place that's now Fountains Gallery, I dunno which year it was, but we were going past in one of our mini buses and the alarm was going off like mad, so we screeched to a halt, piled out, rushed into the bank ready to bash an intruder and there was nobody there. He says, 'It's alright, it's alright, we were just testing and it's been going off for an hour and nobody's taken any notice. Thank you, thank you for taking some notice of our alarm!'"

FARFIELD MILL

Children's Activities this Spring From Yarns to Bunnies...

Following the success of Orphaned Sock's puppet shows, 'Farfield Yarns', during March, Farfield Mill is set to prove even more attractive to children this Easter with the addition of a Children's Art Play Area and an Easter Bunny Hunt.

The Farfield Bunny has left 10 clues around the Mill for young visitors to find – and the search will take you over all four floors of this fascinating treasure-trove of an arts centre to find the answers. For those who succeed, there's a chocolate prize as reward! The Easter Bunny Hunt runs from Friday 1 to Sunday 11 April and is a

fundraising activity organised by the Friends of Farfield (all proceeds go to the charity). It costs £1 per entry and is suitable for ages 3 and upwards.

While you're visiting Farfield Mill this Easter, why not let the kids go all arty in the new Education Room on Level 2, and create their own Easter card or picture? Paper, card, crayons and glue supplied – all kids need to bring is their imagination ...

Email an image of the result to marketing@farfieldmill.org and Farfield Mill will enter it into its Easter Picture Competition – the best pictures will be shown on the Farfield Mill website (selected after the Easter holidays). Please note: the Education Room at Farfield Mill is an unsupervised area.

Cobble Country

Dales & Lakes

Town & Country Property Agents Est. 1992

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

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

www.cobblecountry.co.uk

cobblesedbergh@yahoo.co.uk

SETTLEBECK HIGH SCHOOL

Science Live Conference

On Wednesday 10th March we visited the Science Live Conference in Leeds. While there, we listened to five presentations from different scientists. We also heard from a chief examiner who gave us tips on how to be more efficient and do better in our exams.

I found the day very informative and interesting and was well worth the two-hour bus journey. There were biologists who spoke of DNA, genes and the effects of genes on our sleep patterns, for example. We also learnt that a wheel does not need to be a circle as well as the most found leading digit in the world from Steve

Mould. We also learnt about chemical reactions that never really complete from Andrea Senner. The final scientific speech was from Maggie Anderin, who spoke of her life and the great aspects of her life due to science and then about the massive scale of the universe. The talk from the examiner told us techniques that would help us when doing our exams in the hear future.

Harry Porter

Overall, I feel that the day was very productive. We were able to learn about science in a different environment and were able to gain first-hand information from successful scientists. I would definitely go on this trip again were it possible.

Joe Clare

DUO Café Bar & Bistro

ITALIAN NIGHTS

Served every Sunday Night from 5pm

Pizza (9" base)

	Take-Out	Eat-in
Margarita - Cheese and Tomato	£4.50	£6.50
Pepperoni - Cheese, Tomato & Pepperoni	£5.00	£6.95
Hawaiian - Cheese & Tomato, Ham & Pineapple	£5.00	£6.95
Hot & Spicy - Cheese & Tomato, Jalapeno Peppers, Green Peppers, Onion & Pepperoni	£5.00	£6.95
Vegetarian - Cheese & Tomato, Mushrooms, Green Peppers, Sweetcorn, Onion & Olives	£5.00	£6.95
Meat Feast- Cheese & Tomato, Pepperoni, Ham, Chicken, Onion & Mushroom	£5.50	£7.50
Parma Ham & Rocket- Cheese & Tomato, Parma Ham & Rocket	£5.50	£7.50
Mediterranean Pizza - Tomato, Mushroom, Grilled Courgette, Mozzarella and Garlic Oil	£5.50	£7.50

Pasta

Beef Lasagne	£4.50	£6.95
Vegetable Lasagne	£4.50	£6.95
Tagliatelle con le Verdure (with Vegetables)	£4.00	£6.50
Pasta dish of the day	£5.00	£6.95

Side Orders

Hand-cut Chips	£1.50	£1.90
Garlic Bread	£1.50	£1.90
Garlic Bread with Cheese	£1.80	£2.30
Side Salad	£1.20	£1.50

Jenette Hardy & Susan Woof

015396 20552

32 Main Street, Sedbergh, Cumbria LA10 5BL

Cut Me Out
and Keep Me!

DENTDALE WALKING FESTIVAL

The weekend of 23rd-25th April sees the inaugural Dentdale Walking Festival.

All local people are welcome on Festival walks which includes local interest, history and pub-themed walks, the classic Alfred Wainwright inspired ascent of Whernside and a full traverse of the Rise Hill ridge. The weekend commences on the Friday with a one way walk from Ribbleshead Station back to Dent via Blea Moor & Duncan Sike Head. Approximately 6 miles. Transport to Ribbleshead available upon request. 12.10 departure following the arrival of the train from Leeds.

There are a total of 25 escorted walks to choose from, all featured on

www.discoverdentdale.co.uk/walkingfestival, the shorter walks end at The Heritage Centre with complimentary tea & cake plus a chance to explore this fascinating collection of artefacts & memorabilia.

Thank you to Northern Rail, Lyon Equipment & Brigantes Baggage Transfer Services for supporting this event.

For full festival details & bookings please visit our website or call us on 0797 398 9831.

Additional dates for your diary:
April 10th Howden Jones Concert – Dent Memorial Hall.
25th-27th June Dentdale Music & Beer Festival.
28th-29th August Dentdale Show

W. DAWSON AND SON LTD

QUALITY COAL AND SMOKELESS FUELS

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

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

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

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

*Women in a Man's World.
17th century villagers in the Upper
Eden Valley*

The Chairman of the Upper Eden History Society, Margaret Gowling gave the last talk of the season to the History Society. Her subject was about the lives of ordinary women who had very few legal rights but were expected to run the household, bring up the children, help on the farm, grow vegetables etc. They did not own the household equipment – pots, pans, bedsteads, furniture and often their clothes. All belonged to their husbands including the dowry which they brought with them. Any property or land which a wife brought to the marriage could not revert to her on the death of her husband unless it was so willed. They had no financial control, were not able to hold positions in the church or manor or be appraisors but they could be executors.

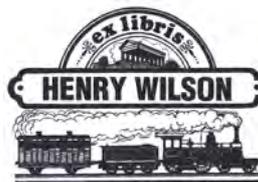
Nevertheless they were able to carve out some sort of lives for themselves. Using wills and inventories Mrs Gowling drew a vivid picture of how women coped. She covered the area of Brough, Temple Sowerby and Kirkby Stephen and gave details of three women as examples- Agnes Stable who became a money lender, Elizabeth Storey and Agnes Sowerby who left a list of her clothes.

Women generally did not fare very well when their husbands died. They were allowed only a third of the value

of removable goods and rarely got the house – if they were lucky they might get a room and a bedstead for their lifetimes. The lucky ones were better provided for and could be left livestock, produce from the farm, kitchen equipment including gridles, pans and kettles. In some cases wives could inherit customary tenancies.

Some widows managed to accumulate sufficient money to lend to their neighbours in need. Agnes Stable became a money lender and charged 3/6d in the £ per year interest!

Nevertheless everyone had to work hard and continually – it was a hard life!



Specialist Bookshop
open daily in Sedbergh
(except Mondays and Tuesdays)
with a large stock of antiquarian,
second-hand and new books on
transport and industrial history.
Some general titles also available.
Book Tokens sold and exchanged.
Free Book Search Service

61 Main Street, Sedbergh LA10 5AB
www.henrywilsonbooks.co.uk
015396 21111 & 0772 411 4475
e-mail hwrailwaybooks@aol.com

A selection of our stock is also available
in the Dales & Lakes Book Centre
72 Main Street, Sedbergh, open daily.
015396 20125

FAMILY MUSINGS

Gossip and rumour can and often does hurt people, but just sometimes there is a chuckle or two to be enjoyed, for example when the new owners of Meadowside Cafe advertised for staff the contact person had the same Christian name as yours truly, and as yours- truly's name appears on posters about various things AND had started own business someone jumped to a very interesting conclusion! At first when people took the time to congratulate me on my new venture I accepted the good wishes without realizing something wasn't quite right. But when someone mentioned my business linking with the girls business the thought occurred that perhaps something odd was going on, on questioning the person as to what they thought I was doing all was revealed! So, just as I am not the Sarah who makes cakes etc I am also not the one who bought M'side Cafe, that is not to say I will not be found enjoying coffee in there, probably not (always) cake due to my on-going commitment to loosing weight even if the scales sometimes

say different!

Mothering Sunday was lovely, spent time with all my grown-up children, even among two of them working, lovely cards & pressies inc something that will mean others will see "a significant improvement in your deep lines & wrinkles" hurrah, does this mean all the age and worry lines will have gone in a while? Please can the laughter lines stay ? Aren't children just wonderful?

Hope you all found something different to do on Mothering Sunday, all you ladies not only Mums ? Hard for me to do is that as I do it all the time which is partly why hubby (and me) went grey a while back. In a church in the village of Winford, near Bristol they do something a bit different at Easter when they include Lilies among the flowers in memory of people who have died, a reminder of the resurrection to eternal life, so this year among those flowers there will be two Lilies in memory of Bruce, my brother, and elsewhere in that church is a stone carving of three intertwined Fishes which he carved whilst living down there. A fitting tribute to a lovely

GARY ALLAN

Welding & Fabrication

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

*Light Oaks,
Killington
Kirkby Lonsdale
Carnforth
LA6 3EY*

Tel: 015242 76426 Mobile: 07968 411787

man.

Happy Easter to you all, make sure you create some more laugh lines but never be ashamed to cry.

Sarah

**KIRKBY LONSDALE
EMBROIDERER'S GROUP**

It seems a long while since the last report but we are still going strong! The disruptions of weather, etc has meant cancellations but the last two months has seen us busy with our fingers again. In February we had a full day's workshop with Anne Ludlam creating a beaded box. This was the first of two day workshops, the second one being our next meeting on **8th April**. This was a very

satisfying day which required concentration and we all look forward to the next one. Our March meeting was a full day with Anne Burrow. Ooo delights - it involved transferring images onto fabric and then letting your imagination fly. There were some truly lovely pieces created and these will be, in many cases, heirlooms of the future.

We are a very friendly group and if you would like more information please contact Ann Hunter on 015242 41120. We meet on the second Thursday in the month at Barbon Village Hall, usually at 2pm. Full days start at 10am and all continue to 4pm. We look forward to hearing from you.

J N & E Capstick

Insurance Consultants

75 Main Street, Sedbergh LA10 5AB

Tel - 015396 20124 Fax - 015396 20791

Market Street, Kirkby Stephen, CA17 4QT
Tel - 017683 72285 Fax - 017683 72346
e-mail - sales@capstickinsurance.co.uk

**TRAVEL INSURANCE ~ CARAVAN INSURANCE
FARM INSURANCE ~ HOME INSURANCE
MOTOR INSURANCE**

SMALL ENOUGH TO CARE, BUT BIG ENOUGH TO COMPETE

J. N. & E. Capstick Insurance Consultants

are authorised and regulated by the Financial Services Authority

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

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

FROSTROW W.I.

Well we're into March already and it's still cold and frosty! What a wonderful Winter it's been – much better than all that rain we normally get – but I think we're ready for a bit of Spring sunshine and warmth now! My garden is calling me!

It was a cold night for our March meeting but we had a good turnout. Ten out of ten to everyone who managed to tear themselves away from the warmth and comforts of home! Talking of warmth, the lunch club had a very warm welcome at Platos in Kirkby Lonsdale. There was an open fire and the staff were friendly and attentive. The restaurant was reasonably busy, so there was a

good atmosphere and the food was excellent.

Five of our members had a great afternoon at the flower arranging workshop organised by Linda Hopkins. She showed us how to put together an arrangement and then let us loose! In no time at all, the tables (and the floor) were covered in foliage and flowers. Linda had made it look so easy!! By the end of the afternoon, though we all managed to produce quite a professional looking arrangement. Thank you, Linda.

The walking group had a very pleasant walk from Arnside.

We quickly went through the WI news to if there were any forthcoming events which we might be interested

25-26-27 June 2010

SEDBERGH FOLKFEST

Formerly Dent Folk Festival

Peatbog Færies ☀ Waterson:Carthy ☀ Dervish

Julie Fowlis ☀ Sheelanagig ☀ Roy Bailey

Ewan McLennan ☀ The Balkanics ☀ The Scoville Units

The Queensbury Rules ☀ The Old Dance School

Bill Lloyd ☀ The Weird String Band ☀ Tony Wilson

Sessions ☉ Real Ale ☉ Workshops ☉ Ceilidh ☉ Free Family Events

plus much more...

Box Office 015396 20125

www.sedberghfolkfest.co.uk

in. Some of us thought we would like to go the “Northern Show” in Appleby. There were two talks which sounded interesting – one was Morecambe Bay Day, which will discuss the future plans for the Bay and the other was a talk by forensic scientist Caroline Eames. Anne Petyt was keen to take part in the “Sing a Song” evening, but then Anne is lucky – she has a good singing voice!

Our speaker for the evening was Andrew Lowe who used to be a conservation officer for The Lake District National Park. His talk entitled “Lakeland Villages” took us on a fascinating journey . Concentrating mainly on the architecture Andrew revealed the different characteristics

of each village. For example, a village which originated as a farming community would have a different layout from one which was a cloth producing village. There were lots of features on the cottages which could easily be overlooked – mullion windows, dates and family emblems above doors , ridge tiles and chimneys. There are also excellent examples of wealthy Yeomans Houses. The next time I’m out and about, I’ll look at the buildings around me with different eyes!!

Moira Folks thanked Andrew for a fascinating tour of the Lakeland Villages and Eileen Stavley won the raffle AGAIN!

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes
offer you a warm welcome



We are open daily for home cooked food,
(a particular favourite is Ham `n` Eggs)
and offer an extensive menu for
residents and non-residents.

Our two guest rooms are both en-suite
and we can boast one of the finest views of
Cautley Spout and the Howgills.

Please note our opening hours.

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

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

SETTLEBECK HIGH SCHOOL

Year 8 Immersion Day

Thursday 11th February was our Immersion Day. We were learning about what you can do after Year 11, such as sixth form and university. 'Open the Door' Theatre Company came in and did a play for us. Then we had to change the play from negative to positive. It was an excellent experience. Then we visited and browsed the website www.jobs4u.com. That helped me get a sort of idea about what I may want to do when I leave school and university. It was really good.

Rhianne Woodfine

Immersion Day was really useful. I learnt that I could do anything I

wanted and do what you want to do and don't listen to other people. Also, I learnt that anyone can go to university. I found it useful when the Year 9s explained about the different subjects and how good they are. I now know what I want to study next year.

Abigail Reynolds

The day was a great success in my view. It certainly made me feel more confident about the world of work. The Jobs4u website we looked at was extremely useful because it gave us an idea about how many jobs there are to consider. It was also a lot of fun, especially the drama production which was an interesting way to think about the future. I now have a much better idea about what



Lose 7lbs in 14 days* at unbeatable value!



Classes in your area

SEDBERGH
Sedbergh Primary School,
Long Lane, Sedbergh
Thursday 6:30 - 8:00 pm

New Class Opening

* Trialists lost on average 7.25lbs in two weeks
** Bring this advert with you to claim offer below
Class Fee - £5.50

diet AND exercise at all Rosemary Conley classes

Rosemary Conley

With our help you **CAN** do it!

Call Caytie on 01539 733378

caytie.wightman@rosemaryconley.com
www.rosemaryconley.com

Free membership worth £10 plus free portion pots® worth £4.88 when you pay for 5 weeks classes**

sort of subjects I am interested in.

Molly Preger

The Immersion Day went very well. The theatre company which came in got me thinking about either going to university or college and about the decisions that I would have to make. I realised that I could do anything I want, that I could become anything. This was a very educational day and I really enjoyed it.

Holly Richards

I thought that the day went really well – it was a lot of fun. It was educational and made me learn a lot about the future and what impact it will have on my life. I can't wait for what the future will hold for me. The best bit that I enjoyed more than

anything was the Drama!

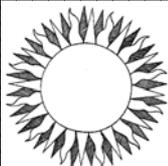
Leoni Rourke

I enjoyed the Immersion Day because it was interesting and fun. The Jobs4u website was good because we looked at the pay the jobs could get and what skills you need for that job. The Open the Door Theatre Company was good because they did a play that we could change.

Jack Riley

On the Immersion Day we did all about options and different jobs. I enjoyed the drama people doing the play. I also enjoyed going on the jobs website. I thought it was very useful in the afternoon, looking at the different subjects and GCSEs.

Matthew Fothergill



OPTIONS for health and well-being

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

Now open Tuesday, Wednesday & Thursday

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

Health practitioners in the local area

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

Complete Funeral Service
 Day or Night

Chapel of Rest

Day or Night
Dent 25334

PEOPLE'S HALL

Redevelopment News

Well the plans are in! We sit back with our fingers crossed that they will be well received by the YDNP planners. They now have to be "validated". After which we will receive a big bill to pay.

One of the problems we have had to face in planning the redevelopment is that the People's Hall is built on the side of a hill. The "fall" of the land from the top entrance by Highfield Villas to the bottom corner of the car park alongside the football pitch is some 5 metres (17 feet). This is about half the distance Stirling Moss fell in his lift shaft, but quite far

enough. This large change in height causes us problems in order to maintain suitable slopes for wheelchair users and to allow older people safe access to the Hall. Other problems are the vehicular access to the rear, where we will have a 2 metre change in level from the car park to the side doors. A hefty fifteen to one incline.

The change in elevation does have its advantages though, as it allows us to build a two storey annexe at the rear of the present building without intruding on the skyline. This should please the planners.

The fund raising group continues to ferret for funding bodies and it is quite surprising how additional ones emerge from the 'mist'. It may not seem like it, but much is quietly happening behind the scenes to prepare for the launch of our fundraising.

We are presently constructing an information file to place in the Community Office. More of that next month. Meanwhile we will have the plans on view at the AGM on 12 April 2010, details elsewhere.

Dr Gina Barney (20790)



Colin Capstick
 Builder & Plasterer
 M: 07896 840333
 T: 01539 739749

KEVIN BATEMAN
 TIME SERVED MONUMENTAL MASON
 Tel/FAX 01539 723903
 Mobile 07817 060619

Manufacture, Lettering and Installation
 of new Memorials
 Additional inscriptions
 Renovations
 Cleaning and Re-paint/Re-gild service.
 Free estimates

Please telephone for a Brochure



SEDBERGH SCHOOL



We have a variety of opportunities for employment, including career development

We may have a job to suit you, such as Matron/Housekeeper, domestic cleaners, pastoral care assistant, catering, laundry assistant & administrators.

Perhaps you would like just a few hours during the week, week-ends or some evenings to fit around your other life commitments.

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

We look forward to hearing from you

All positions will require a full satisfactory enhanced CRB application.

Call Michelle on 015396 20303 or email at:
m.w.bursary@sedberghschool.org

MIDDLETON PARISH PLAN

A meeting was held in the Parish Room on Tuesday 9th March at which Julia Wilson of ACT (Actions with Communities in Cumbria) gave us some very useful advice. In the light of this, it was agreed that we need to create a Parish Plan for Middleton. This is felt to be a prerequisite for any future fundraising.

At the next meeting on Tuesday 13th April at 4.30pm, we will agree an initial questionnaire for a few volunteers to take to 2 or 3 households in person. From this sample feedback, we hope to create the final questionnaire which will be

sent to everybody in Middleton. This will attempt to answer questions such as 'what do you like about living here', 'what don't you like about living here' and 'what would you change?' It will also be used to build a picture, in demographic terms, of who is living in Middleton. The resultant findings should be ready for presentation at the Social Evening planned for 7th August.

If you would like to contribute in any way, you will be most welcome at the meeting on 13th April in the Parish Room.

*Michael Roberts, Chairman,
Middleton Parish Council*

DENTDALE METHODIST CHAPEL

For our annual Chapel Anniversary service this year the right thing to do seemed to be to invite people to take part in a "Homespun" service and quite a number joined in with great enthusiasm choosing hymns and readings and in some cases speaking themselves, we sang along to a hymn on CD and listened to snippets read from the Minute Book. This book, still in use today, started in 1904, before the joining-up of the Primitives & Wesleyans, before electricity was installed and when whole families lives concentrated very much around the life of the chapel. Some matters cropped up year on year, just like

today's meetings, we heard about them having a lamp fitted at the gate "a copper frame and iron pillar unless iron prove too expensive then have a wood pillar". In 1916 6 new windows were to be put in, and the Chapel Keeper wanted a pay rise from £2 2/- to £2 12/- but this was not agreed and the following year it was noted that the Keeper had resigned!

We hope to produce a little leaflet giving the history of the chapel upto the present day and to include some of the gems out of the old minute book. Meantime services continue weekly with times etc on the notice boards.

SE Woolf (Sec)

Sedbergh Office Services

13 Kings Yard, Sedbergh Tel./Fax 015396 20788

e-mail: office@sedberghofficeservices.com

OPENING HOURS

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

Saturday: 10 am to 12 noon

All types of bulk photocopying available up to A3 size

at low prices

Laminating up to A2 size

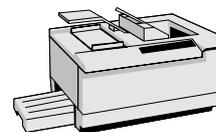
Wide range of office materials

Printer ink cartridges

Labels a speciality

Fax service available 24 hours a day

Plus much, much more!!



All your stationery needs always available

1st & 2nd Fixing
Doors Fitted
Windows
Kitchens
Locks

Painting
DIY Rescues
Outside Taps, etc
Small Plumbing Repairs
Washing Machines Plumbed
Tiling

Joiner & Handyman

“Special Rates for OAP’s”
NO JOB TOO SMALL!

Steve Chadwick

015396 21581

*Prompt Local Service
All work of the highest quality & guaranteed*

Cumbria Eco Heating Limited

**Ground Source
Heat Pumps & Solar Panels**

Prospect House, Marthwaite,
Sedbergh, LA10 5HS

Trevor 015396 20796 or 07771514535

George 015396 21287 or 07977514229

Email: info@cumbriaecoheating.co.uk

www.cumbriaecoheating.co.uk



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

SETTLEBECK HIGH SCHOOL

Sheep return to the Gala

Settlebeck High School will be a running a Sheep Show at the Sedbergh Gala this year. Since this is the first time for a long time that there have been livestock at the Gala, we are starting small and just having Settlebeck students showing the sheep on this occasion, though this could certainly expand if there is a demand.

We would like to thank the Gala Committee for being open to the idea and to the family and friends of our students in advance for all your help in transporting and handling the

sheep so that our students can show them.

Mr Edmund Capstick has agreed to judge the sheep, and we are very grateful to him for his early commitment to our new Show.

Each class will be open to any breed of sheep:

1. Tup lamb
2. Shearling Tup
3. Aged Tup
4. Gimmer lamb
5. Gimmer shearling
6. Ewe which has reared a lamb in 2010

We hope that you will come and watch the Show.

POETRY CENTRE

The Poetry Centre this month features a finely crafted poem by **Dave Forknall** who was born in Birmingham and started writing when he was eleven. He now lives in Sedbergh and says his work is influenced by his own experiences though he feels he does not have a particular style. Dave receives £10 from Sedbergh Book Town for use of his poem in this issue of *Lookaround*.

Sleepy Elephants

Dead to the world, laid low, their giant
liver-coloured
Flanks disguised, knowing that only
dusk can tease
Their hulk so delicately delightfully
out of the fell,
Leaving green a distant, dank – yet
fragrant – memory.

Searing shafts of light in spirals, odd
times of day can
Pick their ashen outlines off the hills;

MIKE PAGKHAM

Joiner

Over 30 years experience



Windows - Doors
Wood ~ PVC ~ Facia Boards
Fitted Kitchens

Mob: 07917 807898

Tel: 015396 21484

their hidden

Selves lie just beneath the pale
vener of life and nature,
Carefully to camouflage the herd from
public gaze.

Calling themselves now, Winder,
Crook, Sickers and the Knot
They lie a worn-out circus act tired,
wan and waiting
For the evening, their erstwhile time,
when they are shown all
Napping, in so clever a disguise, as
Cautley, Calf and Bowderdale.

Dave Forknall

If you would like to submit a poem
for consideration, please send it to:
poetjohnrice@btinternet.com or drop
it off at the TIC.

Please send short poems on local
subjects.

LADIES NFU

The March Meeting was held in the
Methodist School Room on 16th with
24 members present. The President
introduced the Speaker, Mr Gordon
Fletcher from Lancaster. His talk was
entitled 'Morecambe Bay Underwater
Safari'. Mr Fletcher was a Marine
Biologist and has been deep sea
diving all around the British Isles
Coast, but mostly in the Morecambe
Bay area.

He showed us some lovely slides he
had taken underwater of the plant life
and fish, including sharks, starfish,
crabs, etc. The colours were really
magnificent.

The next meeting is back in the
People's Hall on 20th April. New
Members are always welcome.

SEDBERGH HEALTH CENTRE

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

No Session in April
Tuesday 18th May
Wednesday 16th June
Thursday 15th July



DENTDALE 'DENT BREWERY' RUN

Over 370 runners enjoyed excellent conditions on Saturday 13th March to take part in the 14 miles 379 yards 26th annual road race in Dent. Sponsored by local firm Dent Brewery the participants could not believe their luck as they bathed in sunshine at the start.

The race as ever was very competitive and enjoyed by the vast majority of runners who had to cope with too much sunshine instead of too much rain which is usually the problem.

The mens race was won by Steve Littler of Wesham Road Runners who regained his title which he lost last year in a time of 1:17:59 followed almost two minutes later by Ben Harrison of Morpeth Harriers in a time of 1:19:57.

The Ladies title was won by Jo Waites of Valley Fell Runners in a time of 1:34:24 followed by Amy Karen Green from Keighley and Craven AC in a time of 1:36:38

The race is held each year to raise funds for Dent C of E Primary School

and should raise approximately £4,000 towards school funds. The organising Committee would like to thank Dent Brewery for their generous sponsorship together with the many locals who have contributed prizes and sponsored trophies also thanks to North Face, High 5 energy drinks for contributing prizes.

The race involves a huge community effort not just on the day but in the months leading up to the race but special mention must go to the Dentdale WI for their famous after race teas and baking.

Results

Mens race 1st Steve Littler, Wesham RR 1:17:59 2nd Ben Harrison, Morpeth Harriers 1:19:57 3rd Richard Pattinson, Pudsey and Bramley 1:20:31 4th Ian Crampton, Durham City Harriers 1:20:44

Ladies Race 1st Jo Waites, Calder Valley Fell Runners 1:34:24 2nd Amy Karen Green, Keighley and Craven AC 1:36:38 3rd Erika Johnson, Swaledale RR 1:41:02 4th Jane Reedy, Ambleside AC 1:41:52

Full results can be found at www.dentdale.com

CYCLE REPAIRS



Contact :Justin Kirk
Sedbergh 20213

After 6pm only weekdays
Any time Week Ends

DROP DEAD GORGEOUS

HOME HAIR DESIGN

Are you happy with the design of your hair?
Do you feel drop dead gorgeous?
Over 19 years in Salon experience to your door!

Call Tina
015396 21826
Mobile
07534 511516

Professionally design your hair to suit you!

YORKSHIRE DALES NATIONAL PARK

Breeding season appeal to dog owners

Dog owners are being asked to keep their pets on the lead when they walk in the Yorkshire Dales National Park over the next five months.

The breeding season for wildlife and for farm animals is underway during this period and dogs can cause long-term damage if they are allowed to roam free, according to Yorkshire Dales National Park Authority Ranger Services Manager Alan Hulme.

“The breeding season lasts until July 31 and it’s a very sensitive time for domestic and wild animals, especially ground-nesting birds – for which the Dales are renowned,” he said.

“We hear dog owners say all the time that my dog never chases or attacks sheep and lambs – which unfortunately does happen – but what a lot of owners don’t appreciate is that dogs can cause just as much harm unintentionally by keeping parents away from their young, which leaves eggs, fledglings and lambs

vulnerable.

“Dog owners are entitled to keep their pets off the lead on public paths but they must be under close control.

However, to be on the safe side, we would urge them to keep their pets on a lead in an effort to reduce the risk of wildlife and farm animals being unintentionally disturbed at this crucial time.

“There are some simple rules under the Countryside Code that pet owners must remember, the most important being that, in most areas of open country and common land – known as ‘access land’ – you must keep your dog on a short lead between 1 March and 31 July, and all year round near farm animals.”

National Park Rangers and National Park Centre staff are only too happy to give advice to anyone who is concerned about going into area that may be used as a breeding ground by wild animals.

More information about the Countryside Code can be found on the National Park website at www.yorkshiredales.org.uk.



MK CONVERSIONS

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

Builders, Joiners & Roofing
Contractors

M WINN & SONS LTD
 (Established 1894)
Sedbergh
General Builders & Joiners
 Now
Kitchens
Supplied & Fitted

Contact R. M. Winn
 015396 20649



J U L I E **NOBLE GARDENING**

Horticultural Advice
 Gardening Services
 garden design ...planting advice
 restoration maintenance
 small or large gardens
 reasonable rates
 please telephone

01539 723774 ... mobile : 07811394938

EXTEMPORANEOUS PRAYER.

Dear God, please grant to me
 immunity
 From all who use the word
 community.
 Like-wise, free me from facilitators
 And those who would re-generate us.

Release me from the gobble-di-gook
 Of twittering texters on Face-book.
 Restore peace and quiet throughout
 the land
 By silencing sat-navs, mobiles and
 broad-band.

Give me grace that I may not follow
 The hype and spin of 'jam tomorrow'.
 But if none of this can come to be,
 For heavens' sake, - save myself
 from me.

This has been submitted by a very
 good friend of Sedbergh and
Lookaround. George Watson,
 although living in Kendal, returns to
 Sedbergh whenever possible and still
 receives his 'Large Print' version of
Lookaround every month.

A DALES HIGHWAY

Are there any farmers or B&B
 owners close to Sedbergh who'd be
 willing to take backpacking tents
 overnight?
 Walkers on A Dales High Way, a
 long distance route from Saltaire to
 Appleby pass through Sedbergh.
 Many of them stay in the pubs and
 B&Bs in town but some people like to
 carry a backpacking tent and camp.
 We're compiling a list of local
 campsites and would like to include
 anyone who would allow an overnight
 tent in a field or garden. Please
 contact A Dales Highway by email
chris@daleshighway.co.uk or by
 phone 01274 409029. *Chris Grogan*

**EXPERIENCED
 DRESSMAKER**

Made to measure
 Skirts, Dresses, Suits,
 Bridal, Ball Gowns, etc.
 Also alterations undertaken
 All made to the Highest Quality by
SHEILA SHUTTLEWORTH
 Tel: 015242 - 74322

**SEDBERGH & DISTRICT
ART SOCIETY**

On 12th March, the talk and demonstration by Frank Gordon was titled 'Picturing the Dales'. He began by introducing himself as a traditional painter who had enjoyed a thoroughgoing training in all the basics of drawing and painting, many of which are ignored these days.

He uses canvas for oil painting, and gave us the tip that if canvas gets dented, water spread on the back over the dent will remove it. To help the relationship of colours, he uses a coloured ground -- on this case, a 'dirty pink'.

He believes that the artist's job is to capture the essence of the scene by looking for rhythm and shape, exaggerate them, and focus on one particular aspect of the scene --- an enrichment of it through the artist's eyes.

His first rough undercoat establishes the main shapes and colours, which can then be worked on, preferably at the same level all over, to maintain a unity, rather than concentrating on one bit at a time.

It was pointed out that oil dries out very slowly, and should not be varnished for a year.

Last bit not least, we were advised not to put on every detail, to use suggestion, and leave some work for the viewer to do.

Our next meeting will be on 16th April in St. Andrew's church room at 7.30pm, when John Campbell's

subject will be 'Mountains'. This is the meeting which had to be cancelled in January, and will be the last Friday one until the Autumn.

V Finch

DENT C of E PRIMARY SCHOOL

We are delighted with the results of our recent Ofsted and Anglican Schools inspections. The outcomes for individuals and groups of pupils were rated outstanding and other judgements were rated "good with outstanding features".

Both of these results reflect the hard work and commitment of the children, staff, governors, parents and volunteers and support our belief in the importance of learning with the wider school community.

We have also recently achieved our 'Healthy Schools' award. The team who came to moderate us also commented on the enthusiasm of the children and the way in which we make links with others in the community.

The young people in our school have excellent attitudes to all aspects of their school life, and this has been recognised as a particular strength. The small, but strong staff team are dedicated to providing the best support they can for each and every individual. This is a wonderful place to work and learn and we are grateful for all the support offered to the school.

*Kate Cairns
Chair of Governors*

BOOKWORM

What I have been reading this month?

1. 'Lost voices from the Titanic - the definitive oral history' by Nick Barratt (history)

Everyone seems to have heard of the Titanic. It's loss on the 15 April 1912 in the North Atlantic became one of the most examined tragedies. Over 1500 people died after the ship, allegedly unsinkable, hit an iceberg on its maiden voyage. This account of the disaster is told using mainly primary sources - letters, documents etc written by the people who designed, built, worked or travelled on the Titanic plus extracts from the subsequent inquiries. The last survivor (Millvina Dean) died in May 2009. I found it a balanced account of an event which still holds fascination today.

2. 'Wordsworth : a life in letters' by Juliet Barker (literature/biography)

This is the story of Wordsworth's life told in his own words(letters and diary entries) supplemented by extracts from those family and friends who knew him well. All stages of W's life are covered and his intense love of the Lake District shines throughout as does his love of his own family. I found it an excellent read over several weeks, uncluttered by author conjecture and a direct insight into an almost local man who is one of our greatest poets.

3. ' Can any mother help me? ' by Jenna Bailey (non- fiction)

This book began life as a student

thesis based on an archived collection of magazines called the Cooperative Correspondence Club (CCC). This was a private magazine originating in 1930s by home based women attempting to alleviate boredom, loneliness and limitations in their roles as wives and mothers. The book gives glimpses into the personal lives of several of the contributors via their articles over a 50 year period in a pre internet/mobile phone world that is now quite hard to imagine.

chairworkshop.co.uk

CANE · RUSH · SEAGRASS · WILLOW · ROPE

chairseating & tuition

repairs · supplies · restoration products
also: fine bead jewellery · repairs · restringing
haberdashery & tool sharpening

99 Main Street, Sedbergh

(01539) 621489 · info@chairworkshop.co.uk

SEDBERGH GALA GROUP

The Theme for the Gala, which will be held on Saturday 15th May this year, is 'Country Life', so start thinking of ideas for the Fancy Dress, either as an individual or on a Float.

The Gala Queens is Laura Woodfine who lives in Garsdale and is a pupil at Settlebeck High School.

There are many attractions already booked including a Sheepdog Display, the Air Ambulance, Bungee Trampolining and a Junior Sheep Show.

For more information, contact Amanda on 22096.



EDWIN MIDDLETON

JOINERS

All aspects of site joinery work
30 years experience

We design, manufacture purpose made
joinery in our own workshop.

All your requirements fully fitted.

UPVC windows & doors

Free Advice and Estimate

Phone: 015396 25431 or 015396 20074

Mobile: 07779 049103 or 07814 149105



'quality work for the discerning client'

Ian Higginbotham

PAINTER & DECORATOR

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

SEDBERGH & DISTRICT HISTORY SOCIETY

At the Society's penultimate meeting of the 1909-1910 season Dr Mike Winstanley gave a very interesting talk on a subject which deserves more publicity in local history circles, commonly known as the 'Edwardian' or 'New Domesday'. This was a huge property survey of the whole country which resulted from the Finance Act passed by Lloyd George's Government in 1910. Faced with critical problems of poverty in overcrowded cities and the depopulation and decay of much of the countryside, the Government saw this survey as a means of raising money by taxing landowners on the appreciation of the value of their land. The new tax was to be known as the 'increment value duty' and was to be paid when a property was sold, or when a new lease was granted, or at the death of the owner. Mike pointed out that no other comparable national survey of land ownership or occupation had been conducted in recent centuries.

He proceeded to show us the extent of the survey by describing how it was organised. Twelve divisions of the country were identified and these were subdivided into districts. Sedbergh was in the West Yorkshire District. Hundreds of valuation officers were appointed and trained to carry out the survey. In each parish a description of every property, with its rateable value was entered into a book along with the name of the owner and, where relevant, the occupier. In addition, landowners had to complete a form and by the end of 1910, 10,500,000 of these had been issued. Properties were also identified on a large scale ordnance survey map by the number which they had been given in the field book. Although there are some gaps, most of the material which accumulated during the survey has been deposited in County Record Offices and the National Archives at Kew.

The importance of all these records for local communities was then demonstrated by Mike as he gave examples of the kinds of information

Cumbria Stove Centre
 Supply and installation of
 wood, coal and gas stoves
 Flue and chimney lining services
 Inglenook specialists
 Fully qualified and experienced
 Hetas engineers
 01539 821061 (day)
 015396 25227 (evening)
 SHOWROOM:
 34a Main Street, Staveley, Nr Kendal

 **Drive Time** 
Driving Tuition
Beginners • Pass Plus • Advanced Courses
 Appointments available in Sedbergh,
 Kendal & surrounding areas
 Tel. 01539 731296 07929 839 826
 David Morgan ADI (Car)
www.drivetimekendal.com

that they contained. He read entries about Blackwell House and Ingmire Hall from the valuation books to show how the interiors of some properties were recorded in considerable detail by the valuation officers. He also showed a map section of the Dent area with various properties identified by their allocated numbers and another of the centre of Sedbergh where the shops and their owners were named. He concluded by stressing that these resources provide a very useful tool for local historians by providing opportunities for local historians to reconstruct towns and villages. Findings about the patterns of ownership and tenancies that they reveal can be added can be linked with other sources such as directories, censuses, newspapers and council records.

In his talk Mike clearly communicated his own interest in the subject and stimulated his audience to think about how the information that he had given might be followed up in the Society's own research.

**DENTDALE CRICKET CLUB
 FIXTURES 2010**

All Home games will be played in Dent and all game commence at 2pm.

Anyone wishing to play or help in any way, please contact David Burton on 25537.

MAY

- 9 Sedbergh H
- 16 Kendal A
- 23 Skipton A
- 30 Spring Bank Holiday - No Fixture

JUNE

- 6 Bellringers H
- 13 Bentham H
- 20 Holker H
- 27 Music & Beer Festival - No Fixture

JULY

- 4 Nomads H
- 11 Archbishop H
- 18 Oundle H
- 25 Sedbergh H

AUGUST

- 1 Skipton H
- 8 Holker A
- 15 Hawes H
- 22 Kendal H
- 29 Dentedale Show - No Fixture

CHURCHES TOGETHER

As we celebrate **Holy Week and Easter** this month, Churches Together are arranging a series of ecumenical events in Sedbergh to which all are invited to join to mark the significance of the season.

On **Maundy Thursday** evening [1 April] a united communion service will be held in Sedbergh Methodist Church at 7.30pm. This reminds us of the last supper eaten by Jesus and his disciples before he was betrayed and taken for trial, the meal which forms the basis for the tradition of communion services that have been an important element of most of the Christian church for nearly 2000 years.

Good Friday [2 April] is marked by a silent walk from New Street [10.00 am] to the United Reformed Church [URC] via Back Lane and the lych gate, following a carried cross. This reminds us that the Roman authorities used to make condemned prisoners, including Jesus, carry their own cross-pieces to the place of execution, rather like more recent stories of guards forcing prisoners to dig their own graves before they were shot. This is to be followed by a short act of worship in the open air, outside the URC [10.30 am] representing the crowds, and the disciples, standing at a distance and watching the death of Jesus.

Easter Day [4 April] will begin with a short 'Summit Sunrise Service' on the top of Winder beginning at 06.25am. Getting to the top is an individual responsibility. We suggest you allow

between 50 minutes and an hour and a half to make the ascent from Sedbergh, depending on your degree of fitness and choice of route. Please dress appropriately and wear walking boots or strong comfortable shoes. If you have any health problems please take them into account before committing yourself!!

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



015396 23696
Josephine Lade LCSP (Phys)



FIRST RESPONDERS

Recognition for Dent

Dent First Responder Group has now been up and running for a number of years, and operates very much as a team. Responders go to call outs when required and if they are available; we do not operate a rota system.

Recently three of our members have been commended formally by the North West Ambulance Service for their prompt and effective action on a call out. Well done to all three responders!

If you are interested in being part of the Dent First Responder team, please contact Jenny Pilgrim on 25560.

JP

SETTLEBECK HIGH SCHOOL

A Visit from Sellafield

In one of our science lessons two representatives, one from Sellafield and one from Drigg, showed us an interesting and formal powerpoint presentation. In the presentation, Mike and Phil explained:

- What they did at Sellafield/Drigg
- What process happens and how it works in a nuclear power station
- What they took through school to get their jobs
- Who they were
- Daily processes
- Safety and precautions

Overall, the presentation was very informative and inspired you to do well at school to enjoyable and unique jobs in life.

Nick Inman

On Tuesday 16th March, Mike and Phil from Sellafield came to speak to us about nuclear energy and the Low Lying Waste Repository (LLWR). They travelled a two hour journey especially to speak to us all. They showed us a slide show on what they do and the specialities about their job. We all found it very interesting how nuclear waste is stored and dealt with. Overall, it was a very good day.

Ruby Sunter

Mike and Phil came to visit us in our science lesson. Mike was an electrical engineer at Sellafield and Phil was an environmental chemist at Drigg. We all learnt a lot and found it very interesting. It was very good of them to come and talk to us about their careers and what they do. It was interesting to have someone else

..... talking to us about science other than our science teacher.

Emma Postlethwaite



QUEENS' GARDENS

Some of you will remember Ray King, who used to write for Lookaround about the joys to be found in Queens Garden. But due to the development of the leaf blower there wasn't so much Ray King in the gardens, the joys continued though. I'm sure all those who ventured to the gardens over winter will testify to the magnificent beauty and tranquillity to be found. Now in the spirit of Easter there are plans to resurrect the gardens, to bring more light in and make them more open and inviting, Ray King will be more easily seen! There is also rumour that the Easter Bunny may visit over the Easter weekend, leaving eggs around the gardens. If you do visit the gardens and find an egg (and there's no guarantee you will) you're bound to have a great year, however if you take too many your year will be poor, so please leave some for others.

Enjoy.

Mike Hinson

PINFOLD PIRATES

Sedbergh have done it again. What a fantastic production, I laughed all the way through the pantomime.

I would like to say well done to everyone involved in the production. The kids did really well to last till Saturday night and they were very well behaved back stage.

Viv and Sandra worked really hard to pull it all together.

Steve and Keith are a great double act.

The rest of the adults were fantastic. It is great to see so many people involved.

The back stage crew including Elspeth did a good job keeping everyone right and the front of house crew were just as good.

I didn't realise how much work went in to making the shows such a success and everyone involved deserves a pat on the back for all time and effort they give up.

Most of the kids are all ready asking if they can be in next years production.

I would just like to say **THREE CHEERS** for everyone involved with the pantomime. Can't wait till next year.

YOUNG CUMBRIA

Many thanks to all those who supported the junior **GO ORANGE PARTY** and Disco held at the People's Hall on Friday 26th February, although we didn't have many young people attend the Junior Party, those who did had a really fun night and thanks must go to Demeer

The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

Available for hire for
all kinds of functions...

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

For availability and bookings -

Sedbergh Office Services ☎ **015396 20788**

www.peopleshall.org

Cressey, Robyn Postlethwaite and Abigail Coates for helping to organise it.

The disco later that evening was superbly organised by Lizzie Farrell and 80 + young people from Sedbergh and surrounding areas had a fantastic night, without the help of our volunteers from the Monkey house youth cafe, CSO's Karen and Jess and Young Cumbria volunteers these events wouldn't happen so thanks go to all of you.

Our next event will be a 1st Gear Pre learner driving course and is open to any young people aged between 15 - 17 years. If interested contact Paulyne on 07890 657327 or at call into Settlebeck School on a Wed lunchtime. There will be a cost for this event and will hopefully run in the May half term and then a driving lesson at a later date.

Paulyne Hartley Young Cumbria

STEPPING IT UP

for your health!

A big **Thank You** to the lovely ladies who braved snow and ice early January and have shown great

Apple Macintosh Help & Advice

problem solving – upgrades – installations

Video to DVD Transfer

preserve those irreplaceable home movies

Audio Cassette to CD Transfer

Digital Photographic

Renovation & Retouching

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

Contact Andrew on 07788 688490

or email: andrew-allan@virgin.net

commitment and enthusiasm ever since, along with recent new participants, attending the weekly Healthy-Steps class in Sedbergh Methodist Hall, Thursdays 10am. Following a sequence of moves designed to support the lymphatic system, we have been stretching, improving our balance and following dance moves to a range of music from Abba to Jamie Cullum to help improve general fitness and wellbeing. The participants have made great progress increasing their agility and range of movement and most importantly we've all had fun! Here are some of their comments:

"Very worthwhile. Stretches muscles slowly and carefully to music. My sinuses have cleared for the first time for many years with the lymphatic drainage"

"Excellent! Aching shoulders and balance much improved"

"Great fun! Neck/shoulders much better"

Classes will recommence after Easter on Thursday 8th April at 10am and new participants male and female of all ages are very welcome!

CAKE BREAK

On Friday afternoon 30th April between 2.00 and 4.00, the members of the Dentdale Over Sixties Friday Club will host a Cake Break which is sponsored by TV's Hairy Bikers to raise funds for the MS Society to support people affected by Multiple Sclerosis .

It will be a sociable occasion and an opportunity to meet friends and enjoy a cuppa and delicious home-baked cakes while supporting a worthwhile cause.

PEOPLE'S HALL

Registered Charity Number 523829

Notice is hereby given that the Annual General Meeting of the People's Hall, Sedbergh will be held in the People's Hall on 12 April commencing at 19.00 to hear reports of the past year's activities and to elect a Management Committee. All residents of the Parish of Sedbergh over the age of 18 are entitled to attend.

Dr Gina Barney, Hon Secretary

**PEOPLE'S HALL AND
PARISH PLAYING FIELDS**

Will readers please note that the People's Hall and the Parish Playing Fields by the People's Hall are separate and separate Bookings are required for both.

If you wish to Book the People's Hall, please make it via Sedbergh Office Services on 20788. If you wish to Book the Playing Field, please do so via Steve Longlands on 20885.

APPLEBY FAIR 2010

A packed public meeting chaired by Tim Farron MP was held on Thursday 4 March 2010 in the People's Hall, Sedbergh with the Police, Cumbria County and SLDC officers making presentations of this year's proposed arrangements.

David Sheard (CCC) and Rob Kitchen (SLDC) said the councils would impose strict new highways controls along the length of Cautley Road to prevent a repeat of last year's inappropriate encampments while the travellers awaited permission to enter Eden. These would be published locally and throughout the traveller community.

Mr Sheard further explained that strict time windows for traveller arrivals and departures are to be set out and enforced. These time windows would be similar to those established for the occupation of Cote Moor and Top Field, Appleby. The time windows would work back from the Fair dates, through the approved stopping sites, such as Cote Moor and outwards to regulated areas of Cautley, Sedbergh, Middleton, Barbon and Kirkby Lonsdale.

Very strict traffic regulation was envisaged with no waiting, no stopping Traffic Control Orders in place.

Assistant Chief Constable Jerry Graham, the designated Gold Commander, who will lead the policing operation for this year's fair, regretted the lack of control last year. He said: "*In and around the fair last*

year we got plaudits from local (Appleby) people saying it was a really good operation, but I think what we have done is pushed problems further south."

This year, he said, there would be "*robust policing*" in the areas south of the Fair as well.

"We have listened to the concerns of our communities following last year's event and from a policing perspective. Our approach to this year's fair will be different. Instead of planning for the event in the traditional north, south or west policing divisions, in the May/June period, Cumbria Constabulary will create a 'virtual' policing area to ensure that we reach out to each and every community that is affected in one way, shape or form by Appleby Fair.

"This will mean we manage resources centrally so that our communities

OPEN GARDEN

Grassrigg Farm, Killington

10am to 6pm

Saturday 1st May

Sunday 2nd May

Admission £2.50

Includes Tea or Coffee
& Home-Made Biscuits



Free Parking

Bring 'n' Buy Stall ~ Plant Stall

Proceeds for

Sedbergh & Dent Foot

Methodist Chapels

All are welcome

receive the same high level of service – regardless of where you are in the county. Whether you live in South Lakeland or in Eden, you can expect to see a high-visibility policing presence and receive a proportionate policing response to concerns or issues surrounding the fair.”

Chief Superintendent Sean Robinson, who had taken over Silver command of the area from CS Kennedy, said he would have eight designated officers to police from Devils Bridge to Rawthey Bridge working in shifts. He posed the question to the residents present whether they wished these officers to operate a temporary (stationary) police post, at say Straight Bridge, or

be on mobile patrol.

An “on the ground” meeting was subsequently held on Thursday 11 March 2010, led by Rob Kitchen (SLDC) and PC Roly Earl (Appleby) with representatives from the local residents. A party of some nine people “toured” the route from Devils Bridge to Rawthey Bridge, allowing the representatives of the Police, CCC and SLDC to see the “ground” and to consider sensible and reasonable arrangements that would be possible and to understand residents concerns.

This group eventually ended up at Knott House for coffee to discuss the findings. These were that:

- Strict No Stopping, No Waiting Traffic Regulation Orders, from Devils Bridge to Rawthey Bridge, are to be issued.
- Any “mechanical” vehicles would not be permitted to be present in the area over night. This would mean horseboxes would have to return to their home base or move out of county.
- There was a hope that some landowners and farmers on the route will offer fields for rent under the management of the CCC/SLDC.
- CCTV surveillance will be provided.

A “drop-in” meeting will be held in the People’s Hall, Sedbergh at 5 – 8 pm on Monday 26 April 2010. Police, Cumbria CC and SLDC officers will be present to answer your questions.

Dr Gina Barney of CRAG

COMPUTERS are wonderful –
until they go WRONG!!



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

Call us on

07545 010542

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

PHOTO CALL

Once again the readers of *Lookaround* have been magnanimous with coming forward with names for last month's photo. First to call was Peggy Postlethwaite who told me it was Beckfoot Smithy, then I had a call from a lady in Oxenholme but who used to live in Howgill - I am ashamed to say I have forgotten her name but it might have been Capstick so apologies and thanks to her,. That was followed by a call from John Mason formerly of Crook o' Lune in Howgill who told me the name of the dwelling - Half Island House as the beck flows each side of it, then the people, Mrs Harry Whitwell in the doorway, Ted Ratcliffe from Grayrigg holding the horses hoof, Tommy Swainbank from Laithwaite holding a horse and the other man is Jack Ratcliffe. The horses belonged to Jimmy Postlethwaite from Riddings and if that weren't enough two of the horses were named as Jessie and Bonny! The photo was taken during the 1940s probably during the 2nd World War.

This month one from Howgill, a group scything in the churchyard. Who are they?



Answers as ever to Shirley Tebay, Walnut Bungalow, Dent, LA105QT or by phone 01539625001 or email shirley.tebay@btinternet.com

dales pets



home from home pet care

experienced pet owners providing:

- 🐾 dog boarding
- 🐾 dog Walking
- 🐾 pet sitting
- 🐾 cat feeding

whilst you are on Holiday, stuck at work or having a weekend away, dales pets is a great alternative to dog boarding kennels and catteries, in a secure and happy family environment.

For more information contact linda on 015396 20461 or 07919 152526
e-mail: lindagreensmith1@aol.com

DENT MEMORIAL HALL

Bowling continues and new people are always welcome, we have purchased another mat and hope to have two in play in April, just sorting transportation and storage. Our AGM takes place 24th March so more info next month. If you belong to a group who hire the Hall and are not represented on the board of Trustees please contact the Secretary (Jean) or myself asap.

SE Woof (Chair) 25212

COMMUNITY OFFICER REPORT

Over the previous month there has been a report of theft from a motor vehicle and two reports of criminal damage.

There have been a number of thefts of galvanised gates and sheep ring feeders in the Kendal Rural area and in particular in the Dent area. A number of incidents of theft of sheep have also been reported over the past month in our area.

Neighbourhood watch and farm watch messages have been circulated to highlight this information. Please be vigilant and report any suspicious vehicles, people or behaviour to the Police on 0845 33 00 247.

During the last few weeks we have seen a number of thefts from insecure sheds, outhouses and workshops throughout the Kendal rural area. Items such as copper piping and chainsaws have been taken by the opportunists please ensure any buildings etc are left properly secure.

It has been reported that irresponsible dog owners continue to allow their dogs to foul on the Settlebeck playing fields. This is totally unacceptable and extremely dangerous for the children using this area. If you see anyone allowing their dog to foul on the fields please report this to myself or Pc Orr.

The mobile Police station will be visiting Garsdale this month on Saturday 17th April from 12:30 – 14:00, please come along to visit, on the bus there will be the community sergeant, Steve Christy and local

officers to discuss any matters with you. Please come along and support us.

Drop-ins for this month will be Sedbergh Library Monday 26th April 17:30 – 19:00, Dent stores Tuesday 6th April 10:00 – 12:00.

This month we are also holding a Safer Stronger Community meeting on Thursday 29th April at Sedbergh Fire Station from 18:30 – 20:00. This is an opportunity for you to raise any issues and to provide the Police with the main community priority problem. The fire and rescue service will be at the meeting to discuss any relevant matters.

Karen Dakin CSO 5206

Tel – 0845 33 00 247

KendalRuralNPT@cumbia.police.uk



Quality Kitchenware

Beautiful Kitchens

www.kitchensandbedrooms.co.uk

Le Creuset Silverwood Bakeware

Global Knives AGA Products

015242 41535

Ingleton Industrial Estate, Ingleton
North Yorkshire, LA6 3NU

CREATIVE WRITING

Various Students were asked to create and imaginative conversation with Questions and Answers. This is one Students' composition.

PUB CRACK

"Hello there, Tom, will you have one with me? I'm gasping for a pint".

"Aye, I'll have another half, drown me sorrows. I've just shut the gate to the hayfield, again. That's twice this week, and the grass is still flat from last week. I'll shoot the next person I see in there".

"It'll be Ghyllside, the holiday cottage, there's a family there with a dog and I've seen them with it, they let it out for a run. Have you not come across them yet?".

"Oh go on, cheer me up, Bryan, why don't you? The sign is big enough, and 'Dogs must be kept on a lead' is not that hard to understand. Do you know if they're going home at the end of the week, I'll be glad to see the back of them?".

"Won't you be cutting soon? That will solve the problem, provided they haven't dumped their beer cans over the hedge to jam the mower".

"Don't get me going on that, they get thrown down on the fell, then the lambs cut their legs and then the flies get in. This damned right to roam is a fool's idea. They wouldn't like it if I threw my slurry on their front path".

"Did you hear Barney Thwaite at Ingside had his pedigree Swaddles tugged by a stray Leicester? He'll get good meat lambs but useless for pure bred. He'll lose a packet on sales.

That was a bunch of rambblers taking a short cut, in a hurry to get back before dark, moved a hurdle he had blocking a gap in the wall and didn't put it back".

"See Larry Cowper's wagon pulling in, he's changed his vehicle again".

"Well, well, Tom and Bryan sitting supping, is farming getting easier? I've just popped in for a quick half, several calls to make yet".

"How's it going with you, Larry? See you've moved up on your wheels".

"Aye, needed something bigger for my deliveries. A lot of the holiday lets are getting wood burners now and sales of logs are rocketing. This breezy spell will be good for your hay, Tom, won't it?".

"Just as long as some idiot doesn't get a barbeque going and set the whole lot alight".

"He's as cheerful as ever, isn't he, Bryan? I like to see folk enjoying themselves, and if they are spending their brass while they do it, all the better for us. Can't hang around, the wife's expected some B&B's tonight, regulars, a smashing couple, they're like family now. I'd best be off, several more calls to make. Now pass the word round that I'm stocking logs, won't you?".

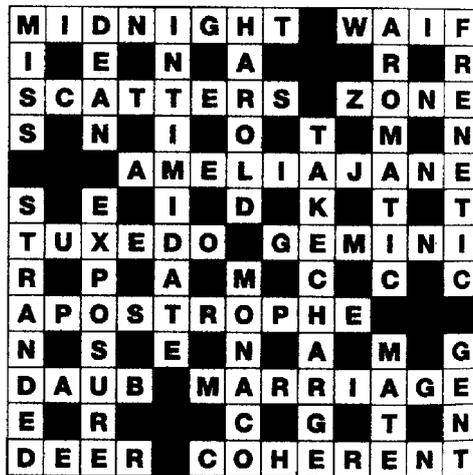
"We'll be moving too, that party from Ghyllside is coming in and they'll take over the bar, throwing their money around. The landlord can't make them welcome enough but I'm waiting 'til winter and the place quietens down again. Come on Tom, there's no holiday for us". MS



See Page 22 for Thandi report.

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
Zebra's	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
SL Society Blind	1415 3rd Wednesday	PH
Howgill WI	1930 1st Thursday	FCH
Child Health/Baby Club	1400 1st & 3rd Thurs	PH
Toy Library	1430 1st & 3rd Thursday	PH
Royal British Legion	1915 2nd Thursday	WHC
Dent Over 60's	1330 Every Friday	DMH
Sed. Parish Council	1930 Last Thursday	PH
Monkey House Café	1930 Every Friday	Library



9					8	7
		7	4			
1			9	3		2
		1	6			4
		6	5	1	7	
	5			2	1	
	9		6	8		2
				2	6	
6		2				3

7	4	5	3	6	8	1	9	2
8	1	2	7	4	9	5	6	3
3	6	9	1	2	5	7	4	8
5	9	4	2	3	7	6	8	1
2	3	7	6	8	1	4	5	9
1	8	6	5	9	4	3	2	7
9	2	3	4	1	6	8	7	5
4	7	1	8	5	2	9	3	6
6	5	8	9	7	3	2	1	4

Organisation	Update	Contact	Tel:	015396
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 (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	04/10	Mrs Usher	07837	978626
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
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
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

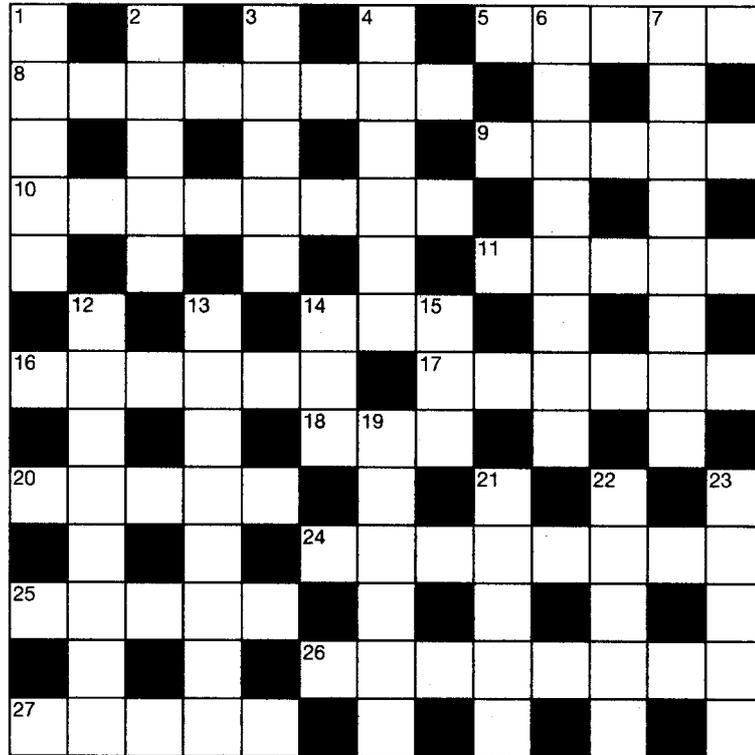
A8 = Apollo 8

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

- 5 Nun's clothing (5)
- 8 Anne - - -, Shakespeare's wife (8)
- 9 Black-and-white striped animal (5)
- 10 Californian naval base (3, 5)
- 11 Baby carriage (5)
- 14 Mountain peak (3)
- 16 Selection (6)
- 17 Shrewd (6)
- 18 Stop from talking (3)
- 20 Straighten up (5)
- 24 Unmarried man (8)
- 25 Elephant's 'nose' (5)
- 26 Authorise (8)
- 27 Small hill (5)

DOWN

- 1 Pursue (5)
- 2 Pebble (5)
- 3 Courtyard area (5)
- 4 Wrangle over a price (6)
- 6 Sufficient (8)
- 7 Water (land) (8)
- 12 Youngsters (8)
- 13 From corner to corner (8)
- 14 Plead (3)
- 15 Old horse (3)
- 19 Plant (6)
- 21 In front (5)
- 22 Tony - - -, Labour leader (5)
- 23 Unkind (5)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2010/09) <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2009/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	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: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh (2009/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail: - wheelwright.cottage@homecall.co.uk	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: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2010/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2010/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh (2010/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Self-Catering Sleeps 6-8</i>	20360
Borrett Barn Flat, Marthwaite, Sedbergh (2010/04)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175
Borrett Barn Caravan, Marthwaite, Sedbergh (2010/04)	<i>4 Berth; H+C Shower; WC; TV; NS</i>	21175

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 & Frostraw

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

www.sedberghchristiancentre.co.uk

*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

APRIL			
1	1000	Farfield Bunny Hunt (8)	FM
1	1000	Various Exhibitions (8)	FM
1	1000	Brigantia Exhibition to 20th	DCMH
1	1930	WIH Radio Presenting to Local Hospital	FCH
2		Good Friday	
2	1930	Easter Domino Drive (6)	PH
3	0400	Coast 2 Coast Bike Ride to Sandside	
3	0930	MS Table Top Sale (1)	PH
3	1230	Pathfinder	DCMH
3	tba	Flicks in the Fells	PH
3	eve	Coast 2 Coast Disco (*)	WHC
5		Easter Monday	
5	1000	Annual Easter Monday Sale (6)	DMH
5	1900	PH AGM	PH
6	1400	Dry Stone Walling	DCMH
6	1900	K-Set Insulation & Supper (6)	KVH
7	1000	Coffee Morning Town Band	URCR
7	1400	Discover & Do	DCMH
7	1930	WIF Torpedoed: The Children's Ship	PH
7	1930	Dales Chamber Orchestra (1)	StAS
10		Howden Jones Concert	DMH
11	1000	Patchwork & Quilting	DCMH
11	1530	Cobweb Orchestra Concert	SSPH
11		The Portrait People (11)	PH
12	1200	Soup 4 Lunches begin (12)	SMCR
12	1900	PH AGM	PH
13	1400	WIK Is the father in?	PH
13	1400	Sheep to Scarf	DCMH
13	1630	Middleton Parish Plan Meeting	MPR
14	1000	Coffee Morning NW Cancer	URCR
14	1400	Discover & Do	DCMH
15	1400	Dry Stone Walling	DCMH
16	Eve	Junior Disco (*)	PH
16	1930	Carlisle/Settle Lecture	DCMH
17	1000	Cowgill Coffee Morning (17)	SJCC
17	2000	Beatles Tribute Band (*)	PH
18		SS Term Begins	
21	1000	Coffee Morning StAS Mission	URCR
21	1930	CWT Borrowdale, the Secret Valley	SHS
23	1000	Gayle Mill Exhibition till 19/5	DCMH
23		Dent Walking Festival	Dent
23	1300	Victorian Kitchen	DCMH
24		Dent Walking Festival	Dent
24	1930	Cabaret (24)	DMH
25		Dent Walking Festival	Dent
26	1700	Appleby Horse Fair drop-In (26)	PH
27	1000	Benefits Advice	CO
27	1930	Garsdale Ladies	GVH
28	1000	Coffee Morning GVH	URCR
28	1915	Indoor Bowling (*)	DMH
28	1930	Sedbergh Parish Meeting	PH
29	1930	Quaker Invitation	BF
30	1400	Cake Break (30)	DMH
30	1900	British Legion Annual Dinner (30)	SSQH
30	1930	Pulse Community Gym AGM (30)	WHC
MAY			
1	1000	Open Garden (70)	GFK
1	1000	Gayle Mill Exhibition till 19/5	DCMH
1	tba	Flicks in the Fells	PH
2	1000	Open Garden (70)	GFK
3		May Bank Holiday	
5	1000	Coffee Morning Barnardo's	URCR
5	1930	WIF Down the Decades	PH
6	1930	WIH Life & Times of a Sewer Rat	HVH
8	1400	Dentdale Cricket v Sedbergh	Dent
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
15	1800	Barbecue Family Evening (*)	Dent
17	1930	WIH Flowers for a Spring Evening	HVH
18	1930	Garsdale Ladies Musical Evening	GVH
19	1000	Coffee Morning Firbank Church	URCR
19	1915	Indoor Bowling (*)	DMH
22	1000	Indoor Bowling & Coffee Morning (*)	DMH
25	1000	Benefits Advice	CO
26	1000	Coffee Morning Alzheimer's	URCR
26	1245	HS Gayle Mill	LHCP
29		SS Half Term Begins	
29	1000	Coffee Morning CWT	URCR
31		May Bank Holiday	
31	1900	Duck Race & Coffee Evening	HVH
JUNE			
2	1000	Coffee Morning Dent Foot Chapel	URCR
2	tba	WIF Mystery Outing	tba
3	1130	HS Troutbeck	LHCP
3	1800	Killington Sports	BK
3	1930	WIH Members Evening	FCH
4		Sedbergh Music Festival Starts to 20th	

*The S & D Lookaround is edited, published & distributed monthly by
Dennis & Jacky Whicker and is printed by Stramongate Press.
The content of The Lookaround in no way reflects the views of the Editors.
Whilst every effort is made to ensure that information is correct, the Editors cannot accept
any responsibility for any inconvenience caused through errors or omissions.
Copies available from Sedbergh Office Services, Sedbergh Tourist Office, Premier,
Howgills Tea Room, Post Office and Dent Stores*

COVER PICTURE

Millthrop by Stuart Manger

5	tba	Flicks in the Fells	PH
6		SS Half Term Ends	
6	1400	Dentdale Cricket v Bellringers	Dent
8	1400	WIK The way we were in 1940's	PH
9	1000	Coffee Morning WIH	URCR
9	1930	Town Band Music Festival	StAS
11		International Choirs (*)	PH
12	1030	Pepperpot Coffee Morning & Concert	
12		International Choirs (*)	PH
13	1400	Dentdale Cricket v Bentham	Dent
13		International Choirs (*)	PH
15		Sedbergh Summer Singers	StAS
16		Sedbergh Summer Singers	StAS
16	1000	Coffee Morning WIK	URCR
20	1400	Dentdale Cricket v Holker	Dent
20		Sedbergh Music Festival Ends	
23	1000	Coffee Morning Garsdale Church	URCR
24		WI Howigill Summer Outing	
24	1930	Garsdale Ladies Summer Meal	Cross Keys
25		Sedbergh Folk Festival (46)	Sedbergh
25		Dentdale Music & Beer Festival	Dent
26		Sedbergh Folk Festival (46)	Sedbergh
26		Dentdale Music & Beer Festival	Dent
26	2000	Old Tyme Dance	PH
27		Sedbergh Folk Festival (46)	Sedbergh
27		Dentdale Music & Beer Festival	Dent
29	1000	Benefits Advice	CO
30	1000	Coffee Morning WIF	URCR
30	1245	HS Brough & Castle Brough	LHCP

JULY

1	1930	WIH Open Meeting	HVH
4	1400	Dentdale Cricket v Nomads	Dent
7		SS Term Ends	
7	1000	Coffee Morning URC	URCR
7	1930	WIF Greek Cypriot Recipes	PH
9		One Big Weekend Junior Disco	Sedbergh
10		One Big Weekend Abba Tribute	Sedbergh
11	1400	Dentdale Cricket v Archbishop	Dent
11		One Big Weekend 10 Mile Road Race	Sedbergh
13	1400	HS Thorns Hall & Castlehaw	TH
13	1400	WIK Tea Party	PH
14	1000	Coffee Morning British Legion	URCR
18	1400	Dentdale Cricket v Oundle	Dent
21	1000	Coffee Morning Ladies NFU	URCR
21	1400	Blood Donor Session	PH
21	1730	Blood Donor Session	PH
25	1400	Dentdale Cricket v Sedbergh	Dent
27	1000	Benefits Advice	CO
28	1000	Coffee Morning Dentdale Methodists	URCR

AUGUST

1	1400	Dentdale Cricket v Skipton	Dent
4	1000	Coffee Morning Howgill Church	URCR
4	1930	WIF From Burnley to Hollywood	PH
5	1930	WIH Sarah M Chutneys & Jam	FCH

11	1000	Coffee Morning GVH	URCR
15	1400	Dentdale Cricket v Hawes	Dent
18	1000	Coffee Morning NW Cancer	URCR
22	1400	Dentdale Cricket v Kendal	Dent
25	1000	Coffee Morning StAS Mission	URCR
30		August Bank Holiday	
30	1100	Dent Gala	Dent
31	1000	Benefits Advice	CO

SEPTEMBER

1	1000	Coffee Morning Beekeepers	URCR
1	1930	WIF Visit from Churchmouse Cheeses	PH
2	1930	WIH First Responders	HVH
8	1000	Coffee Morning Dent Foot Chapel	URCR

DIARY KEY

BF	= Brigflatts
BK	= Becksides, 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
MPR	= Middleton Parish Room
PH	= People's Hall
SJCC	= St John's Church, Cowgill
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
TH	= Thorn's Hall
URCR	= United Reformed Church Rooms
WHC	= White Hart Club
WIB	= Women's Institute, Barbon
WID	= Women's Institute, Dentdale
WIF	= Women's Institute, Frostraw
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

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

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

Practice Nurses

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

District Nurse & 015396 21690	Health Visitor & 015396 20979
---	---

A Collinge Optometrist

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

DENTAL SURGERY

Finkle Street ☎ 20626
Mr I R Dawson, Ms G Turner & 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

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600
Thursday 1000 to 1300
e-mail office@sedbergh.org.uk
www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office
☎ 01539 738772
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

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