

Sedbergh & District

# LOOKAROUND

May 2010

Issue 277

Donation £1

A very warm welcome to this May edition of *Lookaround*.

A welcome to all the visitors to the area and we hope that you have a visit of profit and pleasure and that

when you leave, you take home plenty of photo's and memories and come back and visit us in our small community which is always buzzing with things to do. *Dennis Whicker*

## SEDBERGH GALA

**Saturday 15<sup>th</sup> May**

1PM Lupton field

(Procession leaves Maryfell 12:30PM)



*theme:*

*Country Life*



Air Ambulance Helicopter and the Fire Brigade  
Sheep Dog and Duck Demonstration  
Birds of Prey, Donkey Rides, Mini-Motorbikes  
Local Sports and Competitions  
Many Stalls and Craft Demonstrations  
and lots of refreshments!

**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](mailto:lookaround@whicker73.freemove.co.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

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# MAY 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:- Kane Woodhouse who is 11 years old on 8th May

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	Oliver WOOF	3
2	Nicole HOPE	11
8	Mason MORA	4
8	William DAWSON	2
8	Kane WOODHOUSE	11
9	Amber WOOF	4
11	Zoe ALDERSON	7
12	Aidan WILLIAMSON	4
13	Solomon JAMES	2
13	Ruben SWALLOW	8
14	Bethany BECK	6
14	Harry PAGE	11
19	Isabel MOFFAT	4
20	Ted HODGSON	6
22	Paris HEYWOOD-DAWKINS	8
22	Bethany HANDLEY	10
22	Megan HANDLEY	10
23	James MOFFAT	2
25	Bobbi-Mae KIRBY	5
27	Jack DAWSON	2
	<b>Nonagenarian &amp; Over</b>	
06	Eleanor GORDON	93
06	William (Bill) SEED	94

## 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! ☺

It is with sadness I report that after the April *Lookaround* went into print, Jack Pruce, who would have been 99 on 10th April, Passed Away. Our deepest sympathy goes to May and all the family. *Ed.*

## PERSONAL & SMALL ADS £1

### GARNETT

Olive would like to thank family, friends & neighbours for the presents, cards & good wishes received on her 85th birthday. Thank you all.

=====

### GORDON

Wishing you all the best for your **93rd Birthday** Eleanor on May 6th 2010. Love from Norman.

=====

### GORDON

Happy Birthday Mam (Eleanor). **93** on 6th May. Lots of love from Sheila & Derek.

=====

### GORDON

Best wishes for your **93rd Birthday** Nana (Eleanor). Many happy returns. All our love. Lindsay & Martin, Shirley & Anthony.

=====

### GORDON

Happy Birthday wishes Great Nana on your **93rd Birthday** on May 6th. Love from Adam, Georgina & Bethany. XXX

=====

### GORDON

Happy **93rd Birthday** Nana (Eleanor). Have a good one. Love from Margaret & Family XX

=====

### MATTINSON

Megan would like to thank family & friends for all the cards & presents received for her **21st Birthday** and for the Make-Up Party, a fantastic night.

### PRUCE

May and family would like to thank friends and the community for their personal care and support and all those who sent cards, flowers and messages on the death of Jack.

Especial thanks to Brian Goad for all his great help and organisation and to Vic Hopkins for conducting the Services at the Crematorium and St Andrew's Church. The collection for South Lakeland Society for the Blind and Cancer Research was almost £200 for which we are very grateful.

=====

### SCARR

Betty wishes to thank all who sent cards & good wishes on her recent stay in hospital. They are very much appreciated. Thank you.

=====

### WOOF

Phyllis wishes to thank all at dent School, parents, friends and neighbours for the presents, flowers, cards and good wishes on leaving her job in the School kitchen after 27 years. Also for the meal at Meadowside. I will miss you all, especially the children.

=====

### LOST

Ladies Gold Wedding Ring lost on Friday 16th April along Sedbergh Main Street. If found, please contact 07867 947104 or Hayley Todd at 6 Castlehaw. A reward will be given.

**PERSONAL & SMALL ADS £1**

**FOR SALE**

Ideal Standard ALTON Toilet with seat. Wash basin with 1/2 pedestal. £150 ono. Tel: 25364.

=====

**FOR SALE**

TGB 302 Red Moped 2005 Sport Model. 10 months MOT £700. Tel: 25227.

=====

**FOR SALE**

Hen Cabin 7' x 5' including nesting boxes, perches etc. Tel: 21771.

=====

**FOR SALE**

Vauxhall Corsa 1.2 1996. 99,000 miles, taxed & tested until December. Good condition. Low Insurance. Ideal first car. £900 ono. Tel: 07817 352282.

=====

**SWAP WANTED**

Alton Towers 'The Sun Offer' Tickets. Would like to swap Friday 11th June for any other day. Please ring Jacky on 21287 or 07876 234598.

**Paul  
Hoggarth**



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WE JUST THINK YOU SHOULD HAVE ASKED US BEFORE BOOKING THE RED ARROWS.

# 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*

## **SEDBERGH PARISH COUNCIL**

The latest council meeting was held on Thursday 25<sup>th</sup> March, at the People's Hall. Full minutes can be read at the Community Office in Sedbergh.

The following is a summary of matters discussed:

- It was reported that we had had no further contact with SLDC regarding the proposed purchase of the Tennis Courts from them. However we remain optimistic that a deal can be done.
- An application for listing of the War Memorial has been submitted to English Heritage.
- Further meetings of the Local Area Partnership have been postponed until June in view of the forthcoming elections.

## **Planning**

The meeting discussed a number of planning applications and there were

no objections to any.

## **Finance**

Draft accounts for the year 2009-10 were presented which show a small deficit after providing a further £16,667 towards the Peoples Hall grant.

The budget for 2010-2011 was accepted and can be viewed with the minutes at the council offices at 72 Main Street

## **Town Centre Initiative**

The first project board meeting has now taken place. The draft terms of reference and consultants brief were accepted and we are now looking to all our partner organisations to make a contribution towards the costs.

## **TIC/Community Office**

Since the last meeting we have received confirmation from YDNPA that they will give time for the user group to look for funding to purchase the building. However at this stage there is no compromise on the asking price of £130,000. We are continuing to look for funding sources.

## **Grants**

A grant of £500 was agreed towards the costs of Christmas lights.

## **Queens Gardens**

It was agreed to accept a quote for improvement works which will be carried out shortly.

It was reported that English Heritage are to inspect the garden with a view to placing it on the historic gardens register.

## **Football Field**

There was a discussion on the need to keep maintenance costs under control at the football field where



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(over £300 million a week)

For lower UK taxes, more jobs, better pensions, defence, health, schools, roads, law & order, lower fuel & food prices and an end to unlimited immigration,

**Vote for John Mander UKIP**

expensive remedial works undertaken last year have only partially solved the ongoing drainage problems.

### Road Gritting

CCC have submitted a report on the problems of the recent severe weather and a request for feedback was handed to the amenities committee for action.

**The next meeting** will be on **May 20th** 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. *Please note the change of date from the schedule already published and that this meeting will also double as the Annual Parish Council Meeting and will be the first meeting of the new Council following the election.*

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

### CARLISLE - SETTLE RAILWAY

Final phase of £100m Settle - Carlisle track renewal gets underway.

The Friends of the Settle Carlisle Line have welcomed the start of this year's track renewal campaign. This is now underway, with, 23 miles of old jointed track being replaced by new, continuously-welded track. This is the final stage of a 5-year programme by Network Rail costing £100m, and which will mean that the whole of the route will have been upgraded to modern standards.

This year almost all of the work is being done overnight, without disruption to the passenger service. A new track-replacement train is being used, operated by Balfour Beatty, which relays track in front of itself and can replace up to 600 yards of track per night. A total of 22 different sites, mainly but not exclusively north of Appleby, will be dealt with. The programme overall has included not just trackwork but also waterproofing viaducts and installing new signals to halve the headway between trains (effectively meaning twice as many trains can be run).

**COUNCILLOR KEVIN**

**SEDBERGH PARISH COUNCIL:** As you will see elsewhere in this Lookaround at close of nominations there were twelve duly nominated candidates for the eleven seats on Sedbergh Parish Council. One candidate, Carole Nelson subsequently withdrew her nomination. Whilst I am extremely sorry that she will not be joining us on the parish I think Carole acted for the greater good by obviating a fairly pointless election for 11 out of 12. If there had been say 16 or 18 candidates that would have been different. Sooner or later a casual vacancy will arise and I for one will be bearing Carole's current selfless act in mind.

There will of course be changes of membership on the three parish councils in the Lookaround area. I look forward to working with all councillors both new and "re-elected". To those who have chosen not to stand again, I thank them for their service. In some cases that has involved hundreds if not thousands of hours acting for the greater good of our community.

**CUMBRIA COUNTY COUNCIL:** I don't think I mentioned the leader of council, Conservative Jim Buchanan since his appointment last June. He performed the role quietly with dignity and determination out of the media spotlight. That everyone agrees that Cumbria CC has had a renaissance is in no small part due to Jim's tenacity. He was recently diagnosed with a serious illness and sadly died



within the month. The Conservative Group has selected Eddie Martin as its new group leader and my close friend James Airey as his deputy. If everything goes as expected by the time you read this Eddie will be confirmed as leader of the county. He knows that he has a hard act to follow.

**SHARED SERVICE DELIVERY – SOUTH LAKELAND AND EDEN:** It is the nature of the controlling group on South Lakeland that major setbacks tend not to feature in many press releases. I have always believed that councils should work together on service delivery where that can reduce costs. The front page promotion of joint working with Eden gave me no problems and everyone on South Lakeland voted for the proposal. However, there was a nagging doubt at the back of many minds that the intention was not just joint working but an eventual backdoor merger. This seems to have been more strongly voiced in Eden where a majority of members voted against the proposal. So, the current proposal is dead – expect a

resurrection in a more emaciated form.

### **YORKSHIRE DALES LOCAL**

**DEVELOPMENT FRAMEWORK:** At a very long authority meeting at the end of March Yorkshire Dales NPA members agreed to go out for consultation on the Local Development Framework as drafted by the Housing Working Group. There were some objections to some sites in the Craven area but little objection from either South Lakeland or Richmondshire. It might be argued that the Working Party had excluded too many sites in South Lakeland – that is certainly the view of some of Dent Parish Council. Please take the trouble to look at the draft if you have any interest in housing within Yorkshire Dales. It will be the basis for planning decisions for some time, even if there is a change of government.

### **GYPSIES AND TRAVELLERS**

**RESPECT GROUP:** The most recent meeting was moved from a time when I could be there to one where I had to be elsewhere so in my absence it was chaired by Ian McPherson. There were one or two significant bombshells which emerged and had they been remotely expected I would have attended myself. Everyone is working as hard as possible to make sure that the preparations are all in order. I have spent a lot of today with county officers and have involved both the proposed new Leader and the chairman of the Police Authority. I have taken every opportunity to highlight the issues over the last ten months as we MUST NOT have a repeat of the failures of recent years.

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

## **CHRISTIAN AID WEEK 9 -15 May**

*In Sedbergh and District*

**Saturday 8th** – Coffee Morning at Dent Memorial Hall from 10 – 11.30a.m.

**Sunday 9th** – United Service at St. Andrew's Church, Dent - 6.30pm

The Christian Aid Shop in Sedbergh URC Church Rooms

Monday 10th 9:30am - 4pm

Tuesday 11th 9:30am - 4pm & 6pm –8pm

Wednesday 12th 9:30am - 4pm

Thursday 13th 9:30am - 11:30am

**(N.B. Not Friday this year)**

*Tea & Coffee served each day.*

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

Donate it and we'll try to sell it!

*Items for sale gratefully accepted at URC Hall as follows:*

- *Good as new clothes –Saturday am 9th May; Monday am 11th May.*
- *Other items until Wednesday am 13th May **Sorry, no electrical goods.***

**N.B. The shop.** It would be of assistance if donated Good As New clothes are on hangers so they can go on the rails. If you need help with transport to bring goods please ring Kath Hannam on Sedbergh 20897

## **SEDBERGH & KIRKBY LONSDALE NEIGHBOURHOOD FORUM**

*Summary of meeting held at Kirkby Lonsdale Institute on Tuesday 9<sup>th</sup> March.*

County Councillor Kevin Lancaster welcomed everyone to the Forum, and introduced Jason Yates, Cumbria County Council's new Neighbourhood Development Officer for the Sedbergh & Kirkby Lonsdale Forum area.

### **Sedbergh Playground Committee**

The Playground Committee provided an update on the project to erect a barrier between the football pitch and the children's playground to prevent stray balls landing in the play area. Rather than erect a straight

barrier, the committee decided to erect something with play value. With contributions of £7K from the County Council and £9K from the District Council the barrier has now been erected and comprises three attractive offset fences incorporating a range of interactive panels.

### **LOCAL AREA PARTNERSHIP**

Subject to approval by the County Council's Local Committee, the Forum boundary is to change to include Mansergh, Firbank and Killington in line with that of the Local Area Partnership (LAP). The co-ordinator for the Sedbergh & Kirkby Lonsdale LAP is Angela Rawlinson.

### **APPLEBY FAIR UPDATE**

Councillor Kevin Lancaster reported

# 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; regular **demonstrations** of weaving, rag-rugging and lace-making, plus **Weavers Café** for superb, freshly-prepared food using local produce. **All you need for a great day out this Spring!**

#### Exhibitions

**From Wood to Print:** prints from wood cuts by Beverley White, with furniture by Peter Toaig, from 1 May

**Helen & Friends:** paintings by Michael Jenkins, fm 8 May

#### Events

**Printmaking Talk & Demonstration**, 22 May, £3 / £2

2-3: *Pulling a Print: a Personal Approach* by Sue David

3-4: *Printmaking Demonstration* by Beverley White

**Machine Embroidery Workshop: Hard-Backed Books**,

15 May, £50 / £45, with Chris Macadie & Helen McKenna

**Weavers Café**

**Traditional Sunday Lunch:** (12-3) 3 or 2 courses –

groups welcome, booking advisable on 015396 21159

**Lunchtime Special:** (12-2) soup & sandwich, £5.95 **Teatime Special:**

(2-4) home-made cake and tea, £3.50



**Open daily, 10.30-5 (café from 10)**

[www.farfieldmill.org](http://www.farfieldmill.org)

015396 21958

*Just one mile outside Sedbergh - local residents can enjoy FREE entry on Mondays*

that the last Cautley Residents Action Group (CRAG) meeting had been well attended, with presentations from the County, the District and the Police. He provided an overview of arrangements for the 2010 Fair, stressing gypsies or travellers arriving in Sedbergh before the 24<sup>th</sup> May, will be moved on under a temporary traffic order. It is suggested that Devil's Bridge could take gypsies and travellers two weeks earlier, but residents have voiced their concerns over this and Councillor Lancaster hoped this could be reduced to one week.

Gina Barney added that the CRAG meeting was very positive. The police admitted they got the policing wrong

last year and will bring extra officers in this year, and operate 'joined-up' policing with Eden. Councillors and officers will look at parking points between Rawthey Bridge and New Bridge later this week and temporary traffic orders will mean that any overloading at stopping places will be dealt with immediately, rather than being allowed to escalate.

Sergeant Paul Mellard understood that the police will have two teams of four officers to cover a 16 hour period and will have robust powers to move people on when necessary. Colleagues in the Northern area, familiar with 'behind the scenes' work in Eden are preparing the traffic orders and travellers entering the

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**SPECIAL OFFER:- 3 x 60ltr COMPOST FOR £10**

*(The Special Offer that appeared in the April Lookaround was incorrect, this month is the correct Offer. Ed)*

Sedbergh/Cautley area will be familiar with similar restrictions in Eden. Sergeant Mellard described the physical barriers which will prevent large concentrations of travellers, but added that these same barriers may also prevent the siting of a mobile police station!

Links between Cumbria and Lancashire police are being progressed at Assistant Chief Constable level and Sergeant Mellard suggested the issue has a lower priority for Lancashire as it is at the edge of their area. He stressed things are in place this year to address a lot of the problems, but until the process has been gone through, it is not known where new 'pinch' points will

be. The police have powers to deal with travellers trespassing on private land or causing damage. Travellers will not be given the opportunity to establish camps alongside the road – physical barriers will mean they can only stop at designated sites. Dates when gypsies and travellers can enter each area will be publicised on websites and publications known to be used by travellers. Concerns were expressed at the prospect of 30-40 caravans parked at the Whoop Hall. In closing, Councillor Lancaster reiterated problems arose because of capacity and duration. He also mentioned that the County Council had allocated £10K funding for Appleby Horse Fair issues.

## 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.*

We are open each day Wednesday to Sunday inclusive  
and on Thursday, Friday and Saturday nights.

**Prior booking is essential for evening meals**

## HIGHWAYS ISSUES

Councillor Lancaster reminded Parish Councils that highway issues were discussed at the Local Area Partnership when Keith Masser, Area Engineer, presented the highways programme for the next 2-3 years. He urged parishes to check through this carefully and pass any comments on to himself or direct to Keith Masser. Concerns were expressed over the lack of diversion signs for recent works on Black Horse Hill. Councillor Lancaster explained that by law, diversions have to take you on a road similar to the one which is closed, but it was felt any stranger to the area would have been completely at a loss as to where to go. Councillor

Lancaster will raise this issue at County level. It was suggested information regarding the duration of road closures and the suitability of roads for large vehicles should also be publicised. Councillor Lancaster added that on a more positive note, closing the road completely meant the job was finished much quicker.

## YORKSHIRE DALES NATIONAL PARK AUTHORITY EXTENSION PROPOSALS

Councillor Lancaster explained the current position regarding the consultation being undertaken by Natural England and South Lakeland District Council Cabinets' decision not to request a referendum on the proposals. Councillor Lancaster

## Vacancy - part time office assistant

*5 days per week, hours to be agreed*

Fusion Events is seeking a cheerful outgoing person to join a small busy team delivering specialist national exhibitions to the agricultural industry.

The successful candidate will have a good telephone manner, be computer literate, have previous experience of dealing with customers over the phone, be well organised with the ability to prioritise and work unsupervised if required. You will be responsible for a range of duties including answering the phone, inputting data, processing orders and dealing with queries. Occasional travel and overnight stays may be required for work.

The position will involve a brief probationary period after which a permanent position would be available.

Please send your CV and a handwritten letter of application to:

Ann Newbold  
Fusion Events  
Killington Hall, Killington, Kirkby Lonsdale, Camforth LA6 2HA

[www.farm-smart.co.uk](http://www.farm-smart.co.uk)  
015396 20255



explained both Cumbria and Eden have objected and, consequently, the proposals will go to public enquiry and stressed strongly that public opinion should inform the enquiry. As Natural England has not done so, he suggested the YDNPA should get people's views and Graham Dalton, Dent Parish Councillor, agreed no actions should be taken without taking into account the views of those who would be affected by the proposals. Councillors Lancaster acknowledged different areas are taking different attitudes to the proposals, but to date no parish has voted in favour. He asked that if people are supportive of the view that a plebiscite should be held, they need to ensure their views are heard.

#### **COMMUNITY NOTICEBOARD**

Erica Wright explained that Landscape First is a community group whose aim is to raise awareness of the next Eon

application which will go before Lancaster City Council later this year. Erica explained that the people it affects will have very little input. Councillor Lancaster suggested that the group should ensure its views are made known to the relevant Parish Councils and put forward to Cumbria County Council, so they were aware of local opinion in their response to Lancaster. Councillor Dalton added that local opposition to a similar development at Skipton has been successful.

Ms. Satchell highlighted the need for more disabled parking spaces and dropped kerbs in Sedbergh.

Councillor Lancaster suggested the parking spaces may need repainting, but on the wider issue explained that there is a group looking at highway issues throughout the town and Ms. Satchell's comments need to be fed into this group to get an overall picture.

## **SEDBERGH GOLF CLUB SUNDAY LUNCHES**



Sedbergh Golf Club is now offering Sunday Lunch to golfers and non-golfers every fortnight.

**Sunday 9th May & Sunday 23rd May**  
Traditional Sunday Roasts with all the trimmings  
**£7.95**



Tables must be booked in advance  
Call 015396 21551  
Non-golfers welcome

## PEOPLE'S HALL

### *Annual General Meeting*

The Annual General Meeting of the People's Hall Management Trustees was held on 12 April 2010 in the People's Hall with eleven people attending. Reports were presented by the Chairman, who reported an exciting year during which plans to redevelop the Hall were announced and by the Treasurer, who reported a healthy financial position.

The following persons were elected to serve as Trustees and Members of the Management Committee, until the AGM in April 2011:

Dr Gina Barney, Mrs Elspeth Griffiths, Dr Sean Hobson, Mr Steve Longlands, Mr Jack McLean, Ms Gillian Rea.

The following persons were elected to serve as Trustees and Members of the Management Committee to represent users of the Hall until the AGM in April 2011:

Mr Andrew Allan (Spellbound Theatre), Mr Ron Gerrard (Art Society), Mr David Hendrickse (Christian Centre), Dr Hilary Hodge (Town Band), Mrs Sandra Longlands (Gala Committee), Mr Daniel Mason (Sedbergh Wanderers Football Club), Mrs Anne Petyt (Frostrow WI), Mrs Kath Swift (Ladies NFU), Mrs Kate Thexton (Pulse Community Gym).

At the following Management Committee meeting the following officers were elected *nem con*:

Chairman	Mr Steve Longlands
Vice Chairman	Mr Andrew Allan
Treasurer	Dr Sean Hobson

Secretary

Dr Gina Barney

### **Hall Redevelopment**

The redevelopment plans are now with the YDNP planners and can be viewed at: [www.bit.ly/newhall](http://www.bit.ly/newhall)

Comments closed on 20 April 2010 and the target date for a decision is 18 May 2010.

### **Facebook**

You can now "follow" us on Facebook by visiting:

[www.bit.ly/phsedbergh](http://www.bit.ly/phsedbergh)

*Dr Gina Barney, Hon Secretary.*



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Large & Small Loads

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## **PLANT SALE**



Farfield Mill Car Park  
Sunday 16th May

from 11am onwards

Plants of all shapes and sizes at  
reasonable prices

No admission charge for  
The Plant Sale or Cafe

### **COAST TO COAST**

#### *Charity Bike Ride*

On Saturday 3rd April, the team of 12 lads consisting of Craig & Shaun Gardner, Stue Proc, Chris Chambers, Jason Thornton, Frame, Johnny Moore, Caspa, Mike Pak, Shnuck, Danny Wilson and James Nash arrived at Scarborough around 03.40am. At 04.08am, the first of 3 lads of 4 teams left Scarborough on the 125 miles route to Sandside. They set the day off to a good start when they completed the first 10 miles in 33 minutes. The 4 teams then worked on a relay system changing every 10 miles throughout the morning, only Mike Pak remained

on the bike for the full 125 mile route with 5 other lads completing over 60 miles.

We arrived at Sandside just after lunch in a time of 8 hours 32 minutes and 1 second. The £25 winner was Polish Pete of the Dalesman who was one second out.

Altogether, once the monies are collected, we should have raised approximately £1,000 towards young Zak Hall and Cumbria Cerebral Palsy, like the 14 truck, tractor, JCB, car and Kirkstone Pass Pulls, we've done over the years, the first event is a learning one, so next years Sandside to Scarborough tough challenge on May Bank Holiday Weekend on

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## **SLEEPY ELEPHANT**

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Saturday 30th April will be better and bigger.

Increasing the team from 12 to 20 men and having 4 teams of 5 men, with one team assembled to take on the dreaded and daunting Sutton Bank challenge.

Back to this year's event and we would like to thank Canon Fell, St Andrew's Church (Sedbergh), Dawson's Coal Merchants, Radio Cumbria, Carol and Johnny and the Red Lion, Schnuck who raised loads of money, Terry Harding's Burger Van, James Dalton and the lads at Wheelbase Bike Shop at Staveley who were excellent. To all the people who guessed the time, all our supporters on the day, thanks. All the people who have made generous donations and last but not least, the biggest thanks to Peter Packham our driver and co-ordinator who gave up

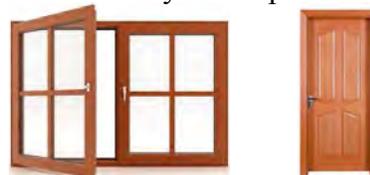
his Easter Saturday, but the biggest one goes to all at Sedbergh Town Band for the loan of the mini-bus, the donated fuel and the help and support they gave us - brilliant.

*Caspa*

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## THE SIX STAGNATIONS

Good health depends upon continuous movement and transformation in the body, both obvious (as in the heartbeat or the digestive system) and subtle (as in the cells). Lack of such movement, particularly as we get older, is a primary cause of disease. An important function of activities such as yoga, tai chi, acupuncture and massage is to maintain and restore the vital movements of the body.

Lack of movement manifests in various forms and Chinese medicine summarises these as the “six stagnations”.

Stagnation of food: this is when food remains in the stomach for longer than it should and thus has the opportunity to fester and ferment. The causes of this are often obvious: overeating, excessive consumption of particular types of food (meat, for

example), eating too quickly, eating while working, eating while emotionally upset, eating irregularly or late at night.

Stagnation of Qi: the word “Qi” can roughly be translated in this context as “energy” and it represents all movement and transformation in the body. Stagnation of Qi can occur in the digestive system in the form of gurgling, gas and irregular stools. In women, the pre-menstrual phase can be a time of Qi stagnation with breast tenderness, abdominal bloating and sometimes mood changes. Tight muscles are a form of Qi stagnation and the tension can creep up the neck, causing headaches. Qi stagnation is insubstantial, in the sense that it comes and goes and tends to move around. It is therefore relatively easily treated by exercise, massage or acupuncture. However if

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**June M. Parker**

Dip Ac, MBAcC

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it persists it can lead to more serious forms of stagnation.

Blood stagnation: this can be the result of an accident (like a bruise or a head injury) or it can occur in the internal organs as a progression from Qi stagnation. It is characterised by pain in a fixed location and in more severe cases the tongue, lips and nails may have a purplish hue. This can occur in a variety of diseases, obvious examples being stomach ulcers and certain heart conditions.

Heat: this can be a progression from food stagnation (when it might manifest as acid reflux) or from Qi stagnation (when it often causes bad temper, irritability or frustration). Heat will be present, either as an actual raised body temperature or as a subjective feeling of heat, such as a hot flush or being red in the face. The pulse will tend to be faster and the tongue red. It can be caused by hot types of food: curries, garlic, cinnamon, ginger, by alcohol and by certain drugs.

Damp: in our climate we are particularly prone to internal Damp in the body. This may also be caused by certain types of food, notably dairy produce and wheat flour. Internal Damp manifests as abdominal bloating, either after eating, or getting worse as the day goes on. Other signs include oedema (swollen ankles, for example) unclear thinking and heavy headaches, as if the head were wrapped in a damp cloth.

Phlegm: this is any type of unhealthy mucous – in the nose,

lungs, stomach or intestines. It also includes soft lumps (often fatty tissue) and, in the head, it can cause dizziness and vertigo. This, like internal Damp is due to a failure of the fluid metabolism and the causes are similar.

To avoid the six stagnations:

- Keep the Qi moving with regular exercise
- Eat sensibly at regular times, preferring warm, cooked food to cold, raw food. Avoid eating any type of food to excess and if you are susceptible to internal Damp or Phlegm, limit dairy produce and wheat flour.
- If you feel any of the six stagnations arising, address the problem at an early stage before it progresses to actual disease.

For more detailed information, please contact me. My number is (015396) 20972.

*June Parker*

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### SPRING SHOW

Well done, everybody! Another year and another happy and successful show! I never cease to be impressed by the wealth of talent in our community. The exhibits were numerous, varied, and of a very high standard. It is most encouraging to see new entrants carrying away the honours.

We so much enjoyed having Jack and Jenny Dawson to open the show, and thank them warmly for being there. What a wonderful example they are to us all, and a life-long support to each other.

The total number of entries was just under 800 and every one of those deserves a prize. Our congratulations

to those who did win and our thanks to all the entrants. Please enter again next year and produce another wonderful showcase of the skills of our locality. We were delighted that Dent Primary School have once again entered the show after a break of some years. Sedbergh Primary School continued to display their developing skills, and entries from Sedbergh Brownies were a welcome addition to the show.

This year the show raised just under £500. This enabled us to make the following donations: -

People's Hall Redevelopment Fund - £250: Town Band - £100: and for art materials, Sedbergh Primary School - £50: Dent Primary School -

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£30: Sedbergh Brownies - £15: Sedbergh Playgroup - £15: Howgill Toddlers Group - £15: and Zebras Playgroup - £15.

We are indebted to the many generous providers of raffle prizes who were: -Amanda Sowerby; Angela & Terry at Premium Stores; Bob & Jean Sowerby; the Bull; The Dalesman; Dom & Nathan at the market vegetable stall; Duo Café Bar & Bistro; The George & Dragon, Dent; Howgills bakery; Jack & Mary; Kevin Milburn; Margaret & John Brooks; Margaret Milburn; The Head at Middleton; Powell' s - greengrocer; The Red Lion; Rita & John Nicholson; The Sedbergh Café; Steadman's - butchers; Stephenson's - market greengrocer; Sue & John Sowerby; Tracey – the market cake stall.

We would also like to thank all those who helped in the preparation and running of the show. In this case it is definitely, “**many hands make light work**”, and not, “too many cooks spoil the broth”!

We would like to extend special thanks to the members of Killington WI, who prepared and served all the refreshments. We also appreciate the help of ‘Lucid’, in Garsdale who printed all the schedules. Many thanks are also due to Chris Whitehead, joiner, who made and gave us the excellent boxes in which you were able to put your entries. These were in the Post Office, Spar, and Premium Stores, who kindly allowed us to place them there. Many thanks to them. Thanks also to those who displayed our publicity posters.

**Wow!** What a lot of thanks, but generosity is what Sedbergh is all about. Please accept my apologies if I have made any errors or omissions in the lists – put it down to “senior moments”!

**SUGGESTIONS.** This year we provided boxes for suggestions. As these were anonymous we can only give a brief response here.

1. We **will** have separate judges for every section.
2. We will continue to improve the display and advertising boards, but practical help would be appreciated.
3. We have on occasions tried auctioning exhibits at the end of the show, but it has not been a success.
4. Although the cash value of prizes is very small we will continue to provide them. We always appreciate donations of unwanted cash prizes.
5. We feel that a poetry class would be more appropriate in a literary festival than a craft show. Thank you all for



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## Sedbergh Community Development Centre Courses for May & June 2010

Code	Subject	Dates
SED9030	Yoga with David Burbidge	Friday mornings
SED9044	Pilates with Teresa Hill	Monday afternoons
KBL9150	Felt Cushions & Wall Hangings	Fri 7th May
SED9041	Nuno Felt Workshop	Sat 15th May
KBL9154	Silk Painting Workshop	Sat 15th May
KBL9155	Fabric Printing Workshop	Sat 12th Jun
SED9119	Intro to Lowland Navigation	3 evenings Thu 29th Apr
SED9102	Feel Confident on the Fells	Sat 2nd May
KEN9139	An Italian Day Out (inc lunch)	Thu 20th May
KEN9128	A French Day Out (inc lunch & wine tasting)	Sat 5th Jun
KEN9151	A Spanish Day Out (inc lunch)	Sat 26th Jun
KBL9148	Family History Workshop	Sat 15th May
SED9146	Dry Stone Walling for Beginners	Sat/Sun 15th/16th May

SED courses are based in the Sedbergh area, KBL in Kirkby Lonsdale and KEN in the Kendal area.

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

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

**Tel: 015396 21031**

your suggestions.

### THE RESULTS. THE WINNERS OF CUPS AND TROPHIES are as follows: -

Handicrafts Cup - Janet Hope;  
 Handmade Toys - Norma Cheeseman;  
 Flowers & Plants - Emma Watton;  
 Garments - Sheila Ousby;  
 Home Produce - Pauline Ramsbottom;  
 Art - Joyce Bird & Margaret Fearnhead;  
 Photography - Derek Hayes;  
 Children's Cup - Leanne Postlethwaite;  
 W. Milburn & Sons Cup for Handwriting - Kate Brookside;

..... Cup for Special Effort - Joe Vinsen;  
 ..... Roger Underwood Cup for the most new entries - Pauline Ramsbottom & Miss J. Walsh;  
 ..... Lookaround Cup for the best item in the Show - Nick Preston;  
 ..... Junior Lookaround Cup for the best entry from a child/ children – Sedbergh Playgroup;  
 ..... WI Cup – Killington WI.;  
 ..... Shield for the overall winner of the show – Margaret Fearnhead.  
 ..... Detailed results of all Class Winners will be displayed in the windows of the Library, and Capstick's Insurance Services.

*Margaret Milburn - Chairman  
Tel. 20610*

## CHURCHES TOGETHER

*Sedbergh & District*

### Easter Summit Sunrise Service

**06.25am 4 April Winder**

The day dawned grey, cool and overcast with drizzle and low cloud well down on the fells. Starting from Joss Lane at about 5.25 am it was still scarcely daylight, but the birds were beginning to wake up with occasional chirps and whistles in the gardens. After about 20 minutes, and by now on the open fell, the darkness gave way to daylight murk and I climbed into the cloud at about 900 feet. The fog remained all the way to the summit, with a cool sharp breeze from the west. A flashing lamp was placed on the trig point, and then

there was time for a quick coffee from my flask in a sheltered hollow just to the east of the summit.

After a short while a group of people emerged from the fog having climbed up from Western Foot, and a runner who had set off from Joss Lane at the same time as myself arrived, having meanwhile run up Crook and High Winder. Eventually we were a representative ecumenical group of about 10 people, Catholic, Methodist, Anglican, United Reformed and a dog.

We joined together in a short act of worship at about 06.25 to celebrate the resurrection of Jesus, grouped around a palm cross placed on top of the gazebo pillar and supported with a few stones. We began with a reading from Isaiah 60 v 1 –3. We sang three verses of the hymn, 'The Head that once was crowned with thorns is crowned with glory now'. The oldest version of the Easter morning story as contained in v 1 – 8 of the gospel of Mark Ch 16 was read.

The sunrise was hidden by the persisting low cloud, but we recognised that nevertheless it had risen even if we could not see it. This was a reminder that faith is not always a matter of being able to see clearly, but of keeping trust and confidence even in times when we could not see clearly.

We shared the traditional Easter greeting 'Christ is risen' '**He is risen indeed, Alleluia**' and dispersed. Gleams of sunshine began to appear as we descended out of the cloud.

*Martin Dodds*

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### FAMILY MUSINGS

Thinking about Musings and my Family, perhaps once a year my "family" ought to write the column and have the opportunity to "muse" about me and the whole family .. ? Lambing time is going apace and hubby and I are a bit like the two figures on a Weather House, I get home from work then am going out again as he comes in, I come home he has gone out again, we meet eventually. Some holiday for me saw me start to work through a list of jobs that in some cases, the Bathroom door, had been needing attention for years, hubby commented he was surprised to find it re-painted knowing I cannot stand the smell of paint, I also could no

longer bear to see the door needing painting!

Coming home from the funeral of a lovely lady who on her "Wish list" had included a pair of Red high heeled shoes which she got and enjoyed and which her daughter wore at the funeral, and then walked in stocking feet down the cobbled street, a challenge too many for the heels, I looked at our stairs which were in need of re-painting and thought "I'll paint them bright red in memory of this lovely gutsy lady". However .. thought again (something I should do more often, save myself a lot of agro) and decided they will be bright yellow to match the bathroom door which doesn't match all the other doors in the hall, but with a touch or two of Red, lest we forget.

Planting seeds, re-organise part the garden, lot of weeding, dig and rough-muck the veg plots are all on my list, somehow I think the list will be longer than the holiday!

It is good I love my hubby 'cos sometimes the "aroma" he brings home leaves much to be desired, Manure, Sheep, Silo to mention some, but then he puts up with me, must be love!

Having some problems with my mouth, and throat, lost my voice again recently, no sorry not permanently folks, but the mouth soreness meant I had to leave out my top dentures at times, guess cannot hide the fact that yes, I am not all there, or here, or anywhere in fact. Wishing you well, where ever you are, whenever.

Sarah

*Don't want to go to church but want to know more about the Christian faith?*

Then come along to

### THE PEOPLES HALL

to an informal family service  
with coffee, chat, music  
and a Christian message

Activities for children

Meets on 3rd Sunday in the month

Next 2 services are:-

**Sunday May 16th**

**10.30am - 11.30am**

**Sunday June 20th**

**10.30am - 11.30am**

Everyone is welcome

*Arranged by Sedbergh Methodist Church*

## **DENT PRIMARY SCHOOL**

### *Topic Work*

Chembakolli, a small village in Southern India, has been the focus of our work in KS2. The children have also found out more about towns and cities in India such as Bangalore and Mysore, and accessed the Chembakolli website to read their blogs! Many of the children were unaware that they had cars, computers, office blocks etc in India just like we do here in the towns and cities, so it proved very interesting.

KS1 explored the Fire of London, creating drama, dance, and images using ICT as a means of recording. They even tried to set fire to the playground to show how the fire spread! Well, Mrs Rice did!

Red group (Reception) seem to have enjoyed everything they have done this term and have often wandered into the office and into my classroom waving fabulous models, number work, pictures and all kinds of writing.

### *Dentdale Run*

Thanks to Peter Knapton and all the Dentdale Run Committee for a fantastic run on the 13<sup>th</sup> March. The weather on the day helped to swell the numbers, and I am happy to say that approximately £4,000 was raised for the school.

### *Charity Fund Raising*

Well done children for helping to raise £147.90 for 'Eden Valley Hospice' by having really BAD hair for a day. They also managed to work in silence on one day this term to raise

£279.50 through sponsorship for Haiti. Thanks to those who gave so generously.

### *Extended Schools*

We were successful in our bids for goal posts and a football club for our younger children. The club starts after the holiday. In addition we received some funding to develop library provision and to work on a project with a local poet. The key stage 2 children will also be able to try out fencing next term (date still to be arranged).

Next term Ruth Longden, a student from the University of Cumbria starts her placement in KS2. We wish her every success.

### *And finally:*

Sadly we have to say goodbye to Phyllis Woof our Kitchen Assistant. She has been at this school for 27 years and it is going to be very strange without her. We hope that she will come and visit us often, as the children love her! We all thank her for her dedication to the school over the years and would like to say how much we value her friendship and support.

## **SEDBERGH HEALTH CENTRE**

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

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



**COFFEE MORNING**

**Wednesday 26<sup>th</sup> May**  
 10:00 -12:00  
 URC Hall  
 Tombola Stall, Raffle  
 Home Made Cake Stall  
*All proceeds to  
 the Alzheimer's Society*



**FROSTROW W. I.**

Oops! Nearly forgot to write this month's report. Too busy helping out at the farm! Plus, the weather's been too nice to be indoors. Well those are my excuses anyway!!

Spring is in the air at last – speaking of which – Anne Petyt thanked everyone who entered the Spring Show. Unfortunately we didn't win the WI Cup this time but our congratulations go to Killington WI.

Anne Petyt and Anne Pitt had attended the Morecambe Bay Day. This was an excellent presentation about a proposed "green bridge" which would link Morecambe Bay and Barrow. Our March walk, led by Denise Thomson, was a very pleasant stroll around Stocks Reservoir. The weather was good and the navigation was even better since the path was waymarked! The Book Club met at Linda Hopkin's to discuss "The sea the sea" by Iris Murdoch. The Lunch Club went to The Ice-cream Parlour in Kendal. It was a lovely warm day and they were able to sit outside – what a treat – I love eating outdoors don't you?

Final arrangements were made for

our annual outing which is earlier than usual. We have decided to go the Scarecrow Festival at Wray and then on to The Bridge House Bistro for a meal.

Once we'd got the business part of the meeting over we were in for a real evening's entertainment. Andrew Folks came along with his guitar and a wonderful repertoire of songs. Some of the songs he just sang to us and others we were able to join in. He played a wide variety of songs and ballads and made it into a really enjoyable evening. I'm sure we'd all love it if he came again sometime. Christine Sheppey gave the vote of thanks and Dorothy Gerrard won the raffle.

SEDBERGH & DISTRICT

**HISTORY SOCIETY**

**GAYLE MILL, HAWES**  
**Wednesday 26th May 2pm**  
 A conducted tour of the Mill to see the restoration of its industrial heritage. Meet in Loftus Hill Car Park at 12.45pm to share transport, or outside the Mill at 2pm. There is no parking at the Mill so leave your car in Hawes. Entry into the Mill is £5.

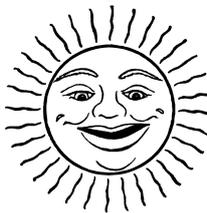
**TROUTBECK**  
**Thursday 3rd June 1pm**  
 Andy Lowe will introduce members to the ancient village of Troutbeck. Meet in Loftus Hill Car Park at 11.30am to share transport, or at Church Bridge in Troutbeck at 1pm. Although the visit is scheduled to last three hours, you will be at liberty to leave before the end.

All are welcome.  
 For further information,  
 please contact the Programme Secretaries:  
 Julie Leigh on (015396) 20726 or  
 Elspeth Griffiths on (015396) 20677

### MARCH WEATHER

We certainly had "March many weathers" but rather a different combination than usual!! It was a month of two halves as they say. We had an official drought, no rain falling in the first half of the month, except on the 2nd. The second half was different with only 2 days on which it did not rain! Also for the first fortnight the minimum temperatures went below freezing each night. In the second half only two nights went below freezing. Likewise winds and pressure showed a mid month split with high pressure and lower wind speeds in the first part followed by low pressure and stronger winds latterly. When you add to this the odd flurry of snow we had a real mixed bag. The maximum temperature, recorded twice, was 59.0F and the minimum was 18.5F. Rainfall totalled 2.98 inches, with 2.90 inches falling in the latter part. March went out as a "lion" with the strongest winds in the last half and a maximum on the last day of 20.6mph.

The cold start held back growth but things seemed to catch up somewhat as the temperatures increased later on. Daffodils were opening towards the end of the month and crocuses were putting on a bright display. Certainly the bees enjoyed taking loads of bright orange pollen on the few reasonable days. Forsythia was also starting to blossom. By the end of the month the fieldfares and redwings were just a memory. I was pleased to see the newly laid hedge



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sprouting showing it hadn't been too cold when it was worked. What rain we had turned everything into a sea of mud when the frost came out of the ground. The rooks were busy collecting leaves to line their nests and jackdaws were investigating their old site. I have tried to stop them nesting on the end of the house as the young fell out of the nest last year and perished one very cold night as they were not brooded. Blackbirds and robins are around the shippon whenever you go in but I haven't found their nest yet this year. The feeders seem to be visited more often this month and it seems we now have a pair of coal tits, at least we see two together! On some of these cold, clear nights the night sky is truly spectacular. It wasn't until I came to live up here that I realised there were stars between the "pointers" on the Plough and the Pole star. We once had a couple who came to the caravan, around a new moon, just to observe the magnificent display without lights interfering.

### PARISH SUPPER

#### *and Annual Church Meeting*

On Wednesday 24th March, 70 parishioners and friends assembled in the People's Hall for the Parish Supper. With the food as impressive as ever it was good to welcome newcomers and renew old friendships.

Replete with meat and potato pie, and more than one helping of the delicious desserts, the Annual Meeting which followed did not seem too taxing after all!

The vicar, Rev. Canon Alan Fell, began by highlighting some of the many things that had happened over the year. The restoration building work at Garsdale was thankfully

nearing completion and the church should be ready for the Easter services. The project had taken a lot of determination to see it through on a not particularly easy journey. He paid tribute to the people locally in Garsdale for their part. The work has been well done and it will be a delight to see the church back in use at Easter.

A lot has happened at Cautley both inside the church and particularly in the churchyard thanks to the dedicated support of a small band of volunteers.

Sedbergh received the tapestries this year. These are very appropriately framed and look as though they have been there for ever.



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They represent a lot of time and skill and are being much appreciated by visitors.

The Parish Away Day resulted in the development of a number of visible and worthwhile projects. One outcome was the re-establishment of the Sunday School which is being well supported. A new format for Common Worship is in its experimental stage.

His Sabbatical had been every bit as profitable as he had hoped and will provide material for a lunchtime illustrated talk during the coming Music Festival.

He thanked everyone for looking after the Parish so well which had been, in a way, a forerunner for the inter-regnum on his retirement in 2 years time.

He heartily thanked Lavinia Mahon for her work and personal support during her period as churchwarden which was ending and everyone for

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their regular, committed and unseen work during the year.

There will be a smaller Parochial Church Council in future designed to be streamlined and more efficient. People will be enabled to put in their effort for a 1, 2 or 3 year spell (by the drawing of lots) and then take a break.

Churchwarden Elections resulted in 'business as usual' at Cautley and Garsdale, the following being elected:

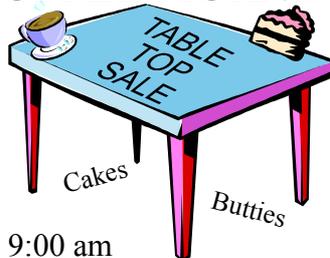
- St Mark's, Cautley; Judith Bush and Linda Hopkins,
  - St John the Baptist's, Garsdale; Mary Grant and Bill Mawdsley,
- At St Andrew's, Sedbergh; Susan Sharrocks now joins Tony Reed Screen.

There was a special 'thank you' to Susan Garnett for producing the White Cross weekly Parish information sheet for many years as she hands over to Barbara Maunder.

The meeting concluded with grateful thanks to the, albeit small, ministry team for its spiritual guidance and pastoral care over the year.

*Tony Hannam,  
PCC Secretary*

## COFFEE MORNING



9:00 am

**Saturday 29th May**

Dent Memorial Hall

*To book a Table*

Tel: 015396 25345

Proceeds in aid of

*Dent Reading Room & Snooker Hall*

### DENTDALE METHODIST CHAPEL

The Chapel is open all day every day and some of the comments in the visitors book show how much this is appreciated, how often have you seen a place of worship and thought to look inside and the door is locked? Of course we need to remember to lock & unlock!

Afternoon services continue except the last Sunday evening in the month, in July & August it was agreed to have 7pm services. On May 1st it is our Boon Day and the plan is to move everything that moves outside, (so please a lovely dry day would really help Lord) clean the space & the rest and decide what goes back and how, the Minister offered to be Moses, the one who sorts the final decision in case of conflicting opinions! Should be a good time together, kick off 11am with packed lunches, drinks provided. Feeling strong ? Do join in!

### POETRY CENTRE

I hope you enjoy reading the May contribution to Poetry Centre from **Christine Wood** who lives in the town. Christine receives a £10 payment from Sedbergh Book Town for the use of her poem in this issue.

#### *Bowderdale*

There is a valley, lonely, deep and green  
Where the sun's touch turns the fell tops  
Golden.

So lovely,  
When the wind lifts her velvet grasses,  
The gentle rain finds her secret places,  
Wearing down her green slopes,  
Imperceptibly  
Changing her.

*Christine Wood, Sedbergh*



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**SEDBERGH BRANCH OF  
SOUTH LAKES  
SOCIETY for the BLIND**

*- and it should be emphasised the Society is for anyone whose sight is impaired.*

Our April meeting opened with a minute's silence for Jack Pruce who passed away in his 100<sup>th</sup> year. His widow, May, thanked members of the Society and many friends and neighbours for their condolences.

George Watson told us about the SLSB Forum in which visually impaired members of the society raise issues which give them concern. They may be such issues as lighting in public buildings or obstructions on pavements. The Forum then takes these issues up with the appropriate authorities in an attempt to resolve the problems. He represents Sedbergh and District on the Forum and would like any visually impaired person who experiences difficulties in this area to contact him, Tel. 01539 721109.

The speaker from Oakhouse Foods did not turn up! We could only assume her 'satnav' had taken her to somewhere quite different from the Peoples' Hall at Sedbergh. Jennifer swiftly implemented Plan B. Members were invited to tell us in no more than two minutes (some exceeded the limit) of any eccentric person they had met in their lives, excepting, of course, any member of the Society who all consider themselves eccentric.

We learnt of a neighbour who after haranguing the late Cyril Smith for

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half an hour said she would have voted for him but she never voted for any of them because they are all brainless; of a Doctor in Ethiopia who thought his cook was drinking his sherry, substituted a similar coloured liquid, found the contents of the decanter were still going down, to be told by his cook when confronted that he always put a drop of sherry in the Doctor's soup! Another member recounted meeting 'The Snake Man' of Tanganyika, an elephant poacher turned gamekeeper, who trained the game scouts as his private army and almost, but not quite, declared a huge area of African bush as his fiefdom.

If anyone with sight problems would like to join the SLSB Sedbergh group or to know more about the South Lakes Society for the Blind, please telephone 01539 742633.

*Every month, members of the community, not necessarily attenders of the monthly meeting, receive the Lookaround in Audio and in Large Print. If you would like to receive either of them or know of someone that would appreciate them, please contact the Lookaround Office. Ed.*

**SEDBERGH & DENT  
COMMUNITY PLAY**

*We need your talent and enthusiasm*

The Sedbergh & Dent area hopes to embark on an ambitious and exciting new project in the form of a Community Play, to take place in Spring 2012.

A Community Play brings together a small professional theatre team who work inclusively with large numbers of people from the area over a period of around 18 months to create a total theatre experience that both celebrates and challenges the entire community.

***A celebration of the Sedbergh & Dent district***

Community Plays of this type are written for, and about the local community in which it is set. The play usually relates fascinating local stories from the past to what happens currently – and then makes a fresh and exciting narrative from it! It brings together people who may have no previous experience of a theatrical production but who can contribute in many ways to a successful play.

***How could you contribute?***

Examples of how people might get involved include: acting (of course) singing, dancing, music, administration, writing (creative and otherwise!), costume making, make up, props, wardrobe, marketing and publicity, volunteering to steward, researchers (especially local history) – and a multitude of other ways!

***The part is yours!***

If you turn up for audition – you're



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in!! There is a part for everyone – and there is often a cast of players in excess of 100 people. The play is performed promenade style – which suits a large cast and makes for a thrilling and interactive theatrical experience.

**The build up**

2012 sounds like a long way off, but this kind of project is usually the culmination of months of 'build up' in the form of workshops, events, community soundings – and a lot of fun!

We'll be working in partnership with a highly successful theatre company called the Claque Theatre, who have many years experience of running projects of this type around the UK. Their team of talented theatre professionals will come and spend time in the area and will encourage everyone to get involved and have a go. You can find details on the Claque Theatre, together with examples of project they have run in other towns and villages at [www.claquetheatre.com](http://www.claquetheatre.com)

**What's happened so far?**

A Steering Committee has been meeting to explore the potential of such a play and to recruit others who may wish to help in making it happen. At this stage we're undertaking a feasibility study to make sure it's viable, and that everyone in the community is keen for it to progress.

**You can have your say**

We are planning a series of public meetings - the first will be on Monday 4<sup>th</sup> October at 7pm, where the steering committee will do a



presentation alongside Jon Oram from the Claque Theatre. The venue will be confirmed shortly. So pop that in your diary now and come and find out what it's all about.

**Your input is needed now!**

If you'd like to get involved, we're actively looking for people to help with research, story ideas, publicity, planning and all manner of different tasks. A project of this size can only succeed if people get involved, so we hope you will think about how you could contribute. To register your interest, you can drop into the Sedbergh TIC and leave a message for the Community Play Steering Committee. Otherwise you can communicate with the steering committee via:

Blog site: [www.sedberghdistrict.wordpress.com](http://www.sedberghdistrict.wordpress.com)

Twitter: [www.twitter.com/SedberghPlay](http://www.twitter.com/SedberghPlay)

Facebook: [www.facebook.com/pages/sedbergh-district-community-play](http://www.facebook.com/pages/sedbergh-district-community-play)

Email: [eventsmanager@sedberghbooktown.co.uk](mailto:eventsmanager@sedberghbooktown.co.uk)

### FAMILY BBQ

On Saturday May 15th there will be a Family BBQ from 5pm at "Rhumes", Laning, Dent, or if wet in a barn at Millbeck Farm, everyone in Dent Dale is warmly invited to this and we look forward to a lovely evening together. There will be good fellowship, great food (salads and pudds as well as BBQ) and lots of activities for all especially the children. Some of us hope to visit every home in the village with personal invitations and into the Dale as well BUT here is your invite, do come. NO SPEAKER, no "hard sell God" just friendly company and



fellowship. This is NOT a fund-raising event, it is FREE! Made possible by a group of folk who put their faith into action and love to see people getting together. If you can RSVP it would help the catering but if you cannot decide until the day please do come. Anyone from outside the Dale who would like to come, please do. RSVP (if possible) to John & Sarah Dent 25212.

*(This is NOT connected to ANY denomination of any church, nor funded by them.)*

*In view of the comments and intentions, I do not regard this as an Advert and appears here in text form.*

## Sedbergh Office Services

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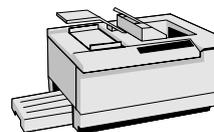
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## **FRIENDS OF FARFIELD MILL**

The Friends held their AGM at Farfield Mill on 27th March and the current committee were very pleased with events held during 2009 to support the Mill. The major fundraising event CARD ART included 356 artworks and raised over £5.500. Over 80 people attended the opening night and many more came throughout the exhibition to appreciate the range and type of work on display by artists young and old, amateur and professional. Other fundraising events included the annual raffle and the plant sale. The number of Friends increased from 439 to 512 during the year and the

committee were able to exceed the challenging fundraising target of £10.000 (including subscription income) set by Farfield Mill Trustees.

Friends of Farfield Mill are holding their second plant sale on Sunday 16th May starting at 11am. Come along to the Mill car park and see the range of quality plants for all kinds of garden, including the vegetable plot. The gardening Friends have been nurturing their plants through the hard winter and will be on hand to offer advice and guidance if required. Anyone able to provide plants to sell please contact the Chair, Moira Roberts, on 015242 76371.

## SarahM



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### MAY GARDENING

When is the best time to plant vegetables? There seem to be different theories and guidelines laid down by different people, the most confusing being "plant potatoes on Good Friday". As Good Friday moves every year and is independent of the weather this has never seemed a good plan to follow, so I have decided to invent my own idea as to the right time to put in seeds. My theory is that the plants already in the ground have a far better idea of the air and soil temperature than I do, so now I wait until a particular thing happens in a particular garden before getting out the veg seeds. One of my main

markers is a beech hedge which, as soon as it comes into leaf, says "get out there and put in the peas and broad beans". I seem to have excellent germination when I plant at this time and assuming that the voles and/or the bluetits don't eat the pea shoots, a very good crop.

During my time spent at Harlow Carr Gardens at Harrogate, we grew a variety of peas and beans, some of which were included in our "Vegetable Sanctuary" The two which interested me most were drying varieties; the Carlin Pea and the Martock bean, and I wonder if, in these times of impending world food shortages, and concerns over the air miles involved in importing soya and other dried legumes we should try to resurrect these English varieties and grow them at home. The Carlin pea was cultivated in Elizabethan times and was eaten in Lent on Carlin Sunday, (and hopefully at other times as well) and the Martock bean, a small seeded type of broad bean named after the village of Martock in Somerset, was used as a dried food throughout the year in stews and soups. Our historic veg varieties were all supplied by the Henry Doubleday Research Association - now Garden Organic - who are based at Ryton Organic Gardens, Coventry, Warwickshire. CV8 3LG. Seeds for some old varieties are also available from W Robinson and Son (of giant onion fame), Forton, nr Preston, PR3 0NB.

*Elaine Horne*

### HOWGILL W.I.

We met at Firbank Church Hall on April 1st. President Mary Silva gave a warm welcome to fifteen members and one visitor. A warm welcome was given to Liz, a prospective new member who has recently moved to the area.

We were pleased to have Bridget Postlethwaite back with us following her recent operation, feeling fine and back to her old self.

Lesley Hennedy was congratulated on her recent marriage. Bridget has agreed to make the Table Centre our Competition entry for the Group Meeting we are Hosting on May 17th.

Members are interested in a number of forthcoming events this month. The Felting Course, a Talk by Caroline Eames on the Forensic Scientist Service, the Howgill Hikers Walk in the Sedbergh area, the Musical Evening at Orton and the Holker Garden Festival.

Mary introduced our Guest Speaker for the evening Ernest Woodcock who came along to tell us about his role in Hospital Radio based in Kendal.

Radio presenting has gone from strength to strength and with modern technology, computers and satellite transmission plus a purpose built studio, they can offer a much improved service available 24 hours a day, seven days a week. A Lottery Grant gave them a kick start back in the 70's. Fund raising is on going and vital to keep patients in hospital which now broadcasts to Lancaster and Barrow. Lesley Hennedy thanked

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Ernest for an excellent talk despite having driven from Somerset prior to our meeting.

The Monthly Competition "Humour to Cheer up a Hospital Patient" was won by Helen Beare.

Sheelagh Denniss devised the Social Half Hour to unscramble the Anagrams and Name the Birds. Chocolates were shared by four lucky winners. The evening was brought to a close with a Jacobs Join and get together.

May 6th is the next meeting to be held at Howgill Village Hall when Geoff Wood will speak on "The Life and Times of a Sewer Rat". New members will be most welcome. AH

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### DALES CHAMBER ORCHESTRA

#### *Four Seasons Concert*

Thanks to Sedbergh Pepperpot Club, the town was treated to stunning performances of Vivaldi's *Four Seasons*, interleaved with Piazzola's *Four Seasons*. The concert, held in the Parish Church (7<sup>th</sup> April 2010), was a welcome return to Sedbergh of this talented group of music students, gathered as part of the Vacation Chamber Orchestra's Easter residential course. Xenophon Kelsey MBE is Musical Director, with Soloist & Director David Routledge.

The programme was arranged with two Vivaldi movements paired with two Piazzola movements in each half.

Astor Piazzola was born in Argentina in 1921 and made a career for himself as a composer of tangos, as a classical composer studying in Paris with Nadia Boulanger, and as leader of tango bands. His *Four Seasons* was both tuneful and inventive, with notable percussive effects drawn from the strings. Each of Vivaldi's *Seasons* had a different and gifted soloist, who also led, and who was drawn from the ranks of the orchestra. Each soloist brought their own personality to the movement; most assured was Sophie Cameron's *Winter*. All are studying music in Manchester. Xenophon Kelsey and David Routledge had between them trained the orchestra, drawing the very best from the players. David was also the virtuoso soloist in each of the four Piazzola movements, providing a stimulating contrast to the well known Vivaldi. It was a memorable concert with full marks to the Sedbergh Pepperpot Club, and let's hope we can hear the Dales Chamber Orchestra again soon.

*Richard Thomas*

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**MUSIC FESTIVAL**

**4<sup>th</sup> – 20<sup>th</sup> June 2010**

We look forward to welcoming you to the Sixth Music Festival to be held in Sedbergh. As you will see from the programme, and have read in previous editions of *Lookaround*, a varied programme of events has been organised for your enjoyment.

The St Andrew's catering ladies will again be providing light lunches and dinners in the Parish Room during the festival. Lunches will be available from 12.00 noon, before the lunchtime recitals to be held in St Andrew's Church on Friday 11<sup>th</sup>, Tuesday 15<sup>th</sup>, Wednesday 16<sup>th</sup>, Thursday 17<sup>th</sup> and Friday 18<sup>th</sup>.

Dinners will also be available in the Parish Room at 6.45 p.m. on Monday 7<sup>th</sup>, Wednesday 9<sup>th</sup>, Monday 14<sup>th</sup>, Wednesday 16<sup>th</sup> and Thursday 17<sup>th</sup> before the evening recitals. Please be reminded that dinner tickets **MUST** be obtained beforehand from the Tourist Information Office.

Please note that after the last evening recital of the festival on Sunday 20<sup>th</sup> June, there will be a **FREE** finger buffet in the Parish Room.

Thank you for your loyal support in previous years and we look forward to seeing you again this year at the recitals and meals.

VCC

### **TIM FARRON MP**

Well at last the election is under way. We have been waiting for Gordon Brown to call it for what seems like years now, so in some ways it is a relief, but on the other hand I am, of course, extremely nervous. My majority was only 267 at the last election, with a majority as tight as that it does not take many people to change their minds and I am out of the job I love.

As you would expect I am spending my days travelling around the constituency campaigning and I must say people have been very supportive, at least to my face, which is encouraging. I have even picked up

a bit of a tan from standing outside school gates and walking the streets knocking on doors during the good weather we have had.

One of the key differences between this election and the last one has been that the internet has entered into our lives. I have a Facebook site which has over 5000 members, if you have the time it is worth visiting the to see people's comments and find out what I am up to, I try to let people know what I am up to everyday. My favourite entry so far is someone who has asked if it was true that if you click your heels together three times I turn up on your doorstep with a leaflet. Whilst I cannot promise that

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kind of service I am trying to get around as much of this rather large constituency as I possible can, but then I have been trying to do that since I was elected!

In some ways it is a bit frustrating that the election has been called at this time as we are seeing progress on several of the issues I have been campaigning on more or less since I was originally elected. We have seen the success of the campaign for the Cancer Unit at Westmorland General Hospital but we are starting to also see progress on my campaign to win back the Heart Unit. I had a very encouraging meeting the Government's "Heart Tsar", Professor

Roger Boyle who is responsible for the UK's Heart Disease and Stroke Programme. He agreed to conduct an investigation into the quality of heart treatment for people in this area, looking at whether the additional journey to Lancaster is harming survival rates. During the meeting I learnt of a report criticising the quality of heart care around here, further support for our cause.

Additionally, we have had positive news on Mountain Rescue funding, I have been campaigning for some time for the teams to be made exempt from VAT and whilst this remains a major issue a Minister has suggested the Government may be able to pay for some of the equipment

<p style="text-align: center;"><b>Starters</b></p> <p>Prawn Cocktail &amp; Marie Rose Sauce £4.30            Garlic Mushrooms on Toast £3.90            Pate with Garnish, Toast &amp; Butter £3.80            Soup of the Day £3.50            Egg Mayonnaise £3.60            Grapefruit Cocktail £3.60            Garlic Bread £2.75</p>		<p><b>THE HEAD AT MIDDLETON</b></p>  <p><b>Tel: 015396 20258</b>  <a href="http://www.middleton-head.co.uk">www.middleton-head.co.uk</a>  <a href="mailto:enquiries@middleton-head.co.uk">enquiries@middleton-head.co.uk</a></p> <p style="font-size: 2em; font-weight: bold; text-decoration: underline;">Menu</p>		<p style="text-align: center;"><b>Fish Dishes</b></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;"><b>Extra Special Main Courses all £11.95</b></p> <p>Loin of Pork in Cider &amp; Apple Sauce            Lamb &amp; Apricot Casserole            Chicken with Basil, Port &amp; Dill Sauce            Venison Casserole            Supreme of Pheasant Chasseur            Pork in Pepper Sauce            Cod &amp; Prawn Crumble</p>				<p style="text-align: center;"><b>Vegetarian Dishes</b></p> <p>Tropical Vegetable Curry £7.39            Stilton &amp; Vegetable Crumble £7.39            Vegetable Lasagne £7.39            Mushroom &amp; Nut Fettuccini £7.39            Broccoli &amp; Cream Cheese Bake £7.39            Vegetable &amp; Pasta Bake £7.39            Vegetable Tikka Masala £7.39            Macaroni Cheese £7.39</p>	
<p style="text-align: center;"><b>Main Courses</b></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 &amp; Kidney Pie £7.39            Cumberland Sausage £7.39            Gammon &amp; Pineapple £7.39            Barnsley Lamb Chops £10.99            Marinated Lamb Steak (6oz) £10.99            Pork Chop in BBQ Sauce £8.99            Cheese &amp; Ham Pasta £7.39            Tuna Pasta Bake £7.39</p>		<p style="text-align: center;"><b>Rice Dishes</b></p> <p>Chilli £7.39            Chicken Tikka Masala £7.99</p>			
		<p style="text-align: center;"><b>Salads</b></p> <p>Ploughman's Lunch £6.20            Cold Meat Salad &amp; Roll &amp; Butter £6.99            Prawn &amp; Rice Salad £6.99</p>			
		<p style="text-align: center;"><b>Sandwiches</b></p> <p>Prawn with Marie Rose Sauce £4.99            Ham; Beef; Cheese &amp; Tomato;            Cheese &amp; 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 &amp; Butter £0.65</p>			

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that the teams use (as already happens in Scotland). This would be a major step in the right direction.

Anyway, whichever way you plan to vote please to remember to vote on May 6<sup>th</sup>, I believe it is vitally important that everyone has their say in the election.

As ever is I can help you in any way then please do contact me Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

And whatever the outcome of the election, thanks for your support over the past five years.

*Tim Farron MP*

### **SEDBERGH SCHOOL LOCAL BOYS FUND**

The Committee of the Sedbergh School Local Boys' Fund will meet on June 21st to consider any grant applications from local boys in the parishes of Sedbergh, Garsdale and Dent. The requests should be for any assistance towards the purchase of books, equipment or other expenses incurred at a primary, secondary or higher educational level.



Please contact Joyce Priestley (Honorary Secretary) at: Havera Bank, Howgill Lane, Sedbergh. Tel: 015396 20104.

## DENTDALE SHOW 2010

Thought it would be a nice idea to give you a few months to prepare for the classes for the competitions this year.

Handicraft, Home Produce and Photograph Competition Details

### Saturday 28th August

#### Classes

##### Children

1. A decorated stone
2. A picture of a vehicle (car, bus, plane - paint, fabric, wax)
3. An item of sewing
4. A party invitation
5. A bookmark
6. A computer generated poster for a local event
7. A model made of any material

##### Adults

8. A basket of eggs
9. A basket of home grown vegetables (4 or more vegetables)
10. A salad bowl (4 or more salad vegetables) .
11. Strangest shaped vegetable
12. 'Summertime' - an arrangement on any style
13. A cushion cover
14. A picture (watercolour, cross

stitch, embroidery)

### Sunday 29th August

#### Classes

##### Adults

15. Bread (white, wholemeal, garlic - handmade, machine) If we have a large number of entries this class will be divided into a. handmade b. machine
16. Six fruit scones
17. Pot of lemon cheese / curd
18. Bottle of homemade sloe or damson gin / vodka
19. Six biscuits of any variety
20. Fruit cake
21. Gingerbread
22. A pate or terrine

#### Photograph Competition

### Saturday 28th and

### Sunday 29th August

23. A Dentdale Scene
24. A photograph of a vehicle (car, plane, train - vintage to present day)

#### Photograph Display

On display this year will be photographs of Dentdale 'Parties' (birthday, fancy dress, wedding - past to present day). Your unframed party snaps will be very much appreciated.

Free entry for children. Adults 50p per entry (40p for a photograph). Children may enter the adult classes. An exhibitor may enter up to two items in the handicraft and home produce classes and up to five photographs in the photo competitions. For more details go to the website [www.discoverdentdale.co.uk](http://www.discoverdentdale.co.uk) or call 015396 25461

## CYCLE REPAIRS



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## **KIDZONE**

### *The Orphanage and the Schools Programme*

The Kidzone Project in Nairobi includes an Orphanage for 20 girls within a school, and a Schools Programme. Sponsors in the UK pay for the education of these orphans and for others living in the slums. They now have 80 children, including those in the home, in full time education. Some go to day schools, the poorest go to boarding schools, as their homes are too deprived for them to benefit from day school.

At the end of March, Simon Wood, the UK fundraiser and BA pilot, and Eli Njeri, a Kenyan volunteer on the project, gave two presentations in Sedbergh. One to Settlebeck students and one to supporters.

They showed pictures of children living in the Nairobi slums. This is where the orphans in the Kidzone home come from, and the children in the Schools Programme who of course still live there. They spoke of a girl called Emily in the Schools Programme who was once turned away from a Sunday Club for bad

behaviour. Now 14 and at boarding school she recently gained the highest marks in all Kenya for her end of year exams.

They spoke of the problems at the start of getting money for the home, which is at last properly funded with a full time Manager and Assistant as well as a Housemother. Without British Airways' help both with fundraising and donations it could not have survived.

We always hear the bad things about British Airways but few know that through their staff they support 104 charitable projects worldwide. They employ a Community Relations Staff of 12 and set aside a budget of £2 million each year for this purpose, as well as carrying goods free of charge for their charities.

Simon and Eli were delighted with the support they received from Sedbergh. They left with £200 in donations, a new sponsor for a child's education, and a pledge of support from Settlebeck High School who will make a collection and correspond with some of the children.

Those who read about Kidzone in

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the February edition of *Lookaround* may recall the story of Grandma Muliko's hungry children who had not eaten since their school dinner the previous day. I am pleased to say that these children now all have sponsors and are getting a good education and good food at a boarding school in the country. They and their Grandma seem to me to sum up the whole tragedy of the AIDS pandemic.

**Grandma Muliko**

Grandma Muliko, where are your daughters?  
My two lovely daughters have both died of AIDS.

Grandma Muliko, where are their children?  
These are their children, eight lovely children.

Who will look after them, Grandma Muliko?  
I must look after them, but I'm so poor.

How will you feed them, Grandma Muliko?  
I do not know, I've no money to feed them.

When did you feed them, Grandma Muliko?  
They ate a school dinner just yesterday.

But there's no school today, Grandma Muliko?  
Today they go hungry, these eight lovely children.

Grandma Muliko, why are you crying?  
I'm afraid they are dying, dying of hunger.

If we find them a boarding school, Grandma Muliko, can you then feed them just when they're home?  
Yes, I can feed them just when they're home.

But how many Grandma Mulikos are crying?  
Because all their children are hungry, are dying?  
*Christine Wood*

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### CUMBRIA WILDLIFE TRUST

#### *Cumbria's Amphibians and Reptiles.*

Ecologist Tony Marshall spoke at the February meeting of the local support group to a small but enthusiastic audience. Perhaps the subject matter drew only the discerning. However those present reaped the benefit of his many years experience studying the subject, inspired initially by a "superb" biology teacher at school.

Our reptile species have been depleted and are still threatened by the disappearance of ponds and wetland habitats. Various oddities have appeared notably the green frog found in the south of England.

We have three snake and three lizard species. Not many people are

fond of snakes. The adder is poisonous but very nervous of humans. It can feel the vibrations of approaching feet and moves away. It has distinctive zig zag markings and is about eighteen inches long. It hibernates in the winter and this past long cold winter should have ensured a good session. Mild spells wake it up when food sources are few making survival precarious. Adders emerge around late March from old rabbit holes or wherever they have found refuge. Being cold blooded they need the sun's rays to warm them. They eat every few days and are about more in the spring when the warmth of the sun is weaker. Adders prefer drier habitats whereas the grass

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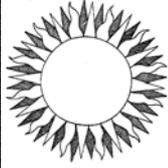
more at [www.sedbergh.org.uk](http://www.sedbergh.org.uk)

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## *Health practitioners in the local area*

snake thrives in wetter areas, wet ditches for example. They can grow to three feet long and can be found in Rusland, Sawrey and around the edges of Windermere. Sometimes they can be found basking on warm tarmac. They have various charming characteristics. If alarmed they excrete putrid excrement and, needing warm incubation for their eggs, the female grass snake lays them in middens or compost, the steamier the better. The eggs are about ¾ inch long with a leathery shell.

There are three British lizard species. To date the sand lizard has not been found in Cumbria. The slow

worm is a lizard 13 – 14 inches long and about finger thickness. They are more common than the snakes and help to keep the pests down in your garden. Living mostly underground they can move around quickly without being noticed. They can also regrow missing parts. Unlike the snakes they have eyelids.

Round about March the common lizard starts to emerge from hibernation. They can be spotted in Smardale, flattening themselves against rock exposures to take in as much of the sun's warmth as possible. They all feed on small invertebrates.

Amphibians, are easier to spot. The

frog has longer legs than the toad and has ridges along its back. The frog leaps and the warty toad crawls. Frogs will populate any pond they can find, for example, those on the Enid Maples reserve. Even a water-filled roadside rut will do to lay their spawn. Shallow water warms up more quickly and is therefore more attractive. Frog spawn is found in irregular balls but that of the toad is laid in long streams. Toads like deeper, bigger ponds. They can also travel considerable distances from pond to pond. Too much dry weather can mean considerable losses for both species. Toads are partial to garden slugs and should be encouraged but unfortunately numbers have been

decreasing mainly as a result of habitat loss. However those who survive can live for 30 to 40 years.

Half of all the comparatively rare natterjack toads are found in Cumbria. They can be recognised by a distinctive yellow stripe down their backs. They prefer to live in burrows in sandy areas and so the majority are found around our coasts.

However they have been spotted on Kendal Fell. They can be over-run by the common toad and the spawn is often protected by mesh on the Trust coastal reserves. As they prefer shallow pools there is always the problem of drought.

We have three native newt species. The Great Crested newt, being rare

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elsewhere, is protected by law and has frequently caused headaches for property developers. They are most active at night. They breed later than other amphibians and have intriguing quirks of their own, for example, yellow toenails, and a distinctive crest during the mating season. They lay individual eggs which are then carefully folded in a leaf. They secrete a poison in their skin and have black and yellow patterning underneath. They are the largest newt, 6 – 7 inches long, and can be found on Holme Fell. The Palmate newt, 3 – 4 inches long, can be predated by fish. They can also regrow lost limbs. The Palmate has a

filament at the end of its tail and no crest. It has black spade like feet and attracts the female by wafting pheromones at it! The Smooth newt can be identified by the spots under its chin. It is more common than the Palmate. It is also more active during the day. They can be found in the Argills tarns and on Whitbarrow. Palmate and Great Crested newts also populate the Lyth valley ponds. All our reptile species need help to enable them to survive habitat destruction, predation, roadkill and other threats. The Wildlife Trust is very aware of this and has employed various strategies on their reserves to try & ensure their conservation. SG

## CHRISTIAN AID WEEK

9-15 May in Sedbergh and District.

We had a flying start to our fund-raising events this year with the Coffee Morning in March, which raised £300.08p thanks to our stalwart and generous supporters in the area, and already Christian Aid Week is about to happen. This year, coincidentally, the main focus is on the organisation's work in Nairobi, Kenya which is becoming familiar to us through the local links with the work of Kidzone.

Christian Aid works in Nairobi in partnership with local agencies to offset the grinding poverty which is the lot of many of Nairobi's population. Here, in Sedbergh and District, we assist by running our major annual events during Christian Aid Week, which are listed below, and also by doing Door to Door collections through the week. Notices will be up in the local churches for volunteer helpers to sign – new helpers are always most welcome so don't be shy and sign up if you have an hour or so free to assist at the shop or would be willing to help with

the door to door. If you aren't able to help just come along and enjoy the events as there's always a great buzz about them all. Please note there are one or two changes in the programme of events this year starting with our Dent supporters moving their Coffee Morning to the beginning of the week rather than at the end

Saturday 8<sup>th</sup> May – Coffee Morning at Dent Memorial Hall from 10 – 11.30a.m.

Sunday 9<sup>th</sup> at 6.30pm – United Service at St. Andrew's Church, Dent  
The Christian Aid Shop in Sedbergh URC Church Rooms: Monday 10<sup>th</sup> – Thursday 13<sup>th</sup>

Mon, Tues, Wed - 9.30am - 4pm

Thurs 9.30am – 11.30am

Also Tuesday 6pm – 8pm

(N.B. Not Friday this year)

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Items for sale gratefully accepted at URC Hall as follows:

- Good as new clothes – Sat. am. 9<sup>th</sup> May; Mon. am. 11<sup>th</sup> May.
- Other items until Wed. am 13<sup>th</sup> May
- Sorry, no electrical goods.

**N.B.** The shop - it would be of assistance if donated good as new clothes are on hangers so they can go on the rails. If you need help with transport to bring goods please ring Kath Hannam on Sedbergh 20897

Christian Aid Week is Britain's longest-running fundraising week and has been a firm fixture in the calendar

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of many thousands of people each year since 1957. It is famous for the distinctive envelope that drops through the letterboxes of millions of homes each May – and for the massive impact that the week has made in the fight to end the scandal of poverty around the world.

For example, people such as Catherine Nyaata, in the slums or informal settlements of Nairobi, Kenya have been given a significant boost as they try to work their way out of poverty. Thanks to Christian Aid partner organisation MNU, members of Catherine's community have been able to install five toilet and shower blocks. 'They have brought us more

dignity. Previously there was none,' says Catherine.

Christian Aid is an international development agency with a vision – an end to poverty – and it believes that vision can become a reality. It works through partner organisations in around 50 countries for profound change that eradicates the causes of poverty, striving to achieve equality, dignity and freedom for all, regardless of faith or nationality.

For further information about Christian Aid visit [www.christianaid.org.uk](http://www.christianaid.org.uk) or chat to local supporters at one of our events.

*Revd Anne Pitt on behalf of Sedbergh and District Christian Aid Committee*

### APPLEBY NEW FAIR

*A very brief history of Appleby 'New' Fair, written on behalf of CRAG*

It is a confusing and chequered history and one not made easier to tell because of the different names used to describe it and its locations. For the purpose of this article it is simply named Appleby 'New' Fair.

There is no charter specifically making provision for a horse fair in Appleby although a charter of 1685 makes reference to a fair and market for purchase and sale of all manner of goods, including "cattle, horses, mares, geldings". This charter was never enrolled and was therefore of no effect and could not have authorised 'the new fair'.

It is known that the Mayor of Appleby approved a fair in 1750, in which year the Corporation agreed to a "show of horses and sheep and also of black cattle ... to be held on Gallow[s] Hill on 1st and 2nd June and 29th and 30th September". It should be noted that Gallows Hill was never within the boundaries of the Borough of Appleby. The first known advertisement of a fair appeared in an edition of the *Newcastle Chronicle* of 1776. Nineteenth century Trade Directories for Appleby mention this fair, along with others.

By 1885 there remained only the June Fair on Gallows Hill, which came to be known as Fair Hill. Use of this site continued until 1913 when it was enclosed by the land owners and later sold to the corporation.

From 1913 until 1966 the fair continued but with the encampments



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on the roadsides and the showing of horses on public roads. It was threatened with abolition in 1946 but, in May 1948, a newspaper reported that it was to be given new lease of life and campers would return to Fair Hill. However, it was not until 1966 that this happened and only after much debate and further threat of abolition - on 30th April 1965 an article entitled 'Last year of Appleby Fair?' appeared in *the Westmorland Gazette*. After the return, problems seem to have rumbled on, not helped by the fair being advertised as a tourist attraction. By late 1971, Westmorland County Council had opted out of the informal

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management structure of the fair, leaving it to North Westmorland Rural District Council and Appleby Borough Council. In 1975 a concerted attempt was made to manage it, which was largely successful. From then until last year there seems to have been a failure to repeat this with local authority interest in the fair declining almost entirely, leaving Appleby rather to fend for itself. In 2009, however, the fair was again managed with a degree of success in Appleby itself and this management now needs to be extended to surrounding districts in the run-up to the fair to make it a much happier experience for everybody.

Despite its lack of historical authorisation nobody can deny that the fair has a very firm place in custom and tradition which counts for so much in this country.

This was brought out in a very interesting, balanced and beautifully illustrated *National Geographic* article of June 1972 which, while allowing that "the mess they leave does not endear them to environment-conscious Britons" says, "it is at horse fairs like Appleby that the wandering people find mutual support for their traditional way of life. Each year the road is less open, the heath less free. Should Appleby Fair close down a corner stone would be knocked from the foundation of the gypsy year".

An interesting sidelight is the business it obviously brought to Appleby in the past for example in an application for extension of licences, reported in *the Kendal Mercury* of 28th May 1915 the "licensees in the neighbourhood of the fair considered those two days [June 8th and 9th], the occasion being Appleby New (or Brompton) Horse Fair to be their best two days in the year and travellers from a distance would be put to great inconveniences if the houses were closed."

Grateful acknowledgment is due to Richard Hall of the Kendal Record Office for his help and to the excellent articles researched and written by Graham Coles Chairman of the Appleby-in-Westmorland Society; also to Diane Elphick for producing the *National Geographic* article.

### DOGS

There are many dogs in Sedbergh and we are said to be a nation of dog lovers. Why shouldn't we be?

However, there is a duty of care to look after the pets and on a regular basis, I am complained to by residents to the amount of dog faeces still being left around on the ground all round the town. This also extends to school grounds which are obviously extensive.

By leaving the faeces everywhere, especially where children play, there is a very strong chance of the children contracting Toxicariasis which leads to blindness. Surely there is a duty of care to children too.

**Toxicariasis:** is an infection of the round worm *Toxocara canis*. It is a zoonotic disease that is spread via unwashed vegetables and dog faeces. Young children in particular are at risk due to their weaker immune systems and because they are more likely to expose themselves by ingesting the eggs. A puppy can pass as many as 15,000 eggs per gram of faeces, and they are a major source of environmental contamination.

Each *T. canis* female can lay up to 700 eggs a day. These are passed out when the dog defecates and can survive for up to three years in soil. After two to three weeks of warm



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weather the eggs develop into an embryo state, containing larva - this is when they become infective to dogs and people.

The larvae try to migrate through the human body as they would in a dog's, but the human body treats them as foreign material, which causes a reaction and tissue damage.

There are two types of toxocariasis: visceral larva migrans (VLM) and ocular larva migrans (OLM).

In VLM, the larvae reach the liver, causing inflammation and symptoms such as abdominal pain and pyrexia. Most people recover spontaneously.

OLM occurs when a migrating larva reaches the eye. It causes a granuloma to form on the retina, causing significant visual impairment and in severe cases even blindness.

Dog fouling is covered by several legislations:

The Dog (Fouling of Land) Act 1996 in England and Wales.

Litter (Animal Droppings) Order 1991 - Made under section 84 (14) of the Environmental Protection Act 1990

Statutory Instruments No.s 2762 and 2763

These Acts require the owner to clear up immediately after his or her dog, should it foul 'designated land'. Individual local authorities use them as a basis to create bylaws (which allow for instant fixed-penalty fines) and nominate the designated areas in the appropriate borough. The fines start at around £40, rising to £1,000 -

### Sedbergh Angling Association

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

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the maximum amount that can be issued in a courtroom.

In due course, someone in Sedbergh will be reported and prosecuted for not clearing up after their dog and I feel sure that they would shout from the rooftops with many excuses as to why they should not be prosecuted. By then it is too late so please, please, please have a duty of care to the dogs and children.

Having said all that, there is a large percentage of owners that **DO** clean up afterwards and they are to be commended. If you see someone doing that, why not thank them, I do.

*Ed*

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## DENTDALE MEMORIAL HALL

The AGM and meeting following were brisk yet much was covered, sadly those who later said they hadn't heard didn't speak up in the meeting to say so or we would have used the sound system. We welcomed Eddie Smith to represent Table Tennis, and Joanne Burton for Youth Club but they need to appoint a permanent Rep as she just came for the AGM. The WI to be invited to run refreshments at the Gala and to be asked if they wish to run them in the morning as well as afternoon and if not (as is the case) others will do so. We talked about general matters, financial matters, fund raising inc Flicks in the Fells (another for Hall funds in May) about the August Bank Holiday Gala and elected the officers on-block for another year. Mr Rob Haygarth was welcomed onto the

committee to represent the popular Bowling Club which now has two mats in play at each session and around 20 people who attend. The suggestion of "sprucing - up" the rear entrance to the Sedgwick Room & Hall was agreed and since then a great deal of activity has taken place in that area! A new toilet has been given (thank you) and fitted, accessories purchased & fitted, the old sliding door removed, a brand new cupboard made and fitted with part lockable for cleaning materials & Bowls, the cupboard includes space for the Youth Club TV and the Table Tennis bits & pieces have been housed in the Sedgwick Room white cupboard. All contributing to the general tidiness of the place, very many thanks to all who have worked so very hard.

*SE Woof. Chairman*

### CHURCHES TOGETHER

The time of Easter has now passed when all the Churches in the District remembered Christ's death and celebrated his resurrection.

Churches Together in Sedbergh and District marked the festival with two special services. Firstly on Good Friday we had an open air service which began with prayers outside the Methodist Church at 10am and then processed along Back Lane following the cross to St. Andrew's Church where Canon Fell gave a reading. The procession then went along the Main Street and ended outside the United Reformed Church where quite a crowd gathered to listen to readings and a short sermon given by Rev. Widdess, sing hymns and watch a short drama sketch performed by members of Chameleons Drama Group. At the end of the service one hundred hot cross buns were given out to all those in attendance and to many passersby. The buns were wrapped in a piece of card which gave a reminder of the Easter message and an invitation for all to come along to any of the Churches in the District on Easter Sunday. The second service took place at the top of Winder at Sunrise on Easter morning. This has become an annual event for Churches Together and this year a group of early risers of all ages met at the summit to see the sun come up on Easter day and take part in a short act of worship.

This year the annual Holiday Club will be taking place at the People's Hall from 26th-31st July. The club is

open to all children aged 4-11. This year the theme is 'Rocky's Plaice' and is based around the character of Peter, the disciple whom Jesus called 'the Rock'. Peter was a fisherman, and so the holiday club is set in a fish and chip shop! As ever, there will be lots of fun activities and learning for all the children. Registration forms will be given out in the local primary schools early in July and more will be available from Sedbergh Office Services. The club is run every year by a team of volunteers and we are always looking for suitable new recruits. Anybody who is interested in helping out with the Holiday Club would be very welcome to contact Tim Widdess on 20329.

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## MULTIPLE SCLEROSIS

It's me again. Just to let you know what a really good day we had for the MS Easter Craft Stall and table Top Sale on Saturday 3rd April.

There were a few things going on in Sedbergh that day which helped everyone as the town was very busy. We had plenty of people with Craft Stalls and Stalls selling nearly everything but the kitchen sink. There were Tables also selling goods donated to help raise money for MS and refreshments we had in the Committee Room with doorstep sized sarnies, biccies and lots of lovely Home Made Cakes and Scones which were brill. The Raffle was super with some fantastic prizes and lots of



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them were donated.

I spent all day chasing round because I slept in!!! I know it's no excuse but I set 3 alarms and not 1 went off so you cannot always rely on modern technology (*maybe you changed your clocks too early!!!! Ed*)

The while day seemed to be a great success again and the atmosphere was no nice and the people who came and spent money or gave donations was so brill.

So on the day, we, **NO, you** helped raise £501.54 which is amazing so I would like to thank everyone for their help on the day and for the raffle prizes and all the super baking donated. Oh and PS, don't forget I will be doing the usual MS Table Top Sale on Saturday 9th October in the People's Hall so if you couldn't get a Table this time, you can in October and make yourself some dosh.

Many thanks again to everyone.

## DENTDALE W.I.

After the long cold winter it was a joy to be going along to the meeting after such a pleasant Spring Day. Can we finally forget the snow ice and low temperatures as we watch the wonderful signs of blossom and new growth from our gardens and hedgerows?

During the Institute Business, there were lots of dates for the diary as we enter a really busy period in the WI calendar.

Firstly, Catherine Sugden our President read out a letter from Phillipa Summers Head of Dent School thanking us on behalf of Governors, Staff and Pupils for the work we had put in for the Dentdale Run in preparing and serving the refreshments. We had a letter also from Dentdale Memorial Hall Committee asking our help with Afternoon Teas at the Annual fund raising Gala on August Bank Holiday Monday. So another chance to help with a local community project as members agreed to serve teas between 2 and 4 pm!

A further Craft day has been organised to be held at the home of Dale Smith between 10.00am and 12.30pm on Thursday 20th May. We hope to make some craft items to sell at the mini market on 31st July.

We have been thinking just what we could do to raise funds for ACWW and the idea to repeat the very successful Apple Day event held a few years ago was well received by the members. It will, naturally, be much later in the year during the



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middle of October. Here's hoping we have a good Apple Harvest!

Our Speaker for the evening was Susan Oliver demonstrating how to get the best from a supermarket bunch of flowers. While preparing the set pieces during her demonstration, Susan told us that she was a Superintendent Registrar in Kendal. She had taken up flower arranging in 2000. At the present time, Susan lives in an apartment and does not have access to too much greenery. Using foliage really sparingly, she was able to construct some very stylish displays using a wide variety of other complimentary items such as candles, ribbons and designer vases. All produced from no more than two bunches of flowers. It was a very relaxing and informative talk on another more minimalist technique to flower arranging.

Next meeting on the 12th May we will be discussing the resolution concerning Food Labelling which is going forward to the National Annual General Meeting to be held in Cardiff in June.

### **CARLISLE - SETTLE RAILWAY**

Final phase of £100m Settle - Carlisle track renewal gets underway. The Friends of the Settle Carlisle Line have welcomed the start of this year's track renewal campaign. This is now underway, with, 23 miles of old jointed track being replaced by new, continuously-welded track. This is the final stage of a 5-year programme by Network Rail costing £100m, and which will mean that the whole of the route will have been upgraded to modern standards.

This year almost all of the work is being done overnight, without disruption to the passenger service. A new track-replacement train is being used, operated by Balfour Beatty, which relays track in front of itself and can replace up to 600 yards of track per night. A total of 22 different sites, mainly but not exclusively north of Appleby, will be dealt with. The programme overall has included not just trackwork but also waterproofing viaducts and installing new signals to halve the headway between trains (effectively meaning twice as many trains can be run).

### **SEDBERGH & DISTRICT ART SOCIETY**

At our last meeting until the autumn, John Campell, mountain painter, gave a demonstration of water-colour painting postponed from January, ( remember the snow! ) which was well worth waiting for.

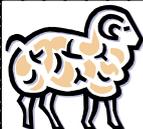
Using a rather ordinary photo photograph of hills and water, John said his aim was to add three-dimensional qualities to create atmosphere. His preliminary drawing emphasised the parts he wanted to show up



most. His wet-in-wet initial technique allowed him to create an exciting sky which certainly wasn't in the photo. After this dried off, he built up various parts of the picture, finally putting in the foreground. The result was impressive. He had imbued his work with the colour of his imagination to transform the humdrum into the romantic.

We now look forward to our Annual Summer Exhibition in August.

*V. Finch*



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### BOOKWORM

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

*3 Day Road* by Joseph Boyden (fiction)

This is a haunting novel about the 1st World War from the perspective of a native Canadian, Xavier; the contrast of growing up in the harsh climate of the remote northern landscape with the brutality of the killing fields of the Somme. This is also the story of friendship, loss and the days of the last Canadian medicine woman. The transferable skills of moosehunting to snipers enable this footsoldier to survive but at a cost. Extraordinarily written with simplicity and meaning.

*The Wild Places* by Robert Macfarlane (non fiction)

This travel writing is aimed at finding and experiencing wild places in Britain - including winter night walking

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in the Lake District. I felt every inch of the landscape and weather so skilled and evocative is Macfarlane's writing. He blends geology, literature and science with a deep appreciation of everything he encounters in the natural world. This is a beautiful book to be relished and motivates readers to discover our own favourite wild places.

*Landscape Photographer of the Year Collection 03*

This is the book that accompanies the exhibition. It features over 170 of the best images from the 2009 competition entries. This is a stunning collection and feast for the eyes featuring a number of gorgeous photographs taken in the Lake District and Yorkshire Dales National Parks as well as many other landscapes in all seasons, weathers and light conditions. A joy!!

RM Bookworm

## A DEVELOPMENT TRUST FOR SEDBERGH?

A common theme among many political parties is giving power to the people, and while there is probably broad agreement with this, it is not always clear how it can be achieved.

Whatever the outcome of the election we are faced with many years of great constraint in public spending. If local communities are to thrive they must learn to rely more on themselves and less on central and local government. In the words of John Stuart Mill "That which people get for themselves is so much better than that which they are given".

Development Trusts are a means of

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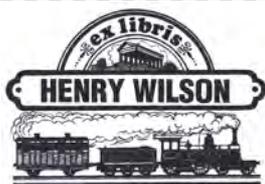
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providing a vehicle for communities to become more active, develop their skills, and deliver social and economic development. There are many examples of successful Development Trusts making a real difference to local communities.

Development Trusts are community owned and managed, cultivate local enterprise, and develop community assets for the benefit of the whole community. They are independent, aim for self-sufficiency, and are not for private profit.

The Development Trust Association is a charity that provides guidance and help to communities who wish to set up a Development Trust. Their website [www.dta.org.uk](http://www.dta.org.uk) gives much information and examples of Development Trusts and the great variety of projects that they have attempted. The following list gives some idea of how varied these can be:- Advice services; affordable housing; business support; childcare; community buildings, cafes, restaurants and shops; community wardens; electricity generation, employment support; environmental



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improvement; family support; festivals and art activities; job training; managed workspace; parks and gardens; recycling; sports and leisure; transport schemes; youth work.

We already have in Sedbergh a very successful Charity Shop run as a business for the benefit of the community. There are many other initiatives that the community as a whole could undertake. In February there was a public meeting in the Peoples Hall where representatives of the Development Trust Association gave a presentation and answered questions.

As a result of that meeting a small working group is examining possible ways to proceed. If a Development Trust is to succeed in Sedbergh it must have wide support across all sections of the community. This would hopefully include the Parish Council, Community Office, Chamber of Trade, the Churches, the Schools, the Booktown, Sports clubs, History Society, Town Band, and other clubs and societies.

If the proposal for a Sedbergh

Development Trust progresses there will be further public meetings with the opportunity for participation by any groups or individuals.

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**KATIE WOOF**

For the last 2½ years, Katie Woof has clocked up and few trophies for her gymnastic performances.

In April, she passed her Level 11 Grade at Newcastle with 5.9 points to spare. She was the youngest there from the Kendal School of Gymnasts to Pass on the day.

In July, Katie will be travelling to Denmark to the Festival of Gymnastics with 11 older Gymnasts from Kendal.



*We have many talented people and children in the area who shine outside our community. The Lookaround pages are here for you all. Why not share your story with us?*

### KILLINGTON WI

I was really disappointed last month when I read that our April speaker was not our own Sedbergh Rev. Carole Marsden but **another** Rev. Carole Marsden! What a coincidence that there are two of them. They must be the only ones in the whole country. So, no 'our' Carole, and no baby Hannah to keep her and us company! What a pity! But we really needn't have worried. This other Rev. Carole was a real hoot! To be more formal, she is the Rural Dean for Appleby and Westmorland, and does not now have a parish of her own to care for. Instead she goes around sticking her nose into everybody else's business. (Her words, not mine!) Latterly she was the incumbent at Shap for 6 years and before that spent 13 years as the Vicar of a very mixed, urban parish in Bolton. She explained that most of her funny stories came from Bolton, as she knows that the local grapevine means that tales from Shap are too close for comfort! After a career as a primary school teacher, she was one of the first women to be ordained to the Anglican ministry and the title of her talk, "**Is the Father**

**in?"** arose from an occasion when her husband answered the door to be met with that question, to which he replied, "No, but the Mother is".

Her stories were hilarious, mostly about 'hatches, matches, and despatches', and if there had been an aisle in our meeting room, then we would all have been rolling about in it! For example she told of a lady who called to arrange her husband's funeral with the words, "He's gone and died and hasn't finished papering the back bedroom!" We also heard about Eric, the organist who had ruled the church with a rod of iron until the advent of Carole. His Holy (or perhaps Unholy) Trinity, of things he hated in his church was, \*Bloomin' Kids, \*Bloomin' 'Jerusalem', and \*Bloomin' "Come and Praise" (a happy-clappy hymn book).

It's a long time since I have enjoyed a speaker more.

Our meeting had started very happily with our President, Shirley Richardson, congratulating all those members who had helped to regain the Spring Show WI cup. Lots of cups and trophies were on display. Well done to all concerned!

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We were happy to welcome Tessa Morris as a visitor to our meeting

We discussed future WI activities and are looking forward particularly to the Lunesdale WI group meeting, hosted by Howgill & Firbank WI, when we shall be treated to a flower arranging demonstration by Joan Bentley of Cartmel. Our only responsibility will be to sell the raffle tickets, so hands in pockets everybody!

Our meeting concluded with the usual super tea and even more super conversation. Until I came to Sedbergh, I vowed never to join a WI. That was not for me. How wrong I was!!

\* Modified for decencies sake! WFU

### SEDBERGH TOWN BAND

#### *Annual Spring Show*

The Town Band followed up their Spring Concert earlier in the month with an hours playing in the People's Hall as their contribution to the Sedbergh Spring Show on Saturday 27th March.

Following the Official Opening by Jack & Jenny Dawson, the 25 strong Band under the Conductorship of Tony Crofts played a dozen of the most popular and readily recognised of their repertoire to an appreciative audience who were able to combine viewing of the vast array of diverse and excellent exhibits with listening to a selection of music taken from the world of films and shows.

#### *Band Rehearsals*

Work to make good the damage sustained by the Sedbergh School Band Room in the recent fire has necessitated the Band moving temporarily to the United Reformed Church for their regular Wednesday rehearsals. The Band are most grateful for the use of this fine facility which was also the venue of the Band's Coffee Morning on Wednesday 7th April.

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**SOUP 4 LUNCH**

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We got off to an excellent start and had three excellent home-made soups on offer along with fresh rolls and tea and coffee, This was followed by a variety of games and activities. One table of ladies decided to knit. Some used the provided wool and needles to start on hats and scarves for the Christmas shoe box appeal while another lady brought her own knitting. Of course there was a lot of chat too ..... most important!

Another table, both ladies and gents, played dominoes while others did jig-saw puzzles and made cards. There was lots more on offer so why not come to the next afternoon?

Someone thought this was a children's activity. Not so. It is really designed for adults and may appeal particularly to those living alone who would enjoy some company. However we welcome anyone who thinks they might enjoy excellent soup, good company and activities galore.

Our next afternoon will be on Monday 10th May in Sedbergh Methodist Schoolroom. Soup 12 noon to 1pm. Activities 1pm to 3pm.

P.S. There is no charge

**SEDBERGH GALA QUEEN**

My name is Laura Woodfine and I am 15 years old. I live on a farm in Garsdale with my parents, brother and sister. I go to Settlebeck High School and I am currently studying Separate Sciences, Drama, French and Design Technology which I am enjoying very much and these will hopefully lead me towards pursuing a career in design.

My interests are looking after our animals at home, socializing with friends and listening to music. I am very excited to be Gala Queen this year and honoured to be involved with the tradition of the Gala which has been a big part of community life



in Sedbergh since 1964. Hopefully the weather will be nice on the day and we will all have a great time.

The Gala Attendants for 2010 will be Amy Harper, Isabel Abatt, Zamira Young, Tess Prall, Edward Wilson & Isaac Brewer.

**EASTER DOMINOES**

A big thank you to everyone who supported the Easter Domino and thanks to all the shops and businesses who kindly donated prizes. £132 was raised for the AMECA Trust.

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### MIDDLETON PLAN PROGRESS

Our second meeting to develop the Middleton Parish Plan took place on Tuesday 13th April. A draft questionnaire was drawn up with the intent of hand delivering this to 15-20 households in the village shortly. The feedback from this process will help us to design the final questionnaire that will give everybody in Middleton a chance to air their views on the future of the community. We had previously agreed the creation of a local website would be invaluable in developing the plan for this year and beyond. We had all wondered how this might be achieved (my web design skills being non-existent!) so it



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was very welcome news from Sylvia Ingham that Justin Broughton of Milnthorpe had very generously offered to set up and maintain our new website, [middletoninlonsdale.co.uk](http://middletoninlonsdale.co.uk) - many thanks to him for this excellent gesture. After this first round of questionnaires, we will be sending the full one out in June and we look forward to a 100% response.

*Michael Roberts*

*A Link has been added to the Lookaround Web Site to the Middleton Web Site. Ed.*

  
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### SEDBERGH BOWLING CLUB

At the AGM in February, we elected June Westgate as President for 2010. A full list of Officers is in the Clubhouse. Subs remain as last year.

Two dates for Free taster sessions are on Tuesday 18th May and Saturday 19th June both from 2 to 4pm and 6 to 7:30pm. We have Bowls to borrow. All you need is a pair of flat shoes. If you cannot make these dates but are interested, please ring Linda on 20279 to arrange a time to suit.

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### **OBITUARY - DAVID FLETCHER**

David Fletcher who was Headteacher at Settlebeck High School from 1975 until 1982 has died at the age of 70 after a long illness. David left Settlebeck to take up the headship of a larger school in Cornwall. After his retirement, he and his wife, Joan moved to Somerset.

Many people will remember David for the major role he played in developing comprehensive education in Sedbergh. Under his leadership, Settlebeck developed into a vibrant comprehensive serving the needs of all its young people. He was fiercely proud of the school, its staff and pupils.

Pupils will remember that he

expected the very best of them and those who went on one of his famous French trips will remember being woken early because there was so much to be packed into every day. Staff of the time will remember a head who created a positive atmosphere which enabled staff to work effectively in a very happy school. He will be remembered with affection and respect by school governors and members of the wider community.

David is survived by Joan, their three sons and grandchildren.

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### **NORTH WEST CANCER RESEARCH FUND**

The Coffee Morning on Wednesday 14th April resulted in £310.80 being raised for NWCRF.

This will help with continued research at Liverpool and Lancaster Universities.

The Committee wish to thank all who helped in any way to raise this amount.

### APPLEBY FAIR

Some of you may have seen the advertisements placed in 8<sup>th</sup> April edition of the Westmorland Gazette (pages 70/71) announcing the Temporary Traffic Regulation Orders to come into force on 1st May 2010.

The announcements covered two pages are rumoured to have cost £10,000 plus VAT (a bit more expensive than two pages in our own *Lookaround!*). The orders cover both SLDC and Eden DC areas.

They comprise, firstly, some road closures, particularly those pieces of 'orphaned' roads used as lay bys along the A683 from Burnt Mill up to Cross Haw. Secondly "no waiting at any time" is ordered from Devils Bridge (Kirkby Lonsdale) to Kirkby Stephen along the A683/ 685 on both sides of the road. To back this up all minor and side roads leading off the main roads are also included in this order. These are particularly important on the A683 from Baliol School up to Cross Haw, the scene of considerable congestion last year.

We understand that 500 or so posts are to be erected to enforce these orders.

It is likely that regular travellers will be able to use their traditional stopping places provided they do so in reasonable numbers. The intention of the orders is to stop residents with homes in other places arriving four weeks early, creating havoc and spoiling the event for the genuine travelling community

Now we wait and see.

*Dr Gina Barney of CRAG*



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Dear Editor

The current election is a charade, a fake because the Lisbon Treaty, of which all the old discredited Lib-Lab-Con parties approve, has given power to the unelected appointees of the EU Commission set up by continental competitors of UK under the guise of Trade Advantages, UK politicians signed up to the 'Common Market'. We were conned! The EU is a 'Trojan Horse' and Lib-Lab-Con politicians are a 'Fifth Column'.

Government of UK now will be increasingly in Brussels not in London. England is in danger. The media don't warn of the threat from the EU. Soon it will be too late. Let us ensure that there is a 'hung parliament' and the balance of power held by patriotic independent MPs that will have a democratic vote on EU Exit. We need to trade, be friendly and co-operate with the rest of Europe, not as an EU Member but as an independent Sovereign Nation.

*Edwin Bateman*



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**PHOTO CALL**

Last month it was John Mason to the rescue once again. He and Annie visited me to have a better view of the photo and they think the men are Kenneth Williamson, Jimmy Postlethwaite and Fred Postlethwaite. So grateful thanks go to John and Annie.

This month something different. I am currently scanning the archives of Sedbergh Theatre for the History Society and very interesting they are. However I don't know everyone in the photos so this month is a play which may be "Mate in Two" but as this was a one act play, the cast look too numerous.

I know some of them; Lester Haslem, Alice Inglis, Jessie Long and Dick Kevan, but who are all the others? And which play were they performing.

Answers as usual to Shirley Tebay, Walnut Bungalow, Dent LA105QT, (015396)25001 or by email shirley.tebay@btinternet.com and if anyone ever wants a better photo please get in touch.

*Since writing the above I have been informed that John Mason has died. This came as a terrible shock and my heart felt sympathy goes out to Annie and the family. He was one of nature's gentlemen.*



### SEDBERGH GALA

Saturday 15th May 2010

Preparations are well in hand for the day. Sedbergh School have kindly given permission for Lupton Field to be used for the event which starts with a procession from Maryfell at 12.30 pm.

Once on the field you will find numerous activities and attractions for everyone. The major events include a "sheep dog and duck" display, the arrival of the Air Ambulance, the Fire Brigade, fell races, the wrestling competition, the Young Farmers, the Town Band and the Birds of Prey. The children will find Bungee Trampolining and a Circus Workshop together with a wide range of games and competitions including football and rounders. Dogs and their owners have their own special competitions.

There are lots of stalls and demonstrations – several new for this year. They range from the artistic, through food and drink, to the traditional attractions of Donkey Rides, Roundabouts and Mini Motorbikes. Jewellery, Ceramics, Animal sketches and wood cutting will all be found. A wide range of refreshments are on the field: the beer tent, a chocolate fountain, cakes/teas/coffees, Ice Cream, Candyfloss, Crepes, Baked Potatoes and Burgers. Something for everyone.

There is a small admission charge but you will find that the Gala is full of interest and enjoyment for all – we look forward to seeing you there!

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	3	9				2	5	
			5		4			

<b>Organisation</b>	<b>Update</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Allotments Association (Dent)	08/09	Mr Smith	Dent:	25688
Allotments Association (Sedbergh)	02/09	Mr Atkins	Sed:	20031
Angling Association		Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (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 *	05/10	Mrs Kirk	07980	462063
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

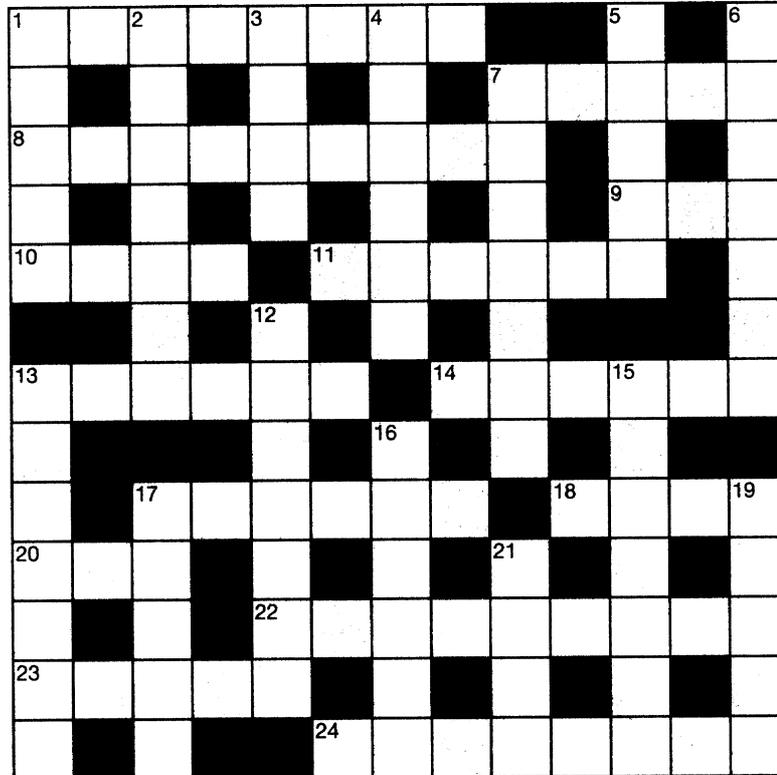
A8 = Apollo 8

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

- 1 *Das Kapital* author (4, 4)
- 7 Child's publication (5)
- 8 Suddenly (3, 2, 4)
- 9 In addition (3)
- 10 Bird of prey (4)
- 11 Dirty (6)
- 13 Put up with (6)
- 14 Seven inch record (6)
- 17 Venerate (6)
- 18 Lady's shawl (4)
- 20 Employ (3)
- 22 Say sorry (9)
- 23 Thin porridge (5)
- 24 Died (8)

## DOWN

- 1 Expertise (5)
- 2 Linked (7)
- 3 Silent, speechless (4)
- 4 Impressionist painter (6)
- 5 Devoid (5)
- 6 Dickens' character (7)
- 7 Sure (7)
- 12 Of little importance (7)
- 13 Strike out, erase (7)
- 15 Decorate (food) (7)
- 16 Fixed routine (6)
- 17 Happen again (5)
- 19 Ask with deep feeling (5)
- 21 United Nations chief,  
- - - Annan (4)



### BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2009/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs 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 (2010/12) <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
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

### CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Self-Catering Sleeps 6-8</i>	20360
Borrett Barn Flat, Marthwaite, Sedbergh (2010/05)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175
Borrett Barn Caravan, Marthwaite, Sedbergh (2010/05)	<i>4 Berth; H+C Shower; WC; TV; NS</i>	21175
Sycamore Cottage, Lunds, Sedbergh (2010/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356

### KEY

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

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

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

**Canon A W Fell Tel: 20283**

*Church Wardens:*

Tony Reed Screen 21081 & Lavinia Mahon 21740

### ROMAN CATHOLIC

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

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

### METHODIST CHURCH

New Street  
 Sunday 10.30 & 18.30

**Rev. T Widdess Tel: 20329**

### UNITED REFORMED CHURCH

Main Street  
 Sunday 10.30

**Rev. C Marsden Tel: 22030**

### SOCIETY OF FRIENDS QUAKERS

Brigflatts  
 Sunday 10.30

**Mrs T Satchell Tel: 20005**

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30

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

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

### CHURCH OF ENGLAND

Firbank; Howgill & Killington  
 Cautley & Garsdale

**Canon A W Fell Tel: 20283**

*Church Wardens:*

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

**Rev. P Boyles Tel: 25226**

### METHODIST CHURCH

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

**Rev. T Widdess Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 20588 or 20503**

[www.sedberghchristiancentre.co.uk](http://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 23rd December 2010*

MAY			JUNE				
1	1000	Open Garden (6)	GFK	1	1000	Yorkshire on my Mind till 11/7	DCMH
1	1000	Gayle Mill Exhibition till 19/5	DCMH	2	1000	Coffee Morning Dent Foot Chapel	URCR
1	1900	Flicks in the Fells "Nowhere Boy"	PH	2	tba	WIF Mystery Outing	tba
2	1000	Open Garden (6)	GFK	3	1130	HS Troutbeck (26)	LHCP
2	1100	Pegloom Demonstration	DCMH	3	1800	Killington Sports (44)	BK
2	1230	Pathfinder	DCMH	3	1930	WIH Members Evening	FCH
3		May Bank Holiday		4		Sedbergh Music Festival Starts to 20th	
5	1000	Coffee Morning Barnardo's	URCR	4	1300	Festival of Flowers & Bridal Gowns (79)	CHG
5	1930	WIF Down the Decades	PH	5	1300	Festival of Flowers & Bridal Gowns (79)	CHG
6	1930	WIH Life & Times of a Sewer Rat	HVH	5	tba	Flicks in the Fells	PH
8	1000	CA Coffee Morning (9)	DMH	5	1930	Killington Sports Ceilidh (63)	BK
8	1400	Dentdale Cricket v Sedbergh	Dent	6		SS Half Term Ends	
8		Football Club Presentation Night	Golf Club	6	1300	Festival of Flowers & Bridal Gowns (79)	CHG
9 - 15		Christian Aid Week	URCR	6	1400	Dentdale Cricket v Bellringers	Dent
9	1830	United Service for Christian Aid (9)	StAD	8	1400	WIK The way we were in 1940's	PH
10	0930	Christian Aid Shop (9)	URCR	9	1000	Coffee Morning WIH	URCR
11	0930	Christian Aid Shop (9)	URCR	9	1930	Town Band Music Festival	StAS
11	1400	WIK Resolutions + Either/Or	PH	11		International Choirs (66)	PH
11	1800	Christian Aid Shop (9)	URCR	12	1030	Pepperpot Coffee Morning & Concert	
12	0930	Christian Aid Shop (9)	URCR	12	1600	International Choirs (66)	PH
13	0930	Christian Aid Shop (9)	URCR	13	1400	Dentdale Cricket v Bentham	Dent
14	1300	Victorian Kitchen	DCMH	13		International Choirs (66)	PH
15	1200	Sedbergh Gala (1)	Sedbergh	15		Sedbergh Summer Singers	StAS
15	1700	Barbecue Family Evening (*)	Dent	16		Sedbergh Summer Singers	StAS
16	1100	Plant Sale (16)	FM	16	1000	Coffee Morning WIK	URCR
16	1930	Kirkby Lonsdale Choral Society	StMCKL	19	1000	International Choirs Kids Singing (66)	FS
17	1930	WIH Flowers for a Spring Evening	HVH	20	1400	Dentdale Cricket v Holker	Dent
18	1930	Garsdale Ladies Musical Evening	GVH	20		Sedbergh Music Festival Ends	
19	1000	Coffee Morning Firbank Church	URCR	23	1000	Coffee Morning Garsdale Church	URCR
19	1915	Indoor Bowling (*)	DMH	24		WI Howgill Summer Outing	
20	1930	Sedbergh Parish Council	PH	24	1930	Garsdale Ladies Summer Meal	Cross Keys
21	1930	Friends of Museum Lecture	DCMH	25		Sedbergh Folk Festival (46)	Sedbergh
22	1000	Indoor Bowling & Coffee Morning (*)	DMH	25		Dentdale Music & Beer Festival	Dent
25	1000	Benefits Advice	CO	26		Sedbergh Folk Festival (46)	Sedbergh
25	1400	Dry stone wall Demonstration	DCMH	26		Dentdale Music & Beer Festival	Dent
26	1000	Coffee Morning Alzheimer's (26)	URCR	26	2000	Old Tyme Dance	PH
26	1130	HS Gayle Mill (26)	LHCP	27		Sedbergh Folk Festival (46)	Sedbergh
29		SS Half Term Begins		27		Dentdale Music & Beer Festival	Dent
29	0900	Table Top Sale & Coffee Morning (29)	DMH	29	1000	Benefits Advice	CO
29	1000	Coffee Morning CWT	URCR	30	1000	Coffee Morning WIF	URCR
29	1000	Yorkshire on my Mind till 11/7	DCMH	30	1245	HS Brough & Castle Brough	LHCP
30	1230	Pathfinder	DCMH			<b>JULY</b>	
31		May Bank Holiday		1	1000	Yorkshire on my Mind till 11/7	DCMH
31	1900	Duck Race & Coffee Evening	HVH	1	1930	WIH Open Meeting	HVH

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

*The content of The Lookaround does not reflect the views of the Editor.  
Whilst every effort is made to ensure that information is correct, the Editor cannot  
accept any responsibility for any inconvenience caused through errors or omissions.*

*Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,  
Premier, Howgills Tea Room, Post Office and Dent Stores.      **Errors last month - 1***

**COVER PICTURE**  
Sunset over Lupton Field - DJW

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

**Middleton**  
**Festival of Flowers**  
with Bridal Gowns  
**4, 5 & 6th of June**  
1pm - 6pm  
**FREE ENTRY**  
Church of the Holy Ghost  
Middleton-in-Lonsdale

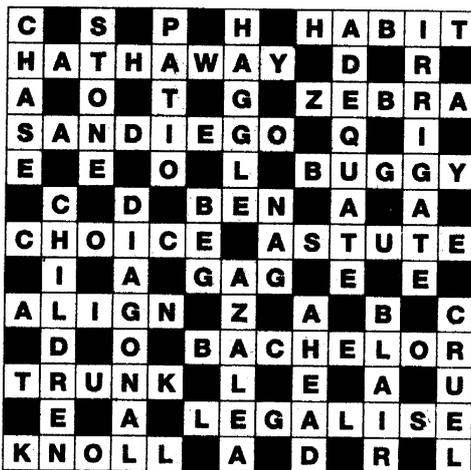


**Regular Meetings**

The Monday Club	1200 Every Monday	SMCR
Howgill Toddlers	1315 Every Monday	HVH
Dent Parish Council	1930 1st Monday	DMH
T'ai Chi	1930 Every Tuesday	URCR
SL Carers Association	1400 1st Tuesday	PH
Killington WI	1400 2nd Tuesday	PH
SLS Blind Group	1400 3rd Tuesday	PH
Ladies NFU	1930 3rd Tuesday	PH
Coffee Morning	1000 Every Wednesday	URCR
Zebras	1315 Every Wednesday	SMCR
Sedbergh Juniors	1730 Every Wednesday	PH
Sedbergh Seniors	1930 Every Wednesday	PH
Frostrow WI	1930 1st Wednesday	PH
History Society	1930 1st & 3rd Wednesday	SHS
Dentdale WI	1915 2nd Wednesday	DMH
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

**DIARY KEY**

BF	= Brigflatts
BK	= Becksides, Killington
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CHG	= Church of the Holy Ghost, Middleton
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
FS	= Farfield Smithy
G&D	= George & Dragon, Dent
GFK	= Grassrigg Farm, Killington
GVH	= Garsdale Village Hall
HJC	= Hawes Junction Chapel
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
LHCP	= Loftus Hill Car Park
PH	= People's Hall
SHS	= Settlebeck High School
SLSB	= South Lakeland Society for the Blind
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
StMCKL	= St Mary's Church, Kirkby Lonsdale
STO	= Sedbergh Tourist Office, Main Street
TH	= Thorn's Hall
URCR	= United Reformed Church Rooms
WIB	= Women's Institute, Barbon
WID	= Women's Institute, Dentdale
WIF	= Women's Institute, Frostrow
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington



## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

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

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

#### Practice Nurses

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

*The Health Centre reserve the right to offer any  
Doctor/Nurse Practitioner at any time  
in the Open Surgeries.  
Early Bird Surgery available,  
please ask at Reception*

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

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

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

### DENTAL SURGERY

Finkle Street ☎ 20626  
Mr I R Dawson, Ms G Turner & Mr B Houghton  
Monday to Thursday 0900 - 1700  
Friday 0830 - 1500

#### LIBRARY Main Street ☎ 20186

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

### SEDBERGH TOURIST OFFICE

Main Street ☎ 20125  
Open every day  
1000 - 1700  
[www.sedbergh.org.uk/booktown/dlbc.html](http://www.sedbergh.org.uk/booktown/dlbc.html)

#### COMMUNITY OFFICE ☎ 20504

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

### RURAL CITIZENS ADVICE BUREAU

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

### PENSION SERVICE SURGERY

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

#### SLCVS @ Community Office

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

### COMMUNITY DEVELOPMENT CENTRE

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

### POLICE

☎ 0845 33 00 247

### PUBLIC TOILETS

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

### VETERINARY SURGERY

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

\* = By Appointment Only

MARKET DAY	WEDNESDAY
HALF-DAY CLOSING	THURSDAY