

Sedbergh & District

LOOKAROUND

May 2012

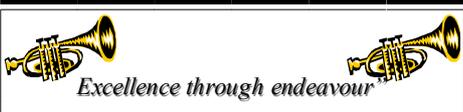
Issue 299

Donation £1

A big thank you to everyone for being so understanding when we had severe computer problems. As a result of which, we lost some data which included many aspects but we hope we managed to recover all of it.

Again, there are many events planned in and around the area in May. Try and support them if you can. It all helps to make this the best community in the country.

Dennis & Jacky Whicker



Sedbergh Town Band
Director of Music: Alan Lewis
Present their
**ANNUAL
SPRING CONCERT**
7.45 pm Tuesday 1st May
at the
People's Hall Sedbergh
Admission: **£5.00**
Under 16: **£3.00**



Sedbergh Town Band is a registered charity. Number 1086817



Sedbergh Gala
Saturday 12th May

Food Fell race Piccolo Amabile
Homemade cakes Bungee Trampoline
Tea & coffee Dog Agility Demonstration Owls
YDNP Donkey rides Fire engine
Mini motorbikes Crêperie Maypole Dancing
Wrestling woodworking
Town Band Children's sports
Crafts Local Ice cream games Plants
Beer tent

Gala Procession starts at 12.45pm
Maryfell to Main Street to Lupton Field - Entry £3

Theme for 2012 - 60 Glorious Years

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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: editor@sedberghlookaround.org.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 is:- Ruben Swallow who is 10 years old on 13th 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.



NONAGENARIANS

We are now including the details of all those aged 90 years and over who wish to have their details included. To do this, we must have the persons permission, the correct Name & Date of Birth and a contact telephone number. Please supply these details and they will appear in the relevant month. Sadly, they will not qualify for the Birthday Voucher!

Day	Name	Age
2	Oliver WOOF	5
5	Max TOWNLEY	2
8	Mason MORA	6
8	William DAWSON	4
9	Amber WOOF	6
11	Zoe ALDERSON	9
12	Aidan WILLIAMSON	6
13	Solomon JAMES	4
13	Ruben SWALLOW	10
14	Bethany BECK	8
15	Elsie WOOF	2
19	Isabel MOFFAT	6
20	Ted HODGSON	8
22	Paris HEYWOOD-	10
23	James MOFFAT	4
25	Bobbi-Mae KIRBY	7
27	Jack DAWSON	4
	Nonagenarian & Over	
06	Eleanor GORDON	95

PERSONAL & SMALL ADS £1

AXFORD

Barbara Axford and family wish to thank all well wishers following the death of Gordon. Aged 84, Gordon came to work at Sedbergh National Westminster Bank 30 years ago following postings in Glossop/Hayfield and St. Annes-on-Sea. Early retirement was enforced by ill health, but this did not stop him and Barbara having a full involvement in so many strands of society. His Friday walking group became legendary, he was a keen sequence dancer (thanks to Peggy and Evelyn), a loyal assistant to Barbara in her WI and Christian Aid activities, and he will be much missed by the Sight Advice South Lakes group of which he was Local Chairman. Gordon was a much loved Brother, Father, Uncle, Grandfather and Great grandfather. As a lifelong Methodist, he was a Gentleman who bore his ailments with good humour and stoicism, he was a constant friend and encourager to others, a lover of the hills and mountains, and a charitable man who lived life to the full; thanks to the shop and business staff of the town for their support over the years.

The family wish to thank the staff of ward 23 at Lancaster Hospital for all their care for Gordon and their support and consideration to all the family during his final illness. Also Brian (Goad) and Revds Tim and Eric for their support and assistance. The family also mention that volunteers to

assist with the Sight Advice South Lakes street collection on 9th June will be most welcome in his stead. If you would like to help contact Miriam on mobile tel. 07977510056

=====

DEVINE

Joyce would like to thank the two ladies who picked her up when she fell outside the Green Door on 29th March and for giving her a lift home. Your help was much appreciated.

=====

GORDON

To Eleanor for your **95th Birthday** on 6th May. Wishing you many happy returns of the day. With lots of love from all your family.

=====

GRIFFITHS

Elsbeth would like to thank everyone for their cards, gifts, visits and good wishes during her stay in Hospital, first in Lancaster and now the WGH. She has been totally overwhelmed by the generous response to her illness. She is making very good progress, but does not yet have a discharge date.

=====

MITCHELL

I would like to thank everyone who attended Len's Service and for the generous Donations. The Alzheimer's Society are pleased to have received the sum of £430 which enables them to help support Carers, families and people with Dementia. All Donations are used locally. Thank you all very much. Ann.

PERSONAL & SMALL ADS £1

MIDDLETON

Steven would like to thank everyone for celebrating his 40th Birthday with him. A big thank you for all the lovely gifts and cards.

=====

YOUENS

Barbara Youens and Janet & Tim Widdess would like to take this opportunity to express our deep felt gratitude for the love, prayers and support we have received from our friends in Sedbergh and the Dales following the death of John, a much loved son and brother.

=====

THANK YOU

Kyle would like to thank Doreen and Simon Woof and Christine Thornton for their help whilst he has been injured. It was much appreciated.

=====

FOR SALE

Four Counted Cross Stitch Embroidery Kits, unopened, includes silks. £5 each. Will sell separately. Proceeds to go to N.W. Cancer. Ring Mary on 015396-20616.

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FOR SALE

Britax Vigour 4+ pushchair. £100 (was £300 new). Excellent condition. Little used. Tel: 015396-20542.

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FOR SALE

Mobility Scooters: Aqua Soothe Travel Lite £250. Scoota Mart Lagonda £125. Also One Full Patio Gas Bottle £15. Tel. Sed. 22184.

FOR SALE

Black leather 3 seater settee vgc £30.00 ono. Cream reclining chair gc £15 ono. Exercise bike (Carl Lewis) vgc £20 ono. Wooden 4 drawer computer desk vgc £25 ono. Tel: David 015396 25346 or 07837 766219.

=====

FOR SALE

Round wooden garden table and four folding chairs with cushions. Very robust. Available mid-May. £60 ono. Tel: 07816 559599

=====

FOR SALE

Garsdale Jack Russell Pups, 4 dogs, 2 bitches. Beautifully marked tricoloured, good temperament. Mum & Dad can be seen. For loving homes only, sorry, not working or farm dogs. Ready mid May. Tel: 015396 20309 or 07977 553341.

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FREE

Small chest freezer, good condition, silver finish, little used. Size 24x24x30 Inches. Buyer collects from Cautley. 015396 21604.

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LOST

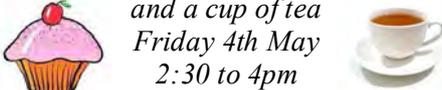
Pair of man's glasses and a black bell shaped key wallet containing two yale keys and two lever keys. If found please return either item via Sedbergh Office Services.

=====

WANTED

3 or 4 bedroom house to rent in the Sedbergh area from the end of June. Please contact Diana Whitfield on 0161 2826352 or 07949 078039.

DENT FRIDAY CLUB
*do join us for homemade cakes
 and a cup of tea*
Friday 4th May
2:30 to 4pm



to support the M.S. Society

CAKE BREAK



Sedgwick Room
 Dent Memorial Hall

Grayrigg Primary School
BBQ & Fun Night
Sunday 6th May
At School, 4 pm until late
Bar, Live Music,
Games, Stalls, Grand Draw
Harvey Rush Kids Entertainer
Ticket to include Food & Pudding
£5.00 per Adult
£3.00 for Primary Children
whatever the weather

**SEDBERGH & KL
 NEIGHBOURHOOD FORUM**
*Summary of the meeting held on
 Thursday 1st March at Casterton
 Village Hall.*
 Councillor Kevin Lancaster
 welcomed everyone to the meeting
 and introduced District Councillor Ian
 McPherson.
APPLEBY FAIR 2012
 Immediately prior to the Forum,
 maps of the route through South
 Lakeland covered by the Traffic
 Regulation Order (TRO) and
 information on dates relating to
 restrictions and encampments before,
 during and after the Fair were on
 display for those interested to view

and ask questions.
 At the start of the Forum Rob
 Kitchen from South Lakeland District
 Council gave an update on how these
 plans formed part of a wider, multi
 agency protocol for co-ordinating
 access to the Fair across Eden and
 South Lakeland. The procedures in
 South Lakeland have been firmly
 established for two years, and have,
 with the full protocol, been reviewed
 each year and revised as necessary.
 Neighbouring County and District
 Authorities such as Lancashire,
 Lancaster City, North Yorkshire and
 Craven are kept informed of what
 measures are being put in place in
 South Lakeland and Eden, although

Quiet Garden
 in Dentdale
Time to Pray, be Still & Rest

Saturdays 2 - 5pm
 5th May ~ 23rd June ~ 21st July
 18th August ~ 22nd September

for further details
 Tel: 015396 25212

ART EXHIBITION
 by
Sedbergh & District Art Society
 Garsdale Village Hall
 May 5th, 6th and 7th
 10am - 4pm
 Refreshments served all day
Proceeds to St Johns Church, Garsdale

feedback from these areas has, in the past, been very limited. Residents of Wennington, attending the Forum, confirmed that the restrictions on early movement into and stopping in South Lakeland had had a negative impact on their village and others in the immediate area of North Lancashire.

People were reminded that the restrictions implemented under the TRO along the A683 cover all vehicles parked or stopped illegally, and not just those belonging to members of the travelling community. Therefore, any parishes planning events to celebrate the Queen's Diamond Jubilee should bear this in mind when organising their parking.

It was asked if adequate cover was in place for the Jubilee Bank Holiday weekend, which falls immediately prior to the start of the Fair. SLDC will have staff available for the whole period and the Police will also be organising adequate cover.

To report an issue to SLDC from Monday – Friday, 8.00 am – 6.00 pm call 0845 050 4434. Out of these hours contact the duty officer's pager on: 0870 428 6905. For non-emergency calls to the Police use their new number: 101. If emergency assistance is required then always call 999.

Full details about the Fair, all the routes and the dates when sites within South Lakeland, Eden and

farfieldmill	EXHIBITIONS & WORKSHOPS IN MAY	
	Textilia III 'Earthy Delights' Sat 5 May - Sun 17 June Prepare to be enchanted by Textilia III with their new exhibition of pictures, hangings, prints and 3D – an exciting blend of textile and mixed media pieces from this well-known, Yorkshire-based textile group.	
	Ruth Lee 'Tomorrow at Daybreak' Sat 5 May - Sun 24 June Fabulous exhibition of printed textiles by this internationally known artist and tutor includes layered transparent wall-hangings with migrating birds and more (one reserved already!) Ruth talks about her work at the Preview Sat 5 May 2- 4pm ; and hurry there are still THREE places left on her inspirational workshop this month...	
	Learn New Skills & Crafts; Create Your Own Work of Art Sat 19: Ruth Lee 'Textile Patterns & Multiples' - A colourful workshop using simple repeat pattern techniques on a variety of surfaces taking inspiration from birds & aerial landscapes. - £40/£35 concs Sat 26: Jane Crowe 'A Felt Bag in a Day' - Make a felted bag with handles in a colour of your choice, to complement your favourite outfit! - £35/£30 concs	
	Weavers Café: Open daily 10-5 (free entry) 015396 21159 for bookings Farfield Mill open daily 10.30-5 £3.50 / £3(conc) /FREE for 16s & Under FREE PARKING www.farfieldmill.org 015396 21958 Don't forget... LA10 residents get free entry on Mondays!!	

other areas will be open can be found at: www.applebyfair.org but locally the key dates are as follows:

TRO comes into force: Late April 2012. Camp Sites and Stopping places below, in South Lakeland, will be open from the dates shown: Devil's Bridge, Kirkby Lonsdale, Middleton Common, Scrogg Bank, Sedbergh, Rawthey Bridge, Sedbergh 28th May – 7th June and 11th June - 15th June 2012. The Fair will run from: 7th June – 13th June 2012.

The next Neighbourhood Forum meeting at the end of June will have a report and feedback on this year's Fair and an opportunity to raise issues within the South Lakeland

area.

COMMUNITY SAFETY

Will Richardson, Station Manager at Kendal for Cumbria Fire & Rescue, told the Forum that although Cumbria is one of the top performing services in the country it currently has its worst figures for fire deaths in 20 years. There have been 5 in the last 12 months - all similar incidents of people living on their own in remote, rural areas. The Fire Service offers free home safety visits but they obviously have to be invited to access a property to carry these out.

Unfortunately, for various reasons, none of the victims had had a safety check which might have prevented a tragedy.



SEDBERGH
PREMIER EXPRESS STORE

Everybody's Favourite
CONVENIENCE STORE
AT THE HEART OF SEDBERGH MAIN STREET

- Beers, wines & spirits
- Bread
- Dairy products: milk, eggs & cheeses
- Fresh meats, pies, pasties & sandwiches
- Groceries: tea, coffee, tinned & frozen goods
- Pet foods
- Newspapers & magazines
- Stationery, stamps & household goods
- Lotto, Health Lottery & Payzone

Fresh, local, friendly, efficient and competitively-priced
Stock delivered daily

OPEN
Monday to Saturday 6:30 am to 7:00 pm
Sunday 7:00 am to 1:00 pm

My Shop is Your Shop - Local and proud of it!

As well as attending fires and carrying out home safety checks, the Service offers many other training and awareness raising opportunities. As attendances to road traffic accidents far exceed the number of call-outs to fires the main focus is road safety and young drivers in particular.

When visiting schools such as Queen Elizabeth's in Kirkby Lonsdale, fire officers use graphic explanations and films to bring home to young people the dangers and consequences of poor driving and excessive speed. The two local stations, Sedbergh and Kirkby Lonsdale between them average around 60 call outs per year each.

The County's Fire Service also has an active volunteer programme which relieves some time pressures on firefighters. Some of the things Volunteers can help with are:

- Referrals for free home fire safety checks.
- Assisting or carrying out the home fire safety checks and fitting free smoke alarms.
- Helping at community days and events.

If you would like to find out more about becoming a the volunteer then contact 01900 820 247 or email volunteers@cumbriafire.gov.uk
DENT COMMUNITY INITIATIVE
 The Dent Community Initiative was

<p>bullhotel <small>restaurant · bar · accommodation</small></p> <p>servicetimes 8.00am Breakfast 8.30am Weekends Bank Holidays 10am Teas, Coffees & Pastries 12noon - 5pm Sandwiches 12noon -9pm Tapas & Lounge Menu 6pm - 9pm Restaurant Menu</p> <p>specialoffers Traditional Sunday Roasts Tasty Tapas 4 for £10 4 dishes £10 £2.95 each</p> <p><small>WE SERVE FOOD ALL DAY EVERY DAY Family Garden at rear Children welcome Pets welcome in some areas</small></p> <p>015396 20264 <small>reception@bullhotelsedbergh.co.uk bullhotelsedbergh.co.uk</small></p>	<p style="text-align: center;">menu</p> <p>lounge menu sample menu items</p> <p>Homemade Soup of the Day Bull Hotel Burgers Chicken Fajitas Lamb Shank 10oz Sirloin Steak Smoked Salmon Salad Grilled Goats Cheese En Croute Omelette</p> <p>Cold Sandwiches Ham & Cumberland Mustard Smoked Salmon Roast Lakeland Beef & Horseradish Cream Cheese Savoury Tuna & Red onion Mayonnaise</p> <p>Speciality Ciabattas Bacon & Brie Open Roasted Mediterranean Vegetables & Goats Cheese Seared Steak, Onion & Mushroom Tuna Melt Tomato & Mozzarella</p> <p><small>We also offer a wide selection of daily specials & desserts. Please see in house for details. The Bull Hotel was recently awarded maximum Food Hygiene Rating of 5 stars = Excellent by South Lakeland District Council.</small></p>	<p>restaurant menu sample menu items</p> <p>To start Ham Hock & Apple Terrine toasted bread, salad leaves & truffle dressing Pan Seared Queen Scallops spiced shallot dressing Smoked Haddock Fishcake fried mackerel, fine bean & a red pepper coulis Roasted Cherry Tomato Tart roquefort cheese, rocket & balsamic dressing</p> <p>Main Twice Cooked Pork Belly creamy mash potato, roasted shallot & pork jus Roasted Duck Breast orange mash potato, glazed carrot & juniper berry jus Fillet of Cod wrapped in pancetta, crushed new potatoes, confit cauliflower with a red wine shallot dressing Pan-fried Halibut fresh noodles, lango bruschetta & tomato dressing Wild Mushroom Risotto char-grilled spring onion, parmesan shavings & poached egg</p>
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born following concerns raised when Dent produced its last Parish Plan. 73% of residents who responded to the Plan survey had concerns about the relationship between the community and the Yorkshire Dales National Park, mostly connected with stories about, or experience of, the YDNPA Planning Department.

The Chief Executive of the YDNPA was keen to ensure that the National Park improved its relations with those living within the area and the search was started to find a community to work with on a pilot scheme. Dent fitted the bill, as a very active community, which wanted to improve its relations with the Park authorities but also felt a little out on a limb,

being within the Park boundary but in Cumbria.

Two years ago £10k of funding was set aside to start a pilot scheme. A steering group was set up comprising four representatives from Dent (not just members of the Parish Council) and YDNPA staff ranging from the CEO to the Local Area Ranger.

In the last 18 months an YDNPA officer has regularly attended Parish Council meetings to ensure that issues and perceptions on planning matters are discussed and resolved. YDNPA staff have also supported local shows, organised events, such as hedge laying competitions and generally become more involved in village life. Around 30-40 projects

TRIFLE CATHERING PRODUCTIONS
Proudly Present
A Curious Evening of Trance & Rap
with **THE OGDEN SISTERS**
Is Anybody not quite there.?
DENT MEMORIAL HALL
11th May 7.30pm
box office 015396 25022'

Your Tourist Information Office

NEEDS YOU!!!



Volunteers are required for counter information duties.

4 hours per fortnight.

Must be able to use Internet.

Full training will be given.

Please contact 015396 20125
or pick up a form at the TIC
or Community Office.

have been worked on, including leading local walks and helping to design leaflets for a high level walk around the area, establishing a local conservation group, including a tree planting scheme; helping local people to carry out surveys of and improvements to local Rights of Way. A follow up survey by the Parish has found that 70% of the 69 respondents felt that communications between residents and the National Park had improved. The pilot scheme is nearing its end but staff will continue to be available to support the local area and there are plans to roll out the scheme in other communities.

DENT BUS SERVICE

The Dales Integrated Transport

HJH

Helen Jane Holistics

Reiki, Ear Candles
Indian Head Massage
Tel: 015242 76489
e-mail: hjh106@hotmail.co.uk

Alliance has allocated £41.8k of funding for three years to support a Saturday/Sunday service running from the station to the village and Sedbergh. In the longer term the plan is to have a community bus covering a wider area and for Sedbergh to become a transport hub with connections to all services.

POLICE UPDATE

Sgt John Stephens reported that Cumbria is in the bottom 14% in the UK for crime levels. Nationwide crime statistics down to postcode level can be viewed at www.police.uk. and residents are asked to note the new non-emergency number for contacting the Police which is 101.

GRANT APPLICATIONS

Applications for grant funding were awarded as follows:

Farfield Mill £666.42;
Sedbergh Scout Group: Awarded £250

The next meeting of the Forum will be on Tuesday 26th June 2012, at Dent Memorial Hall. If you have suggestions for agenda items or just need to get in touch please contact 01539 713419.

CHRISTIAN AID WEEK

12 - 19 May

In Sedbergh and District.

Sunday 13th at 6.30pm

United Service at St. Andrew's Church, Sedbergh

Saturday 19th May

Coffee Morning at Dent Memorial Hall 10 – 11.30

The Christian Aid Shop in

Sedbergh URC Church Rooms

Saturday 12th – Thursday 17th

Saturday – 10 am – 12noon

Mon, Tues, Wed – 10 am - 4pm

Thurs 10am – 11.30am

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 – Fri. 11th May 2-4pm; Sat. & Mon. am.
- ❖ Other items until Wed. am 16th 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

K-SET

Spending £10,000

How would you spend £10,000 today, in a way that would save you money tomorrow? With interest rates so low, it could make sense to spend money in order to save money on fuel bills for the foreseeable future.

In a stone built house with no cavity walls, internal insulation is one possibility. In January this year K-SET received a grant from LEAF (Local Environment Action Fund) amounting to nearly £10,000 and we have used it to insulate four rooms in three different houses, one in Garsdale, one in Sedbergh and one in Killington.

This job is best done if you are thinking of redecorating as it involves the installation of stud frames set away from the outside walls and around windows and they are then covered by insulation board and plasterboard. Skirting boards, power points and other fixtures have to be re-located and the walls are then plastered. The cost is between £1,000 and £2,000 a room depending on size.

If you would like to see where this has been done, please get in touch with us and we will arrange a viewing on a house nearest to where you live. We can also advise you on local builders with experience of this work if you do not know of one yourself.

Those who have had it done say they really do notice the difference.

Another way of spending £10,000 is on solar voltaic panels. Yes this is still worth while, especially if you have a south facing roof. According to a

FRIENDS OF FARFIELD

PLANT SALE

Sunday 13th May

10.30am to 4pm

in the car park at Farfield Mill

free entry to the Mill

if you spend more than £10

government website (www.direct.gov.uk) installing a 2.5 kilowatt solar system could save you £1200 a year of which £920 would come, in cash from the Feed in Tariff.

Not everyone has £10,000 to spare and there are much cheaper ways of insulating your house - one of the most important is to look at ways of draught proofing. If you are on certain types of benefit and are living in a cold house with perhaps no central heating, grants are still available up to the end of this year from the Warm Front Scheme run by SLDC in association with the energy companies. Look up South Lakeland District Council on the web and search for Warm Front.

We are not experts at K-SET but if you have any enquiries about sustainable energy do contact us and we will point you in the right direction if we do not know the answer. And if you do have any work done, do let us know. We like to hear about people's experience for the benefit of others.

Telephone the secretary on 015396 20553 or e-mail

maureenlamb@broadraine.plus.com

Yoga for Health – Therapeutic classes

Are you.....?

- living with a serious illness and worried about starting an exercise regime.
- recovering from an operation or injury.
- experiencing age related stiffness/joint pain.
- having problems with anxiety or with sleeping.

Place on Right
Page

Would you like.....?

- to take more responsibility for your own health.
- to reawaken your vitality and passion for life.
- to work with an NHS registered therapist.

Specialist, therapeutic yoga classes offer professional, encouraging teaching in a beautiful, warm local space.

There is no chanting, no sitting cross-legged on the floor and no standing on your head- just a guarantee of a gradual and noticeable improvement in health, confidence and well being. Call me on 015396 25061 or visit my website and find out what other students have to say.

www.lauraclareyoga.co.uk

DENT PARISH COUNCIL

The council presented its annual report to the Annual Parish Meeting at the beginning of April. This document can be downloaded from www.dentdale.com (follow the parish council link) or obtained either as a hard copy or electronically from the Parish Clerk (tel: 21487 or email: dentparishclerk@live.com).

The council meeting that followed the Annual Parish Meeting decided to part-fund a prize for the walling competition that will be held at this year's Dentdale Show and once again discussed the damage to Stonehouse Bridge.

Full minutes of both meetings will

shortly be published on the parish council pages of www.dentdale.com as well as being available as a hard copy from the Parish Clerk.

Stonehouse Bridge

The parish council is continuing to press Cumbria Highways for a date when repairs will start at Stonehouse Bridge, following further damage to the parapet when a second vehicle collided with it recently. As the bridge is a listed structure, the National Park are also keen for the repairs to be carried out properly, and a site meeting between officers from the National Park and Cumbria Highways took place in March. But as reported last month, it is likely to be some time

before the repairs are made.

Week-end Bus Services

On Easter Saturday the new timetable came into effect for the Saturday bus service between Dent Station, Dent, Sedbergh and Kendal. The service will start earlier, and there will be more journeys between Dent and Dent Station. The service, which is operated by Kirkby Lonsdale Coach Hire, has been set up by the Dent Parish Council with funding from the government's Sustainable Transport Fund.

The Saturday bus will run throughout the year, with additional late journeys in summer, and from May 20th a new summer Sunday service will be introduced to link Sedbergh and Dent with trains from Dent Station to Leeds, Carlisle and Lancashire. *(The Bus Timetable has been amended to incorporate the new runs and times. Ed)*

Roadside Verges

Some time ago, the parish council made an unsuccessful approach to Cumbria Highways to take over responsibility for some of Dentdale's roadside verges. This idea has now been revived by Highways, but unfortunately it is not clear whether the amount of money on offer from the County Council is enough to cover the costs. As a result, at the last meeting the parish council decided to seek further details before deciding whether to take up the offer.

Queen's Diamond Jubilee

As has happened on previous royal jubilee, the parish council has decided to present all children in the

SEDBERGH

HEALTH CENTRE

will be closed for Training Purposes at 12:30pm on the following afternoons:-

Wednesday 15th May

Wednesday 13th June

Thursday 12th July

No closure in August

Tuesday 18th September



parish of primary school age or below with a £5 Queen's Jubilee commemorative coin. If you have a child who was born on or before 31st August 2001 and does not attend Dent Primary School, Dent Pre School or Dent Playgroup, please let me know so that we can ensure that no-one is inadvertently omitted.

Walling Competition

The April meeting received a request to part-fund prize money for the dry stone walling competition due to be held at this year's Dentdale Show. As the walling competition would result in repairs being carried out to the playing field boundary walls, it was agreed to award £50 for this purpose.

Next Meeting

The next meeting is the Annual Parish Council meeting, held at 7.30pm on May 14th in the Sedgwick Room, when the council's Chair and Vice Chair will be elected for the coming year. As usual, members of the public can raise any matter that concerns them in the public forum around 8pm.

*Jock Cairns, Chair Tel: 25655
dentparishcouncil@btinternet.com*

SEDBERGH & DISTRICT

HISTORY SOCIETY

SEDBERGH STATION SITE

2:30pm

Wednesday 16th May

At the Station Yard, Michael Dawson will talk about its history and Canon Western will give some information about the railway itself.

Later, we will drive to the Vale of Lune Church to look at its architecture and hear about its origins.

Contact 20726 if you require transport.

If you would like a lift to any event, please ring a member of the Committee. We usually meet in Loftus Hill Car Park and arrange to share transport if possible.

Please note that dogs are no longer allowed on Outings.

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

GALA QUEEN

My name is Rhianne Woodfine, and I have been elected to be this year's Gala Queen. I'm 15 years old and I go to Settlebeck School. I have a part-time job at a café in Sedbergh, called Duo. At the moment, I am studying for my GCSEs in Maths, English, Science, Separate Science, BCS, French, Drama and Music. My favourite subjects are Music and Science, but up until last year, I wasn't interested in music at all until I sang in the school's production of "Grease". Since then, I have taken up singing, guitar and piano lessons, and in September, I began studying GCSE Music. On Wednesdays, after

school, me and a couple of other GCSE music students practise for a band that we have formed. My part in the band is singing, playing the guitar, and occasionally playing piano. The band was primarily formed to help us improve on our musical skills, rather than to perform, but as things are going quite well, we might start to work towards a performance at some point. Next year, I will have finished my GCSE options that I chose at the end of year 8, and so I will be doing more subjects with the hope of achieving some more GCSEs. I would like to study Critical Thinking, (which will count as an AS Level), Human Health and Physiology, Spanish, and Latin. After Settlebeck, I intend to go to QES sixth form, to study Chemistry, Biology, Music, and maybe a language, depending on how well I do in my French GCSE this year, and Spanish and Latin next year. I have chosen to study Latin



and Human Health and Physiology next year, because after sixth form and University, I would like to become a pharmacologist, which is someone who analyses peoples DNA to see which medicines would best suit them. Hopefully, I will be able to help many people overcome their illnesses, and maybe even develop some new medicines which might help eliminate some major diseases and save many lives. In the future, I would like to continue my music, but maybe as a sideline rather than as a main focus. I have attended several science trips organised by school, which I think really help me obtain a deeper understanding of science. Recently, I went to see a science lecture at Dallam School which helped me understand the theory of nuclear fission and fusion and how this can be used in the future to present a more sustainable way of creating energy. Another science trip I have recently been to was a trip to Grange to go stargazing and to observe constellations. Last year, I went to Blencathra, an eco-centre, for a few days, where we studied biodiversity. I have taken part in other various science trips and fairs, including the Salter's Festival of Chemistry at Manchester University. I have applied this year, to go to Salter's Chemistry camp during the summer holidays, over a period of 3 days.

The Gala Queen attends events such as the children's Christmas party, the judging of the pumpkins at Halloween and the switching on of

Quay Change
playing at the
George & Dragon Dent

Third Thursday of the month

9pm start, two sets
 11pm finish

May 17th
 June 21st - July 19th
 August 16th - September 20th



FREE EVENT

the lights in Sedbergh at Christmas, and I will thoroughly enjoy representing the school and the town at these events. Already I take part in some town events, such as helping out with the Church fairs and other events, performing in plays as part of a drama club and taking part in carol services. Also, I go carol singing for 4 nights around Christmas, which raises money for the National Children's Home, (NCH), and I have been doing this for 5 or 6 years now.

BIRDS, BEASTS, BUGS & TREES

The answer to last months poser in Birds, Beasts, Bugs & Trees is:-
 HAWTHORN. ©Paula Day

Friday 18th May
St Andrew's Church, Dent - 7.30 pm

Saturday 19th May
The People's Hall, Sedbergh - 7.30 pm

Pastimes
with
Good Companie

a concert of early music

with local musicians:

The Cautley Carollers
The Friday Consort
Cornucopia
Howgill WI Dancers (Saturday only)



admission - £5, children free
Proceeds in aid of St Andrew's Heating Fund
and the People's Hall

CHRISTIAN AID WEEK IN SEDBERGH AND DISTRICT

Christian Aid Week in May tells the story of a community in Sierra Leone that has seen remarkable change. Tenneh Keimbay's life turned around when the Methodist Church of Sierra Leone (MCSL) started to work in her town of Gbap (pronounced Bap), distributing tools and teaching farmers simple food production techniques. She talks enthusiastically about the difference this has made: 'Now the children eat two meals all year round, whereas before it was one. They are growing well; they don't cry around me because of hunger. They are happy to go to school because something is in their

stomach.'

The benefits of regular food speak for themselves. But the effects of the food production group have been more wide-ranging than this. Tenneh speaks of the huge difference working in a group has made to her. Acting together, the farmers can share their skills and work more efficiently. As she tells us, the bottom line is that 'the group work provides more food'.

Tenneh speaks of the support and the encouragement that the farmers give to each other, and how much can be achieved when the community comes together. 'What inspires me in life is unity,' she says. 'To me, unity means coming together to decide on one thing and take that forward.'

Now that they are no longer limited by hunger, the people of Gbap have come together and successfully lobbied for a new school and an agricultural work centre for the community. The people of Gbap have taken their future into their own hands.

During Christian Aid Week, Sedbergh and District Christian Aid Committee together with 15,000 churches across Britain and Ireland will organise house-to-house collections and events to raise funds to enable organisations like MCSL to carry out their work transforming communities such as Gbap. Our big event is of course our 'Shop' in the URC rooms, Sedbergh open at the following times on Saturday 12th – Thursday 17th :-

- Saturday – 10 am – 12noon

Workshops at Sedbergh CDC - 015396 21031

Subject	Tutor	Day	Start	Times
Landscapes Pictures in Felt Workshop	Debbie Lucas	Sat	19-May	10:00 16:00
Exploring Colour in Paint, Any medium	Frances Winder	Sat	26-May	10:00 16:00
Expressive Drawing (Kendal)	Jill Pemberton	Sat	12-May	10:00 16:00
Painting Kirkby Lonsdale's Landscape	Jill Pemberton	Sat	26-May	10:00 16:00
Seaside Photography Day (Morecambe)	Frank Balaam	Sat	26-May	10:00 15:00
Buy & Sell on eBay	Chris Wood	Sat	26-May	10:00 15:00
Feel Confident on the Fells (Langdale)	Tim Deighton	Sat	26-May	10:00 18:00
Easy, Healthy, Inspired Summer Cooking	Nela Geuer	Sat	16-Jun	10:00 15:00

- Mon, Tues, Wed – 10 am - 4pm
- Thurs 10am – 11.30am

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

Good as new clothes – Fri. 11th May 2-4pm; Sat.& Mon. am.

Other items until Wed. am 16th May

We're sorry but we can't take electrical goods.

The Annual Service, led by the Revd Lis Mullen, is to be held at the URC in Sedbergh on Sunday 13th May at 6.30pm. Also there will be a Coffee Morning in Dent Memorial Hall on Saturday 19th May from 10 to 11.30am. We've always enjoyed and appreciated great support over the years and with the continued goodwill we hope that we can perhaps even exceed our previous records for the district.

Christian Aid currently works with 507 partners in 47 countries in Africa, Asia, the Middle East, Latin America and the Caribbean, helping people to make change happen. Our donations will be multiplied many times over as many small actions come together to make a huge change. But the giving that takes place during Christian Aid

Week is not one-way.

Unity is something that we're not always good at, and the value of community that has inspired Tenneh is something that we can learn from and be changed by. Christian Aid Week is about raising funds. But it is also a call to unity – an invitation for churches and communities to come together and celebrate the possibility of hope and life in parts of the world where mere survival can be a struggle.

This is a challenge, because we're all so different and like to do things our own way and often feel restricted by others. But Tenneh's insistence that remarkable things can happen when we come together is not new. Christians see it in the actions and ministry of Jesus, who pushed against all that leads to violence and separation and called his disciples to model a new way of community.

If we can work together, with each other, with our communities, our churches and with our neighbours both at home and as far away as Gbap, then we may start to see huge change happen not only there but

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within our own community.

Tenneh says that 'when you are a group and work with focus and total commitment, you work at a faster rate; the stronger ones can help with work that weaker ones cannot do by themselves'. As we engage in Christian Aid Week, we can rejoice as we stand together in solidarity. Although we might ask who is the strong and who is the weak – and who is actually giving to whom.

Be a part of Christian Aid Week this year: if, together, we take small actions we can give people like Tenneh the tools to make big change happen.

£6.50 could buy a set of four hand

tools for a farmer living in the town of Gbap.

£50 could pay for advocacy training for two young people in a Kenyan slum, equipping them with the tools they need to pressure their government to provide essential services.

£123 could buy a reclaimed aluminium greenhouse for women working on market gardening projects in Tajikistan, providing a vital tool for growing vegetables in a harsh climate experiencing extremes of hot and cold.

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

FAMILY MUSINGS

Have you cleaned out your car recently, really got everywhere, under the seats, in the boot, the door pockets, the seat pockets, everywhere? Did you find any treasures? Money? I rarely clean out my car and when the last one was off in part-exchange for the new one, of course it had to be cleaned out megga style and what a lot of stuff came out! I could have started a Map shop, obviously eaten quite a bit in the car judging by all the wrappers, not all by me, no surely not! Then the magazines, bits of newspapers, a Bible, pens and bits of pens, no spring though to put in my step (see April Musings), shopping lists going back years, sermon notes, bits of bags and packing, First Aid Kit, Binoculars, phone chargers of various sorts, list of useless information, bag of firelighters and sticks in case of need at work to lay the fire, electric fire in case fire couldn't be lit and we were cold, and sticky things that once were sweets or bits of sticky-tac.

So, I made a resolution, not all of it was going back into my new car, the storage space is much smaller esp in the boot and as I need to be able to carry a wheelchair and or a wheeley walker I need space! Two of the three Teddies are riding around with me and of course people see them and ask how many grand-children we have and up to now the reply has been "None, the teddies are mine!" Teddies are still mine but I am now Granny-to-be as son and T expect their first baby in Sept, excited just

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does not do justice to how we are all feeling, great, fantastic news.

Talking of our son, he completes his BA in Applied Theology in mid-June and will then be helping to expand the ministries of the Carnforth Free Methodist Church possibly as a Community Outreach Pastor. Meantime he is busy studying, writing a disitation and in April was involved in Soccer & Netball School in Carnforth. And of course looking forward to the arrival of "young-un". He and T are off to America in June and I can't help but think it may be the last such trip for a while! He does seem to have inherited both his Mum and his Grans organising skills, all gifts from God, though some other people may not see them as that. Our daughters continue to serve great food with a smile at their cafe, hubby and I are truly blest.

Hubby is busy with the Lambing and seems to be going apace, we managed to get along to the 18th Birthday Pof one of our nieces, she had a Hot Tub available for those who wanted to take their cossies and join in, we passed on that but noted that hubbys eldest sister took full advantage along with quite a number of others, now there's an idea for my 60th b'day which I have 5 years to plan! Enjoy your plans and events.

Sarah

BATH HOUSE SHOP

opens in Sedbergh!

Since we launched Bath House in Sedbergh back in 1997, we have worked hard to establish ourselves as designers and producers of superior bathing and fragrance all proudly made in the UK. Our beautifully packaged products are now sold worldwide in some of the most prestigious stores and we currently stock over 1000 retailers in the UK. We have our own shops in Kirkby Lonsdale and Ambleside, and we are now delighted to open a shop here in Sedbergh at our head office, The Grain Store in Busk Lane. Our doors opened for business on March 16th and we have been overwhelmed by

local support and really positive comments about our lovely shop – yes, we are proud of it!

I'm sure our company is a bit of a mystery to many locals, so here's a bit about us:-

The directors met at design college in the mid '80's, and have worked together ever since, designing packaging and print for many companies including Wedgwood, Paperchase, Monsoon, Next, Mamas and Papas, and The Royal Collection. Initially setting up their own greeting card company, Picture Palace in 1989, the group continued to expand their own brands, with Picture Palace Wedding Stationery in 1995, followed by Bath House in 1997 and Bath



Bath House

fragrance • skincare • bathing

15% discount extended for the whole of May!

At our new Sedbergh shop, now open at our mill on Busk Lane.

Experience our fragrance, skincare and bathing collections made in Sedbergh. You are warmly invited to visit us and experience Bath House for yourself!



Opening Hours: Tues - Fri: 10.30 - 16.30 Sat: 10.30 - 17.00

The Grain Store, Busk Lane, Sedbergh,
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www.thebathhouseshop.com





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House Retail a few years later. All of these brands are now housed in the fabulous converted Grain Store building, where orders are despatched every day to retailers, hotels and even brides to be.

We are lucky to work with a fantastic group of local, hardworking and loyal employees who finish and pack the products with great skill and attention to detail. We now make many of our own bathing and skincare ranges right here in Sedbergh, with a strong emphasis on exceptional quality and many products boasting between 97-100% natural ingredients. Our 100% Natural skincare collection is handmade in small batches in

Sedbergh, using up to 100% organic ingredients too. There aren't many companies who design, produce, finish and sell their own goods, so we are quite unique!

Why not come and see for yourself? We are open Tuesday-Saturday and you can be sure of a warm welcome. There's a wide choice of fragrance, skincare and bathing for everyone – we can even giftwrap or make up gift boxes and hampers for you, and we've also extended our 15% discount on all products for the whole of May!

We look forward to seeing you
Pauline Marshall
Bath House

HITCH-HIKERS ABOUT

Look out! Hitch-hikers about!

Picked up a hitch-hiker recently? Many of you may have unknowingly provided a means of transport for some very sneaky, adaptable and UNWANTED species of plants and animals, and dropped them off in our precious waterways.

Invasive non-native species, or INNS, are becoming more prevalent throughout the UK and Cumbria and can have devastating impacts on our ecosystems, recreational and local amenities, infrastructure and the economy. They are now the 2nd greatest cause of biodiversity loss globally. Cumbria hosts a number of rare and protected wetland habitats. These unique areas are at risk from imported pond and ornamental garden plants and animals found in shipping ballast released into UK ports, all of which can thrive here and out-compete native species and degrade the habitat. When contained and managed responsibly, these plant species can be considered as pleasant additions to gardens. However because of their ability to grow and reproduce rapidly, when allowed to escape into the wild they cause huge and damaging impacts.

You may wonder how some of these species become so invasive, so here are a few facts:

- Himalayan Balsam – can produce up to **800 seeds** per plant which are spread from their exploding seed pods. The seeds also survive **dormant for up to 2**

years in the soil before germination.

- Japanese knotweed – can reproduce and spread from a piece of root/rhizome the size of your **little fingernail (0.6g)**!
- Floating pennywort -can grow up to **20cm a day**.
- Killer shrimp – can survive **out of water for 6 days**.
- Crayfish plague – is a fungus which can survive between **6-22 days** without a host under wet or damp conditions.

South Cumbria Rivers Trust, Lune Rivers Trust and the Cumbria Freshwater Invasive Non-Native Species Initiative are striving to protect, control and eradicate inns from our catchments across south Cumbria and the rest of the county – a huge undertaking. We need the support and help from local residents, organisations, businesses and

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visitors to stop the spread.

So how can you help?

1 – **Check Clean Dry**

Check all clothing, footwear and equipment before leaving a river or lake and remove any plant fragments or invertebrates and leave on site. Clean if possible with tap water to remove anything you might have missed. Then, ensure everything is thoroughly dried before visiting a new watercourse.

2 – **I Spy.....**

Enjoy a walk out and about? Help us to survey the catchment whilst you're out enjoying the countryside and get into areas you may not have been before. We need to find source populations of INNS so we can start our control efforts from the headwaters down to the coast. Training and equipment provided if you can provide your own transport and a bit of time.

3 – **Be Plant Wise**

Although it may seem like the right thing to do, please don't re-home your aquatic pond plants in the wild. You might unknowingly have aquatic INNS in your pond. When you clean out your pond, please make sure that you compost everything that comes out and do not put it in the wild. When these plants are released into the wild they can smother our native plants, clog our waterways, exacerbate flooding and remove oxygen from the water which can harm fish, invertebrates and other species.

4 - **Balsam Bash**

Join us for an hour or few or however much time you can spare to help remove patches of Himalayan balsam from riverbanks with one of our work parties. Meet likeminded people from around the area, get a sense of satisfaction seeing these areas shrink and seeing new and varied native species start to inhabit in the following seasons.

For more information about INNS or this project please visit our website at www.scrf.co.uk/cfinns.

If you interested in becoming involved with this project please contact Jen on 01539 816311 / 07826 141716 or jen@scrf.co.uk.

If you are interested in being involved on the River Lune and its tributaries, please contact Sarah Littlefield at Lune Rivers Trust on 01524 222174 or boddles_uk@yahoo.co.uk

Jen Aldous – Invasive Species Officer, South Cumbria Rivers Trust



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KILLINGTON WI

The Afternoon WI for the entire district

Well, let's start with what comes first to my mind from today's meeting. The raffle was won by Barbara Kooper and the competition for a limerick starting with the line, "There was a young girl from Slovenia", was won by Anne Macer with this gem!

*There was a young girl from Slovenia
Whose old fashioned name was
Euphemia*

*She longed for romance
So her looks to enhance
She wore in her hair a Gardenia.*

This may give you some clue that the subject of today's speaker was, "A Tourist in Slovenia", and those of you

who are very knowledgeable might guess that our speaker was Susan Garnett. We all enjoyed her informative and well -illustrated talk on the country in which our twin town, Zrece, is located. We visited distinguished cities, magnificent mountains, limestone caverns, inviting lakes, and learnt of the generous hospitality of its people. It certainly encouraged us to go and see for ourselves. Thank you, Susan! It is always rewarding to have a local speaker.

Our meeting had started with the usual business. Having recently received and read some of the archives of our institute, I was impressed by how little WI meetings have changed over the last 70 years. However, one thing which impressed me was that back in the 1940s the speaker for each meeting was only invited one month in advance. Nowadays we plan at least twelve months ahead.

Perhaps we should try the old method!

We were pleased to learn that Elspeth is continuing to make excellent progress. We congratulated our members with April birthdays, celebrating especially Maggie l'Anson whose "? 0th" birthday was marked with a cake and candles. (No! of course I'm not going to tell you how many! She's bigger than me)

We were delighted to see Mary Tallon (aged 100!) back with us again, and equally delighted to welcome Cath Robson as a new member. We were happy to see as guests Hilary

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DENTDALE Beauty & the Beast

THE DENTDALE BEAUTY & THE BEAST ROAD SPORTIVE

Saturday 26th May 2012

The Dentdale Beast is released! But don't be scared, there's also a Beauty!

The Dentdale Beauty & the Beast is a brand new sportive designed to show off the wealth of untapped road riding in and around the picturesque Dentdale valley in the Yorkshire Dales.

Beauty Ride: 14 mile leisure ride
The Beastie: 30 mile hard ride
The Beast: 80 mile severe ride

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www.Dentdale.com
www.DiscoverDentdale.com

Please note that events will go to Dent Pre-School and Dent Primary School.

HERBALIFE HARRISON DALLS WHEELBASE LYON High Landing Farm

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from Pinfold, and Emily, the daughter of our member Sally Cragg. Emily is planning to walk 62 miles, from London to Brighton in 24 hours to raise money for Macmillan Cancer Care. We are very happy to support her. Plasters for blisters will be supplied. We are also supporting Norma Cheeseman who will be undertaking a local walk at the end of this month to raise money for the Great North Air Ambulance. We were sorry to bid farewell to Mary Fisher who has moved into a residential home in Suffolk, near to the home of one of her children.

Our members were congratulated on regaining the WI Cup at the Spring Show, and winning many other trophies. What a super show it was!

Dawn and her team (Anne J. & Barbara L. this time) were congratulated on raising a further £73.75 for Thandi at a recent table-top sale. They have almost cleared

MRS LINDA ROBINSON

speaker at

Dentdale Christian Fellowship

7pm Sunday 27th May

“Rhumes”, Dent LA10 5QJ

All Welcome ~ No Cost

Refreshments to follow

Further info

Tel: 015396 25212

HOWGILL HARRIERS Kirkby Stephen 10K Road Race



**Sunday 27th May
2pm**
(junior races start 1pm)

their stock of saleable items and would welcome your help to replenish their stock before the Gala (21787 or 21902 to arrange collection)

The meeting concluded as usual with a tasty tea, our hostesses doing us proud.

At our next meeting food will be high on the agenda. We start with discussion of the resolution to be put forward at the Annual Conference of



the National Federation of Women's Institutes (simply put, "give us more midwives", though most of us are past it anyway!) After that we return to one of our favourite formats for a meeting, called, "Taste 'n Try", when we sample all sorts of culinary delights. (Reminder to members – **Don't eat too much lunch**). We meet at the People's Hall at 2-00pm on Tuesday 8th May. Come along if you are hungry!

Wendy Fraser-Urquhart.

SEDBERGH WI

Although the evening was cold and wet the turn out for the meeting was excellent even bringing a visitor to the group, Sue Kernahan. Sue wasted no time in signing up for some of the forthcoming trips while proudly announcing that she was shortly expecting her first grand-child. Congratulations were expressed all round.

Members then settled down to listen to a talk by Anthea Bolton. Anthea has spent a number of years collecting and recording memories of dales life in and around Sedbergh. Many of these unique oral histories are from people who are no longer with us but their words testify to the

life they led and give us an insight into their experiences of living in the dales during the Second World War. Many of the testimonies included poignant reminiscences of those who served in the Royal Air Force. Some of the recordings stirred memories for several members who were able to share their childhood experiences of wartime Sedbergh amusing everyone with the story of the tank that got stuck in Main Street.

During the early 1940's here in Sedbergh as in many places around the dales workers were imported to fulfil the demand for aircraft parts. Both Farfield and Milltrop mills were pressed into war time service for this purpose. At that time the area that is

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now Pinfold Caravan Park and Maryfell were covered in prefabs to house the workers and also many evacuees from cities like Liverpool and Manchester. Some of us were surprised to hear that there had been a POW camp where Baliol school now stands.

Anthea was duly thanked for her fascinating and informative presentation and as rationing has now been lifted tea and homemade cakes were freely enjoyed.

Forthcoming events include a mystery outing when the coach driver will only remove his blindfold when the destination has been reached. Those of a nervous disposition are advised to stay at home. Just kidding.

Several members got together to plan a day out at Levens Hall to look around this gorgeous house and gardens. The walking group will be venturing down the Lune Valley lead by Rosemary Blanchfield who maintains membership of both Sedbergh and Arkhome WI the latter being in the Lancaster Federation.

Margaret Drabble's book, 'Peppered Moth', gave the reading group a run for its money with most members giving it a definite thumbs down.

At this month's meeting to be held on Wednesday May 9, the resolution for the National AGM concerning the countrywide lack of midwives will be under discussion. This will be followed by general conviviality and a

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Jacob's Join. New members and visitors are always most welcome. We meet at 7.30pm.in the committee room at the rear of the Peoples Hall.
Sandra Gold-Wood

DENTDALE WI

The April meeting found us discussing many of the events coming up during the months ahead. The new Dining Club is to be launched with a lunch in Wray on 26th April. Dentdale are hosting the group meeting on 21st May and lists were out for contributions to the Jacobs Join supper. The revised *Dentdale Guides* are now for sale in various outlets.

Freda Meakin brought to our

attention an article in WI Life about the cutting of Legal Aid and in particular, a reference to those who found themselves the subject of domestic abuse. It was a unanimous decision that we should write to our MP Tim Farron, asking him to put our views to Parliament.

It's that time of year again when garden centres are bursting with colourful seed packets and an amazing variety of plants and following the recent mini heat wave, herbaceous plants and the hardy perennials are well and truly coming through in our own gardens. We all feel the need to become budding gardeners and so we were well tuned into the talk on gardening dealing with

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Cuttings and Propagation by our speaker for the evening, Elaine Horne. The basics were explained from compost, usefulness of silver sand sharp grit etc. Elaine talked through seed sowing, how to hold the seedlings when transplanting, soft wood cuttings, hard wood cuttings heel cuttings and root cuttings and propagation by division all clearly described that we all went away with so many tips to start us on another season in the garden.

To continue on the gardening theme, members were reminded that tickets for the Holker Festival 8th, 9th & 10th June could be ordered at greatly reduced prices for a marvelous day out. We are already thinking about

ordering bulbs for next year through the Federation Bulb Scheme and Thelma Belfield has the details.

Of course, the Federation Flower Festival at the end of June is rapidly approaching and this mammoth undertaking needs volunteers stewarding and helping in all sorts of ways and lists are out for help from Dentdale Members.

Our competition was for: *Spring flowers in a Jug* won by Pat Allen and Thelma took home the raffle prize of a plant in a pot!

Next month on 9th May in the Memorial Hall we will be talking about the Resolution going before the AGM of the National Federation WI.

Pat Allen

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HOWGILL W. I.

President Mary Silva gave a warm welcome to 18 members and 3 former members at the April meeting held at Firbank.

There was a good feeling of spring as local garden expert Elaine Horne advised us on how to make the most of our gardens through stages of the year and when to take action to achieve the most successful results.

There are many factors that can affect plants and the work that has to be done like the weather, climate, and soil. We were given tips on planting and the importance of pruning to shape and encourage new shoots to produce good flowering.

Tanya Hoare thanked Elaine for a fascinating talk and sharing her knowledge with us and for answering our questions and queries.

The competition for four different spring flowers was won by Tanya with Jackie Hooley second. Maggie l'Anson went home with the raffle prize.

Members were reminded of forthcoming events. The Group Meeting hosted by Dent W. I. and the Council Meeting at the Town Hall. A visit to Broome Hall is to be included on our summer outing. Tea is to be provided by Pooley Bridge W.I. Vera Hodgson will lead the next walk on Friday May 18th. On May 3rd Val Corbett will be showing slides of the Eden Valley at Howgill Village Hall. Voting will take place on the one resolution Supporting Midwives to go forward to the AGM at the Royal Albert Hall on May 30th. *A.H.*

SEDBERGH LADIES N. F. U.

On Tuesday evening March 6th eight members travelled to the County Hotel, Carnforth to support the charity evening arranged by Carnforth Ladies in aid of St. Johns Hospice.

After the lovely carvery meal and the speaker, the raffle was drawn and most of us came home with a prize.

The March meeting on the 20th March was well attended when Yvonne Cervetti came to talk about Massage and Myofacial Release.

Yvonne now lives in Millthrop and has a treatment room at home.

She has been in practise for seven years and treats Muscle and Joint pain, sports injuries, surgery and scar tissue release etc. In time after being in touch with Dr. Lumb she hopes to start a clinic in the new Health Centre.

The April meeting on the 17th was well attended with 21 members present. The speaker Mr. Andrew Lowe from Kendal showed us some lovely slides of the insides of numerous Lakeland farmhouses dating back to the 17th and 18th centuries.

It was lovely to see that the old architecture and woodwork carving etc., is still maintained in these old listed buildings.

A coffee morning is to be held in the URC Rooms on Wednesday May 2nd in aid of Asthma and NW Cancer.

The next meeting will be on the 15th May when Judy Dunford will talk on Farming in the Second World War. New members are always welcome.



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TIM FARRON MP

I have been busy out knocking on doors around South Lakeland as we have, as I hope you know, District Council elections, including the Sedbergh and Kirkby Lonsdale ward, coming up on the 3rd of May. Because of the rolling system of elections we have here there are elections every year in at least one part of the constituency. This, of course, puts a lot of stress on my hard working office and our dedicated band of volunteers, and I am sure that it gets a bit tiresome for you at times, but it does mean that we have to get out and talk to as many people as answer the door when we knock at least once a year, which is not a bad discipline.

Actually I really enjoy getting out to meet people as much as possible, in fact Rosie, my wife, insists that we leave the constituency completely for family weekends together fairly regularly as every time we go out around this area I find it hard to stop myself being dragged into conversations about whatever issue it is that people want to raise with me.

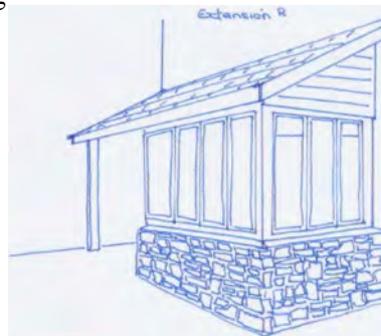
As you would expect people have been raising the issue of the hospital and the tragically poor management that they appear to have had over the past few years. Only the other day I found out that one of the regulators had found the maternity care at Furness Hospital to be satisfactory when eighteen months later another

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regulator found 66 serious failings. It cannot be that none of these were present during the first inspection so I have called upon the regulators to look at their practices to ensure that no more children die because of their failings.

Within the hospital management itself we are seeing the arrival of a new team of people to try and sort out what can only be described as a very sad and worrying mess. I will keep a very close eye on the progress they make and ensure that they update me regularly.

Affordable housing has been another issue that people have raised frequently. At the last count there were over 500 new affordable homes provided by the District Council which is more than the target they set themselves but still far short of what is needed. I am continually on the lookout for new ideas or places for houses to be built.

A third issue has been the quality of broadband, particularly in more out of the way villages like those around Sedbergh and Dent area. I have been speaking to organisations ranging from Vodafone through to Network Rail to see what can be done about this. So far nothing concrete has been agreed but I am hearing encouraging noises and am hopeful that we will see some progress soon on at least one front.

If for some reason I have not knocked on your door, or you were out when I did and you have some issue you would like to raise with me then please do get in touch by writing to me Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk.

And please, please do ensure that you vote

Thanks for your support

Tim Farron MP

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- Have high expectations of both themselves and the pupils and be willing to become involved in the wider life of the school.

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All appointments are subject to an enhanced CRB check.

The closing date is Thursday 3rd May at 12.00 noon. Interviews will be scheduled for Thursday 10th May.

Please contact the school to arrange a visit / request an application pack on 015396 25259 or email: admin@dent.cumbria.sch.uk.

HARRIER NEWS

The annual 'Round the Howgills' club relay took place in the middle of that gloriously sunny period at the end of March and, instead of the cloud and ice that has featured in previous races, runners had to cope with some unusually warm weather.

Perspiration ran hand in hand with inspiration as the four mixed teams made their way round, and there were some particular strong performances from the junior runners. The jovial accusations of cheating (is a hole in the wall technically jumping a wall..?) and the unfortunate incident involving one team's car and their timing device kept the atmosphere light, and the soup, cake and edible/drinkable prizes were greatly appreciated afterwards.

Somehow, on the following day our star runner managed not only to get up, not only to drive 3 hours to Derbyshire, but to win the 34km Edale Skilne race outright. Congratulations once again Carl, and good luck in the English championship races this year.

The Kendal Winter League results are now final, and Pat Hanna was first for Howgill in 14th out of 242. Other Harriers performed strongly in individual races but being unable to compete in every race of the series means a lower placing overall. Still, this was a good chance to run in some of the most scenic local areas, and this series is well supported by other local clubs with some good

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turnouts in the junior events too.

The training sessions in Sedbergh are now back outside, and we are planning to start a new weekly session for juniors in Kirkby Stephen in late April. By the time this issue is printed Howgill will have had runners in the London marathon and at more local races, including the first club championship race in Keswick AC's 'Round the Houses': details to follow in the next issue.

You don't need to be part of a running club to enter most races (although it can be cheaper and even 'fun' to compete against clubmates), and there are plenty of events coming up which are open to all. The Kirkby Stephen 10K will take place on Sunday 27th May, starting/finishing at the grammar school and following a loop around some of the most scenic country lanes north and west of the town. Entries can be made on the day, and runners of all abilities will be taking part. For further details see our adverts, website or contact John on hosker@hotmail.com.

**YORKSHIRE DALES
NATIONAL PARK**

Dog owners are being asked to take extra care as they walk in the Yorkshire Dales National Park over the next four months.

Alan Hulme, the Yorkshire Dales National Park Authority's Head of Ranger Services said the breeding season for wildlife and for farm animals is now well underway and dogs can cause long-term damage if they are allowed to roam free.

"This is a very sensitive time for domestic and wild animals – especially ground-nesting birds, for which the Dales are renowned," he said.

"Although dog owners say their pet never chases or attacks sheep and lambs, some do. In addition, a lot of people don't appreciate that dogs can cause just as much harm unintentionally by keeping parents away from their young, which leaves eggs, fledglings and lambs vulnerable.

"Dog owners are entitled to keep their pets off the lead on public paths



although they must keep them under close control. But we would ask them to be on the safe side by keeping their pets on a lead in an effort to reduce the risk of wildlife and farm animals being unintentionally disturbed at this crucial time."

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

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

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DENTDALE SHOW 2012

Saturday 25th & Sunday 26th August

Listed are the competitions for this year's Show. You have time to perfect your entries.

Saturday 25th August 2012

Children's Classes

1. Lego or K'NEX model of a vehicle to own design
2. A computer generated poster
3. Fun specs
4. A book mark
5. A hand-made picture of my favourite animal, any medium
6. 6 chocolate crispies in paper cases
7. A description of Dentdale, handwritten (up to 100 words)

Adult Classes

1. A Christmas stocking
2. A gift wrapped shoe box
3. An item made from recyclable materials
4. A scale model (e.g. Air Fix kit or own design) of a vehicle
5. Pencil or painted picture of a village scene
6. Hand-made bunting
7. A hand-made toy for a child
8. A photograph entitled 'Fun Time', colour or black/white, with a caption
9. A photograph entitled 'A Season', colour or black/white

Sunday 26th August

1. Sticky marmalade cake, baked to given recipe
2. Fruit pie
3. Six fruit scones
4. Pot of jam
5. A selection of canapés for a party

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6. Six chocolate chip cookies
7. Tea loaf
8. A chocolate dessert
9. Savoury dip/dips with crudities
10. Five tomatoes, one kind
11. Five potatoes, one kind
12. Five carrots, one kind, with tops
13. Five dressed onions
14. A basket of home grown vegetables
15. Heaviest potato
16. Nine sweet peas, any kind
17. One rose, any kind
18. 'Just Take Five', an exhibit to include five flowers

Rules for exhibitors

- Free entry for children. Adults 50p per entry.
- Children may enter the adult classes.
- An exhibitor may enter up to two items in any class.
- All exhibits to be displayed in the competition marquee between 11am and 12pm on the Saturday or Sunday of the Show.

For further details contact Angie Mason on 015396 25461.

APPLEBY HORSE FAIR

This year's fair runs from Sunday 3 until Wednesday 13 June 2012 and plans are already in place within South Lakeland. The team dealing with the arrangements is a sub group of the Local Area Partnership for Sedbergh and Kirkby Lonsdale. Representatives include South Lakeland District Council, Cumbria County Council, Cumbria Police, local county and district councillors and community representatives.

A Traffic Regulation Order (TRO) in South Lakeland will be in place from 4 May 2012 (at the latest), and you will see work starting in late April. The TRO will be enforceable once the signage is in place and any Highways issues should be directed to betterhighways.

southlakeland@cumbria.gov.uk

The key facts about the TRO are:

- They do not restrict horses or horse drawn caravans
- They apply to key areas only and not all verges and temporary stopping places
- They apply to motor vehicles and caravans only

From 4 May 2012, Cumbria Police and the District Councils will operate a Combined Action Team (CAT) prior to Appleby Horse Fair. The purpose of this team is to visit and assess all encampments which develop.

Temporary stopping places in South Lakeland include:

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Please use the contact numbers below if you need any further information, help or advice before, during or after Appleby Horse Fair:
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0845 050 4434

Cumbria Police 0845 330 0247
Area Support Team, Kendal

01539 713419

For further details and information please check out the Appleby Horse Fair website at www.applebyfair.org

June 2012 also sees an additional bank holiday to celebrate the Queen's diamond jubilee so please be aware that the TRO will be in place during this time. If you are planning celebrations or events, car parking has been given careful consideration particularly if the weather is wet beforehand.

Alison Love

DENTDALE RUN

The annual Dentdale Run took place on Saturday 10th March this year. It was a fantastic sight as the 400 strong field set off from outside the school at 1pm with just over 14 miles of running ahead of them. The race was started by five times winner Steve Littler who was injured and couldn't run. This year's race had, as usual, attracted runners from far and wide who come to run amongst some of the most spectacular scenery although I am not sure that they get to admire it.

The run raises much needed funds for Dent CofE Primary School and this year's run has so far resulted in £3000 being given to the school.

This year was particularly exciting for the organisers as there was a real possibility of being able to award the trophy for first local female, for the first time in the races 28 year history, with Dentdale resident Pat Gardner entering the race.

A little over an hour after the start the runners started to come home. First across the line was Ian McBride of Royton Road Runners in a time of 1:19.09, followed some 3 minutes later by John French of Eden Runners in 1:22.25. In 3rd came Gareth Booth of Horwich RMI in 1:23.13 and he was followed by Stuart Carroll of Royton Road Runners in 1:24.47.

The ladies race was won by Clare Pearson of Skipton AC with a time of 1:38.30. Second was Amy Green of Keighley and Craven AC in 1:40.39. Third went to Karen Bridge of Eden

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Runners in 1:42.30 and fourth was Nichola Sykes of DenbyDale Travellers in 1:43.10.

First local man went to Joe Stafford who completed the course in 1:59.36 and of course Pat Gardner finished the course in 2:18.07 making her the first local woman to ever finish the race.

Full Race results including all of the veterans categories can be found online at <http://www.dentdale.com/DentdaleRun/DentdaleRun.HTM>

The committee and the school would like to say a huge thank you to all of the people who make the run a success, there are so many organisations and individuals who make the run happen every year and the committee is very grateful to all of them for their help and support.

Next year's run will take place on Saturday 9th March so get in training now!

Scott Thornley

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1st prize – under 16 years £35

2nd prize £25

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BURTON ART EXHIBITION

Entries invited for the 8th Burton-in-Kendal Art & Craft Exhibition in the Burton Memorial Hall, Burton-in-Kendal.

Taking place in the Burton Memorial Hall, Main Street, Burton-in-Kendal, on Saturday 2nd and Sunday 3rd June, 2012, the exhibition will again showcase around a hundred paintings in a wide range of painting styles along with craft works ranging from woodwork, glass and ceramics, to textiles and hand-made cards.

Entries for both the paintings and craft categories are invited, and more details and entry forms may be obtained from Mrs Kath Hayhurst on 01524 781613 (crafts) or Mrs Paula Firth on 01524 781984 (paintings).

This year's Guest Artist will be Thuline de Cock, whose specialises in painting animals, and whose work may be seen in various galleries, both locally and further afield. Thuline was born in Bruges and studied interior architecture. Taking a break from art she worked as an educational assistant in an immigration centre,

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and travelled extensively: to the United States, Ghana and around Europe.

After moving to Kendal with her husband she became a member of the Green Door Studios, an artists' association, based in Kendal. Thuline's paintings and drawings often depict animals out of context, using bold colours, and she strives to bring out the characters of the animals she is depicting.

Thuline has exhibited in several galleries in the North and has work in private collections in Great Britain and abroad. She also teaches drawing and painting courses in the Kendal area.

For more information about the event please contact either Mrs Paula Firth on 01524 781984 or Mrs Kath Hayhurst on 01524 781613.

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DENTDALE MUSIC & BEER FESTIVAL

22nd – 24th June 2012

Preparations for this year's festival are well underway with artists confirmed including Emily Smith, Sarah Gillespie, The Feud and festival favourites The Dog Roses. On the beer front we've got the same great selection of real ales from breweries across the North of England and Scotland, and regular festival beers from Dent & Kirkby Lonsdale breweries. Food this year will feature festival burgers from Dales Butchers, a steam-loco fired pizza oven and campervan café.

Admission to the festival is still FREE but this year we will be selling 'friends of the festival' wristbands at £5 each which will entitle the wearer to 50p off a pint of beer and discounts on other drinks from our festival bar. Proceeds from the wristbands will go toward the running costs of the festival and donations to the community.

Donations from the proceeds of the 2011 event were as follows:
Dent Reading Room Library

Dent Pre-School	£1000.00
Dent First Responders	£2500.00
Dent Over 60's	£475.00
Dent Football Club	£150.00
The Dentdale Explorer Bus Service	£150.00
Children's Liver Unit, Leeds General Infirmary – Muppett the MC's	£500.00
Sponsored Dales Way Walk	
Total	£200.00
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For latest festival news please visit
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72 MAIN STREET

The Sedbergh White Knights have purchased 72 Main Street from the Yorkshire Dales National Park**. £80,000 now has to be raised to buy the building from them so that its future is secured for our community.

This is no small task from such a small community but much planning has taken place and there is encouraging news.

The fundraising campaign began on 1st May! An article is planned for the Westmorland Gazette for its 10th May issue and around 12/13th May a leaflet will be delivered to houses in the area inviting you to contribute to the fund.

We already have £20,000 pledged

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for the purchase of the building.

Grant applications are being made though such bodies are somewhat stretched at the moment with many applications. Raising the money will be heavily dependent on the generosity of local residents. Donation forms are available at the TIC, Sleepy Elephant and in the Community Office or you can donate via the website 72mainstreet.blogspot.com.

Further information including the progress of the fund will be in future editions of Lookaround and on the website.

Please give what you can afford and make this truly a community effort.

*Graham Hooley, Mark Westwood,
Hilary Hodge, David Collier and
Douglas Thomson*

** An article from the White Knights appears on Page 55 in this edition of Lookaround.

CRAFT WORKSHOPS

Did you read the article in last month's edition asking for 'crafty' people to get together to talk about starting a small enterprise/workshop in Sedbergh? Well as a follow on several of us are planning to meet on Wednesday 9th May, to look at the possibility of pooling resources to provide an outlet for our crafts, plus the opportunity to show others simple craft ideas to try themselves.

Ideas so far include jewellery, card making, encaustic art, glass painting, textiles, water colours and candle making; we plan to attract enough craftspeople to demonstrate a variety of skills to small groups of like minded people or individuals, with the view to trying a new craft without a large financial outlay.

Did you know that knitting has come right back in fashion? but unfortunately not so many people know how to get started - we have the expertise on hand to help. (Interestingly, Friends of Farfield Mill are also planning to run courses, starting in July, so it is a really good time in Sedbergh to try something

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new.)

Initially look out for us at the Gala, when we will be out and about with fliers and a questionnaire to find out what you would like to try.

At the Jubilee street celebration we are planning to have a stall, featuring different craft ideas, and demonstrating a few.

But meanwhile, if you would like to get involved, we would love to hear your ideas now, please telephone Helen on 21562 or Linda on 21455.

SEDBERGH & DISTRICT SPRING SHOW

The Sponsors for this years show were:-

Premier Shop, The Howgills, Spar Shop, Powells, Green Door, the Red Lion, the Bull Hotel, Kath Earl, John Dom-Nathan, Middleton Head, Rita Nicholson, Jean & Amanda Sowerby, Duo, Chris - Butchers, the Dalesman, M. Milburn, Dalesbred Butchers, Sedbergh Café, the Sun Inn, Dent.

Thank you also to Capstick;s Insurance and Leightons Hair Salon for the loan of their windows for the Spring Show displays. *M. Milburn*

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CUMBRIA WILDLIFE TRUST

Diamond Jubilee Wood

Way back in 2002, the year of the Queen's Golden Jubilee, our local support group decided to fence off part of Settlebeck Gill to exclude grazing, coppice the woodland and hopefully to try to conserve a portion of the natural woodland which formerly covered much of this area. With the help of grants, a generous landowner and volunteer groups this was eventually accomplished. The wealth of wildlife, flowers, nesting birds and small mammals including red squirrels, that followed was very rewarding.

However nature doesn't stand still!

The Settlebeck in spate has rearranged some habitats and despite our best efforts rabbits and the occasional rogue sheep found some of our new hedge whips irresistible. Sycamore and blackthorn have galloped on apace. Meanwhile pupils from Sedbergh Primary School have enjoyed wildlife walks into the wood and have had much to contribute with their knowledge of habitats and local farming practices. It was a great pleasure therefore that, in this Diamond Jubilee year, a group of year 7 volunteers from Settlebeck High School found time to come and revisit the wood for a spot of hard labour. In little more than an hour they

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did an amazing amount of work. 24 hedge whips were planted, staked and guards fixed. Huge amounts of overgrown blackthorn already pruned by Sedbergh School volunteers, were dragged away and stacked. Coppiced wood was piled into stacks to shelter



small mammals and two English oaks were also planted to commemorate the Jubilee. All this planting has been registered on the Woodland Trust website for inclusion in the Royal Record. Inspired by the discovery of the Royal Record of King George VI's Coronation, which details thousands of celebration trees, the Woodland Trust is creating a new Record of trees planted in 2012 for the Diamond Jubilee. At the end of the project they

will present their collection of records to Her Majesty The Queen as well as preserving a copy in the British Library for generations to come.

Our splendid young woodsmen departed covered in glory and a thick layer of mud for which I apologise to whoever does the laundry in their households! I hope they will come back and see how well their hedge is doing.

For those who have not visited the wood before, it lies on a public right of way and there are descriptive leaflets available at the Tourist Office. Please remember to close the gates!

Susan Garnett

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QUEEN'S JUBILEE

MAY 21, 1897

Board of guardians. A letter from Mrs Hart was read, in which she kindly offered to give the inmates [of the Workhouse] a tea on some day near the Jubilee, and Mr C. E. Taylor also kindly offered to give a dinner on jubilee day. A unanimous vote of thanks was accorded to both for their kind offers. The out-door patients were ordered to have 1s extra for jubilee week ...

**SIGHT ADVICE
SOUTH LAKELAND**

Sedbergh Support Group

At the April Meeting, All members, volunteers, and supporters were saddened to hear of the death of our Chairman, Gordon Axford. Gordon had been an indefatigable supporter of The Society and his many contributions to its success and well-being will be much missed and remembered with gratitude. The Group held a minute's silence and a number of members gave their personal memories of and tributes to Gordon. Our prayers and thoughts are with Barbara and the family.

Betty Harper took the chair for the

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meeting and welcomed Scott from SASL Stricklandgate House - or 'Head Office' as Gordon used to call it!

Jennifer gave us an up-date on and reports of the 'absentees', of whom there were quite a number - we missed you all and wish you well.

Betty welcomed our 'Special Guests' for the afternoon, The Rev Andrew and Mrs. Folks, who enthralled and totally delighted us with a wide range of Folk Music. We had 'kisses sweeter than wine' whilst we travelled '500 miles' from 'the streets of London, via 'Durham Town' to 'Main's wedding' where we drank illicit hooch from a 'copper kettle', sampled the 'plaisirs d'amour' with a 'silkie', listened to a 'daughter whistling' 'when I'm sixty-four, and 'only sleeping' when we got 'the empty pocket blues' and 'the saints went marching in' 'in righteous glory' with 'a line, a pole and a honey-babe!!!! - a superb afternoon's entertainment thoroughly enjoyed by all - THANK YOU.

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On the 29th. April one of our members George of the big mouth and tune-less voice, was taking part in a 'Sponsored Walk' from Windermere to Kendal to raise funds for SASL and all present most generously gave him their 'sponsorship' for which he is very grateful. George is being 'accompanied and guided' by two Sedbergh 'girls!' - Jackie Baines and Debbie Jukes - and he should 'make it' providing he can get them past 'The Eagle & Child' in Staveley - watch this space!

And Finally, it was agreed that Betty's 'chairing' of the meeting was a superlative bravura performance and it is hoped she will take on this role on a permanent basis in the future - no pressure Betty, all you have to do is say 'Yes'!

The SASL Sedbergh Support Group is open to and welcomes ALL who have any form of 'visual impairment' - membership is FREE! We could not carry on without the help of our 'volunteers', so if you could 'spare' 2 or 3 hours in the afternoon on the 3rd.

Tuesday in the month and would like 'to give it a go', please ring Jennifer on 015396 - 25162 or George on 01539 - 721109 - Car Drivers who can sing would be especially welcome!

George Watson

EASTER SUNRISE SERVICE

On Easter Sunday 14 people climbed through the morning dusk to the top of Winder for the sunrise service, an annual event organised by Churches Together. Anglicans, Methodists, URC and Catholics joined in worship on the summit, in the mist. The service, led by Martin Dodds, opened with a reading from Luke's Gospel, followed by prayers and the Easter hymn *Christ is Alive*.

The sunrise was never visible through the cloud, but during the descent bird song rose from below and larks lifted through the clearing mist. The steep climb and early start were well worth the effort to stand on the top of Sedbergh's special fell, with old friends and new faces, to mark the dawn of Easter Sunday.

Fenella Davis

QUEEN'S JUBILEE

APRIL 23, 1897

District Council. A deputation from the Finkle Street Improvement Committee, consisting of Messrs R. Burra, C. E. Pugh, and the Rev. E. R. Gayer waited upon the council, and Mr. Burra said he considered they had been very successful in the matter of subscriptions. They had obtained £820 (of which the governors and masters of the Grammar School had given £350), and they had come to ask the district council to take it into their own hands, as they thought they could not get any more or very little more money. Mr Dover asked if they could get any more subscriptions, because if people saw the council take it over they would cease to give. Mr Burra said they might get £80 more. Mr Pickering said that as they had not had any notice of the deputation until he had come to the meeting, it would be better if it was left over for consideration for a fortnight. Mr Burra suggested retiring while they considered the matter. This was done, the council resolving itself into committee.



TRACTOR PULL

The 10 mile Easter Sunday Sedbergh to Kendal charity Tractor Pull Event was a massive success. 54 lads and large back up team completed the route in 3 hours 25 minutes 27 seconds, the team really pulled together on the infamous Blackhorse hill slowly but gradually we reached the top with a massive support cheering us all the way. After that challenge, the rest of the route was pretty less demanding and the team took it in it's stride, reaching Netherfield Cricket Club well in time for the rest of the days activities. where the events, raffle, Mags Hall doing the face painting and BBQ team took over for the afternoon.

Thanks to all the Sedbergh folk who donated before and on route where over £400 was collected in buckets. Special thanks to MK Builders, one of the main sponsors. £5000 was raised on the day shared between the late Nicky Dents family and Motor Neurone research. Because yet another pull proved very successful, next years challenge will be a double decker bus from Shap to Kendal with 3 added tubes on the rope to make a large 72 man team pulling Caspa

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SEDBERGH BOOK TOWN THE FUTURE IS BRIGHT

At the end of this summer season the Tourist Office at 72 Main Street will change management to join with the Community Office and Charity Shop. At this time the company Sedbergh Book Town Ltd., will be wound up as its purpose for the last few years has been solely to run the tourist office, therefore it will no longer be needed.

Sedbergh Book Town Literary Trust - the charity, will continue to promote all Book Town Education and Activities. As always if you are interested in being part of the project please contact the Trust c/o Sleepy Elephant, Main Street or Tel: 21770.

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SEDBERGH CDC

Super Saturday at Sedbergh CDC!

On Saturday 26th May we have 5 day workshops in a variety of subjects and locations.

Well known local artist Frances Winder will be running Exploring Colour in Paint at the People's Hall. This is for artists who work in any medium and is sure to be full, so book your place now.

Another great artist, Jill Pemberton, will be helping you to sketch and paint outdoors in and around Kirkby Lonsdale town.

Back in Sedbergh Chris Wood will be running a workshop on buying and selling on eBay, including taking photos of goods to sell. So come along and start making money out of your unwanted goods.

Meanwhile photographer Frank Balaam will be exploring the world of seaside photography. Join him on a trip to Morecambe looking at how best to take photographs at the coast.

Finally mountain leader Tim Deighton will be leading aspiring fell walkers on a Feel Confident on the Fells day. The day will cover navigation, choice of route, weather issues and choice of equipment.

We do hope that one of these workshops will appeal to you, and don't forget we have other day and weekly courses running as well. Have a look at our advert in Lookaround, visit www.sedberghcdc.org.uk or call us on 015396 21031 for more information.

Chris Wood, Sedbergh CDC

SPAR ALERT!

"Would you like your receipt in your bag?"

"Thank you' I said.

Back in the car, I looked at my receipt. Not an itemised receipt but just a visa receipt.

I had wanted to check my purchases. Back I went and when the assistant had finished serving the other customer, I asked if I might have my itemised receipt.

Imagine my surprise when I was told that I couldn't have it as Spar don't issue itemised receipts, unless requested by the customer at the very point of purchase. Absolutely, I was told in no uncertain fashion, I could not have an itemised receipt now.

The supervisor was called and confirmed the situation. However, he was very diplomatic and apologetic, unlike his assistant. The supervisor took the visa receipt out to his office, I suppose, where he *did* manage to print me out my itemised receipt. I duly checked it.

Imagine my surprise when my two cartons of Tropicana fruit juice, clearly

marked as 2 for £3.50 had been charged at £2.55 each.

I rest my case.

ECG

OLD SMITHY FIRBANK

A special thank you to all the people who contacted and arranged to meet me with information and photographs of the Smithy. There were greatly appreciated.

Any further information would be very welcome.

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QUEEN'S JUBILEE

JUNE 11, 1897

diamond jubilee. It has been decided to have a bonfire on Winder on the 22nd, so that Sedbergh may be numbered amongst those already announced for the county. In 1887 one was lit on the top and between thirty and forty could be counted by those who climbed up to witness it. The Rev J. H. Mackie and Mr T. Greenbank are the hon. secretaries for making the necessary arrangements.

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BUS TIMETABLES

New Bus Services for Dentdale and Sedbergh

Local people will have some new public transport services this summer. After rescuing the threatened Saturday bus service with local funding in 2011, local enthusiasts and activists have now negotiated a regular bus service from Dent Station (on the Settle to Carlisle line) along Dentdale to Sedbergh on Saturdays and Sundays, funded through a Dales-wide initiative.

The Saturday service has an increased number of journeys. It will run from Saturday 7 April right through the year, making six return journeys during BST and four through the winter months. The new Sunday service will make seven round trips each day but will run only in the peak tourism months, from Sunday 20 May to Sunday 9 September. The first bus of the Saturday service will run from Sedbergh to Dent Station, leaving the Dalesman in Sedbergh at 8.25am and due to arrive at Dent Station at 8.55am, in time to connect with the

first train to Leeds.

The new services are being financed by the government's Sustainable Transport Fund and will be operated by Kirkby Lonsdale Coach Hire. As well as travelling to and from Sedbergh, Dent and Kendal, local people will be able to use them to connect to train services to Skipton, Leeds, Carlisle and, on Sundays, Lancashire as well.

The return fare from Sedbergh to Dent will cost £3.75 adult and £2.50 for children while the return journey from Sedbergh to Dent Station will cost £4.50 and £3.00.

JOHN HANSFORD

Details have been received of the sad Passing of John Hansford.

Dorothy has requested that this information be given to the readers. If anyone wishes to have the address of Dorothy, please contact the Lookaround office. *D J Whicker*

DENTDALE

CHRISTIAN FELLOWSHIP

In March, Mrs Heidi Boardman led us through a beautiful meditation, drawing us closer to God and then we chatted about all manner of things over a buffet supper.

In April a sort of Desert Island Disks event is being shared and please see advert re May. As always everyone is welcome, no cost, no pressure to do anything any which-way, just come and enjoy.

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And when to use the brake
And tells me that it's never ever
Safe to overtake

It tells me when a light is red
And when it goes to green
It seems to know instinctively
Just when to intervene

It lists the vehicles just in front
It lists those to the rear
And taking this into account
It specifies my gear

I'm sure no other driver
Has so helpful a device
For when we leave and lock the car
It still gives its advice

It fills me up with counselling
Each journey's pretty fraught
So why don't I exchange it
And get a quieter sort?

Ah well, you see, it cleans the house
Makes sure I'm properly fed
It washes all my shirts and things
And - keeps me warm in bed!

SEDBERGH AND DISTRICT TRANSPORT HUB

Over the next year various organisations, including Dent Parish Council and the Community Office/Community and Heritage Trust, will be setting up a voluntary organisation to develop bus services in the area. As always with something like this, good people who are willing to volunteer some time and energy are vital. If you are interested in transport and would like to talk about being involved, please drop in to the Community Office.

In a related effort, the Community and Heritage Trust has secured funding to employ a part-time worker for a year to set up a transport information hub in Sedbergh. The recruitment won't be happening just yet, but the Trust is keen to hear expressions of interest from anyone who might consider applying. Again, drop in to the Community Office for a chat.

Andi Chapple

St ANDREW'S CHURCH, DENT

Easter Sale

Many thanks to everyone who helped in any way at the Sale on Easter Monday, to all those who donated items for sale – for refreshments – cakes –plants and prizes and of course, thanks to all those who came to support the event. We made a very worthwhile £1,400!

We have three evenings of entertainment planned for St Andrew's Church Dent in the coming months.

Friday 18th May - a concert of early music with local musicians including the Cautley Carollers.

Saturday 4th August. Sheila Dibner tells more of the tales about Fred the Steepljack

Saturday 11th August. Organist Roger Bush entertains us from his repertoire.

Hoping for your support. All three events start at 7.30 in St.Andrew's, Dent.

Pat Allen

Churchwarden St Andrews Dent.

72 MAIN STREET

On 30th March, Sedbergh White Knights Ltd became the owner of the community building, 72 Main Street and its garden, having bought it for £80,000 from the Yorkshire Dales National Park Authority.

Sedbergh White Knights is a not-for-profit company set up with the sole purpose of securing 72 Main Street for the long term benefit of the community by preventing it being sold on the open market, which could

have led to a greatly increased rent for the first floor community office and the loss of the ground floor to private use.

The members of the company have made interest free loans to finance this purchase to give time for the community to raise the money to buy the building from the White Knights. Fundraising for this will start shortly, but already some of the White Knights have indicated that they will convert some of their loans to donations.

If you would like to know more about the White Knights then a copy of the full list of members and the stated aims of the Company can be seen in the Community Office. To find out more or discuss possible contributions for the purchase of the building then have a word with one of the directors of the company who are Tony Reed Screen, Douglas Thomson, and Mark Westwood.

Mark Westwood April 2012

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NORTH WEST CANCER RESEARCH FUND

The NWCRF Committee sincerely thank all who helped in any way to raise the excellent total of £350.65 at the recent Coffee Morning.

This sum will help in furthering the research work which is so vital.

Marjorie Fishwick Secretary

DENT MEMORIAL HALL

Bowling continues one Sat a month with a Coffee Morning and the chance to play if you wish, and usually a min of two Wed eve a month. I will report next month on our AGM in April and update on Jubilee and Dent Gala. Both need a lot of help, can you get involved?

*Sarah E Woof.
Chair, DMH Trustees. 25212*

DENTDALE RUN SPONSORSHIP

On 10 March I took part in the Dentdale Run, and would like to say a huge thank you to everyone who sponsored me.

A special thank you to my good friend Liz James whose encouragement got me over the finish line and to other friends who collected sponsorship.

Due to every-one's hard work and generosity we raised £1,400 which will be shared between two charities: Turner's Syndrome Support Society and Winston's Wish.

Thanks again *Pat Gardner*

SEDBERGH & DISTRICT COMMUNITY OFFICE

Hi again - just a couple of things.

First thing: if you have a commercial idea you'd like to market test, the best place to do that might be at the Wednesday market. Well it's in the name. We can hire you a sturdy gazebo and a table or two and it costs £11 for that and the pitch fee. If you're interested, contact the Office on 20504. I must mention, though, that we don't want to duplicate what

we've already got, if possible, so come down to the market on a Wednesday and see what there is.

Second thing: the Office used to have a board where people posted jobs they wanted doing - not necessarily big things; maybe a few hours cleaning or gardening, or a specific thing you'd like to learn on the computer, that sort of thing. We'd like to try that out again, so if you've got a job you need doing, come and let us know. *Andi Chapple*

SPAR WARS

Over the last month or so Sedbergh has been talking, [yes that is good] about 'The Spar' in three ways.

1. The Spar on the Main Street are not stocking things we need. They are blocking area's off.
2. The Spar at the Auction Mart site is no different to the one when it was in the street, and prices are higher too.
3. We can not have the Main Street Spar changed into a Dentist. It needs to be a Grocer's store or a 'Proper' shop.

My answers are:-

- Did you write in about your complaints, about the new location of The Spar?
- Do you want to lose your Dentist in town?
- Do you want another empty shop like Udales?
- Use what we have that is 'Local.' Come on Sedbergh, ' Do not sit there and let other's think for you. It is your Town, you have a voice 'Use it please'. Thank you for your time.

NEWS FROM THE PEWS



“Many hands make light work”. Such was the case on Maundy Thursday when brushes, dusters, plus a bucket and mop with ladies in tow whizzed around the church following the completion of the new chancel extension.

Later in the day the craftsman who had made it with only two weeks notice delivered the new altar table, which has pride of place in the chancel. Final touches made we were ready for Easter with our new look as anticipated.

Looking at plans one can never really quite see what a finished building work will be like. A regular comment on the completed extension is how big the church looks now; how it has been opened up; something we could not envisage from looking at drawings on paper. In all a very pleasing transformation and a facility that will be well used and useful.

Other changes you may note on your next visit to church are on the south aisle where eight pews have been turned to face inwards and on the north side a disabled ramp is in place, also two pews facing inwards which have proved a great hit with the children when they come into church after Sunday School. The tops of the

new communion rail and the rail running alongside the ramp have been made from the top part of the redundant pews and the communion rails themselves are removable.

Six chandeliers are being installed, three either side of the nave in the arches plus two spotlights over the chancel extension will highlight events taking place there.

Tom and Peter have been waiting for the weather to warm up before returning to finish work on the bells. They have not chosen a particularly warm week, but they are nearing the end of the jobs to be done, i.e. new pulleys, which guide the ropes going up and down as we ring.

Coming up on Saturday 5th May we have an annual event; “Ring the church with silver”. Now we know this will not literally happen but we can at least give it a good try! Sticky tape is laid along the church path from the lychgate, which holds in place the coinage, hopefully silver, placed on it. Children just love getting down to the tape to help with this. Inside church coffees, teas, cakes, lunches will be on sale. Why not take the opportunity to pop in to the church, look at the chancel extension buy some food and weather permitting sit outside on the south side of the church and enjoy. If the sun lets us down, come and shelter from the weather in the warmth of the church room.

We look forward to welcoming you.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

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Art: shared by Margaret Fernhead and Barbara Hartley
 Photography: shared by Richard Sharrocks and Brian Steadman
 Children's Cup: Bodie Swallow
 W Milburn and sons Handwriting Cup: Abbi Woof
 Special Effort Cup: Anika Burbidge
 Roger Underwood Cup: shared by Avril Hobson and Pauline Ramsbottom
 Lookaround Children's Cup "Best in Show": Edward Jermy
 Lookaround Adult's Cup "Best in Show": Pauline Ramsbottom
 WI Cup: Killington WI
 Shield for the Overall Winner of the Show: Pauline Ramsbottom

SPRING SHOW
 Sedbergh's 16th Spring Show took place on 31st March, this year saw a bumper 823 entries. Everything from jam to jumpers, felt to flapjacks, painting to photographs.

We were delighted that long time Residents of Sedbergh, John and Ada Beck agreed to open the show and present the cups.

Sedbergh Town Band entertained the many visitors to the Show during the afternoon.

The Section Winners were:
 Handicrafts: Wendy McLean
 Home made Toys: Jean Sowerby
 Flowers and Plants: Jean Sowerby
 Garments: shared by Janet Dodds and Margaret Fernhead
 Home Produce: Pauline Ramsbottom

The below photograph features from Left to Right:
 Margaret Milburn, Show Chairman,
 John and Ada Beck, Show Openers,
 Linda Hopkins, Show Secretary.



BELLA ITALIA

Italy is a beautiful country and, as you read this, twenty-eight people, mainly from Sedbergh and district, will be imbibing the delights of what the poet Dante called "il bel paese". We shall be staying in a hotel in a beautiful village on the edge of the hills of Tuscany, in a spa town with trees and towers on all sides. The local food is delicious and the vineyards on the hillsides furnish the wines of this favoured region steeped in history. Nearby are wonderful cities like Florence, Bologna and Ravenna.

We fly into the unique city of Venice, with a marvellous view of that city built on islands in the lagoon at the edge of the Adriatic. During the week, we shall visit the historic city of Ferrara where that enigmatic lady Lucrezia Borgia once lived in the moated castle in the centre of the town. Another day-out will take us to the Delta of Italy's longest river, the Po, where we shall make a boat-trip on a lagoon, the haunt of pink flamingos and many other wetland birds, where eels are still caught in enormous quantities. The quaint little town of Comacchio is built on islands with bridges between them, rather like a miniature version of Venice itself. We shall enjoy hospitality in a Benedictine Convent, visit an agricultural museum, and an open-air market which provides a colourful window into the rich agricultural produce of the area. We shall have opportunities to mix with local people and to try our hands at local skills such as ceramics and regional

cookery.

As well as being welcomed by the Mayor, we shall also visit one or two neighbouring villages in the valley which *could* become more familiar to the people of Cumbria if a projected twinning with the Upper Eden Valley comes about. It is hoped that this may happen in the next year or so. Recently an inspiring evening event was held at Newbiggin when a hundred people sat down to an excellent, fully-Italian meal, followed by a talk from a Sedbergh couple who have a house in an Italian hill-top village. This marked the official launch of the *Salotto Italiano*, an organisation which strongly supports the twinning and which is open to the many people in this area who love the culture, history and civilisation of Italy. We hope the future will see other such events and also exchanges between the people of the Val Tramazzo and our own Upper Eden Valley.

Our visit, during the first week of May, is the last one I shall organise from Sedbergh. It is our twelfth. But there will hopefully be *further opportunities for us to continue visiting Italy* with our neighbours from the Kirkby Stephen area and to share in their activities. Several people from the Upper Eden Valley have already been to Italy with Sedbergh Groups, and several continue to learn Italian at the Community Development Centre here. The opportunity to learn that beautiful language will continue when classes re-start in the Autumn.

George Dawson Handley

PEOPLE'S HALL

(Registered Charity 523829)

Report of the Sedbergh People's Hall Annual General Meeting

This was held on Monday 2 April 2012.

Chairman, Steve Longlands, gave his report, reproduced verbatim below:

"Evening All, nice to see you All. Now down to my yearly two minutes without Gina taking over.

I would like to thank you all for your help and commitment to the running of the Hall for another year. We all do our bit, some make the tea, Andrew gives his words of wisdom and technical help, Anne keeps the minutes in order, and Miss Rae helps

the kids and Rural Highlights with her right hand man, Ron. The bar is being manned by Andrew, Gillian, Sean, Ron and others. Sean keeps the accounts in order (I hope) which is no mean feat. Elspeth keeps the bookings in order, Sandra with her fund raising ideas and, of course, I need to mention our shy Secretary for her sterling work.

Its another year and another set of plans for the updating the hall, this time a smaller, but more manageable project, for new toilets and sports changing room, which will lead onto the revamping the front entrance. Fund raising has had a busy year with the Old Time Dances, Rural Highlights events, folk groups, junior

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*discos, Art Society calendar,
Promises Auction, Cabaret Evening
and a full house for a bike ride
presentation. Thanks to you all for
help in running them.*

*As normal we have had our troubles
with damage and litter and absent
minded users who don't leave the hall
as they found it. During the year we
have had our enjoyable boon days
and done general maintenance
including upgrading the stage lighting
kit. Davidson has stood down from
the committee, which is a loss, and
the sad news for the year was
Elspeth being admitted into hospital. I
wish her a speedy recovery; we all
miss her (and the tea).*

*Thank you, I hope I have not missed
too much, now back to Gina."*

Steve was thanked and
congratulated on such a stimulating
report, especially for the
accompanying hand and arm
movements.

Just like Blue Peter, Elspeth our
very thoughtful member had
commissioned a portrait of "Coco",
Steve's faithful dog (and People's Hall
mascot) by local artist, Sheila
Holloway, and had had it framed at
our Main Street gallery. This was
presented to Steve in Elspeth's
absence on behalf of the Committee.
It is not often that one sees Steve so
speechless.



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The Treasurer presented the accounts to year ending September 2011. He noted that there had been fewer bookings, but that income had held up. A profit had been made over the year.

Acceptance of the report was proposed by Andrew Allan, seconded by Jack McLean and agreed by all present.

The following six persons were proposed by Andrew Allan and seconded by Kath Swift for election as Trustees and to the Management Committee and agreed:- Dr Gina Barney, Mrs Elspeth Griffiths, Dr Sean Hobson, Mr Steve Longlands, Mr Jack McLean, Ms Gillian Rea.

There is one vacancy.

The following eight persons were proposed by Sean Hobson and seconded by Jack McLean for election as Trustee representatives of user organisations and to the Management Committee and agreed:- Mr Ron Gerrard (Art Society), Mr David Hendrickse (Christian Centre), Mr Daniel Mason (Sedbergh Wanderers Football Club), Mrs Anne Petyt (Frostrow WI), Mrs Sandra Longlands (Gala Committee), Mrs Kath Swift (Ladies NFU), Mr Andrew Allan (Spellbound Theatre), Dr Hilary Hodge (Town Band).

Jack McLean proposed and Kath Swift seconded that the following

persons serve as officers of the Management Committee until the next AGM: -

Chairman: Steve Longlands
Vice Chairman: Andrew Allan
Treasurer: Sean Hobson
Secretary: Gina Barney

The next AGM is to be held on Monday 8 April 2013 in the Committee Room at 7.30pm.

COMMITTEE VACANCIES

The People's Hall is a charity for the benefit of the inhabitants of Sedbergh. It is run by a Management Committee. As you will note from the AGM report one Trustee has retired, and another is in hospital, so we are a bit short handed. The Management Committee comprises elected

trustees – we have six, with one vacancy; and representatives of regular users of the Hall – we have eight of these and can have up to ten according to the Constitution. Please consider if you can help us. We do many things from “low tech” to “high tech” activities to suit most talents and time. Our (very sociable) meetings are generally held on the first Monday of each month. Should you wish to come and try us out please let me know. Also contact me should you wish to discuss the duties and responsibilities of trustee membership.

*Dr Gina Barney,
Hon Secretary 20790*

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AS WITHIN, SO WITHOUT

The interconnection between the individual and the world in which he lives is fundamental to the understanding of Chinese medicine. For example, I wrote last month about the effect of damp weather on the body (feelings of heaviness, bloating) and the mind (brain fog). The damp on the outside is reflected by “internal damp” on the inside.

Parallels are drawn between the flow of water in streams, rivers and ocean currents and the flow of blood, Qi (energy) and fluids in the body. Qi in the human body can be thought of as being all movement and transformation in the organism, including thoughts and emotions. For example, the digestion of food, absorption of nutrients, transport of nutrients to the tissues and utilisation of nutrients by the tissues are all examples of Qi at work. When everything goes smoothly we are not

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really aware of these processes. When things go wrong, we can use the analogy between flow of water in a river and flow of Qi round the body to start to understand what the problem is. For a river to flow harmoniously there has to be the right amount of water (too much results in flooding and damage to the riverbanks, too little and the flow dries up) and the riverbed must be free of obstructions. Man’s activities, such as water extraction, deforestation or building dams can cause major changes in the river flow.

So it is with the flow of Qi in the body. Abuses such as overeating or sitting for long periods, can have a “silting up” effect and slow the flow of Qi. Getting over-tired uses up the available Qi so the flow is diminished and less Qi is available for essential functions such as fighting disease or maintaining a regular heart beat.

These ideas come from the Chinese classics, but I was inspired to write on this subject by a recent article in the Journal of Chinese medicine about climate change and human health. Climate change is a set of interrelated

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June M. Parker

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processes whereby the cooling mechanisms of the earth are disrupted. For example greenhouse gases prevent heat escaping and reduction in polar ice means less of the heat from the sun is reflected. At the heart of the problem is the extraction of fossil fuels, the earth's long-term energy reserves, for short-term perceived gains.

Compare this with modern lifestyles. People are always busy: working, travelling, buying things, picking up the children, playing computer games, television – never a dull moment. More to the point, never a still moment. Stillness and calm are our cooling mechanism and the counterweight to the activity of daily life. Constant activity draws on our long-term energy reserves, and can be accompanied by states of inner agitation: difficulty relaxing, anxiety and poor sleep. This is the internal equivalent of climate change. Furthermore the over-activity which prevents our inner calm is the same activity (it almost all involves consumption of fossil fuels), which produces climate change.

Of course, this is our collective destiny at this time. We live in a culture which demands constant expansion. I read a newspaper article this week said that the British economy has stalled. This is quite untrue, the economy is still running, but to use a motoring analogy, it is not accelerating. Why is this such a cause for concern? Ebb and flow, slowing down and speeding up, expansion and contraction should be

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recognised as natural variation in any process.

The most recent newsletter from Greenpeace tells of the race of nations to claim ownership of the arctic and the plans of major oil companies to drill for oil in the region – destruction of pristine habitat in return for enough oil to fuel our dysfunctional lifestyles for another three years. Of course, we are all to blame in that we are part of the demand for fossil fuels. Because of our inner agitation, there is no time to do things slowly, to walk instead of drive. Last night at the allotment, I whizzed round with the petrol mower, while my more patient friend tinkered with the push mower.

If you would like to read the article from the Journal of Chinese Medicine, please get in touch. My telephone number is 015396 20972.

June Parker

LYON EQUIPMENT

Goodbye to Dentdale

Lyon Equipment has been a part of Dentdale since the 1970's, growing from one employee working from a shed on the Green (now Sophie's Woollens) to the over-80 employee company of today.

We moved from the Green into the former Dent Glass premises in 1981. At that time, with few staff, and deliveries fitting comfortably into small vans, Dent was a great place for us to work from. Our products are all to do with the outdoors, and it was a privilege to be able to work in such a glorious part of the Yorkshire Dales National Park.

However by the mid-90's things

were getting rather more complicated. Business continued to grow, and with it the need to move more people and more goods to and from Dent every day. Despite every possible effort to avoid having 40 ton lorries blocking our narrow roads, that was exactly what was happening all too frequently. Emptying big trucks into vans and ferrying goods to and through Dent became a daily reality. . . .In addition we were simply running out of room. We just had to find an alternative location for our warehouse operations.

After much searching, we found a large enough building (we did look in Sedbergh, but without success) that would not involve any staff having to

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move home – some would find it easier to get to work, for some it would be a longer journey, but it would be manageable for everyone. And so, at the turn of the new Century, we moved all our goods inwards, warehousing, and goods outwards operations to premises in Tebay.

This gave us the opportunity to re-use the now redundant warehouse space and so improve the working conditions for all our staff remaining in Dent. However other pressures of running a still-growing business from a small historic Dales village did not go away. Next to move was our training school, which needed an expanded work-at-height training area.

And so now, with over twice the turnover and twice the staff since our first, partial, move to Tebay, and the business almost literally bursting at the seams, the time has finally come when Lyon Equipment has to say a reluctant goodbye to Dentdale. We have to move, and reunite all our business onto a single site. Our new office and manufacturing block in Tebay will be complete by the end of summer 2012, and then we will be closing our Dent premises down.

This really will mark the end of an era in Dentdale's life. No longer will our incoming staff have to look out for the residents of Dentdale driving out in the opposite direction to jobs in Kendal or elsewhere. . . we will have to say a reluctant goodbye and thank you to other Dent businesses that have provided services for us . . . and,



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with much regret, it is likely that we will be leaving an employment 'hole' to be filled.

We would love to find a single business purchaser for our Dent buildings, but it is unlikely that this will happen. The fact is that because of size and location, Dent is more suited to smaller businesses. We hope therefore that we may find someone with an interest in turning Rise Hill Mill into smaller units – or maybe someone will come up with a new idea for its use entirely! If you could be that 'someone', please get in touch with Peter Knapton of NPS property services on 01539 797424.

Some of our employees will continue to live in Dentdale and Sedbergh, and we will all cherish our memories of our time living and working in such magnificent surroundings.

Ben Lyon

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SEDBERGH & DISTRICT HISTORY SOCIETY

Sedbergh Inns

When the original speaker had to cancel her talk due to family reasons the society was fortunate that Joyce Scobie agreed to give a talk on brewing and the inns in Sedbergh.

Evidence from excavations for brewing ale goes back to the Bronze Age and Julius Caesar gave written evidence in Roman times. By mediaeval times brewing ale was a normal household activity usually undertaken by women. It was safer to drink ale than the local water supplies and large quantities were drunk as a result. It has been

calculated that about half a gallon per person per day was drunk including children. This large production meant that about a third of crops grown were used for brewing. The crops used were oats or barley (bigg). Hops were introduced into this country in the early sixteenth century and this gave rise to the production of beer which was stronger than ale.

The selling of alcoholic drink has always been seen by government as a source of revenue from taxation. Laws governing the sale, price and quality of drink have existed in different forms since the Middle Ages. These laws have been enforced in various ways and by the end of the

eighteenth century a government department, the Excise Board, existed. This was a national organisation run from the Treasury. In 1805 Sedbergh had two Excise Officers who were Ride Officers rather than Footwalk Officers, presumably because of the large distances to be covered in the parish.

In 1653 Sedbergh had 14 ale houses although they would have been small by modern standards. The first written record giving the

name of an inn is from 1702 and mentions the Cross Keys Inn which was on the present site of Evans House. The White Horse mentioned in 1718, on the site of the present hairdressers, had become the Blue Ball by 1752. The first record of The Golden Lion was in 1734 and this was converted into the Dalesman in 1987. Barclays Bank was the site of an inn known at various times as The Old Red Lyon, The Sun and The Plough. It later became a temperance hotel.

The Bull and Dog later became The White Hart and this is now a club. The Old George Inn, The George Inn and The Old King's Arms were situated where Marshall House is now. The King's Arms was on the site of the Sedbergh Cafe. The first record of The Black Bull Inn otherwise known as The Bull was in 1721.

The Duke of Cumberland was probably on the site of the toilets in Main Street and The Swettenham Arms was on the site of Cannon House. Finally the present Red Lion was previously known as The Horse Shoes Inn and the Golden Lion. Other inns existed, the names of which are known but not their sites. In addition to inns there were brew houses and a malt kiln. The latter was off Howgill Lane near the site of The Peoples Hall.

The chairman thanked Joyce Scobie for coming to the rescue of the society and for providing such an interesting talk.

Richard Cann



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FRIENDS OF FARFIELD

If you didn't make it to our fabulous wine-tasting evening on April 13th you really missed a special night! The People's Hall was filled with an appreciative crowd of 78 who each tasted 6 different Italian wines ranging from sparkling to dessert by way of light whites and robust reds. Booths Wine Specialist Glyn from the Kirkby Lonsdale branch and their Cheese Specialist Val ran the show superbly, handing out bottles to each table as the wines were described in detail and we were given helpful hints on how to taste them. After a quiz and a raffle we finished off the evening with a delicious buffet of Italian meats and cheeses, olives, stuffed peppers and,

of course, olive oil dips and bread.

The next event in our fund-raising calendar will be the Plant Sale on Sunday May 13th. Starting at 10:30am and running until 4pm this is always a good day even if it's raining (the plants don't mind). There's usually a great selection of plants, from veggies and salads to perennials and annuals, and plants for your pond, all grown and potted up by our volunteers. If you spend £10 on plants you will get a voucher for free entry to the Mill. Why not make a day of it and book lunch at the Mill too?

Starting in July we will be launching our new series of Friends workshops - MAKE IT @ FARFIELD.



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The Friends of Farfield Committee is looking for a couple of new members. If you think you can play an active part in helping to promote Farfield Mill please call Laura Rosenzweig on 015396 22043. We are a small but enthusiastic team. We have over 650 Friends and growing. Our main aims are to encourage links between Farfield Mill and the community and to provide practical and financial

assistance to the Mill.

To date we have raised funds to fix rotten windows and replace the defunct cooker and fridge in the cafe kitchen. We have provided craft materials for the education room and helped upgrade the heritage floor. Our volunteers assist with reception duties, paint walls and put up shelves to name just a few activities. Friends of Farfield can visit the Mill as often as they like and they receive regular newsletters and invites to exhibition previews, etc. so if you're not yet a friend please consider becoming one. It costs just £12 a year for an individual subscription and £20 for a couple. If you haven't been to the Mill yet you don't know what you're missing!

LA10 postcode holders have free entry every Monday. Come and have a look. We look forward to welcoming you.

*Laura Rosenzweig, Chair,
Friends of Farfield Committee*



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Dear Editor,

I was interested to read (in the April Lookaround) your scholarly account of the geological stratification underlying the Howgill Fells, where slow erosion over the preceding millenia, when there was still an adequate water table, has created a huge subterranean cavern thought to date back to the neoplasticene era, and today still populated by a hitherto unrecorded colony of active garden gnomes (fortunately not yet fossilised). Adam Sedgwick would have been proud of your researches in this field.

I was particularly impressed by the industry and organisation displayed by these hard-working, if often

overlooked, residents of our great (and soon to be greater) National Park, and have to applaud their unremitting endeavours to maintain a traffic management plan for that noisy souther intruder, the M6, with the aim of reducing noise at peak rush-hour times to a near zero level by the continuous redeployment of traffic cones so as to always ensure maximum congestion, if not gridlock.

I do, however, in the present economic climate, understand their need to expand their range of designs beyond the purely conical, triangular or (for marine use) spherical, in order to diversify into alternative markets. So I was reassured to learn that they have now been able to locate

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alternative agricultural sources of red dye (fortunately, here at Acre, we use only green or yellow 'ruddle'). I am therefore prepared to offer (for a proportionate share of any royalties arising from Prince Charles' next visit) an innovative business plan for the further development of their portfolio of red plastic products.

Here in Upper Dentdale we, too, live over an extensive system of subterranean caves of the palaeozoic epoch, of which the largest one, at Ibbeth Peril, is noted for being of a size 'to accommodate twenty double-decker buses'. However, on the (very) odd occasion that I have been down, I have been disappointed never yet to see one there, perhaps due to the restricted access afforded under Ibbeth Peril waterfall (not yet alleviated under the CROW act). I therefore propose there could be a marketing opportunity in producing injection moulded plastic models of the original red London double-decker bus, (sorry, Ken), say at the scale of the old Dinky Toys.

These could then be introduced into the caves and sited prominently on suitable rock shelves, or stationed at hazardous crossings over crevasses, or even suspended from stalactites at points where there is very limited standing room only. The whole could then be illuminated by stroboscopic lighting, which would create a suitably dramatic contrast after the millenia of total darkness; while the sale of the red model buses could be facilitated by the provision of a waterproof honesty box at the Ibbeth Peril entrance. This scheme would hugely

increase the touristic attraction of Upper Dentdale, with all the concomitant benefits to local trade; whilst our friends from under the Howgills would be able to enjoy a greatly extended source of income from the diversification of their products. At the same time, any resulting traffic congestion could be eased by deployment of the 'no parking' traffic cones they are currently producing, along the entire length of the Upper Dentdale road network, from Dent village itself to Arten Gill Viaduct and beyond, to considerable benefit for all residents currently domiciled in the area.

Bill Lake, Cowgill

P.S. Not a word to the YDNPA

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NEW WIND FARM

Plans for a proposed new wind farm in South Cumbria was revealed at a public exhibition in April

Banks Renewables has just commenced a public engagement programme around the proposed Killington scheme, which would be situated on land between the A684 Sedbergh Road and Junction 37 of the M6.

Part of the proposed site is owned by Killington Educational Foundation and Killington United Charities, and both organisations would benefit directly from revenues generated by the new wind farm if it is approved.

A spokesperson for the Killington Educational Foundation and Killington United Charities says "As charities, we are giving the project our full backing because we believe there will be many benefits to the community."

Detailed proposals for the scheme are still in development, but it is expected to encompass up to five turbines with a maximum tip height of 445 feet.

The wind farm would have an installed capacity of up to 17MW, which is enough to meet the annual electricity consumption requirements of around 9,500 homes, and would take around 23,000 tonnes of carbon dioxide out of the atmosphere every year that would otherwise be released with the production of the same amount of energy by non-renewable means.

Up to 50 people could be working onsite through the construction of the wind farm, and local businesses would also be able to tender for

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contracts worth around £4 million relating to its different aspects of its development.

Banks is about to submit a scoping report on the scheme to South Lakeland Council for initial review, as well as a planning application for a test wind mast to go on the proposed site, which would be used to gather wind speed data that will assist with the scheme design process.

Phil Dyke, development director at Banks Renewables, adds: "Onshore wind farms such as Killington are viewed by the government as the cheapest form of renewable energy generation, and are central to achieving the vital goal of continuing to reduce the amount of carbon dioxide that we produce as a nation.

"Feedback from local communities always plays an important part in shaping all the proposals that we put forward, and the public engagement programme that we have now commenced will enable local people to give their opinions and ask any questions they might have.

"In addition to generating significant amounts of renewable energy, the Killington Wind Farm would also bring

a range of other benefits to the local area, from jobs and commercial opportunities for local businesses through to funding for a range of community improvements.

“Sharing the benefits of the property and energy schemes that we operate around the country with the communities in which they are situated is part of Banks’ long-term policy for ensuring that people living in these areas gain tangible, long-term advantages from our presence there – this is already happening locally as a result of our Armistead wind farm, and would very much be part of this proposed new development.

“We are confident that we will be

able to design a scheme that is both environmentally acceptable to local communities and capable of producing significant amounts of renewable energy, as we have done at Armistead, and we hope that as many people as possible will be able to attend our initial public exhibition.”

A planning application is expected to be submitted in the autumn. Anyone who would like any further information about the proposed Killington scheme should contact the Banks Renewables’ community engagement team on 0844 209 1515 or 0191 378 6100, or via killington@banksgroup.co.uk.

Julian Christopher

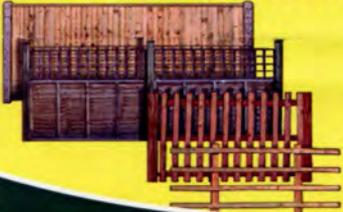
A copy of the Proposal is available from me via e-mail as a PDF. Ed.

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This Team Leaves It Clean

SEDBERGH MAIN STREET

Your recent correspondents are missing the point when they suggest that the departure of the Spar shop from Main Street will leave Sedbergh with no grocery and general store in the middle of town.

This is very far from the truth. They seem to forget that we already have a little gem - Sedbergh Premier Express Store - right in the heart of Main Street. This remarkable little convenience shop is open all day and every day from the crack of dawn. It is superbly - stocked with groceries newspapers, magazines and a variety of other goods. Angie and her staff are efficient, helpful and cheerful. They are 'local' folk and they know

Sedbergh people through-and-through. Those of us who live in the town have nothing to fear as long as this little shop stays right where it is and as long as it continues to serve the local community as lovingly as it does now.

We must get used to the inevitability of the Spar leaving Main Street sooner or later. When it does, the worry is that it will leave in its wake another gaping boarded-up space. Let us face it, a dental surgery would prevent that and would be just fine. Far more worrying however, is the possibility of losing Angie's superb little shop as well. Now that would be a tragedy. It is the old, old story - we must 'use it or lose it'. *Mike Leigh*

Sedbergh Office Services

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e-mail: office@sedberghofficeservices.com

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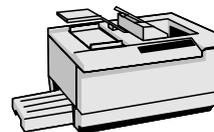
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MAY GARDENING

One of the greatest pleasures of gardening is the chance to observe wildlife at close hand. Some wild creatures – snails, slugs and greenfly, are not at all welcome on my patch, but birds, bees, hoverflies and beetles can provide hours of amusement. This year the garden is going to be more wildlife friendly than usual as a back injury has left me unable to do most things. A neighbour, who is an expert with a mower is giving the lawn a well cared for look, but everything else is just going to have to take its chance.

In the borders the first obvious winner under this new regime is a plant called *Cardamine* (formerly *Dentaria*) *bulbifera*. This lovely pale pink flowered springtime plant resembles, and is closely related to our local native “Ladies smock” or “Mayflower” but, whereas the latter is an short lived perennial, spreading by seed, my border variety spreads by rhizome underground, and by little bulbils which are produced on the stems amongst the leaves and flowers. It is currently threatening to engulf a patch of primulas and some *Dicentra*, both of which are shorter than it is, but is equally matched by another strong grower, the “Shuttlecock fern” *Matteucia struthiopteris* which is rampaging in from the left. The Martagon lilies and Giant Bellflower which also live in the border will rise above the occasion and everything else will just have to take its chance.

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Extra undergrowth in the garden has obviously provided a home for some mammal life and my young cat, who is of a particularly friendly disposition likes to introduce interesting creatures to her indoor space, rather than letting them endure the cold out of doors. I have become adept at rescuing wood mice and voles in an Wellington boot, but was most surprised the other day to go into the kitchen and find a small rabbit sitting on the kitchen windowsill. The rabbit, being very young was quite calm about the whole situation and carried on nonchalantly eating the Geranium plant in the pot beside it. When bundled up in a rug and placed down on the ground by the far hedge it gave me a look as if to say “What are we going to do next” before lolloping off to find a new place to stay. It did give me a timely reminder to cut back the rest of the Geraniums and take some cuttings, but I do have slight anxieties about the next wildlife visitor. What if she brings in a buzzard next time?

Elaine Horne


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QUEEN'S JUBILEE

JUNE 25, 1897

On Sunday the Oddfellows, Orangemen, Volunteers, and Boys' Brigade attended the service. On Monday the inhabitants were busy decorating their premises, and when finished the town presented a very bright and festive appearance. The festivities (owing to the large sum required by the Finkle Street improvements) were confined to a tea for the Sunday School children in Sedbergh, Cautley, Frostrow, Howgill, Vale of Lune, and Millthrop. A short service was held in the church, the choir being, augmented by the choirs from the School-chapel, Wesleyans, Congregationalists and the school and town string bands, at the close of which the National Anthem was sung. The large church was packed in every part. At noon the children assembled in the Market Place, and here they gave three hearty cheers for the Queen, and sang a verse of the anthem. Led by the Vicar a procession was formed, and after walking through the streets set out for Gate House, at which Mr R. Burra had kindly invited them to spend the

afternoon. Here a series of sports, games, &c., were indulged in, and a mug, the gift of Mr Burra, and a medal or prayer book, the gift of Mrs Dormer, were given each child as a souvenir of the Diamond Jubilee. The whole of the arrangements were carried out by a committee of two from each school, and were *most* satisfactory. In the evening a bonfire was lit on Winder, and a grand display of fireworks. Unfortunately there was a rather heavy mist, and the wet night of Monday prevented as many fires being seen from the top as was the case in 1887. The fire was organised by the Rev J. Mackie and Mr T. Greenbank. The illuminations in the town were of a very pretty nature, but the palm was undoubtedly taken by Mr Mackie, whose house was a perfect picture. the workhouse. On Tuesday the inmates were entertained to dinner by Mr and Mrs Taylor, of Akay Lodge, in commemoration of the Jubilee. Mr and Mrs Taylor were both present and also Mr and Mrs J. Handley of Brigflatts. At the conclusion Mr Taylor proposed a vote of thanks to the matron, Mrs Kay, for her kindness in making ready the repast in addition to her ordinary duties. The inmates were then invited (such as were able to go) and look round the grounds at Akay and to each that smoked a packet of tobacco was given, and to non-smokers a cake. Mrs Warden, of Brackensgill House, sent to each inmate a medal, and gave for use in the house bound volumes of the Graphic Jubilee Number, one for the women and one for the men.

LENT LUNCHEES 2012

The total amount raised from this year's Lent Lunches came to £900. 266 lunches were served. The Charity we have supported this year is Lancaster and District Homeless Action Service.

Thank you to everyone who supported the lunches, especially to those who made soup and rolls and to all the other helpers.

QUIET GARDEN

The first of a series of monthly opening of a local garden as a place to be still, read and pray took place at "Rhumes" Dent on Easter Saturday afternoon from 2-5pm. People had the option of doing their own thing or following the Trail of thought provoking prayer suggestions or following the Easter Trail.

Refreshments were available and due to the cold weather the living room fire was welcome & warming.

A pleasant time was spent by those attending and the new Boat proved a popular addition. The QG Movement is an international organisation with gardens open for prayer around the world, the garden does not have to be immaculate, thank goodness! For more information why not come to the next one on Sat May 5th 2-5pm.

SEW

FRIENDS OF St ANDREW'S

By now all Lookaround readers resident in Sedbergh should have received a copy of the Friends' latest publicity leaflet which includes an invitation to become a Friend and help maintain our beautiful Parish

Church which is so admired by visitors to Sedbergh. For those of you who are already Friends we would like to thank you for your support in the past and hopefully for the future. For those of you who are not Friends we would ask that you consider becoming a Friend to help us maintain Sedbergh's most important building which is one of only thirty-five Grade 1 Listed buildings in the whole of South Lakeland. *T Reed Screen*

ARMY RECRUITMENT DAY

On Bank Holiday Monday 4th June, as part of Kendal United Junior Football Clubs' Family Funday on Castle Drive, LA9 7BN, the ARMY and TA are holding an all day recruitment campaign on the field from 11.00am onwards. There will be several stands alongside their Promotional Teams. Any male or female aged from 15 years 6 months upwards, struggling to find work or considering a career in the Armed Forces, please come and talk to the ARMY team, or alternatively any male or females up to 44 years of age wanting a second income or some adventure, come and talk to the TA. More info at www.kendalunitedjfc.com or contact Caspa.

QUEEN'S JUBILEE

AUGUST 13, 1897

Finkle Street improvement. On Saturday last the property, which has to be pulled down in connection with the above, was sold by auction. The whole was bought by two builders, and the work of demolition commenced on Tuesday last.

SEDBERGH TOY LIBRARY

Sedbergh Toy Library has relaunched after closing to do a stock check.

The Toy Library is open on the first and third Thursday every month from 2pm until 4pm at the Peoples Hall. It provides a safe place for children to play and mum's (and dad's) to have a coffee and a chat. There is also a safe soft area for babies with play nests and baby bouncers that can be hired out.

Toys are available for members to hire at £1 each session and membership is just £2 per year. Membership is open to everyone, so grandparents if you are having the grandchildren during the holidays why not bring them along or come yourself and hire some toys to keep them happy. Toy Library is open all through the school holidays.

There is a huge range of toys for all ages from 0-11 years. It has everything from educational toys to the more physical toys. There is also a Giant Connect 4 and Giant Jenga which have proved popular at Weddings, Christenings and other parties for keeping the kids entertained.

Why not come along to the next session on Thursday 17th May and see for yourself. There is no commitment to join unless you want to hire toys, so just come and have a coffee (for a small donation) and a chat.

Please note that the session on 3rd May has had to be cancelled due to the local elections.

LM

QUEEN'S JUBILEE

MARCH 5, 1897

Finkle Street improvement fund. A concert was given in the Public Hall on Friday last, by the boys of the Terrace School, (Miss Green's) in aid of the above fund. The first part of the programme was devoted to vocal and instrumental music, and the second to Christy Minstrels. At intervals, sketches were given by the well known "Yorkshire Humourist" Mr Blakeborough. After the concert, a dance was given by Miss Green to parents and friends, which was very much enjoyed.

EDITORS NOTES

All of the reports on the Queen's Jubilee that appear in this and previous issues were researched and supplied by Elspeth Griffiths before her untimely illness. It is very pleasing that she is making a daily improvement, albeit slowly sometimes, but always moving forward. We all wish her well.

We have received a number of pictures/photos which we can use for the Covers which everyone appears to be enjoying. If you have a favourite picture of the area that you wish to share with us, please drop it into the Office, after which it would be returned if required.

No complaints from me this month just a reminder that I cannot accept any reports anonymously as I must be able to include your name or initials after each report that appears.

With thanks.

D J Whicker

WILSON RUN

The 2012 Wilson Run on 27th March was one of intrigue and excitement from start to finish. Several days of beautiful, course-drying spring weather brought us into summer heat by Tuesday morning. The race began in temperatures probably not experienced on Wilson Run day since 1948, reaching 24^oC by mid afternoon. As widely expected Charlie Mason (S) made an early break and led the way to Cautley. His remarkable 13th place in a field of hundreds at Dentdale 14, some weeks earlier, showed his fine form for endurance running. The roar of the hundreds of spectators on Green Hill carried across the still air to marshals on Baugh Fell, but by Rooker Gill, it was clear that this was an unusual Ten in more ways than just the weather. There were no less than a dozen boys in sight of one another as they dropped down to Wardses. Mason (27.09), Dennis (P) (27.30), Brock (SH) (28.18) was the order at Cautley. Eilidh Sproul (L) had established a good lead from Alice Kerr (R), crossing Cautley in 33.41. Mason hung on over Baugh Fell but reports he was not feeling right, Thomson (H), had pulled forward from 4th place and was only six seconds behind Mason by Hebblethwaite. Dennis and Brock came through within a minute. Roach (H) and Stewart (SH) were also in close contention at Muddy Slide. Running strongly Thomson took Mason on the stiff climb to Spectators

Hill and in the glaring sun and isolated splendour of that place he pulled away, ploughing on through the bogs of Dowbiggin, by Danny he had 78 seconds on him, but Dennis and Brock were just seconds behind Mason, who collapsed at Danny, finally succumbing to the heat. Thomson pulled away, homeward bound from Garsdale, nearly two minutes ahead now, and no doubt sniffing victory. In pursuit was James Brock who relished the heat, third last year, 10,000m winner and renowned for his power and pace on the flat. Thomson held on until Settlebeck Bridge but then Brock pulled through swiftly and gained the lead over the bridge. With just a thousand metres to go he managed to put an impressive 38 seconds between himself and Thomson to take the tape. Brock won in 1:20:27. Thomson second in 1:21:05. Meanwhile amongst the girls Sproul extended her lead to three minutes by Hebblethwaite, though Kerr held that gap to Cautley. Sproul and Kerr both came home strongly gaining the only two gold standards of the day with Sproul winning convincingly in 1:38:02. Kerr second in 1:43:24. Emily Wellock (L) came third (1:49:06). Further down the field the heat was taking its toll. After the gruelling grind down the A684, in good position, Shelton (H) collapsed 500m from the finish, he recovered rapidly thanks to a swift response from medics on hand.

The fact that the Race was such a

success in the most demanding of conditions was due in no small part to the support of over 60 marshals and the large numbers of spectators along the whole route. None of this could have happened without the co-operation of landowners and farmers to whom we are deeply grateful. We recognise that the unusually large numbers of spectators will have caused inconvenience and we are enormously grateful to all those who help us stage this historic event.

Andrew Fleck, Headmaster



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QUEEN'S JUBILEE

APRIL 9, 1897

Diamond Jubilee Scheme. At a meeting of the Finkle Street Improvement Committee held on Monday evening, subscriptions were announced amounting to £800. As the total cost of the proposed scheme is £1020, a sub-committee was formed to make arrangements for purchasing part of the property, and to make ready for commencing operations. As the subscription list has only been open two months, the progress is very satisfactory.

MAY 7, 1897

District Council. Mr Robinson said the medical officer had been to examine the Oaks, but had not been able to make out his report as he had taken some of the water to analyses. A letter from the Rev J. A. Haydon, Vicar of Dent, was read, in which he said he had seen the report of the application by the Finkle Street Improvement Committee for help from the council, and that if they took this matter over he thought it only just and right that they should help in the proposed Dent Jubilee commemoration, viz. of providing either telegraphic or telephonic communication with Sedbergh. This was left on the table. With respect to the Finkle Street deputation, the following resolution was passed: "In the event of the Finkle Street Improvement Committee entering into contracts for the purchasing of all or any of the freehold houses and buildings on the West side, and clearing away, the council will accept the site thereof as an addition to the highway, and dedicate the highway to the public for ever, and also fence the said highway, where a fence does not exist." Mr Pickering proposed, and Mr C. E Taylor seconded, that this be passed. On a vote being taken, the following were for it: Messrs Boustead, Taylor, Handley, Dover, Bland and Rev R. Pickering, the rest being neutral - carried *nem. con.*

COMMUNITY OFFICER REPORT

Please ensure that all property and vehicles are left secure and valuables are not left in vehicles and report anything suspicious to the Police on 101 always call 999 in an emergency.

There have been a number of tourist signs in the area which have been turned around, these signs have not been damaged and were able to be straightened up however it does cause a nuisance to all concerned. If anyone has any information regarding this please make contact with myself on the contact details below.

It is important to remember home security at this time of year as the weather starts to get better, below are some points to consider to keep your property safe-

- Fit burglar alarms & good outside security lighting, check regularly to ensure they work
- Lock doors & windows before you go out
- Remove keys from locks & keep out of reach of windows & doors
- Ensure your house is secure, preventing someone entering when you are busy elsewhere in the house or garden
- Keep gifts, cash & valuables safe & well hidden, so they can't be seen or reached by thieves
- Postcode your valuables with a UV pen, consider registering them on www.immobilise.com
- Leave a light on in a room & draw curtains when you go out at night
- Look out for your neighbour's property
- Consider joining a Neighbourhood Watch Scheme

-Cancel news papers; milk etc when you go on holiday

-Make sure callers to your home are genuine, always ask for ID

The issue of inconsiderate parking has been drawn to my attention in Dent and this is going to be a community priority in April. Vehicles have been parking on the main street causing the road to narrow. Vehicles have also been parking in the area of the Green on the 'keep clear' lines. Vehicle which are parked causing an obstruction will be dealt with appropriately.

To suggest future community priorities please feel free to attend my monthly drop ins or please feel free to contact me on 101 or email me on karen.dakin@cumbria.police.uk. Or alternatively you can speak to me during my regular drop in surgery at Sedbergh Library on the 3rd Saturday of each month between 10:30 and 12:00 and Dent stores on the first Tuesday of each month from 12:00-13:00.

I would be pleased to meet you all to discuss any issues or simply for a chat.

CSO 5206 Karen Dakin

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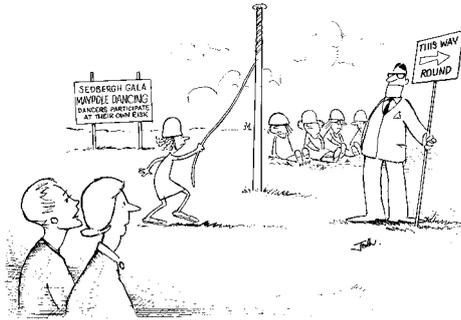
Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	KLC	0825	0858	M - F	564	KLC
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1007 (C, H)	1049	M - S	564	KLC	1055 (C)	1128	M - S	564	KLC
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	KLC	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	KLC
1545	1620	M - S	564	KLC	1610 (C)	1640	M - F	564	W
1827 (C)	1904	M - S	564	KLC	1625 (C)	1658	M - S	564	KLC
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
					1800	1827	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 Dent Station					Dent Station to Sedbergh				
0825	0855	Sat	564A	KLC	1020	1050 (L)	Sat	564A	KLC
1000	103	Sun	564A	KLC	1155	1225 (L)	Sun	564A	KLC
1330	1425	Wed	564B	W	1515	1545 (L)	Sun	564A	KLC
1400	1430	Sun	564A	KLC	1620	1650 (L)	Sat	564A	KLC
1500	1530	Sat	564A	KLC	1740	1810 (L)	Sat	564A	KLC
1600	1630	Sun	564A	KLC	1630	1700 (L)	Sun	564A	KLC
1650	1720	Sat	564A	KLC	1900	1930 (L)	Sun	564A	KLC
1715	1745	Sun	564A	KLC	1930	2000 (L)	Sat	564A	KLC
1840	1910	Sat	564A	KLC					
Dent to Dent Station					Dent Station to Dent				
0950	1005	Sat	564A	KLC	0910	0925	Sat	564A	KLC
1100	1115	Sun	564A	KLC	1045	1100	Sun	564A	KLC
1135	1150	Sun	564A	KLC	1120	1135	Sun	564A	KLC
1605	1620	Sat	564A	KLC	1545	1600	Sat	564A	KLC
1830	1845	Sun	564A	KLC	1800	1815	Sun	564A	KLC
Last Update: May 2012									
L = Sedbergh Library									
C = Via Kendal College					H = Via Westmorland General Hospital				
W = Woof's of Sedbergh					KLC = Kirkby Lonsdale Coach Hire				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
All times from Sedbergh are from and to Thorns Bank unless stated (L)					For Comprehensive up-to-date information ring :- Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)				

Regular Events/Meetings			
1900	4th Sunday	Dentdale	
1000	Every Monday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1200	Every Monday	The Monday Club	SMCR
1930	1st Monday	Dent Parish Council	DMH
1900	3rd Monday	Chamber of Trade	Library
0930	Every Tuesday term time only	Casterton Baby and toddler Group	CS
1300	Every Tuesday	Knit & Natter	FM
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	1st Tuesday	SL Carers Association	CO
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Group	PH
1930	3rd Tuesday	Ladies NFU	PH
1000	Every Wednesday	Coffee Morning	URCR
1300	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday	Brownies (term time)	SMCR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1930	1st Thursday	Howgill WI	FCH
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st & 3rd Thursday	Toy Library	PH
1200	2nd Thursday	Lunch Club	Red
1915	2nd Thursday	Royal British Legion	WHC
1500	Last Thursday	Cream Teas	Varied
1930	Last Thursday	Sed. Parish Council	PH
1330	Every Friday	Dent Over 60's	DMH
1930	Every Friday	Monkey House Café	Library

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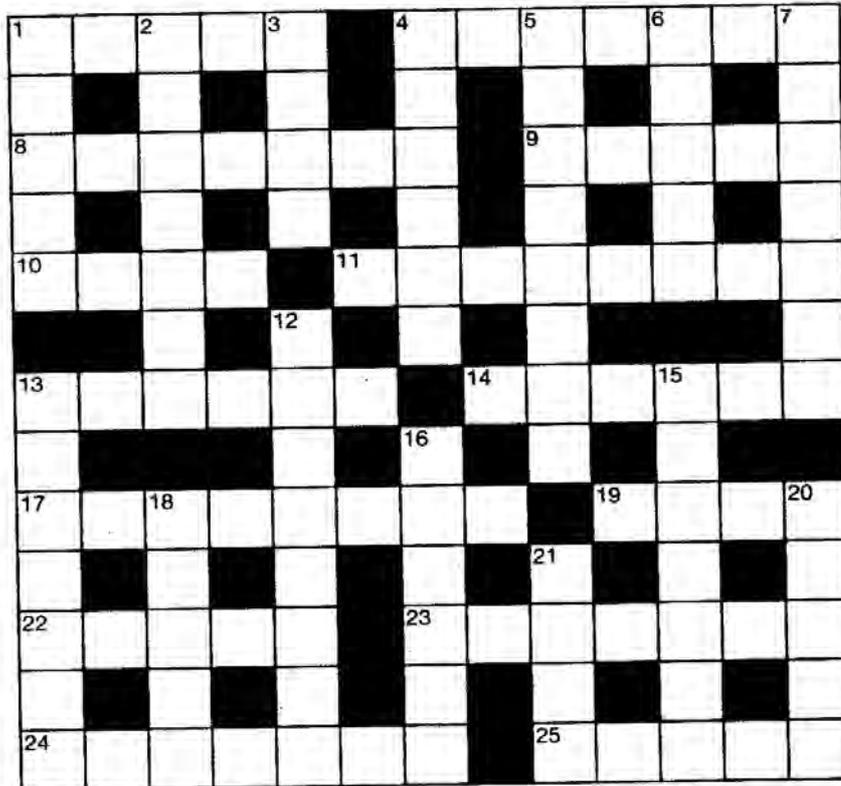
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E			T		T		I			M		E		
	J	E	O	P	A	R	D	I	S	E	D			

This Crossword Solution is for the March issue.
Last month had the problem AND the Solution Sudoku!! Sorry.



It's "Health and Safety" - Only one at a time and under accredited adult supervision.

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



ACROSS

- 1 Gripping device (5)
- 4 Somerset town (7)
- 8 Spanish painter (7)
- 9 Shadows (5)
- 10 Foray (4)
- 11 Strangle (8)
- 13 Start of the week (6)
- 14 Frankfurter in a bun (3, 3)
- 17 Concise (8)
- 19 Enormous pool (4)
- 22 Irish PM, Bertie - - - (5)
- 23 Monaco's prince (7)
- 24 Show (7)
- 25 Short simple song (5)

DOWN

- 1 Frolic (5)
- 2 Sale (7)
- 3 Thrust (4)
- 4 Native of Troy (6)
- 5 Underlying (motives) (8)
- 6 Tarnish (5)
- 7 Reserve fund (4, 3)
- 12 Reasonable (8)
- 13 Lost (7)
- 15 Pepys, eg (7)
- 16 Move hurriedly (6)
- 18 Strategy game (5)
- 20 Ahead of time (5)
- 21 Breeze (4)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh (2011/12) <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 (2012/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2012/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2012/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs D Hutchinson	High Meadows, Cautley, Sedbergh <i>CH; 1D(ES); 1T(ES); L; P; NS; NP; TV</i>	20094
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2012/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360

CAMPING, CARAVANNING & SELF-CATERING

Mrs Durie	Crossthwaite, Garsdale, Sedbergh (2011/06) <i>Sleeps 6/7; D, F, T, CH, TVL, P, NS, DW, DR, CW</i>	07900 531043
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2012/11) <i>Self-Catering Sleeps 6-8</i>	20360
Mrs D Hutchinson	The Blue Bells, Cautley, Sedbergh <i>New Barn Conversion Sleeps 2; D/T; CH; P; DA; TVL; NS; NP</i>	20094
Mrs R J Garner	2 Millthrop, Sedbergh (2012/06) <i>Sleeps 4; 1D; 1D (Soda Bed); CH; L; NS; DW; CW</i>	01942 216058 07792 445257
Sycamore Cottage, Lunds, Sedbergh (2011/09)	<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; DA = Disabled Access; 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
 & Susan Sharrocks 20754

~~~~~

### 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

Tess & Philip Satchell Tel: 20005

~~~~~

### DENTDALE

#### CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ  
 Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

*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

~~~~~

#### worship@peopleshall

10:30 am Sunday 6 November

10:30 am Sunday 11 December

**Beth & Sandy Roy Tel: 20785**

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UNITARIAN & FREE

CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

Rev. G Jones Tel: 01539 722079

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	=	£3.00

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

DIARY OF EVENTS

Dates are held up to 7th December 2013

Entries marked (*) see Advert in previous Lookaround.			18 1930 Mad about the Moon	DCMH
Coffee Mornings marked TBA have not yet been booked.			18 1930 In Tuners Footsteps	DCMH
MAY			19 1000 CDC Landscapes in Felt (19)	CDC
1 1900 CWG Pat Wright	KLJ		19 1930 Pastimes with Good Companie (18)	PH
1 1945 Town Band Annual Concert (1)	PH		20 1400 Messy Church	SMC
2 1000 Coffee Morning - NW Cancer	URCR		21 1900 Chamber of Trade	L
2 1430 Cream Tea Afternoon	Bull		22 1000 Cooking with Nettles	DCMH
2 1930 Dentdale Indoor Bowling	DMH		23 1000 Coffee Morning - TBA	URCR
3 0700 Local Elections			23 1930 Dentdale Indoor Bowling	DMH
3 1930 WIH Eden Valley	HVH		26 1000 CDC 5 Courses (19)	CDC
4 1000 Climb up to the Moor Exh till 1st July	DCMH		26 1415 Hawes Town Trail	DCMH
4 1430 Cake Break (7)	DMH		26 0800 Dentdale Beauty & the Beast (26)	Dentdale
5 1000 S&D Art Exhibition (7)	GVH		27 1230 Pathfinder Introduction	DCMH
5 1000 Textilla III Exhibition till 17th June (8)	FM		27 1300 HH Kirkby Stephen 10K race (27)	KSt
5 1000 Ruth Lee Exhibition till 24th June (8)	FM		27 1900 DCF Linda Robinson (27)	RD
5 1400 Quiet Garden (7)	RD		27 1900 Flare Path & Arturo Ui	DCMH
5 1900 Flicks in the Fells "The Way"	PH		28 TRO Camp Sites Open till 7th June (7)	
6 1000 S&D Art Exhibition (7)	GVH		29 1900 CWG Jim & Cynthia Wilkinson	KLJ
6 1600 Grayrigg BBQ & Fun Night (7)	Grayrigg		30 1000 Coffee Morning - WIK	URCR
7 May Bank Holiday			30 1930 Dentdale Indoor Bowling	DMH
7 1000 S&D Art Exhibition (7)	GVH		JUNE	
8 1400 WIK Taste n. Try	PH		1 SHS Half Term Starts	
9 1000 Coffee Morning - TBA	URCR		1 1000 Textilla III Exhibition till 17th June (8)	FM
9 1915 WID Resolutions	DMH		1 1000 Ruth Lee Exhibition till 24th June (8)	FM
9 1930 WIS Resolutions & Jacobs Join	PH		1 1000 Climb up to the Moor Exh till 1st July	DCMH
10 1200 Lunch Club	Red Lion		2 1930 Queen's Diamond Jubilee Ceilidh	KVH
11 1930 The Ogden Sisters (11)	DMH		2 1900 Flicks in the Fells	PH
12 1000 Christian Aid Week (1)	URCR		3 Appleby Horse Fair Starts	Appleby
12 1000 CDC Expressive Drawing (19)	CDC		3 1300 Diamond Jubilee Village Lunch	KVH
12 1000 Dentdale Indoor Bowling	DMH		3 1500 Diamond Jubilee Street Party	Dent
12 1230 Sedbergh Gala	Lupton Field		3 - 17 Diamond Jubilee Music Festival (60)	Sedbergh
13 1030 FoFM Plant Sale (13)	FM		4 Spring Bank Holiday	
14 1000 Christian Aid Week (1)	URCR		4 1100 Army Recruitment Day	Kendal
15 1000 Christian Aid Week (1)	URCR		5 Queen's Diamond Jubilee	
15 1230 Health Centre Closed for Training (15)			6 1000 Coffee Morning - WIH	URCR
16 1000 Coffee Morning - Christian Aid (1)	URCR		6 1430 Cream Tea Afternoon	Bull
16 1400 Behind the Scenes	DCMH		6 1930 WIH 60th Anniversary Party	FCH
16 1430 HS Sedbergh Railway Station (16)			7 1745 Killington Sports (81)	BFK
16 1930 Dentdale Indoor Bowling	DMH		7 Appleby Fair till 13th June	
17 1000 Christian Aid Week (1)	URCR		11 TRO Camp Sites Open till 15th June (7)	
17 1000 Rhubarb, Rhubarb	DCMH		11 1730 HS Crosby Ravensworth	LHCP
17 2100 Quay Change (17)	G&D		12 SHS Half Term Ends	
18 1000 Wild About Garlic	DCMH		12 1400 WIK St Helena, Remote Atlantic Island	PH
18 1930 Pastimes with Good Companie (18)	StAD		13 Appleby Horse Fair Ends	Appleby
			13 1000 Coffee Morning - TBA	URCR

*The S & D Lookaround is edited, published & distributed monthly by
Dennis & Jacky Whicker and is printed by Stramongate Press.
The content of The Lookaround does not reflect the views of the Editors.
Whilst every effort is made to ensure that information is correct, the Editors cannot
accept any responsibility for any inconvenience caused through errors or omissions.
Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,
Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

COVER PICTURE
The April Cover was of
Gowan's Cross, Dentdale
This month is
The Millennium Stone, Settlebeck
By Stuart Manger

13	1230	Health Centre Closed for Training (15)	
13	1915	WID The Meaning of Surnames	DMH
13	????	WIS Mystery Outing	???
14	1200	Lunch Club	Red Lion
14	2000	Pepperpot Concert	StAS
16	1000	CDC Summer Cooking (19)	CDC
17	1400	Messy Church	SMC
20	1000	WIS Coffee Morning	URCR
20	1400	Blood Donor Session	PH
20	1700	Blood Donor Session	PH
21	2100	Quay Change (17)	G&D
23	2000	PH Dance with Denis Westmorland	PH
17		Father's Day	
17	1000	Textilla III Exhibition Ends (8)	FM
22 - 24		Dentdale Music & Beer Festival	Dent
23	1400	Quiet Garden (7)	RD
23	2000	Olde Tyme Dance	PH
24	1000	Ruth Lee Exhibition Ends (8)	FM
26	1900	Neighbourhood Forum	DMH
27	1000	Coffee Morning - Garsdale Church	URCR
27	1300	HS Mawson's Garden Village	LHCP
30	1000	Dentdale Indoor Bowling	DMH

JULY

4	1000	Coffee Morning - URC	URCR
4	1430	Cream Tea Afternoon	Bull
5	1930	WIH Gilbert & Sullivan Singers	HVH
7	1900	Flicks in the Fells	PH
10	1400	WIK Tea Party	PH
11	1000	Coffee Morning - Royal British Legion	URCR
11	TBA	WID Summer Outing	TBA
11	1700	HS Lowther Castle & Gardens	LHCP
11	1930	WIS It Shouldn't happen to a Nurse	PH
12	1200	Lunch Club	Red Lion
12	1230	Health Centre Closed for Training (15)	
13	1700	Olympic Sports Evening	BBF
16	1900	Chamber of Trade	L
18	1000	Coffee Morning - TBA	URCR
19		SHS Term Ends	
19	2100	Quay Change (17)	G&D
21	1400	Quiet Garden (7)	RD
25	1000	Coffee Morning - TBA	URCR

AUGUST

1	1000	Coffee Morning - Howgill Church	URCR
1	1430	Cream Tea Afternoon	Bull
2	1930	WIH Horseback in France	FCH
4	1930	Sheila Dibna and Fred	StAD
8	1000	Coffee Morning - GVH	URCR
8	1915	WID Open Meeting + Jacobs Join	DMH
8	1930	WIS Making Marzipan Fruits	PH

9	1200	Lunch Club	Red Lion
11	1930	Organist Roger Bush Entertains	StAD
15	1000	Coffee Morning - NW Cancer	URCR
16	2100	Quay Change (17)	G&D
18	1400	Quiet Garden (7)	RD
22	1000	Coffee Morning - Beekeepers	URCR
25		Dentdale Show	Dent
26		Dentdale Show	Dent
27		Summer Bank Holiday	
27	1200	Dent Gala	
29	1000	Coffee Morning - StAS Missionary	URCR

SEPTEMBER

1	1900	Flicks in the Fells	PH
5	1000	Coffee Morning - TBA	URCR
5	1430	Cream Tea Afternoon	Bull

DIARY KEY

BBF	= Buckbank Farm
BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CVH	= Casterton Village Hall
CWG	= Christian Women's Group
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	= Fairfield Mill
GSC	= Garsdale Street Chapel
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
PH	= People's Hall
RD	= Rhumes, Dent
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
SSTS	= Sedbergh School Thornley Studio
STO	= Sedbergh Tourist Office, Main Street
URC(R)	= United Reformed Church (Rooms)
WIB	= Women's Institute, Barbon
WID	= Women's Institute, Dentdale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 24hr Prescription line

Surgery and Dispensary Opening Hours

Monday – Friday 8am – 6.30pm
(Doors open at 8.15am)

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.30am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Dent surgery by appointment only - Monday

Evening surgery by appointment only –
Monday/Tuesday & Thursday evening

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday
afternoons (By appointment only)

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

Please telephone the surgery to make
appointments for all the above clinics.

See our website www.sedberghmp.nhs.uk
for further details

When we are closed please contact CHOC
03000 247 247 or 999 if appropriate.

Collinge Optometrist

Friday only

0900 to 1300 by appointment only.

DENTAL SURGERY

Finkle Street & 20626

Mr I R Dawson & Mr B Houghton

Monday to Thursday 0900 - 1700

Friday 0830 - 1400

Saturday *

LIBRARY Main Street & 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

SEDBERGH TOURIST OFFICE

Main Street & 20125

Open every day 1000 - 1700

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

COMMUNITY OFFICE & 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

& 01539 738772

www.cabsouthlakeland.org.uk/kendal.html

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

& 01539 795000 or 0845 6060265

Age UK SL @ Community Office

1st Wednesday every month

10 am to 12 noon

& 01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

& 015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY