

Sedbergh & District

LOOKAROUND

July 2012

Issue 301

Donation £1

What a fantastic day of celebrations was had on Monday 4th June to commemorate Her Majesty's Diamond Jubilee. A big thank you to everyone that participated in the organising of the event and those who attended and took part in the

festivities. A selection of photographs taken by Stuart Manger, Ian McPherson and Brian Wright appear on page 63.

There are many more events on this month for you to attend and support.

Dennis & Jacky Whicker



Sedbergh Sports Evening

in the
Olympic Year 2012

Incorporating Fell Races and Fun
Traditional Dales Races

FRIDAY 13th JULY
Buckbank Farm

Bar

BBQ

Gates Open 5pm
Racing starts 5:30pm
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Proceeds to Sedbergh Primary School
Look on Howgill Harriers Web Site for more information

Sedbergh & District Churches Together

ON YOUR MARKS...



HOLIDAY CLUB

for Children aged 5-11yrs

**At the People's Hall
Sedbergh
Monday 23rd July-
Saturday 28th July
from 10am-12pm**

Contact: Sandy or Beth Roy 20785

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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JULY 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 recipients this month are:-
Milly Brooksbank who is 9 years old on 10th July and
Chloe Dalzell who is 10 years old on 14th July.

Please collect your vouchers from

Sedbergh Office Services
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which can be used in any shop
in
Sedbergh & Dent.

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

Day	Name	Age
1	Jenny FALLOWS	6
2	Niamh METCALFE	8
3	Theo OVERSBY	4
4	Ben GREENSMITH	8
4	CJ MIDDLETON	9
5	Holly ROSS	10
9	Hannah LENNON	9
10	Milly BROOKSBANK	9
11	Samuel HARPER	10
13	Arthur HAYHURST	4
14	Chloe DALZELL	10
15	Jerome McKENNA	9
17	Louis GARDNER	2
24	Ruben PARK	7
25	Antony COWIN	7
27	Akira CRESSEY	7
27	Mike STOREY	11
28	Grace ALLAN	7
29	Jody MIDDLETON	5
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PERSONAL & SMALL ADS £1

CRAGG

Happy **18th Birthday** Luke on 28th July. Love and Best Wishes from Mum, Dad, Kim, Zoe and Nana.

=====

GARNETT

Happy 14th Birthday Anne-Marie on 14th July. From Grandma and Auntie Georgina.

=====

GRAHAM

Laura and Stuart are delighted to announce the safe arrival on 28th May of a beautiful son William Edward. A first grandchild for Sue and Neil at Tardis Cottage!

=====

HALL

Alice and family would like to thank everyone who gave support, friendship and kindness to Ronnie during his long illness, and to us all following his passing. Our numerous grandchildren were a constant pleasure to him and he always felt lucky to have retained an excellent memory and clear mind. He kept his wide interests and good spirits right up to the end, never getting down hearted. Our grateful thanks for the generous donations of £860 for St. John's Hospice, where such special care is given.

=====

HUNTER

Elaine would like to say heartfelt thanks for all the kind messages of support during her recent stay in Lancaster hospital.

MIDDLETON

Steven, Michelle, CJ, Sienna May and Jody would like to thank everyone for the lovely cards and gifts that we received following the birth of Pippa Marie.

=====

FOR SALE

Circulation Doctor S4 Electronic Foot Massager £60. Ring Sedbergh 20070.

=====

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Vauxhall Vectra 2001 1.8 SRI. Good condition. 11 months M.O.T. 1 months road tax. £800 ono. Contact 07787183250.

=====

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=====

FOR SALE

2/3 Seater Sofa & Chair - Oatmeal (£400 new) in very good condition £150. ono. Computer Desk - Light Grey wood, keyboard shelf and 2 drawers £30. Mahogany Furniture - TV Unit with doors, Corner Wall Cupboard. Offers. Contact: 015396 20796 (Linda).

=====

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 🌸 Flower Demonstration by Joan Bently
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 7pm
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includes drink & nibbles
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KILLINGTON W I

The afternoon WI for the entire district
Whoa! It's happening again. The year is racing away with me hanging on to its coat tails!

I had intended to write this on Tuesday evening following our afternoon meeting. I had a discussion with myself as to whether I could do it within one hour. Having decided that I couldn't, I went to bed. So now, on Saturday, I have set a stop watch to see how long it takes. I have also filled up my glass of G & T, so let's hope we get an accurate reading.

We had a splendid meeting, the highlight of which was welcoming Elspeth back amongst us. The second notable thing was the celebration of the birthdays of our oldest and our youngest members.

Mary Tallon is **one hundred and one years old**, and Elizabeth is considerably younger.

Congratulations to both of them!

There seemed to be masses of highly important business to get through. Indeed we even deferred some of it until another day. Our

treasurer Margaret Denton reported on a very satisfactory financial situation. Our Thandi funds mean that we can feed the five thousand, (thanks to Dawn and her team of Anne J., Barbara L., and Margaret F. who manned the stall at Gala and our Coffee Morning, and Norma who gives the proceeds from the sales of her cards). Our WI funds are also super-healthy as our great Recipe Book has added to the coffers. (Will somebody please impound Margaret D's passport in case she makes a run for it).

We finalised the arrangements for our outing on June 20th and sent up a fervent prayer for good weather. Sally's splendid report on the AGM of the National Federation of the WI will be heard at a future meeting.

Since our last meeting we have also enjoyed a visit to Dent WI. Each year one of the Institutes in the Lunesdale group organises a meeting for the whole area. Dent is renowned for its catering and they also provided us with a very humorous speaker whose presentation was much enjoyed. The

competition for “an Old Kitchen Item” was won by Killington WI. (us!). We are probably all familiar with ‘flat irons’, but Anne’s iron was even older. It opens up and hot embers are placed inside the iron. It even has a chimney! So if there is a power cut Anne can still be well turned out.

Howgill and Firbank WI, having attained the grand old age of 60, had a birthday party to which we were invited. A very happy time was enjoyed by all and we were most impressed by their dancing (Elizabeth 1 style), and their singing. Let’s hope that another 60 years will find them still dancing and singing.

Then it was time for our speaker, Mike Beecroft. Mike, a keen walker

and traveller had sailed to St. Helena on board the Royal Mail Ship which plies between UK, St. Helena and Cape Town. Although the primary aim of his journey was to enjoy walking amongst the volcanic hills, he told us also about the geology and history of the island, its connection with Napoleon and the life of its inhabitants (known as ‘the Saints’). We greatly admired his photographs and his cartography. Watch out Wainwright! It was an enthralling talk.

Tea followed. The competition for ‘A Holiday Souvenir’, was won by two somebodies, and the raffle was won by Elspeth.

After our outing on Wednesday June 20th, we revert to our usual Tuesday

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Monday - Thursday from 5pm (Bookings only at Lunchtime)

Friday 12 - 2pm then 5pm until close.

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afternoon for our next gathering. This will be our Tea Party at High Beckside on Tuesday July 10th, by kind invitation of Shirley Richardson, our vice-president. Members – don't miss it whatever you do.

Wendy Fraser-Urquhart.

PS: 59 minutes 59 seconds.

DENTDALE WI

Well, we have been talking about all the coming summer activities in the WI calendar and all of a sudden, they are upon us!

The group meeting held this year at Dentdale was a great success with 59 members attending. Catherine Sugden and Pat Allen went as guests

to Howgill WI 60th birthday party held at Ferbank village hall and thoroughly enjoyed the occasion. Members have been out and about at the Holker garden festival managing luckily managing to avoid the rain clouds.

So, to the coming month, our mini market outside the Memorial Hall is going ahead on 28th July and it seemed a good idea to tap into the amazing craft talent there is in Dentdale WI and sell crafts, as well as cakes! A Craft Morning has been arranged for 5th July at the home of Dale Smith to literally put together a few ideas.

The Three Counties cycle race will be coming through Dent as in

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previous years on 8th July and organizers say cyclist view it as one of their favourite stops. We will be manning the Memorial Hall stop from 7.30am. All refreshments brought in for us to serve. It is just a case of being a friendly face offering that well earned 'cuppa' in the few minutes they give themselves to rest!

Our Dentdale Guides were revamped this year with updated information regarding telephone numbers etc. and we are delighted that they are selling really well from all the local outlets.

Details of the summer outing are finalized and we are meeting up at the car park for our trip to

Knaresborough at 9am on 11th July. Coffee stop after about an hour at the attractive looking Anchor Inn situated beside the canal on the way to Skipton. Then on, for a few hours, to wander at will in Knaresborough before meeting up for the return trip and a High Tea!

We welcomed Helen Beare who came to the rescue at the last minute when our organized speaker had to cancel due to ill health. Last year we had a talk about an orphanage for girls in Nairobi by Christine Wood whose son, Simon a pilot with BA, has spent a great deal of time and energy helping to found this venture. It captured our imagination to think

that here was a small way in which we were helping the emerging African countries deal with the task of supplying homes and education for some of the orphaned children in Nairobi. This particular orphanage houses 22 girls. It offers very basic standard of boarding to the lucky few, a lifeline into education and a better standard of living. It is shortly due to move to new premises. Helen talked about her trip there offering her musical skills and taking out recorders for the girls to start learning. One girl, Josephine Mueni, showed particular talent. By the time Helen left, Josephine was able to play the Kenyon National anthem in the school assembly. Teachers have

promised to keep the music going and Helen is returning in the summer to see for herself. There is a report of Helen's visit and photos of the girls in "The Recorder Magazine." A quote from one of the girls, "I like playing my recorder it makes me feel like I'm floating in the air it also makes me forget my worries". (Ann) How wonderful then to get a foot on the musical ladder.

Details of next month's outing are above and then we are back in the Memorial Hall on August 8th to be entertained by Kirkby Lonsdale Handbell Ringers. This is an Open Meeting with refreshments and all are welcome to join us.

Pat Allen

Sedbergh Office Services

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HOWGILL W.I.

June 7th was a very special occasion. It was the **60th Anniversary** of Howgill W.I. Guests included Honorary Federation President Mrs. Olive Clarke, Federation Chairman Ruth Rigg, our W.I. Adviser and friend Margaret Hodgins and representatives from the Lune Valley Group.

President Mary Silva welcomed the guests and the evening began with the singing of Jerusalem.

Mary spoke about life in the early days without electricity when oil lamps and coke stoves had to be lit. Sixty years on Howgill W.I., still prospers and continues to attract new members.

Olive Clarke, a dedicated W.I. Representative spoke with true enthusiasm on the memories of Howgill when she first came with her father to buy sheep highlighting her love for the area and the kindness she found in the Howgill people.

A card signed by members was presented to Olive congratulating her on her **90th Birthday**. At this point Ruth Rigg, Federation Chairman presented our President with a certificate commemorating our 60th Anniversary. Memorabilia was displayed around the room for members and guests to browse through.

After the formalities everyone enjoyed a buffet provided by

SEDBERGH & DISTRICT

HISTORY SOCIETY

**LOWTHER CASTLE
And GARDENS**
6pm (LHCP-5pm)
Wednesday 11th June

Following the talk given by Andrew Mercer about the renovation of the Castle Gardens, this is an opportunity to see the progress so far. After a brief introduction, members will be free to explore. The new Visitor's Centre will be open for refreshments later.

Entrance is £8

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

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members, the centrepiece being the cake made and decorated with a country theme by member Sarah Scarr. It was cut by founder members Peggy Postlethwaite and Mary Stainton. The cake was then enjoyed along with a glass of wine.

The competition for a Diamond Jubilee newspaper photo of the Queen was won by Mary Stainton with Sheelagh Denniss second.

Member Helen Beare provided the entertainment as she introduced her group of dancers who gave a first class performance and looked spectacular in their Elizabethan costumes. This was followed by a sing-along together of old time favourites. The evening was brought to a close with drawing of the raffle with several lucky winners. An enjoyable evening of fun and friendship.

The next meeting will held at Howgill Village Hall on July 5th when the Gilbert and Sullivan Singers will be entertaining us. Visitors are most welcome.

Audrey Hoggarth

SEDBERGH WI

Sedbergh WI really know how to live; this month the members have been on a magical mystery tour which took them eventually to the Netherwood Hotel where seated on plush leather sofas before a roaring log fire they indulged in the confectionary delights on offer. After tea, in an effort to shift a few calories, the members walked around the charming gardens.

Three members have celebrated their birthdays this month and all members send their congratulations to Sue Kernahan whose first grandchild arrived recently, a boy, William.

The book club have been hard at it reading a book with the intriguing title of 'Narrow Dog to Carcassonne' by Terry Darlington. The story is a true account of how a couple and their whippet crossed the English channel on a narrowboat and then went on to travel along the French canal system. The book did not appeal to everyone, some loved it and others thought it less than good. After an interesting discussion the book was given a

SEDBERGH HEALTH CENTRE

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

Thursday 12th July
No closure in August
Tuesday 18th September
Wednesday 17th October
Thursday 15th November



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Closed Mondays unless a Bank holiday.

Summer season open - Tuesday to Sunday – 8.30-4.30

Winter season open Wednesday to Sunday 10.00 – 4.00

Thursday, Friday & Saturday nights open to non residents from 7.pm – *booking essential*

seven out of ten score on the members readability chart.

Disappointingly the walking group had to cancel it's walk due to the heavy rainfall and general bad weather. On the bright side the group have booked a walking break in Alwinton Northumbria for September this year.

The main event that our members have been involved in, along with many other branches of the WI in the district is the Federation's Flower Festival 'Queen of Diamonds' which was held in late June at the Parish Church in Kendal. Four of our group members staged an exhibit featuring exotic flowers and greenery. The idea

for the display was inspired by the Queen's stay at Tree Tops, in Kenya where Her Majesty received the sad news of her father death and began her long reign as Monarch.

Wednesday July 11 is the date of our next meeting when Eileen Belshaw will be entertaining us with part two of her humorous anecdotes entitled 'It Shouldn't Happen to a Nurse'.

As always the group is delighted to welcome new members or visitors who just want to try us out. Meetings begin at 7.30 pm and are held monthly in the committee room at the back of the Peoples hall.

Sandra Gold-Wood

COUNCILLORS CORNER

Cllr Evelyn

It looks as though the year 2012 will go down in history as party time, if nothing else. In contrast to the washout river pageant on the Thames Sedbergh's Jubilee celebrations in Finkle Street and St Andrew's churchyard were a triumph.

Congratulations to the organisers for planning a great day for everyone. The Olympic flame comes to South Lakeland on June 21st and as Vice Chair I will be part of the South Lakeland District Council's delegation to welcome it ashore from the ferry taking it across Lake Windermere to Bowness. (Because of publication deadlines for *Lookaround* I will be

reporting on the event in next month's issue.) Then there are the Olympics themselves and finally in October, Sedbergh will be hosting this year's Original Mountain Marathon event which is expected to attract 3,000 entrants. The organisers will provide space for camping and motor homes but our tourism accommodation facilities will struggle to meet the demand from people who want to sleep in a comfortable bed for the night before the event, the night of Friday, October 26. To avoid forcing the competitors to stay further afield I am making a list of homestays, residents who are prepared to provide a room (or two), for the one night. We need double and twin

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DAILY SPECIALS



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Lasagne & Hand-cut chips & peas Minced steak or Roasted Vegetable	£4.95
Battered Haddock & Hand-cut chips Served with mushy peas or garden peas	£5.25
Scampi, Hand-cut chips & Garden Peas	£4.95
Pork Sausage & Mash with real gravy & garden peas	£4.95
All-day Breakfast: Bacon, Egg, pork Sausage, grilled Tomato.	4.25

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bedded rooms as the competitors are in teams of two. The hosts will be paid £40 for the two visitors and breakfast, if the visitors require it, would be an additional £5 a head. Accommodation needs to be within walking distance of the starting point at the Cautley Road end of town or the hosts must be prepared to give them a lift. Please contact the Community Office if you think you can help.

Cllr Ian

Harold Macmillan once famously remarked that the most significant feature of political activity was "Events, dear boy, events...." This past month has certainly had its fair share of events. The Jubilee celebrations, the Sedbergh Music Festival and Appleby Horse Fair to name but three. The first two were outstanding successes. The weather was extremely kind for the Jubilee

street party on Bank Holiday Monday and the exceedingly well organised and enjoyable activities during the day were followed by the lighting of the town beacon at 10pm on the summit of Winder. This for me was both literally and metaphorically the high spot of the day and as the sun went down and a full moon came up we were treated to the sight of other beacons sprouting up throughout the whole of South Lakeland, Lancashire and Yorkshire. I counted twenty three in all. Not only was it emotionally very inspiring but it also emphasised for me the connections that we have with our neighbours in this part of the world and that so many communities had thought it worthwhile putting in the time and effort to build and light their own beacon in celebration of Her Majesty's sixty years on the throne. Many thanks to all of those residents who planned and brought

into being all the activities and fun of the day. And likewise similar thanks to the organisers of, and participants in, the Music Festival which went with a bang from beginning to end (an harmonious one I hasten to add). Audiences did seem to be well up on previous years and no doubt this was due to a very well balanced programme which appealed to all tastes. Tasmin Little was undoubtedly one of the main stars of the show but I was also hugely impressed by our own local talent shown as ever by the Town Band and the Sedbergh Orchestra and the children's events. I never cease to be amazed by the enormous talent that we have within our own community. I'm already looking forward to the next Festival.... The annual incursion of Travellers heading to, and then away from, Appleby Fair was also again this year largely successfully managed although there were a few isolated instances of unacceptable behaviour and damage to property mainly in the Kirkby Lonsdale and Casterton areas. This coming Friday (22nd June) there will be a meeting of the Travellers and Settled Community Respect Group when we will be taking a look at the way in which the main statutory bodies and councils handled the situation and looking at lessons which we need to learn for future years. It continues to be an ongoing process but I think all are agreed that there have been major improvements since the serious problems that arose in 2008 and 2009. There will also be a

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drop-in feedback session at 6.30pm on 26th June at Dent Memorial Hall before the Neighbourhood Forum begins at 7.30pm. Finally I had the pleasure of attending Choral Eucharist at the Parish Church last Sunday which was not only a fitting end to the Music Festival itself with the choral part being provided by Sedbergh School Choir but also an opportunity to give thanks for the twenty five year ministry in Sedbergh, Garsdale and Cautley of Canon Alan Fell who is now looking forward to a well earned retirement in Shropshire. Every good wishes from all of us to him and all his family. Thank you Alan. Evelyn, Nick and I may be contacted at any time on:

Evelyn Westwood:
email evelyn@markwestwood.co.uk
Tel. 015396 20148

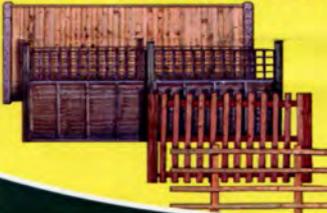
Ian McPherson:
email ianmcpherson24@hotmail.com
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**SEDBERGH & DISTRICT
COMMUNITY OFFICE**

In case he doesn't mention it in his article, can I just say that Tim Farron MP is holding a surgery at the Community Office on Friday 13 July between 10am and 12 noon. If you want more information, his office is on 01539 723403.

People often ask if the Yorkshire Dales planners still have their surgeries at the Community Office. Yes they do! They are only here every other Wednesday afternoon these days, and they ask people to make an appointment, which you can do by emailing planning@yorkshiredales.org.uk or ringing 01969 652349 and

letting them know the outline of your question so they can prepare to answer properly. This would be a good place to mention that the Parish Council have current planning applications, and those from the past five years, which you can consult in their office if you visit us.

Lastly, can I say again that we would like to have more job opportunities on display here, so if you have some work – small or large – that you need someone to do, please bring an advert down. If you're looking for some (or more) work, I hope a visit to the Community Office will soon prove worthwhile.

Best wishes, Andi Chapple

COUNCILLOR CORNER

Because of the vote taken in January the Cumbria Wind Strategy is still a part of South Lakeland's Local Development Framework. This was proposed by Killington and Firbank's councillor Peter Thornton and had the unanimous support of the Lib Dem group. This was against the unanimous opposition of the Conservative group, on that occasion led by myself and a wide swathe of the public opinion. I don't know if Peter is having second thoughts now but since then there has been the application from Banks Renewables for another windfarm between the A684 and the M6, right in the heart of his ward: no doubt we have all seen

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the placards objecting along the side of the road.

On the face of it, this application will be difficult to justify in landscape terms, but then so was the Lambrigg application on the other side of the motorway. Without the Cumbria Wind Strategy this application would almost certainly have been turned down. With it the situation is much more difficult to gauge. Regardless of the local member I can confirm that the remaining Conservative SLDC group is minded, strongly to oppose this application.

In spite of the great improvements in the way in which our Cumbria Highways team delivers proactive schemes there is still great and legitimate unhappiness with the service provided. I apologise for repeating myself once again but there have been great improvements all along the A683 and A684 in my time as your county councillor.

The main current reason for unhappiness is the complete breakdown of the Better Highways system of responding to parish councils before and after the Amey employees came back into the



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county. Yesterday as county councillors we spent a long time discussing how Better Highways is to be re-launched. The handouts included rough lists of how the Better Highways Teams were to deliver responses in Sedbergh and Kirkby Lonsdale LAP. This basically gave every parish two weeks in a cycle. As county councillor and someone who knows the area better than most I thought this was ridiculous – it took no account of the differing sizes of the parishes at all.

As a working compromise I have changed this to Barbon and Middleton 2 wks; Casterton, Kirkby Lonsdale and Mansergh 4 wks; Dent 3 wks; Garsdale 1 wk; Killington and

Firbank 2 wks; Sedbergh 4 wks. Remember Sedbergh includes Howgill, Marthwaite, Millthrop, Frostrow and Cautley as well as the town. This STILL disadvantages the two largest parishes but gives a much more realistic sharing out of the workload. I am sorry but I do not want the team to be strimming some grass in Middleton when water is running across the lane in Howgill.

A more frivolous comment from a colleague was that the Better Highways vans should be resprayed in yellow so parish councillors could no longer deny seeing them. He has a point but the aging hippy in me thinks flower-power psychedelia would serve the purpose better.

Sadly we have had rather more problems with the gypsies this year, many caused by our response to complaints about the unsightliness of the posts and boulders in previous years. There will be feedback events at the end of the month and I will report back next time.

Finally, a thank you to everyone who contributed towards the Jubilee celebrations. It is a pity the weather was not kind. Thankfully we have had some better days since and I cannot remember the valley looking more vibrant than it does outside my window this early morning.

Apologies to anyone who has been trying to phone me but my “Smartphone” has not been very well this last fortnight.

*Councillor Kevin Lancaster – 015396 20800, 07980 844 695 (preferred),
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TIM FARRON MP

As you would imagine a lot of reports arrive at my office. Many more than I really have time to read. However, one arrived the other day from the Office of Fair Trading that did make me stop for a bit. The OFT have been conducting a consultation into buying things when you live in rural areas. A lot of what the report says is not going to come as news to those of us who live in this part of the world.

They talk about many issues but one of the key points they make is that a lack of competition in more remote places means that prices can be artificially high. They go on to say

that having good broadband connections can go a long way towards solving this problem because, even if you only have one shop, with the internet you can buy things from anywhere in the world. They do also make the point that as we all know poor delivery services can mean that things do not arrive on time or even in the right place. But still availability of good broadband can make a major difference to how affordable living in the country is to many people. They even make the point that in some places a weak broadband connection can result in credit card payments not going through properly leaving people

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unable to use their cards.

This really highlights the reasons why improving the broadband provision in our part of the world is one of my key priorities. Of course these days good broadband is important for many businesses to compete. However, it is also vital for anyone who wants to be able to afford to go on holiday, run their bank account or even do their grocery shopping affordably. I was particularly excited when after much lobbying the Government last year announced extra money for Cumbria County Council to become a pilot area for the provision of superfast broadband to rural communities. It is also why I was so depressed to learn the other day that the county council's plans to spend this money are going nowhere fast! The risk with all Government funding is that if you don't spend it it gets taken away and spent on something

else. We really cannot afford to let this happen. I will be meeting with the County Council shortly to encourage them to sort out the mess they are creating.

The Appleby Fair is over for another year. The police, as ever worked amazingly hard but I don't think that the event as a whole was an unqualified success. Clearly things have improved from how they used to be but the fair appears to be getting bigger meaning we need to work even harder to manage things so that people's lives are not interrupted as little as possible. I will be doing all that I can to ensure that we learn from what goes on and importantly act upon anything we find out. If you have any feedback to give me then please do get in touch.

As ever if there is anything else that I can do to help you then please contact me by writing to me Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

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KILLINGTON SPORTS

Despite the horrendous weather forecasts throughout the Diamond Jubilee week and being a week later than normal because of the delayed Bank Holiday, the historic and traditional Killington Sports were again well supported both by participants and spectators. The evening started with the rain just threatening to come across from the other side of the Lune valley, - but it soon arrived and stayed all evening as light, persistent rain. However, this did not put off our regular turn-out of local and the area's athletes, whose enthusiastic participation in all the events made it another successful event for the many spectators who

had braved the rain.

Traditional Lakeland sports such as field-running, fell-racing, and Cumberland and Westmorland Wrestling were interspaced with fun events such as egg-and-spoon, tyre-, potato-, three-legged and sack-races, pillow fights and egg throwing. These were complemented with the usual side-shows of Quoits, Darts, Pitch-penny, Horse-shoes and Coconut Shy.

Although all events had their usual level of entries, the biggest entry of the night was again in the 11 & Under Fell Race when well over 50 youngsters scampered off at the Start - and all finished without mishap! It was great to see so many

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of our regular participants.

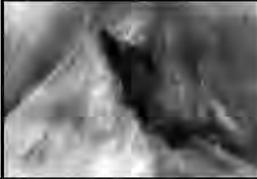
As always, the Wrestling was well supported, but its highlight was the staging of the U16 & U8-stone World Championship. This was won after some well-fought bouts by Sam Wilson from Kendal Wrestling Academy, who defeated Cain McNally in a closely fought final.

Our regular handicapper and commentator, Roger Ingham, once again entertained the crowd with his humorous (bordering on the politically incorrect!), but extremely knowledgeable commentary – again contributing to the success and enjoyment of the Sports.

The evening came to its usual conclusion (beneath the glow of

spotlights at 11pm!!) with keenly contested Tug o' War competitions– a very well-trained Sedbergh YFC Boys' team again being the winners of the Main event with "Darrell's Team" winning the U16 event.

Much credit for another successful Killington Sports goes to the Sports Committee for the preparation of the field and organisation on the night. However, they would like to express their gratitude once again to John Capstick for the loan (and early mowing!) of his field, and to all the sponsors of the events who once again provided invaluable support to the Sports by supplying the bulk of the prize-money - ensuring the Sports' financial viability and future.

farfieldmill	JULY EXHIBITIONS at Farfield Mill Galleries	
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	An exhibition by renowned architect John Warren, based on his early memories of working at the coal face of Vane Tempest Colliery in Co Durham.	
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The Sports Committee were also grateful for the assistance of the C&W Wrestling Association who provided the Judges, and to the Fell-racing Association who recorded all positions and times in the Fell Races for the benefit of their members.

Excellent BBQ refreshments were provided and sold throughout the night by Alison Thompson Catering, together with ice-creams from Roger Ingham's traditional barrow and sweets sold by the Ladies Committee.

Results

U12 Tyre Race – 1st. Robbie Johnstone, 2nd. Jay Ferguson, 3rd. Thomas Nelson, 4th. Thomas Darwin.
U17 Tyre race – 1st. Josh Newbold,

2nd. Charlie Preece, 3rd. Elisha May, 4th. Kieran Johnstone.

U9 Boys 100yds – 1st. Will Atkinson, 2nd. Lewis Garnett, 3rd. Fraser Sproul, 4th. Jake Wood.

U9 Girls 100yds – 1st. M. Harrison, 2nd. E. Beardwood, 3rd. Molly Pratt, 4th. Emma Kendal.

U13 Boys 100yds – 1st. Jacob Aubrey, 2nd. Richard Burns, 3rd. Josh Newbold, 4th. Chris Park-Johnson.

U13 Girls 100yds – 1st. Mia Senior, 2nd. Nina Robinson, 3rd. Imogen Burrow, 4th. Kitty Morrison.

U17 Boys 100yds – 1st. Archie Singer, 2nd. Chris Richardson, 3rd. Matthew Senior, 4th. Lewis Dennison.

U17 Girls 100yds – 1st. Arona Morrison, 2nd. Georgia Stevens,

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3rd. Hannah Newbold, 4th. Ellie Lambert.

U12 Sack Race – 1st. Chris Stainton, 2nd. Kitty Morrison, 3rd. Will Atherton, 4th. Cottie Burry.

U17 Sack Race – 1st. Connie Hodgson, 2nd. Georgie Stevens, 3rd. Lewis Dennison, 4th. Chris Richardson.

U12 Boys Potato Race – 1st. George Purcell, 2nd. Elliot Wren, 3rd. Logan Hargreave, 4th. Jordan Moss.

U12 Girls Potato Race – 1st. Sophie Waller, 2nd. Lottie Burns, 3rd. Katie Barnes.

U17 Boys Potato Race – 1st. Charlie Preece, 2nd. Harry Packham, 3rd. Kieran Johnstone.

U17 Girls Potato Race – 1st. Mary

Atkinson, 2nd. Lauren Domville, 3rd.

Brodie Swallow, 4th. Kate Handford.

Children Mixed 3-Legged – 1st. Josh Bond/Connie Hodgson, 2nd. Joe Gorst/Mary Atkinson, 3rd. Jacob Aubrey/Ellie Lambert, 4th. Sam Gorst/Imogen Gorst.

Mens100yds – 1st. Beltran Orrego Luca, 2nd. Lee Haversmith, 3rd. Ollie Roberts, 4th. Raymond Atkinson.

Ladies 100yds – 1st. Lauren Appleyard, 2nd. Cathy Harrison, 3rd. Megan Stewart, 4th. Amanda Burrow.

Mens Sack Race – 1st. Dan Caton, 2nd. Beltran Orrego Luca, 3rd. Chris Bowness, 4th. Gary Beardwood.

Ladies Sack Race – 1st. Lauren Appleyard, 2nd. Donna Whitehead, 3rd. Ellie Acaster, 4th. Megan Stewart.

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Mens Potato Race – 1st. Raymond Atkinson, 2nd. Lee Haversmith, 3rd. Gary Beardwood, 4th. Dan Caton.

Ladies Potato Race – 1st. Lauren Appleyard, 2nd. Megan Stewart, 3rd. Ellie Acaster.

Ladies 200yds – 1st. Lauren Appleyard, 2nd. Megan Stewart, 3rd. Kathy Hampson, 4th. Kath Aubrey.

Mens 200yds – 1st. Beltran Orrego Luca, 2nd. Lee Athersmith, 3rd. Raymond Atkinson, 4th. Roger Aubrey.

Senior Fell Race – 1st. Danny Parkinson, 2nd. Tom Addison, 3rd. Peter Harrison, 4th. James Hall, 5th. Lee Athersmith, 6th. Mike McIver.

Ladies – 1st. Edie Hemsbock, 2nd. Cathy Harrison, 3rd. Amanda Burrow

U17 Fell Race – 1st. Ben Johnstone, 2nd. Declan Bulmer, 3rd. Matthew Horn, 4th. Matthew Senior, 5th. Jake Lowther 6th. Beth Dutson.

Girls – 1st. Hannah Newbold, 2nd. Sally Handford, 3rd. Alesha May.

U14 Fell Race – 1st. Josh Newbold, 2nd. Thomas Nelson, 3rd. Jacob Aubrey, 4th. George Tostavin, 5th. Lewis Dennison, 6th. Gregan Baker.

Girls – 1st. Ellie Lambert, 2nd. Catherine Lawson, 3rd. Mia Senior.

U12 Fell Race – 1st. Robbie Johnstone, 2nd. Fraser Sproul, 3rd. Chris Park-Johnstone, 4th. Logan Hargreaves, 5th. Alex Mullins, 6th. Robert Askew.

Girls – 1st. Imogen Burrow, 2nd. Mia Walsh, 3rd. Emilie Stevens.



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Friday 27th July

please note change of date

Firbank School Hall

6.30 pm

Refreshments  Raffle

Plant & Cake Stalls

All Welcome



Local Boy – George Thomas

Local Girl – Abbie Allan.

Open Mountain Bike Race – 1st.

Alistair Dunn, 2nd. Johnny Bland, 3rd.
Robert Hudson.

Mile Handicap – 1st. Danny

Parkinson, 2nd. Lee Athersmith, 3rd.

Joe Atkinson, 4th. Ben Stuart, 5th.

Charlie Preece.

U17 Half Mile Handicap – 1st.

George Tostevin, 2nd. Malisa Sproul,
3rd. Katie Horn, 4th. Josh Newbold,.

U17 Girl – 1st. Malisa Sproul, 2nd.

Katie Horn, 3rd. Kate Hanford.

Open Mens 400yds – 1st. P. J. Gorst,

2nd. Lee Athersmith, 3rd. Roger

Aubrey, 4th. Belbran Orrego Luca.

Open Ladies 400 yds – 1st. Kath

Aubrey, 2nd. Lauren Appleyard.

Adult Mixed 3-Legged – 1st. Roger/

Kath Aubrey, 2nd. Andrew Rowlinson/

Ellie Acaster, 3rd. Chris Bowness/

Charlotte Musgrave, 4th. Trevor/

Hannah Hodgson

Tug o' War U16 "Darrell's Team".

Tug o' War (senior) Sedbergh YFC

Boys Team

Wrestling

U9 Boys & Girls – 1st. Gus Singer,

2nd. Jack Threlfall, 3rd. Lewis Garnett.

U12 Boys & Girls – 1st. Harry

Bertram, 2nd. Alex Mullins, 3rd. Sam
Gorst.

U15 Boys – 1st. Archie Singer, 2nd.

Sam Wilson, 3rd. George Wilson.

U18 Girls – 1st. Connie Hodgson, 2nd.

Hannah Hodgson, 3rd. Rosie

Hodgson.

U18 Boys – 1st. Matthew Atkinson,

2nd. Ben Brocklebank, 3rd. Jordan

Belmay.

Mens 13st. – 1st. Graham

Brocklebank, 2nd. Beltran Orrego

Luca, 3rd. Ben Brocklebank. .

Mens All-Weight – 1st. Thomas

Brocklebank, 2nd. James Hall, 3rd. Joe

Robson.

World Championship U15 &

U8stone – 1st. Sam Wilson, 2nd. Cain

McNally, 3rd. Michael Hutchinson.

Pillow Fight

Mixed U12 – 1st. Alex Mullins, 2nd.

Archie Barber, 3rd. Chris Park-

Johnstone.

Mixed 12-16 – 1st. Matthew Horn, 2nd

Josh Bond, 3rd. Darrel Hodgson.

Mens –

Ladies – 1st. Hannah Hodgson, 2nd.

Ellie Acaster

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Pitch Penny – Gordon Strickland.

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SEDBERGH & DISTRICT HISTORY SOCIETY

Visit to St Lawrence's Church, Crosby Ravensworth

On the rather grey evening of June 11th, thirteen members of the society drove north to the peaceful and picturesque village of Crosby Ravensworth in the Eden Valley.

Entering the churchyard, Mr Ted Relph led us to the ancient Saxon/Danish cross shaft, standing about 7ft. high on a huge base and resting on a large stone slab. It was possible to imagine a monk or wandering preacher, speaking to a gathering of local people. The cross is missing, perhaps destroyed in the violent raids from the north.

We visited the War Memorial and then followed Mr Relph to the tomb of the remarkable Canon Weston, vicar here between 1847-1887 and responsible for huge alterations and restoration.

As we moved around the outside, we saw many finely carved stone heads. There are many inside the church as well, for example Canon Weston young and old, Queen Victoria, an old Bishop of Carlisle etc The stone mason was Robert Hoggarth Parkin, who worked on the Weston alterations for thirty years. A story goes that Canon Weston suggested that Mr Parkin carve something to please the workmen. This badly worn sculpture is of a stone rat chasing a stone mouse into the open mouth of a workman! Thankfully in its worn condition it was

hard to work out. It is near the front porch.

We were impressed by the sheer size of the church especially the tower, topped by castellations and enormous dragon-like gargoyles leaning out into the sky. The bottom of the tower is the original 15th century one while the repaired upper half, is from the 1800's the architect being Sir Robert Smirke, architect to Lowther Castle. This, and many other alterations, were under the direction of Mr George Gibson of the old Oddendale family who persuaded other wealthy benefactors to repair the damage.

Entering the church, first through the large stone porch built around 1812



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and then the fine 13th century south doorway, we were welcomed by Mr David Risk who now became our guide.

The size of the building was awe inspiring and more like a small cathedral than a village church.

Mr Risk said there was evidence that there had been a church building on the site and records show that by 1140 a Norman Church was gifted with some land to Whitby Abbey. The only remains of this building are the massive clustered piers at the intersection of the nave and transepts, having octagonal bases. He said that there had been a Norman Church about 1085, followed in the 13th century by a period of restoration. Two hundred years later there was much re-modelling and in the early 18th century there was the Gibson restoration followed in the mid to late 18th century with the Weston

restoration. Later we looked down the nave and could see clear evidence of different roof levels on the west wall.

He drew our attention to a beautiful stained glass window of Jesus with little children. The artist had based the children's faces on the children of Canon Weston, vicar here for forty years. With obvious admiration he told us about this remarkable man, full of energy and vision, whose ambition was to bring this church back to its former glory and beauty while retaining all its historical features. The architect was J. S. Crowther, famous for work done at Manchester Cathedral.

We moved on to the Dent Chapel, recently enclosed in glass, providing a warm, smaller space for worship. A few years ago it was thought that the church would have to close and was a time of great anxiety, but new ways are being found to keep this ancient building open .

The East window was created by Clayton and Bell of London and paid for by the Dent Family of Flass, Maulds Meaburn in 1884.

The tour ended near the massive 15th century stone tomb of Sir Lancelot Threlkeld.

Archive material had been laid out for us to view and we were served refreshment by Mrs Eileen Risk and Mrs Jill Winder.

Mr Richard Cann thanked all of them for a most interesting evening and kind hospitality. We felt we had really glimpsed small slices of the history of this ancient church and the local community.

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DENT PARISH COUNCIL

The June council meeting considered the impact of timber extraction vehicles on Dentdale's roads and discussed repairs to the boundaries of the playing field. Full minutes 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.

Timber Movements

The parish council received a report of a recent meeting about timber transport issues between the Parish Clerk, Jenny Pilgrim and Ken Smith from Dentdale, and Richard Scott, Chair of Cumbria Timber Transport Group and officers from the County

Council and Cumbria Highways. The County Council wants to alter the classification of the section of road between Dent Station and Lea Yeat to allow limited and conditional access for timber wagons, and is drawing up a Timber Transport Management Plan in consultation with timber hauliers and the parish council. The plan will aim to achieve:

- a timetable for extraction and haulage from the Cowgill Plantation
- measures to avoid timber movements coinciding with bus journeys
- restrictions on vehicles permitted to use the route, because of the narrow hairpin bends and

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<p>Stonehouse Bridge</p> <ul style="list-style-type: none"> • co-ordination of timber movements from the Cowgill and Hobsons plantations <p>In addition, Cumbria Highways will be obtaining video evidence of the present state of this section of road and the draft plan, if available, will be considered at the July parish council meeting.</p> <p>Playing Field Boundaries</p> <p>The Chair of the Playing Field Committee, Jenny Pilgrim, reported on outline plans to repair and improve the playing field boundary walls, hedge and gates. Sixty metres of dry stone wall will be completed at no charge to the Council by the dry stone wall competition at this year's</p>	<p>Dentdale Show, and the Playing Field Committee will be considering measures such as additional stiles to discourage users of the playing field climbing over the walls, replacement gates and improvements to the hedge. Any requirements for funding will be considered at the next parish council meeting.</p> <p>New Library Link</p> <p>Rita Corpe reported that all grant funding for the new Library Link has now been received, and additional funds were raised at a recent coffee morning in Dent. Cumbria Library Service have fitted shelves, and the Library Link will be officially opened at 2pm on Monday 2nd July by Alan Forsythe from the Hadfield Trust, the</p>
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main source of grant funding for the project.

The Library will then be open each Tuesday from 9am–7pm and each Saturday from 9am–2pm.

Diamond Jubilee

In ceremonies before the Jubilee bank holiday at the primary school, the pre-school and the playgroup, councillors presented £5 Diamond Jubilee commemorative coins from the parish council to every child in Dentedale of primary school age and below.

Stonehouse Bridge

As reported earlier in Lookaround, Cumbria Highways had previously indicated that repairs to the Bridge would be undertaken between June and September. However, the work will now be dependent on the Environment Agency giving consent after crayfish in the river have spawned, though this is not expected to delay matters for too long.

Next Meeting

The next meeting will be held at 7.30pm on July 2nd in the Sedgwick Room and, as usual, members of the public can raise any matter that

concerns them in the public forum around 8pm.

Jock Cairns, Chair

Tel: 25655

e-mail:

dentparishcouncil@btinternet.com

SEDBERGH ANNUAL PARISH MEETING

31st May 2012

Chairman's Report

Introduction

It has been a very busy year again for Sedbergh Parish Council. In addition to the usual work of a parish council a number of difficult issues, which have serious consequences for the Town, have had to be dealt with. The Council has been determined to preserve the assets of the Town, which are important for the future, but fighting for them has taken a lot of time and energy. These efforts include completing the negotiations with South Lakeland District Council (SLDC) for the tennis courts, fishing rights, Joss Lane car park and toilets, with Yorkshire Dales National Park Authority (YDNPA) for 72, Main St and the open space and continuing



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the discussions with Sedbergh School in relation to Loftus Hill car park. One positive element of all this is that the Parish Council has not been fighting these battles alone but has had widespread support from the County and District Councillors, the local MP, other local organisations and local people. This activity has taken place alongside the day to day roles and responsibilities and routine activities of the Parish Council.

Transfer of Assets from SLDC

The leases for the tennis courts, fishing rights and Joss Lane toilets have now successfully been transferred to Sedbergh. A presentation was made to the SLDC

Cabinet stating the case for the transfer of Joss Lane Car Park, which was subsequently agreed by SLDC members. However, that was not the end of the story. SLDC used a firm NPS to negotiate the details of the transfer which involved being able to show 'good value' for SLDC. Without going into detail this proved to be a time consuming and tortuous process which finally resulted in agreement that the Parish Council would be given a 75 year lease rather than the 99 year one originally agreed!

Loftus Hill Car Park

Last June the Parish Council was given notice to quit Loftus Hill Car Park by Sedbergh School on the

expiry of the lease as at the 31st January 2012. This caused a great deal of concern in the Town and a number of representations were made to the school. A small group was set up led by the Parish Council to negotiate with the school to find an acceptable solution. The result is that the notice to quit was first delayed to the end of June 2012 and is now deferred until agreement can be reached. A paper putting forward the Town's position was prepared by the group and was put to the School Governors who agreed that the discussions should continue to resolve the quite complex issues involved.

72 Main St

At the end of May 2011 The Yorkshire Dales National Park Authority (YDNPA) voted to put 72, Main Street on the open market, a decision which had serious consequences for the Town. The Parish Council along with other organisations and individuals planned a campaign to save one of Sedbergh's remaining civic buildings. The first part of the campaign was to save the open space. People were asked to object in writing to YDNPA, which they did in substantial numbers. This resulted in the YDNPA at their September meeting giving a commitment that the open space should be retained for the community. Objections to the sale of the actual building then followed. Mark Westwood conducted negotiations with YDNPA asking for consideration

to be given to the purchase by a consortium of individuals, known as the White Knights, who had agreed to put up the capital to buy the building and open space on behalf of the community, giving time for the community to raise the money to purchase it from them. This proposal was passed at the December meeting of the YDNPA. A fundraising group has been set up to begin the task of raising the money.

Sedbergh Townscape Project (STP)

Major developments around the STP could not proceed until the transfer of Joss Lane Car Park had been agreed and the future of 72, Main St had been resolved. However, work continued on a small scale. Thanks go to Jim Atkins and Steve Longlands who have gradually been fixing the new street nameplates around the Town. Agreement has been reached with Cumbria County Council Highways department to remove a lot of the street clutter and improve the entrance to Main St. Negotiations have also been taking place to improve the pedestrian access through the 'narrows'. Hopefully action will take place before too long.

Committees

Much of the day to day work of the Parish Council is undertaken by the different committees which includes Amenities, Planning and Audit. Members of the Amenities committee just get on and do a whole range of practical tasks. They make sure the toilets are kept in good order, deal

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menu

lounge menu

sample menu items

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Grilled Goats Cheese En Croute
Omlette

Cold Sandwiches
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Smoked Salmon
Roast Lakeland Beef & Horseradish Cream
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Tuna & Red onion Mayonnaise

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& Goats Cheese
Seared Steak, Onion & Mushroom
Tuna Melt
Tomato & Mozarella

restaurant menu

sample menu items

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

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
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char-grilled spring onion, parmesan shavings
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with any emergencies that arise on Parish Council property and ensure that the football pitch and other assets are properly maintained. The Planning Committee looks at all the planning applications, do site visits and make recommendations to the full council meetings, all of which is very time consuming. The audit committee deals with the financial matters, makes sure that the Council adheres to proper procedures and keeps a strategic overview of the activities of the Council.

Summary

The Parish Council over the last few years has built up good relationships with the various statutory agencies,

which has brought a greater awareness of these agencies to the needs of the Town and enabled various benefits such as the transfer of assets to occur. The role and function of the Parish Council has expanded as a result and means that Parish Councillors are working very hard to manage this increased workload. My thanks therefore go to members for giving so much of their time on a voluntary basis to achieve improvements for the Town. I must also thank Colin Robertshaw, the Parish Clerk, for providing excellent support to the Councillors.

*Dr. Hilary Hodge – Chairman
Sedbergh Parish Council*

**SIGHT ADVICE
SOUTH LAKELAND**

Sedbergh Support Group

Many thanks to all our volunteer drivers who transported us 'en masse' down the valley to The Barbon Inn for our June Meeting.

(Special 'thanks' to May, George T. and Dennis for giving me a 'few moments' in Middleton Churchyard on the way home.)

I'd hardly got mi coat off and mi 'bits and bobs' sorted before Betty, as it was a lovely sunny day, was warmly welcoming everyone. It was great to have Dennis W., Elspeth G., George T., and Margaret M., back amongst us, and we were sorry Doris H., Mary T., and Winifred H., were unable to be

with us - the hearing aids weren't working very well, but as far as I could make out, Doris H. was 'coach-lagged' after her trip away with John O' Groats, Mary T., was recovering from her 101st. Birthday Bash, and Winifred H. had a date with hunky Bob The Builder!

Betty thanked Jennifer and Keith not only for arranging our trip and meal out, but also for all the unseen and unsung work they do for the group throughout the year.

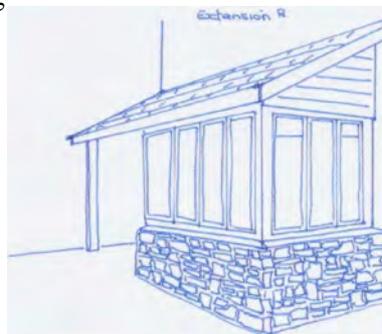
The only agenda item was 'food, glorious food.' Most seemed to have remembered whether they'd ordered Battered Beef or Roast stir-fry fish, but the simple question 'Are you a Sherry Trifle or a Bread and Butter

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pudding?' flipped some pancakes completely. Me? - I'm definitely a Bread and Butter Pudding - smooth, satisfying, fruity and baked to perfection in a moderate oven with mi bottom in a dish of water! Thanks to the infinite patience of the staff, no-one remained 'pudding-less' for long, tea and coffee was served and we proceeded in a dis-orderly fashion to a session of 'mingling'. Mingling occurs when an unspecified number of people start wandering round the room like a set of displaced musical chairs having 'a word with everyone.'. I'm afraid the hearing aids cannot cope with the constant background chatter which invariably comes with mingling, so at that point I just sit there in the serendipity of my own little world. Today it involved looking at the others sat at my table and thinking what sort of a pudding they would be.

To my left was Susan H. - one

minute she was hot, the next she was cold so surely a 'Baked Alaska'? Next, Betty H. - 'Bombe Glace' or 'Queen of Puddings' maybe? Betty D. - a right little 'Rum Baba', Barbara A. - 'Strawberry Blancmange' or 'Pavlova?' - take your pick. Geoff? Yes, well, sorry mate, but you ain't no 'Vienetta', more 'Chocolate Fudge Cake' or Sticky Toffee Pudding', and if I weren't a 'Bread and Butter Pudding', I'd definitely be a 'Knickerbocker-glory!' I was just about to consider other party members when Zebedee shouted in my ear 'Boyng! It's time to go home.' SO

Many, many thanks to all the Staff at Barbon Inn for their kindness, patience, service and above all their 'food, glorious food.'

(Rather than thinking who writes this 'tripe'?, the more observant amongst you will by now have realised that the way this report has been 'structured' is something akin to a Thank-you



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Sandwich'. You Haven't? Ah, well, there's many a picnic short of a sandwich or two!

The Street Collection in Sedbergh on the 9th. June raised £241.44 for SASL funds. Grateful thanks to all who 'collected' and all who 'gave'. (Now do you see what I mean?)

And finally, following the 'political correctness' of Westminster, the group is now taking its 'summer recess', - Jennifer and Keith were last seen heading off for the delights of Birmingham - and will re-convene in the Committee Room of The People's Hall in Sedbergh on Tuesday 18th. September at 2.00p.m. - 'be there or be square' (whatever that means!)

In the meantime, if you want any information or advice about 'aids and equipment', 'computer technology', or any other 'services' SASL provides for its members, please contact Head Office at Stricklandgate House, Kendal - 01539 742633 or pop in to one of the 'drop-in' sessions on Wednesday, Thursday and Friday between 10.00a.m. and 4.00p.m. If it would be more convenient for you to have a 'home visit', this can be arranged by calling the same number - 01539 742633, and if all that fails, just give me, George, a ring on 01539 721109 and I'll try and sort something out for you. And now it's high time I went to lie down in a dark room with a fresh fruit salad, so, if I don't see you again before September, take care, and enjoy your 'Summer Puddings'! Bye for now.

George Watson

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PENDACOL DOG TRAINING

Pendacol Dog Training have had a very winning month of May.

The show season has started in earnest and trainers and members have done well.

Early May saw a very wet York Show where Corrie Bruemmer took Maisie, her Crossbred Collie gained a 4th place in beginners, then the Wirral Show saw them just outside the places. Finally at Waldrige Fell Show near Sunderland both dogs were 4th and 5th with Maisie again and also Charlie, her chocolate Labrador who is coming on in leaps and bounds and loving the training.

Debbie Simmonds attended Southport Show and along with Moss her Border Collie was 3rd in pre beginners and 4th in beginners.

Success story was Susanne Lloyd Jones with her Cavalier King Charles Spaniel at only their fourth show winning their pre beginners, an achievement in itself, beating over 30 other competitors and ensuring a future in the higher classes since winning pre beginners means that

Susanne will never be allowed to enter that class again having proved that she is too good for it. Wonderful. Well Done.

Instructor Dave Banks' wife Penny went to York Show and came home with a 4th place in class 'A' with her red & white Border Collie while Dave was judging class 'C', the highest level at the show.

Next outing for her was Wirral where Kali her other Border Collie gained a 2nd in class 'C'.

On next to Loughborough Show and Emmi was again 4th in class 'A' and Kali won class 'C'.

Waldrige Fell finally saw Emmi again take 3rd and 4th over two days in class 'A' again.

Dave's own youngster, an English Shepherd made her first foray into the obedience world at Waldrige Fell and made a great impression, not placed but showed her promise for future events.

Pendacol Dog Training meet on Tuesday evenings at The Peoples Hall from 7pm. Enquiries to Dave on 015396 21500. *Dave Banks*

CUMBRIA WILDLIFE TRUST

Blue-Green Algal Blooms

With headlines in the press about Windermere having to cancel the "Great North Swim" and Bendrigg Lodge being less able to use Killington Reservoir for their guests, it seemed appropriate to write an article to explain some of the facts about these blooms and possible to reduce peoples' anxiety about encountering them. It is interesting to note that the first known report of a bloom was in the 12th Century!

"UK's biggest outdoor swimming event postponed due to algae Britain's biggest wild swimming event has been postponed at the last minute because of safety fears about blue-green algae in lake Windermere." (The Guardian September 2010)

Blue Green algae are a member of the cyanobacteria in the Prokaryotic Kingdom and so are not plants

although they do photosynthesise. They are very small and have an ability to reproduce very rapidly in warm conditions. As they get more and more dense, they develop a gas vesicle which causes them to float to the top of the water which, in still conditions, can cause scums of them at the edge of lakes. These gas vesicles are thought to allow them to access the light during the day and then they may be able to sink in the night to exploit the high concentrations of minerals deeper down in the water. The high levels of minerals are thought to be one contributory factor to the development of these blooms which in turn are released by decomposers more rapidly in warm conditions. However, it is thought that the increasing use of fertilisers, increased run off from land "improved" by extra drainage and possibly increased sewage outflow load (which contains high level of mineral such as phosphates from washing powders/soaps/detergents) all contribute to the likelihood of blooms.

Why are people concerned by these blooms?

1. They are very unsightly and the prospect of having your legs covered in green "slime" when paddling at the edge of lakes is rather offputting. The bloom is often described as if green oil based paint had been spilled in the water.
2. Some people are allergic to the algae and a skin rash can be caused. This is more likely if they

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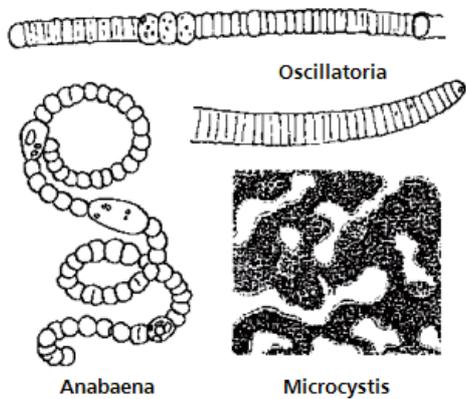
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watersports, especially if they have had any sort of accident causing a cut to the skin.

What can we do to assist in preventing these blooms?

We should consider what we put into our domestic waste water and consider using “greener” washing chemicals. Phosphate minerals are beginning to become scarcer so it makes sense to reduce our use of them. The Community Office sells a range of less damaging “Ecover” products.

Use less inorganic fertiliser in our gardens, especially if rain is forecast before the plants can absorb it from the soil. Use of compost rather than inorganic fertiliser is better on both counts

IF you have a septic tank system, ensure that it is not leaking.

Don't let your pets defecate in, or close to, streams or lakes

Myles Ripley

- are in a wetsuit since the water will be in closer contact with the skin and slightly “rubbed in”. This would be a greater risk if the person had any form of cut/graze since the algae could enter the blood. Showering after watersports would be advisable.
- The algae can produce a toxic excretion which, if ingested, can cause nausea and there have been fatal cases in dogs and grazing animals where the animals have lapped up water from the edge of lakes. A “floundering” watersports human might swallow a significant amount of water. But the biggest risk is to your pet if you let it drink at the edge of green ponds/lakes/canals.

Having said which, I have been involved with a group who regularly use Killington and in the last two summers have only had one mild case of a skin rash. However, we advise all our members to shower after using the lake, and to be aware of any symptoms after their

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NEWS FROM THE PEWS



Withdrawal symptoms prevail for many in the parish as I write. Our much loved vicar, Canon Alan Fell is now retired and the Music Festival is over.

Two major church celebrations, plus other, smaller ones have been enjoyed marking Alan's retirement.

The Ewecross Deanery, to which we presently belong hosted a farewell Tea party followed by Evensong on Saturday 26th May at St James church in Clapham where the Rural Dean, Ian Greenhalgh is the incumbent. Glorious sunshine, scrumptious cream teas, wonderful singing by the combined choirs of St James' and St Andrew's and joyful ringing of Clapham's fairly new bells with some of St Andrew's ringers joining the 'home' band all went into the mix to make it an occasion to remember for all the right reasons.

Also present was the Bishop of Bradford, Bishop Nick, who spoke of Alan with genuine warmth.

Alan's final sermon delivered on Sunday 17th June at the 10.30am Choral Eucharist was very positive to us all. The essence of his message was for us to look forward, treating each other with patience, love and kindness to keep our ship afloat.

Our friends from the United

Reformed Church, the Methodist Church, Brigflatts and the Roman Catholic congregation joined us, plus the choir of Sedbergh School. A wonderful feeling of togetherness was very tangible, the choice of hymns and the singing uplifting.

At 1pm around 150 people gathered at church again for a farewell barbecue when presentations were made to Alan of a simple walking stick which has a silver collar engraved "Sedbergh Cautley and Garsdale 1986 – 2012" and a cheque for Naomi and he to spend as they wish.

Being a modest man Alan did not want a fuss to be made on his retirement but we understand both he and Naomi enjoyed their day that ended with the usual small number of the congregation meeting for Evening Prayers.

We never cease to be amazed at the wealth of musical talent drawn in to entertain at our bi-annual Music Festival. A wealth of talent lies here in Sedbergh, some of the performers being born and bred here but happily returning to share their gifts with us.

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The Grande Finale, "Mozart's Requiem" proved a wonderful tribute to the work put in by the Sedbergh Summer Singers who had been rehearsed under the direction of Deryck Cox and then put through their paces on the night by Jeremy Jackman a one-time member of the King's Singers. Proud grandparents, Geoff and Brenda Sedgwick were in the audience to hear granddaughter, Jessica Hurst perform as a solo soprano.

With lunches and dinners on offer before many concerts members of the audiences met up time and time again, with folk enjoying the convivial surroundings and eating out with others of a like mind. The catering

ladies did a sterling job throughout the festival. They can put their aprons away for a little while now, as I cannot think there is anything to cater for just yet.

To end on a practical note here are the telephone numbers to use should anyone need a member of the clergy for whatever reason:

Rev Vic Hopkins 21455

The churchwardens will also be able to help put you in touch with a member of the clergy should you not be able to contact Vic.

They are:

Tony Reed Screen 21081

Susan Sharrocks 20754

*Susan Sharrocks,
Churchwarden*

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CHINESE HEALTH SAYINGS

I was looking through the archive of the Journal of Chinese Medicine recently when I came across an old (1988) article by Giovanni Maciocia about ancient Chinese Medicine sayings. I have picked out a few, which apply to some commonly encountered situations.

“Obstruction causes pain, removing the obstruction removes the pain.”

This is the message that the free passage of Qi (energy) and blood are necessary for good health. If the free flow is hindered pain will result. Pain in the joints is actually called “painful obstruction syndrome” in Chinese medicine and treatment can include stimulating the tissues around the joint to improve the local circulation, as well as addressing the underlying causes.

“First treat the exterior, then the interior.”

This is often relevant when a patient comes for treatment for some internal disease, say a digestive disorder, but also happens to have a cold on a day on the day of a treatment. In this

situation is best to first address the cold symptoms and only then the internal disorder. Acupuncture points on the hands, below the knee and on the upper back can be very effective in preventing a cold from developing or in minimising symptoms. On the upper back, the points used traditionally in Japan are in the dips between the vertebrae, whereas in the Chinese tradition points in the muscles either side of the spine are used. I tend to choose the points, Japanese or Chinese, which are most reactive.

“In situations of cold and heat, clear heat first.”

Often cold symptoms and hot symptoms can exist in the same person at the same time. Typical examples are a menopausal woman with hot flushes and cold feet or a person who feels chilly but has a burning sensation on urination. In both of these cases acupuncture or herbal treatment would first clear the heat (lessen the hot flushes or the burning sensation) on the grounds that the heat is more damaging to the body than the cold. After the heat is

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cleared attention can be given to warming the person up.

“Extreme emotions generate fire.”

Hot conditions often arise out of emotional imbalance. Symptoms such as red eyes, red skin complaints, hot-type digestive complaints (such as heat in the stomach – see below) are often worse when the person is under stress. One of the strengths of Chinese medicine, and acupuncture in particular, is harmonising the emotions alongside resolving physical symptoms.

“The middle burner is still the middle burner”

This is not an ancient saying, but one of my favourite modern sayings about the Chinese medicine view of health and comes from Bob Flaws’ (highly recommended) book, “The Tao of Healthy Eating”. The “middle burner” is the digestive system and Chinese medicine

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teaches that the most important principle for eating well is to eat in a way which is kind to the digestive system. This includes things like eating the main meals of the day at breakfast and lunch times and having less in the evening. It is important also not to over-tax the system with a lot of cold raw food, but to eat warm, cooked food, such as soups and stews, which are easy to digest. If a person has heat in the stomach (burning sensations in the stomach or chest, acidity and so forth) you might think there would be a case for eating cooler foods like raw fruit and vegetables or ice-cream. But no, says Bob Flaws, this must not be over-done, the middle burner works best if it is fed mostly warm cooked food and even with heat in the stomach, the middle burner is still the middle burner.

If you are interested in this, you might want to joint my “Chinese medicine for health and well-being” (two hours once a month) when it re-starts in September. If so, please get in touch. My telephone number is 20972. *June Parker*

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Darren Carradice



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HARRIER NEWS

A glaring omission from the race reports last month was the strong Harrier presence at Long Marton on 13th May. 18 Harriers tackled the 10K road/trail race with Howgill taking first male V50 (Steve M), first Junior (Jack W) and first local (Jack O). Patrick and Jenn both came 2nd place overall in the male and female open categories. This day had a strong focus on the junior races and Annie D also took first place in the 8 and 9 year old girls category.

Hutton Roof Crags was labelled by many as the hottest fell race of the year so far, but in oven-like conditions Carl ran home in third place, with Sam not far behind in 15th. Graham claimed second spot in the V50 category and Ollie finished in 28th to secure second place for the team in a field of over 200 runners.

The following day Howgill hosted the Kirkby Stephen 10K road race. Clear

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and sunny weather meant that this spectacular course was seen at its best, although the perspiring faces after nearly 4 miles and nearly 200m of ascent on country lanes might beg to differ... Carl took first place on a familiar route to those training on Monday nights, and with a strong local presence Howgill bagged 14 places in the first 20! For anyone looking for a local challenge this event could be your target next year, and you would be made more than welcome. The junior races were also well attended and we hope to see even more young runners in future.

Elsewhere, Harriers have been competing in the Lakeland trail runs,

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the Grasmere Gallop, the Duddon Valley and the Great Lakes race, the latter involving extremely challenging conditions. Three Harriers took part in the European Mountain Running trials at Sedbergh, the day before the 23 mile 'Yomp' challenge from Kirkby Stephen was held. Here there were wins for Howgill in the Full Yomp (Carl) and Short Yomp (Jack O). Howgill turned out in force for the three different courses and all put in maximum effort – check the Yomp Challenge website for full results.

Three Harriers took part in the Austwick Amble fell race and by strange coincidence John, Graham and Angela each took fourth place in their respective categories, spurred on by stunning scenery and the enthusiastic crowd at the cuckoo festival. Similarly favourable conditions helped many to enjoy Settle Hills, the first club champs fell race of 2012, in which Howgill took first team place in a field of 121 runners. One member (Terry) was tackling his first fell race and managed to get round despite breaking down on the drive down and

walking to the race... Inspiring!

There are two HH sports events coming up this month (check elsewhere in the Lookaround and online) that promise fun for all, whether you consider yourself older or younger, competitor or spectator. And if you fancy dusting off those running shoes (although dust is not necessarily the most common thing to tread in round here...) and enjoying some of the local scenery 'on foot' check the website for our next training sessions. These are attended by a wide range of ages and abilities, so you can be sure that there will be something that's right for you.

John Hosker

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TELECOMMUNICATION POLE STOP PRESS! Those of you who signed the **POLE PETITION** will be pleased to hear the **GOOD NEWS** that, **ON MAY 9th AT THE YDNPA** (Yorkshire Dales National Park Authority) **PLANNING COMMITTEE MEETING**, thanks to those signatures and a presentation by Andrew Fleck on behalf of us all, **THE PROPOSAL TO ERECT A 20m TELECOMMUNICATIONS POLE, 5m TALLER THAN ANY TREES AROUND**, next to the Electricity Substation off Busk Lane, close to the cemetery and just behind Queen's Drive, **FOR THE SOLE USE OF ELECTRICITY NORTH WEST, WAS OVERWHELMINGLY TURNED DOWN BY 11 VOTES TO 1 WITH 1 ABSTENTION.**

But the **BAD NEWS** is that, because the Planning Officer himself is in favour of the proposal, there has to be another vote to ratify that decision. **THIS SECOND VOTE BY THE YDNPA PLANNING COMMITTEE ON JULY 10th COULD GO THE OTHER WAY AND SO WE CANNOT REST ON OUR LAURELS!** Many

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signatures have already been recorded on the petition opposing the pole - 212 before that first meeting and a lot more since then. **WE NEED TO GATHER AS MANY MORE SIGNATURES AS POSSIBLE**, particularly from those who live, work or walk on the fells around Sedbergh, **BY MONDAY JULY 9th AT THE VERY LATEST, TO SHOW THE STRENGTH OF OPPOSITION TO THIS MONSTROUS PROPOSAL.**

The second vote was in fact postponed from the original date of June 12th to allow time for the

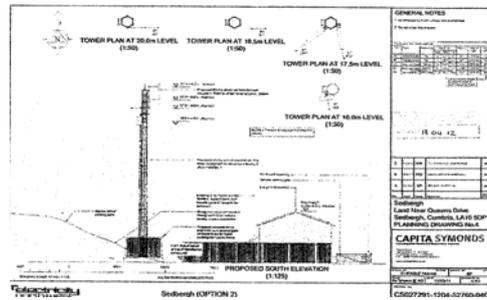
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Planning Officer to ask Electricity North West to justify the need to use a telecommunications pole and radio signals in preference to BT's new 21st Century Networks system which needs no pole and therefore no planning permission.

ENW's current view is that BT's system is incapable of producing a fast enough speed of communication for their needs, whereas BT is investing heavily in its new system in order to provide the fastest possible speed of communication nationwide!

Whilst the further investigations are welcomed - GOOD NEWS - what is really needed, to quote a member of the planning committee, is for the

'technological need to be appraised by an independent advisor.' **WE MUST THEREFORE FORGE AHEAD WITH THE PETITIONS TO ENSURE THAT INDEPENDENT ADVICE IS SOUGHT AND THE PROPOSAL QUASHED FOR GOOD AND ALL.**

PLEASE SIGN THE PETITION AT SEDBERGH TIC, THE DENTAL PRACTICE, THE CHARITY SHOP, STEADMANS, LEIGHTONS HAIRDRESSERS, THE SLEEPY ELEPHANT, BOOTS OR POWELLS.

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Killington Lake and the Howgill Fells.

Banks Renewables are proposing a new wind farm sited on the land next to Killington Lake bordering the M6 at junction 37. They are planning to use the largest turbines ever to be erected in Cumbria, each one up to



an enormous **443 feet in height**.

Up to FIVE of these colossal structures along with a **263 foot** wind monitoring mast are being planned. With a span the size of a football pitch and a speed of up to 200mph at the tips of the blades are they really the "Welcome to the Lakes" we want to see?

If we all do nothing one day the currently beautiful entrances to the National Parks of both The Lake District and The Yorkshire Dales will just be a mass of giant wind turbines.

The proposed Killington wind farm is literally only the other side of the M6 from the existing wind farm at Lambrigg Fell, the cumulative effect

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The advertisement for H&M Craftsman features the company name in large, bold letters at the top. Below it, the tagline 'Beautiful homes deserve beautiful furniture' is written in a smaller font. Two photographs show interior spaces: a modern kitchen with dark cabinetry and a bright bedroom with white wardrobes. The text below the photos lists services: 'Kitchens Bedrooms Home Studies Cookshop'. A prominent offer states 'Beautiful Kitchens & Bedrooms 10% OFF CABINETS until 30 June'. Further details include 'Classic & Contemporary Styles', 'Sliding Door Wardrobes & Storage Solutions', 'Home Studies & Lounge Furniture', and 'Cookshop'. Opening hours are '9am-5pm Mon-Fri & 10am-5pm Sat'. Contact information includes the website 'kitchensandbedrooms.co.uk' and phone number '015242 41535'. The address is 'Ingleton Industrial Estate, LA6 3NU, off A65 nr Tooby's'.

would be staggering. Furthermore as can be seen from the scaled visual, Lambrigg would be dwarfed by the monstrous wind turbines that Banks Renewables intend to build. With Armistead wind farm already under construction and again just a short distance away, the M6 corridor has the potential to be the wind farm capital of the North West, is this really what we want as the "Gateway" to the Lake District and Yorkshire Dales National Parks?

This area of Outstanding Natural Beauty will without doubt become the destination location for all wind farm applications. More wind farms with even bigger turbines? Allowing the

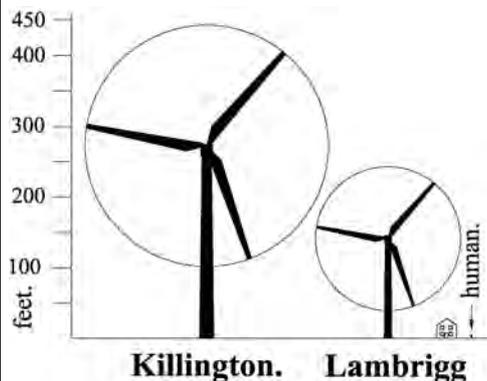
approval of a second wind farm in this location will see this countryside lost for at least a generation and unless we act now we will all have to deal with the consequences that go with it. *How can you help?*

S.T.A.K. is a new action group formed by local residents in the area surrounding Killington determined to fight the proposed new wind farm and the irreparable damage this will have on the local community as well as the Lakes and Dales as a whole.

It is a non political group who have no vested financial interest in preventing Killington wind farm going ahead. We are however passionate people who care about our community and the huge long term detrimental effect this development and any future wind farms would have on us all.

To show your support to safeguarding the Lake District and our futures please register your name and address with Tanya or Paul below.

If you want to become more involved or would like more information then please let us know.



Tanya Hoare: 01539 824043

tahoare@btinternet.com

Paul Clark: ourbgvs@aol.com

Do nothing and the future of the Lake District as we know it is at risk!

The wind monitoring mast application at Killington has already been submitted by Banks Renewables. This is already the first stage towards applying for the wind farm which Banks have stated they will do regardless of any local opposition.

Tanya Hoare



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THE CINNAMON TRUST

Dog Walking Appeal in Sedbergh

The Cinnamon Trust is the national charity formed to support the elderly and terminally ill and their much loved, much needed pets.

Volunteers help to keep owners and pets together either by walking a dog for a housebound owner, fostering pets when the owners need hospital care and even cleaning out a bird cage.



Unfortunately we have a shortage of volunteers in Sedbergh who are able to offer some much needed walks for two lovely dogs a 10 year old Anatolian Sheepdog & a strong 6 year old German Shepherd.

The Cinnamon Trust is desperate for volunteers in this area even if you can only offer an hour a week it will improve the dog's quality of life so much and give the owner peace of mind.

If anyone can help please call Sally on 01736 758707 or e-mail volunteer@cinnamon.org.uk. Please check out the web site for more details www.cinnamon.org.uk

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FAMILY MUSINGS

We knew May and June were looking as if they would be busy months but even so just how busy they really were surprised us. Our family meal one eve in May saw our three offspring going up in ages, 27, 28 & 29 but this goes out of sink when elder daughter has her b'day and it being a notable one this year she held a "bit of a do". Sadly the weather put paid to people milling about outside the barn which had been cleaned out for the event, we all milled about inside instead. From my lovely elderly relative of 94 to baby Evie just a few months of age. My brother came for the celebration and so did the young lady who lived with us some years ago and whom we met carol singing in 1994 in Dent. When she was with us she led us a bit of a dance, I well remember going from late night party to late night party in Kendal looking for her to bring her home and get her sorted for college, it was great to see the lovely young lady she is now and we hope to see her two children soon.

The day before the celebration we went to the Garden Festival at Holker, my brother and partner joining us there, first stop Kendal Creperie and coffee and pancakes from our friends the Dixons, two Jenettes together! One and her namesake. Mum in law with same name came the next day and no we don't get confused.

In and among we went along to some meetings about this and that inc possible new fibre broadband for the dale, am I really the only person



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to feel sad that should we go with the new proposal we all loose our telephone numbers for new ones? Ours started as 12 when the telephones first came to the village and the exchange was worked by a local person, who, in the event of a caller trying a certain local number would say "Oh she's not there but I know where she is, shall I connect you?" Priceless!

Then there has been trips back and forwards to Hull, the Jubilee celebrations, meals with family and friends, as well as work and all the usual things to do. Grandma went of to hosp in a helicopter and returned in a car, having never flown it is a shame she knew nothing about it. I have not had my car 4 months yet have done over 4,000 miles mostly just going to work and latterly to Hull and back, no wonder my poor old joints get stiff, all the sitting. Sometimes I manage a bit of a work out while driving esp' when a tune comes on the CD with a good beat! Oh! did you think I was waving at you? I do that to. Happy driving.

Sarah

HIMALAYAN BALSAM

You only really notice it in August and September, normally to be found growing tall alongside rivers, when you smell the sweet, slightly cloying scent of its pink and white flowers or brush against the seed pods which explode like grenades scattering seeds up to 10 feet away and more importantly, spreading seeds into streams and rivers which are then carried downstream to colonise other parts of the riverbank.

Himalayan Balsam is an aggressively invasive species that left unchecked will spread down every tributary of the River Lune and crowd out native species. It is a fleshy plant that is very susceptible to frost and it dies as soon as we have had the first cold snap of autumn. This is where the problem starts - having colonised the whole bank and crowded out native species, when it dies back

suddenly the whole bank is bare and much more easily eroded by any floods through the autumn and winter. It needs to be controlled before all our riverbanks end up in Glasson Dock.

Last August I undertook some 50 miles of research on bike and foot up the River Lune and its various tributaries, including the Dee, the Clough and the Rawthey, hunting out and noting down occurrences of Himalayan Balsam. The good news is that much of the upper Lune and the higher parts of the tributaries are free of it. The bad news is that much of the area around Sedbergh is already quite badly infested and that worryingly there is the odd outcrop higher up the tributaries, normally where earth-moving vehicles have transported seeds on their tyres.

So what is the solution? There is an organisation called South Cumbria Riverside Trust (www.scrt.co.uk/cfinns), based at Plumgarths who send out teams of volunteers to pull up the weed before it has produced seeds. It has shallow roots and is easily pulled up but the stem must be snapped at the roots to stop it regrowing. If this is done three years in a row, before the plants have had a chance to seed, then it is possible to control it. Work needs to be started in the upper tributaries then move downstream. It would be a wonderful long-term vision to see the Lune Valley and all its tributaries free of Himalayan Balsam and the dangers it creates for bank erosion.

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SEDBERGH TOWN BAND

The Queen's Diamond Jubilee

The Town Band started Sedbergh's celebration of the Queen's Diamond Jubilee on Monday 4th June. On a magnificently warm and sunny afternoon, just after two o'clock on Finkle Street (closed to traffic for the day) the Band struck up with a stirring march 'Westward Ho'. For the next hour they entertained the large crowd who had gathered to enjoy the wide range of activities arranged.

At three o'clock they vacated their pitch opposite 'The Red Lion' with the playing of the National Anthem having made their contribution to this auspicious occasion.

The Band and the Sedbergh Music Festival

As on previous occasions in the bi-annual Festival of Music held in St. Andrew's the Town Band occupied a slot in this highly popular, fortnight long musical feast.

It was the Band's first experience of playing on the recently developed performance area in front of the choir stalls. Warmest congratulations are due to those responsible for the planning and construction of this now feature of the church. It is extensive, well lit, appropriately elevated and enhances rather than detracts from the internal structure of the church. The large Band fitted comfortably on the area and there is no doubt that the extended dimensions will prove most popular with all performers in the future.

In spite of the high local profile of the Band during the first few months

of the year (Spring Shoe, Spring Concert, Gala Day, Jubilee Day) a sizeable audience was welcomed by compere Stuart Manger to the concert on Tuesday 12th June.

A varied programme was played with verve and a sensitivity that reflected the growth in musicality discernible in recent performances. The range of music on offer was considerable - marches, past popular hits, classical (Gounod's 'Judex'), Disney favourites, Duke Ellington's 'Mood Indigo' and splendid film themes concluding the two halves of the programme, respectively 'The Pirates of the Caribbean' and a wonderful rendition of 'The Best of Band'.

Gerry Blackwell

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WIND TURBINES

The invention of the wheel! The poor chap was probably stoned for daring to think up anything so radical. Now the wheel is one of the most important parts of our everyday life.

The Luddites were a band of protesters against the new machinery in the north of England round about 1812 - 18, but believers in technical innovation won the day.

All over the world, the train, the motor car and the aeroplane had their objectors, but they were in the minority and we had to have progress.

Wind and water power are free at source. Most of us would be without running water if the objectors to reservoirs had won. Now they are an acceptable part of our countryside.

I have always loved windmills. People who object must have missed out in childhood. On the beach, building sandcastles and putting little flags on them and then a windmill on top; magic!

When electricity was made available to all, some objected to large metal pylons walking all over our country. But how many people notice them driving on the M6 through Cumbria? Most don't, because to most they have always been there. The motorways are here to stay, but some people, the N.I.M.B.Ys objected.

Wind farms will be safe. Our grandchildren will think nothing of them. These same grandchildren will unfortunately will be faced with the huge problem of nuclear waste disposal. It is a problem now; and if

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more nuclear plants are built it will be a catastrophe.

Please think of the future, not the now. Thank God for the natural resources we have. Use them wisely. Wind and water will not solve all our problems, but electricity from windmills and from water turbines will be progress.

Don't forget that wind power has ground our corn for centuries and water power was used in the wool and cotton industry, which made our country great.

Let us be leaders in the world. Let us tap into our free resources to clean up our environment.

Ann Russell

DENT READING ROOM

At last the Library in the Dent Reading Room will be open from Tuesday 3rd July. Opening hours will be Tuesdays from 9am – 7pm and Saturdays from 9am – 2pm – please use it.

It has taken just a year to set it up as it was necessary to get grants to up-date the 1880 Reading Room. We have been fortunate to receive generous grants from Dent Parish Council, Sedbergh and District Community Trust, Dent Beer and Music Festival, Kirkby Lonsdale and District Neighbourhood Forum, Awards for All (Big Lottery Fund) and the Hadfield Trust. All work on the Reading Room has been undertaken by local people and businesses. Cumbria County Council's Library department have been most supportive both with their time and financially. Finally we must thank the Reading Room Committee for allowing us to use the meeting room and for all their hard work

The official opening will be on Monday 2nd July at 2.00pm.

Rita Corpe

Dent Parish Council Representative

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BARBON OPEN GARDENS

The first Open Gardens in Barbon was held 6 years ago as a fund raiser for St Bartholomew's Church. Mike Kingsbury spearheaded the planning and the great gardeners in Barbon spent many hours getting their exhibits ready, the event was a great success. Large numbers of gardening enthusiasts came once again two years later to the second Open Gardens, when the Village Hall committee were fund raising for a tennis court. Again Mike did a stalwart job and we have twisted his arm to organise the third Open Gardens.

Over £5000 has been raised to help projects in the village.

The event is now enhanced by Jennifer Martindale and her band of WI members who provide light lunches with the best homemade cakes. There will also be Scrap Books on show of past events in the village to browse.

Fingers crossed that the weather will be kind this time but don't forget your wellies and umbrellas!

Sue Thornber

PEPPERPOT TEA CONCERT

The Concert took place in St. Andrew's Church, Sedbergh on Wednesday, 13th June, during the Diamond Jubilee Music Festival 2012

What musical potential there is in Sedbergh! This afternoon, it was apparent among the young musicians who make up the Music Makers and congratulations are due to their conductor, teacher and arranger Elizabeth Dodd Gruar and her assistant and cello teacher Anthea Meuli.



The programme was varied, ranging from Arne, Purcell and Vivaldi to folk songs and more modern pieces. Elizabeth explained how she teaches the children in year 3 to play the ocarina and those in year 4 the recorder. They are encouraged to take up orchestral instruments as well and all the children in year 3 and above have the opportunity to join the orchestra. They progress to their orchestral instruments when they are ready. Favourite solo pieces, accompanied by the rest of the orchestra, are arranged by Elizabeth and several of these were performed.

The sixteen children, all but one from Sedbergh Primary School, ranged in age from Classes 3 to 6. Hugo Satchell rushes back to Sedbergh from Old Hutton primary school for the regular Wednesday after-school rehearsals. He played his

viola solo in the concert with great aplomb. What was so encouraging was the children's concentration, their obvious enjoyment and the sense that they were listening to each other and not just playing the notes in front of them. This was particularly so in "Flowing" by Russell Stokes with Max Geuer Lees' (double bass) sensitive accompaniment of Zamira Young Andrade (flute).

Finally, special mention must be made of Robbie Kendal who has only been playing the cello for a term; he had preciously played the recorder in the orchestra. How well he played! His bowing and pizzicato were very confident.

Well done to you all! *Judith Ryder*

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Tuesday 24th	10:30am	1pm	TASSELS Make simple cords and tassels
AUGUST			
Each Wednesday 2pm - 4pm KID'S DROP-IN CRAFT CLUB ages 4 - 12 (8th, 15th, 22nd & 29th) Suggested donation of £1 with adult entry to Mill			
SEPTEMBER			
Thursday 13th	1pm	4:30pm	POETRY Woven Words Poetry Workshop
Saturday 22nd	10:30am	1pm	FELT Make a simple felt picture
OCTOBER			
Thursday 4th	10:30am	1pm	HULA RUG Make a rug using old t-shirts and a hula hoop
Thursday 18th	10:30am	1pm	VELVET Experiment with Devore techniques
NOVEMBER			
Thursday 8th	10:30am	1pm	WEAVING Weave a mug-mat (or 2) on a handloom
Saturday 17th	10:30am	4pm	SPINNING Learn how to spin with a spinning wheel
DECEMBER			
Saturday 1st	10:30am	1pm	CARDS Make your own cards using textiles
Saturday 8th	10:30am	1pm	WEAVING Weave a bookmark

All workshops cost £15 and are open to anyone over the age of 16.
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SEDBERGH MEDICAL PRACTICE

Patient Forum

From the Minutes of meeting held 26th January

Sedbergh School update – Dr Batty resigns from his school GP role mid February, Dr Lumb & Hunt will take over as the School GP’s from then. We have been doing the work since June 2011, however there is a need to recruit a new GP with an interest in Sports Medicine; this post will be advertised in the summer.

New Build Update – The members of the group visited the new build. We will be offering a skeleton service during afternoons of the week commencing 27th February as we will be starting to move things down to the new premises and a final move during the weekend of 3rd March 2012, the Practice will be open to the public from Monday 5th March 2012. We plan to have an open day in the spring.

Patient Survey – Patient survey will be devised by Janice, Kate and Tracy on 21st February.

Friends of Sedbergh Medical Practice

– Constitution has been updated by Janice. It was agreed at this meeting on 26th January 2012 that the constitution of the league of friends of Sedbergh Medical Practice has been agreed by all members present.

A community bank account can now be set up.

Various ideas of fund raising activities were discussed; Chrissie will ask her band members if they are happy to play at an event at the people’s hall.

Transport – Sarah looked at the various transport options for patients attending the new health centre. There is a volunteer car scheme which charges 35p per mile available in Sedbergh and Dent, no charges for waiting, Mr Anthony Dodgson is the Sedbergh Contact and Anne McClurg is the Dent contact.

AOB – Dr Lumb discussed the possibility of publishing the minutes of the patient forums in the *Lookaround* once they have been agreed by the members.

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**DENTDALE
JUBILEE CELEBRATIONS**

Thank you to all of you who came along to the Jacobs Join Lunch in the Memorial Hall on the Sunday of the Celebration weekend and contributed to the wonderful selection of food. To all those negative people who tried their very best to put a damper on it all beforehand by repeatedly telling me "no one will come" ..tough, they did and they enjoyed it, and they gave three cheers and a thank you to me for arranging it. A very enjoyable gathering and all over in time to watch the Boats on the TV. We hung up some bunting in and outside the Hall and are missing some plastic flags, perhaps whoever moved them could return them please. Then we have them for the next Royal event.

Sarah E Woof

**GARSDALE
JUBILEE CELEBRATIONS**

On Wednesday 6th June Garsdale combined their annual children's sports with an evening Jubilee celebration. The day started wet but improved to be a lovely evening; all was set, the hog was roasting, marquee decorated, the bar stocked and the table was laden with a wonderful array of sweets that really were fit for a queen. The marquee soon filled up, we were overwhelmed by the number of people. Those dressed up ranged from queens, 1950's, Olympics to a very active granny. After what seemed a never ending queue for food we drew the

raffle with Rachel Winn, Isabel Colton and Kelly Scarr claiming the first three prizes. Then the music played, the dance floor filled and everyone got in party mood.

When we first started arranging this event way back in October some worried that we wouldn't sell enough tickets and struggle to cover costs, how wrong they were! Many thanks to everyone who supported the event and made it a huge success, the only down side was the midges with extra large teeth that invaded the marquee!

A few thanks, without whose help none of this would be possible, to the ticket/raffle ticket sellers, the ladies that decorated everything in red, white and blue; the bar staff, those who fixed the water and those who helped tidy/clear up. Thanks to Killington Marquees along with John and his merry band of helpers for erecting and taking down the marquee, Steve for sorting the lighting and TG for allowing cars to park in his field. To the Haworth family for all their hard work with the hog roast. Also a big thank you for the magnificent sweets, and a special Jubilee cake. Thank you to all who donated raffle prizes including local businesses Tooby's, Powells, Steadman's, Rycrofts, Howgill Bakery, Sleepy Elephant, Westwood Books, Bath House, Abracadabra, Leighton's Hairdressers, White Rose Fisheries, Carrs Billington Agriculture, Hawes Chippie and Morrisons. If I've missed thanking anyone, thank you to you too!

**SEDBERGH
JUBILEE CELEBRATIONS**

Please convey our Thanks and Congratulations to everyone who organised contributed, entertained and took part in a wonderful afternoon of splendid fun and entertainment for all ages.

It is impossible to mention every person who took part, bringing such joy to all. Truly a wonderful afternoon that my family and myself will remember for a long time - and the sun shone brightly!

Although not a resident of Sedbergh, myself and family have been a very regular visitors for some 30 years and we try to support the village in many ways during the caravan season and visits during the winter months to call on friends.

Once again CONGRATULATIONS TO ALL!

Yours Sincerely

*M Leonard
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YORKSHIRE DALES NATIONAL PARK

Two new members have been appointed to the Yorkshire Dales National Park Authority (YDNPA) for the next four years.

Caroline Spelman, Secretary of State for the Environment, Food and Rural Affairs, announced that Judith Donovan CBE and Jocelyn Manners-Armstrong started their new four-year posts on June 1st.

And two existing members, Christopher Armitage and Peter Charlesworth, have been re-appointed for another four-year term.

Mrs Donovan, who lives in Kirkby Malzeard near Ripon, was one of the first female entrepreneurs in Yorkshire, founding her own marketing agency in 1982. She was named 'Yorkshire Business Woman of the Year' and 'Yorkshire Woman of the Year'. She holds two other public posts – as director of the British Wool Marketing Board, and as a public member of Network Rail.



She is also director of Legacy Trust UK and is chair of Royal Mail's Strategic Mailing Partnership and of the Greater Ripon Improvement Partnership.

In addition, Mrs Donovan is a former chair of the Yorkshire Tourist Board and of Bradford Training and

Enterprise Council and was the first female president of Bradford Chamber of Commerce.

She is also a trustee of the Yorkshire Dales

Millennium Trust and of Northern Ballet.

Ms Manners-Armstrong, who lives in Dent, has a legal background and expertise in capital markets, funds and investment services. She is founder and currently chief executive of UKKO Limited, a company providing specialised IT and business consultancy and is a former member of the Cumbria Police Authority and a former foundation governor at Dent CE Primary School.

Her hobbies include walking, motorsport, travel and theatre.

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Carl Lis, the YDNPA's Chairman, said: "I would like to welcome our two new members, who bring with them a whole range of expertise. They have a very varied and satisfying job ahead of them and they will be valuable additions to the Authority.

"I would also like to congratulate our two existing members on their re-appointment and to thank them for all their work so far."

YORKSHIRE DALES NATIONAL PARK

Visitors to the Yorkshire Dales National Park are being asked to do their bit to help look after the fragile landscape – by taking all their rubbish home.

Every year, thoughtless litterbugs dump bottles, used barbeques, food packaging and a whole range of other rubbish – creating an eyesore for other visitors and potentially fatal dangers for wildlife.

Alan Hulme, the Authority's Head of Ranger Services, said: "The majority of visitors appreciate and understand the need to look after this beautiful but very sensitive landscape,

"But there are always a few lazy, uncaring people who leave their mess behind for someone else to clear up.

"Not only do they spoil it for other people, but their litter could also be a death trap for wildlife. Animals can easily get their heads or bodies stuck in discarded jars and cans and six-pack plastic loops. That can lead to a slow, painful death."

Every year, the National Park Authority's Rangers and Dales Volunteers remove hundreds of bags of litter – most of it from popular tourist attractions.

"We would also ask visitors to report anyone they see leaving rubbish behind to any of our Rangers."

"Another annual problem that we are expecting is the releasing of Chinese lanterns," Alan said.

"They can lead to all sorts of problems, from being mistaken for distress signals that generate a response from rescue organisations, to causing deaths among livestock that eat the metal parts.

"And in dry conditions, there is also the risk that they could start fires when they land."

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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- of four people
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.

FRIENDS OF FARFIELD MILL

Our new series of Make It @ Farfield workshops gets underway this month, starting with Drop Spindle Spinning on July 21st with Rosie Fairburn. Rosie has been spinning for many years and loves to create slubby yarns with character. She will show you how to make a drop spindle from simple materials then teach you how to use it to spin your own quirky yarns for knitting and other crafts. No previous experience necessary! On July 24th we have our Tassels & Cords workshop with Susan Head. Susan can turn her hand to all sorts of yarn-related crafts. She will show you how to make plaited and braided cords and fancy tassels to use as curtain tie-backs or to decorate cushions and bags. Each workshop runs from 10:30am until 1pm at Farfield Mill and costs £15, which includes admission to the Mill. Call 015396 21958 to book your place or turn up on the day....and bring a friend with you!

In August we will be running a regular drop-in club for children every Wednesday afternoon, with supervised craft activities for 4-12 year olds between 2pm and 4pm. We are also running a special 'Jazz up a Bag' workshop on August 16th, with a morning session for 7-11 years olds and an afternoon session for teenagers. Call the Mill on 015396 21958 for more information on these activities and to find out what else we have planned for later in the year.

If you wish to become a Friend of Farfield Mill, annual subs cost £12

per year for a single membership and £20 per year for a couple. It's great value, giving you unlimited access to the Mill all year round, regular newsletters, invitations to exhibition previews and to special Friends events, and provides much needed support for your local Arts and Heritage Centre which in turn helps to support over a dozen local artists and craft businesses. Contact 015396 21958 for further information or send an email to:
farfieldmillfriends@gmail.com

CUMBRIA IN BLOOM



The committee would like to thank those people who were kind enough to purchase bedding plants for us and for the donation towards buying more. We also appreciate everyone for their kind comments on our work on the flower beds in Sedbergh.

It is always encouraging to know that our work is appreciated. We must also thank those shopkeepers on Main Street who have kindly offered to water the flower beds. However much it rains the beds seem to soak up the water.

At any time of the year we would be happy to receive plants etc., for our town flower beds.

A big thank you to everyone for your continuing support. *Dorothy Blair*

SEDBERGH TOY LIBRARY

(Update)

As reported in the last Lookaround, Sedbergh Toy Library re-launched in March after closing to do a stock check.

At a recent committee meeting we decided to alter the days and times of opening in the hope that they will suit more mum's (and dad's). We hope by changing in this way that more people will be able to come with their little ones before picking up older children from school.

From July, Toy Library will open once a month on the first Thursday and the times will change to 1pm until 3pm. The remaining dates for 2012 are:

Thursday 5th July

Thursday 2nd August

Thursday 6th September

Thursday 4th October

Thursday 1st November

Thursday 6th December

It will still provide 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.

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 5th July 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.

MUSIC FESTIVAL

Sedbergh Orchestra at the Diamond Jubilee Music Festival 2012

The two-year old Sedbergh Orchestra is obviously a precocious infant, progressing by leaps and bounds under the expert and inspiring tutelage of its conductor Peter Crompton – who also plays a mean trumpet, as we heard in the splendid performance of Handel's "Let the Bright Seraphim", sung by Sedbergh-born soprano Jennifer Ward ; an uplifting performance.

In "Woodland Sketches" by Edward MacDowell, the orchestra created a variety of moods, for example contrasting "Autumn" with the atmospheric "From an Indian Lodge", and showing great expression and grace in "A Deserted Farm", and "By a Meadow Brook".

Finally came the pièce de resistance, Symphony No. 4 by Niels Gade, whom nobody'd ever heard of! A Danish-born composer (1817 - 1890), Gade forsook the music of his native country, coming under the spell

of Mendelssohn and Schumann, so that the Germanic influence “overpowered his nationality and his individuality”, as the Oxford Companion to Music rather scathingly comments, saying also that his compositions are “graceful and well proportioned” – faint praise!

However, the Sedbergh Orchestra took hold of this Symphony and made it a thing of beauty, producing a truly orchestral sound, with each section showing up well in the Allegro and Andante, and the Scherzo and Finale dancing along with great energy to complete a triumphant performance. An excellent choice for the orchestra, ending an interestingly varied programme, enhanced by the presence of soprano Jennifer Ward with her lovely singing of Rodrigo's skilful and attractive arrangements of Spanish folk songs of the sixteenth century and Handel arias.

We look forward to future performances of the Sedbergh Orchestra – so much local talent and enthusiasm is amazing.

Valerie Finch

HEAT PARTY

Reduce you energy bills – have a HEAT party!

We are planning a project to try to help reduce energy bills by holding HEAT Parties and are looking for community involvement.

‘HEAT parties are a fun way to reduce your energy bills! Just like “Tupperware” parties, they are held in a home, with neighbours and friends

joining in. But unlike other parties, you’ll leave the evening having learned how to cut your energy bills!

Trained HEAT (Home Energy Action Team) volunteers will look at energy losses from the party host’s home using a thermal imaging camera, talking about how energy bills can be reduced. HEAT volunteers will also come armed with a demonstration pack, containing a range of home energy efficiency products, such as insulation, draft stripping, LED low energy light bulbs and energy meters.

Party hosts will be rewarded with the free thermal imaging survey of their home, and party goers will be given free incentives and information packs to encourage them to improve the energy efficiency of their own homes.

The HEAT project is being co-ordinated by local charity, Cumbria Action for Sustainability (CAfS). As a pilot, HEAT parties are taking place in just the South Lakes area in the Autumn and Winter of 2012, but should extend the project across the county next year.

CAfS are currently looking for volunteers to train as HEAT volunteers – no prior experience is needed and full, free training is provided. We need HEAT volunteers to be able to do 2 or 3 parties (in pairs) over the winter.

We are also looking for party hosts – cut your energy bills and have some fun!

Please contact Jude Aston on judith@caf.s.org.uk for more information.’

WEATHER

What a month! We had all four seasons! We started with a dry spell. That didn't last long before we were back to rain, totaling 7 ½ inches. However the precipitation didn't all come as rain as we had snow and hail. We woke up on the 15th with the fell tops white. The first 3 weeks were quite cool. In fact we had frosts on 3 nights and ground frosts on several more and the wind chill dropping below freezing each night. The minimum temperature was 26.8F. For the last week of the month we went to the other extreme with temperatures reaching the 70sF with a high of 80F! It was also a quite a breezy month with the daily maximum gust in double figures on all but 3 days. The highest recorded was 29.5mph from the south west.

I always think of May as apple blossom time which along with the May blossom brightens up both gardens and hedgerows. Bluebells and greater stitchwort, along with Lady's bedstraw are all along the hedgerows facing the sun. The swallows duly hatched their brood. It is marvelous to watch the parents feeding. They zoom into the kennels through a small gap over the door. Fortunately the dog's bed is covered or it would be covered with droppings as the young relieve themselves over the edge of the nest. The linnets are outnumbering the goldfinch at the niger seed at the moment. A welcome addition to the feeder has been a pair of siskins. The house sparrows are

feeding young in a nest above an outhouse door. The woodpecker has made a few return visits. His favourite feeder is a few inches outside the kitchen window. Some days he gets a surprise as a cat, we have acquired recently, likes to watch proceedings from the windowsill. On the drier evenings pipisterelle bats are to be seen feeding around the trees. The warm damp weather at the end of the month brought out swarms of midges making it impossible to be out in the garden after tea.

JULY GARDENING

We have tried several times to grow Delphiniums in the garden here in Firbank, but something always eats them. Sometimes the plants last a few weeks, and on one occasion we managed to keep them for a couple of years but in the end the snails and slugs conquered all and we had to admit defeat. I am sure that copious dressings of slug pellets, sharp grit, coffee grounds, smashed eggshells and hair clippings would make a difference to the mollusc population, but may spell the end of things for our resident, and visiting birds, so we have said goodbye to delphiniums for the present and content ourselves with growing the next best things, which are Monkshoods or Aconitums.

Most of these are blue flowered and although they may not have the intensity of colour of the Delphinium, they are very good tempered and will tolerate more shade and poorer soil.

The first into flower in mid June is

Aconitum napallus which has mid blue flowers on spikes 3-4 ft tall. The white flowered A. n. Albus is equally easy although it does come into bloom a little later in my garden – in July. For mid summer A. x bicolour is a good choice. It has flowers which have white upper petals and blue lower ones. Later in the summer two taller, rich blue forms – Aconitum ‘Sparkes Variety’ and Aconitum ‘Newry Blue’ add a splash of colour to the borders.

I have one yellow flowered species of Aconitum – A. vulparia. The common name for this species is “Wolf’s Bane” and it is, like all the other species and varieties, extremely poisonous

Elaine Horne

QUEENIE JACKSON

My aunt, Amy Victoria Jackson, always known to us as Queenie, lived at No 5 Back Lane, Sedbergh somewhere around the period from 1946 to 1952, give or take a few years either way.

For a booklet on the Jackson family which I am undertaking on behalf of my various nieces and nephews, I wish to include a section on Queenie. She was a remarkable lady having trained as a nurse for three years from 1909. At the outbreak of the first world war she joined the Queen Alexandra’s nursing service and served in France as a nursing Sister until 1919 receiving medals and citations. She returned to civilian nursing but in 1924 she served overseas and in 1939 I have found

her returning from Malaya. She returned to Malaya after the war and ended her nursing career as Matron of the Military Hospital in Kuala Lumpur, Malaya around 1948.

The family story is that she had been very friendly with the family of the Governor of Malaya who was killed. His two sons were at school in Sedbergh so Queenie, having retired, moved to Sedbergh, to No 5 Back Lane so that she could offer comfort to the boys during they stay in Sedbergh. When they left Sedbergh she returned to Pontefract where she died in 1958.

I have researched Governors of Malaya around that time and find that the Governor in 1948, Sir Gerard Edward James Gent was indeed killed on returning to the UK in a mid-air plane crash in 1948. He had four children, Marcus James Gent, Gerard Nicholas Gent, Ann Monica Gent and Janice Mary Gent. However I am told by the archivist at Sedbergh school, Katy Iliffe, that no boys of that name were at the school during this period. It is thought that some readers of *Lookaround* may remember Queenie and perhaps be able shed some light on her reasons for being in Sedbergh. Firstly I am trying to establish the veracity of the family story of the Governor and also to establish the time that she was in Sedbergh. Any information would be gratefully received by me and my family.

If anyone has any information, please contact the Editor who will pass on the details.

Mrs Alice Hepworth

BOOKWORM

What I have been reading this month :

'So much for that' by Lionel Shriver (fiction)

This novel, on one level, seems to be about how America's health care fee system works and on another how main character Shep is planning to use his hard earned nest egg to escape to Pemba, an island in the Pacific ocean. Instead he has to spend his savings on healthcare for his dying wife and father. Shep's best friend and colleague also has a daughter with a degenerative condition. Both these men want something that eludes them and the story plays out what terminal illness and paying bills does to families' lives and aspirations. Unexpected turn of events about two thirds the way through the book.

'Private Life' by Jane Smiley (fiction)

Margaret Mayfield, 'a good girl' from Missouri marries Andrew Early, an obsessive scientist, in 1905 and they spend most of their married life in California. The book is an excellently written portrait of living with a self

styled eccentric astronomer and making the best of the situation. Subtle, full of careful observations of daily life and underneath the regret of a wasted life. Margaret's befriending of a Japanese family brings matters to a head in the context of the politics of the second world war.

Bookworm RM

worship@peopleshall

The Queen's Diamond Jubilee was certainly not overlooked in our June meeting! Dick Gorst tested all our brain cells with a Jubilee Quiz of Regal facts and dates. The young ones really entered in and then were kept busy making some very impressive jewelled crowns. The main speaker had come all the way from Chile - but not just for us! He is in fact a Gap year student working at Sedbergh School. Although still of tender age, Beltron Orrego Luco spoke with authority and depth as he told us of how he had come to be in Sedbergh and what an important part God had played in his life. He compared life in a large city , Santiago, which was like being a small fish in a large pond to being in a small town like Sedbergh. His grasp of the English language was amazing and I am sure before he returns home we would love to have him speak again. Do come and join us, the children enjoy the crafts and we enjoy the informal worship, and the coffee and chat at the end. The next one will be on 1st July and then on 5th August at 10.30am.

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Dear Editor,

As a patient of the Sedbergh Dental Practice I am very pleased with the plans to relocate to a new surgery in the old Spar premises.

Ben Houghton and Ian Dawson have obviously given the new location a lot of thought and I admire their commitment to their patients and Sedbergh community.

Thank you for staying in Sedbergh.

Eileen M. Scarr

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ZEBRAS BAGS TO SCHOOL

If anybody has any clothing or bedding or curtains they want to get rid of, we have bags that need filling and the proceeds will go to Zebra's.

You can get bags from Donna. Just call on 015396-20570 and I will drop a bag off to you. Alternatively you can pick one up from Sedbergh Office Services. All you have to do is fill them up and take them to Sedbergh Charity Shop by 10 am on Tuesday 12th July, where they will be picked up just after 10 am.

Thank you for your help and support.

Donna Gardner

DENT READING ROOM

Dent Reading Room Committee wish to thank everyone who supported our Coffee Morning and Table Top Sale by coming for a coffee and buttie or scone. Also everyone who did the baking for us, all who gave donations and every one who helped in any way.

DENTDALE CHRISTIAN FELLOWSHIP

In May we held our meeting out in the garden and our Speaker Linda Robinson said it was the first time she had ever sat down to speak, then we moved into the evening sunshine for our supper. A buffet at Duo provided an extra event in May and a BBQ at Millbeck one in June and then a visit from a couple who carry out their ministry to people on the canals. Interested? Do come and join us.

*John & Sarah Woof
"Rhumes" Dent . 25212.*

CHRISTIAN AID

Once again the folk of this area have demonstrated their heart for others in the generous support of the events of Christian Aid Week. Our Treasurer is still counting as some monies are continuing to come in. However so far the total from the Shop was just over £1,500 and the Door to Door collection has exceeded £3,000. We hope to have the final figures by the time of our AGM and will circulate them then. Thank you all who have helped so substantially by your various contributions of time, money and energy.

*Rev Anne Pitt
on behalf of the committee.*

St JOHN'S CHURCH, COWGILL

The Cowgill Annual Church Sale was held on the Monday of the Jubilee weekend with the busking piper of Cowgill serenading visitors into the Dent Memorial Hall where they found stalls and volunteers decked in true Jubilee style for the occasion.

The sale raised a terrific £1700.

Thanks to the generous contributions from our friends and parishioners and their hard work in preparing for this event.

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

Available for hire for
all kinds of functions...

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

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

PENDACOL DOG TRAINING

Well, June has started and already on the 3rd, Penny Banks of Pendacol Dog Training has competed at the Cheshire Dog Training clubs open obedience show and come out on top by winning Class 'A' with her Border Collie "Emmi". That's the fourth level up in competitive obedience so having already been placed on numerous occasions, the win is a welcome boost.

The following weekend saw Penny at St. Mary's Championship show held North of Newcastle where "Kali", Penny's other Border Collie was

placed third in open class 'C'. That level is the highest one available at Open shows. She also competed in the Championship class and narrowly missed the places.

The 16th of June was Preston & Fylde's show at Littleborough near Oldham where Penny was again in the places in open C where Kali scooped a 5th place but, more success for the trainees as Debbie Simmonds and Moss (Border Collie) made their mark by winning pre beginners, the same class was won by another of the members last month so real progress is being seen. Moral is naturally high because of this, not just because all the members are pleased for the winners but also because the winning teams bring cakes on the next training evening!

SEDBERGH & DISTRICT COMMUNITY FUND

The next meeting of the committee to consider applications to the Fund will be at the end of August, and the deadline for receipt of applications at Sedbergh and District Community Office, 72a Main Street, Sedbergh LA10 5AD is Monday 20 August. The Fund is open to applications from any properly-constituted local organisation, not just charities, but is not open to applications from individuals. To get a copy of the criteria and application form, please drop in to the Community Office, write in, email office@sedbergh.org.uk or phone 20504.

*Best wishes, Andi Chapple
(Secretary to the Fund)*

NEWS FROM THE SURGERY

This is our first communication since moving to the new build. As you can appreciate this has been a very busy period and we can only just say three months on that we are beginning to settle in. As with all new projects we are trying to sort out the teething problems and anomalies; however our overwhelming impression both from staff and patients is that it has been a very successful venture and the new light and airy premises provide us with an excellent working environment which will fulfil our obligation to the Care Quality Commission and hopefully provide a positive experience for our patients. Any comments would be very welcome.

We would like to apologise to all our patients for the difficulties encountered when we first moved to Station Road regarding telephone contact. This was out of our control as we had been assured by the telephone provider that measures had been put in place to ensure a smooth transition to the new number. Unfortunately this did not happen and we can only apologise again. Thankfully the system is now fully operational.

Dr Lumb and I are very aware of the support we have had from our community and in view of this have decided not to take industrial action on Thursday 21st June; we will have a normal working day.

An update on staff; we are pleased

to welcome back Rebecca Wheatley for the summer, Rebecca is a Speech and Language therapy student going in to her final year at Manchester University and you may see her in reception. We have just started the recruitment process for a new GP who we hope will be joining us in the autumn. Sadly we will be losing Kim Baines one of Practice nurses. Kim has worked at the surgery for 2 years and we wish her every success in her new job. Lynn Siddle our existing research nurse will be stepping in to Kim's role.

The Patient Forum Group ran a very successful Coffee Morning in June raising £155 for the 'Friends of Sedbergh Medical Centre'. The aim of this group is to raise funds to improve patient experience at the surgery; the first project is to provide a water cooler for the waiting room. In addition to this we are hoping to arrange a Ceilidh later in the year, I will be playing the fiddle!

A note about the open surgery which runs from 08.30-10.30 every weekday morning. We encourage you to phone ahead and book an approximate time to avoid unnecessary waiting. Consequently you may see patients that attend later than you being seen by the Doctor before you; this is because they have phoned ahead. The open surgery offers shorter appointments for quick fix problems; if your problem is complex or ongoing please do not use the open surgery.

Dr. Chrissie Hunt

INSTITUTE of ADVANCED MOTORISTS

An investigation by the AA has revealed that some insurance companies are refusing to sell policies to drivers caught using their phone behind the wheel.

Phone driving is rising to the top of the road safety agenda, in particular the increase in drivers engaging in social networking on the move - a trend linked to the proliferation of smartphones.

Some drivers even admit to playing games like Angry Birds behind the wheel.

Driving while using a phone is on the up, and has been likened to drink driving in terms of the effect it has on reaction times and concentration; clearly, it's an issue that needs serious attention.

So some insurers are taking a tough stance on those caught red handed; the AA discovered that four of eight insurers it surveyed won't quote a driver if they have a single CU80 offence (using a mobile phone while driving a motor vehicle).

Those insurers that will, it was found, will add around 20% to the premium.

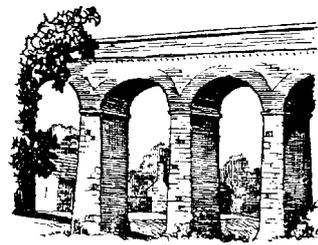
The AA's Simon Douglas said: "Using a mobile phone while driving is a deliberate act. Many drivers may accidentally drift over a 30mph limit without realising, but no one accidentally makes or answers a call or text."

CARLISLE SETTLE RAILWAY

This summer sees a series of opportunities to be shown the historic areas around the Ribbleshead Viaduct and the nearby Blea Moor Tunnel on the world famous Settle-Carlisle railway.

Guided tours take place each Wednesday from 4th July to 12th September inclusive - plus Saturday 18th August. Each tour day starts from Ribbleshead Station at 1025 - timed to coincide with train arrivals from Leeds and Carlisle. Tours end in time to catch return trains.

There are two tours each day, one a short tour of the viaduct only and a longer one of the viaduct and the tunnel. Bring waterproof clothing, strong footwear - and a packed lunch for the longer tour.



The tours are put on by the Friends of the Settle-Carlisle Line. Organiser Peter Davies said "These gentle walks are a fine opportunity for people to discover more about the amazing history of Ribbleshead - and to take in the stunning scenery besides. The story of how they built the line is impressive throughout but nowhere more so than at Ribbleshead."

For more details about the walks you can e-mail walksinfo@settle-carlisle.com or visit www.foscl.org.uk

SEDBERGH DENTAL PRACTICE

Due to the expansion of Sedbergh Dental Practice and the appointment of a 3rd Dentist, we are currently accepting a limited number of new NHS patients to the surgery.

We however can only accept new patients from the 'PCT's' waiting list. If you wish your details to be placed on the waiting list, the forms to be completed can be collected from the surgery.

Ian Dawson

COMMUNITY OFFICER REPORT

Over the past month in the Sedbergh area there has been a reported theft of a pedal cycle and there have been 2 burglaries from out buildings. Nationally the number of metal thefts has increased and there have been a number of thefts of metal from vehicles in our area. There have also been 2 thefts of quad bikes and 1 attempted theft of a quad in our area, a farm watch message has been sent to make farmers aware and officers are continuing high visibility patrols in the rural areas. There has been a theft of heating oil which has occurred over the past few months and theft of diesel oil. Please ensure that your property and vehicles are secure, valuables are kept out of sight and report anything suspicious to the Police on 101.

The Police operation regarding the Appleby Horse fair has been running in the Sedbergh There will be drop in meetings where there will be the opportunity to raise any issues regarding the travellers.

Children from Sedbergh primary school and Dent Primary have successfully completed their cycling proficiency over the past month 34 students were

successful

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.

CSO 5206 Karen Dakin

DENTDALE MEMORIAL HALL

We are already on count down to the GALA on Aug BH Monday and requests for help will soon be appearing, do get involved, it is a wonderful much enjoyed family day out and much appreciated by many people. The kitchen is now completed with the tiling finished and the painting and a new blind fixed, people are getting used to using the dishwasher and the full sized cooker and fridge, all assets for the community. If you have any concerns or suggestions re the Memorial Hall and or the Gala do contact me.

S E Woof (Chairman)

LAURA MOTTERSHEAD

An Announcement...

As most of you will probably now know, Scott and I got married on May 18th. We had been planning the big wedding but it got far too stressful and we just didn't feel like it was about us anymore, so with three weeks to plan, we ran away to Gretna instead! So, I am now Mrs Thornley and those wanting me to report on their event should contact me on 015396 25185 or my new email, laurathornley@me.com.

Organisation	Update	Contact	Tel:	015396
Allotments Association (Dent)	08/09	Mr Smith	Dent:	25688
Allotments Association (Sedbergh)	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Sedbergh)	10/08	Mr Wheatley	07816	437500
Beekeepers Association (S & D)	01/09	Mrs Whitton	015242	72004
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)	01/09	Mr Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club (S&D)	01/09	Mr Hinson	Sed:	20118
Caving Club (Kendal)	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/10	Mr Chapple	Sed:	22045
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	01/09	Mr Beck	Sed:	20336
Cricket Club (Dent)	01/09	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	01/09	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	09/10	Mrs Sugden	Dent:	25303
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent School (Friends of)	01/09	Mr Hartley	Dent:	25317
Dog Training (Sedbergh)	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/08	Mrs O'Neill	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders (Dent)	01/09	Mrs Pilgrim	Dent:	25589
Football Club (Dent)	01/09	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	06/09	Mr Kirby	Sed:	21214
Gala Group	04/10	Mrs Usher	07837	978626
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Garsdale Ladies Group	09/08	Mrs Ramsbottom	Sed:	21013
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions (Dent)	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Schoolroom	01/09	Mrs Stainton	Sed:	20665
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050

Kent Lune Trefoil Guild	01/09	Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	01/09	Mrs Escholme	Sed:	20376
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Methodist Church Hall	01/09	Mrs Jackson	Sed:	20530
Over 60's (Dent)	02/09	Mrs Burrow	Dent:	25203
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council (Dent) *	07/12	Mr Stephenson	Sed:	21487
Parish Council (Garsdale)	01/09	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	10/08	Mr Robertshaw	01539	730597
People's Hall	01/09	SOS	Sed:	20788
Pepperpot Club (Sedbergh)	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground (Sedbergh)	10/09	Mrs Rice	Sed:	22100
Playgroup (Sedbergh)	01/09	Mrs Gunning	Sed:	20226
Playing Field (Sedbergh)	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group (Sedbergh)	02/09	Mrs Foott	Dent:	25453
Residents Association (S & D)	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	01/09	Mrs Storey	Sed:	21593
Sight Advice South Lakeland	01/09	Mr Axford	Sed:	21019
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Slimming Club	01/09	Mrs Uttley	01539	722568
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Toy Library	11/09	Mrs Osborne	015242	61029
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	02/11	Mrs Smith	Dent:	25688
Women's Institute (Howgill)	01/09	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute (Sedbergh)	12/10	Mrs Ramsden	Sed:	20828
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	12/09	Mrs Wilson	Sed:	20238
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	03/09	Mrs Woof	Sed:	21644

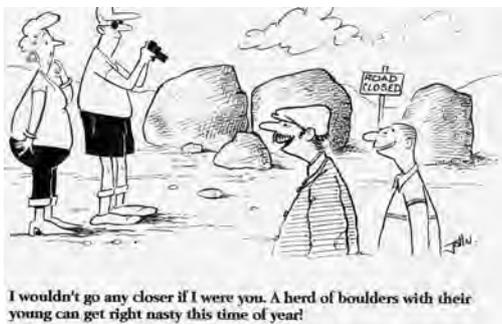
* = Latest Amendments

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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	KLC	0825	0858	M - F	564	KLC
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1007 (C, H)	1049	M - S	564	KLC	1055 (C)	1128	M - S	564	KLC
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	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	1000 Dent	1015 (L)	Wed	564B	W
1000	1030	Sun	564A	KLC	1020	1050 (L)	Sat	564A	KLC
1330	1345 Dent	Wed	564B	W	1155	1225 (L)	Sun	564A	KLC
1400	1430	Sun	564A	KLC	1515	1545 (L)	Sun	564A	KLC
1500	1530	Sat	564A	KLC	1620	1650 (L)	Sat	564A	KLC
1600	1630	Sun	564A	KLC	1740	1810 (L)	Sat	564A	KLC
1650	1720	Sat	564A	KLC	1630	1700 (L)	Sun	564A	KLC
1715	1745	Sun	564A	KLC	1900	1930 (L)	Sun	564A	KLC
1840	1910	Sat	564A	KLC	1930	2000 (L)	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: June 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			
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
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st Thursday	Toy Library	PH
1930	1st Thursday	Howgill WI	FCH
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
1400	1st Friday	Age UK Dentdale Club	DMH
1930	Closed for summer	Monkey House Café	Library



EDITORS NOTES

Sincerest apologies for a few errors last month. I had another computer malfunction and lost the 'Master' Lookaround but was able to recover bits and pieces from other Files but made some errors in doing so. One of the 'lost' items was the solution to the Sudoku on Page 4!!!

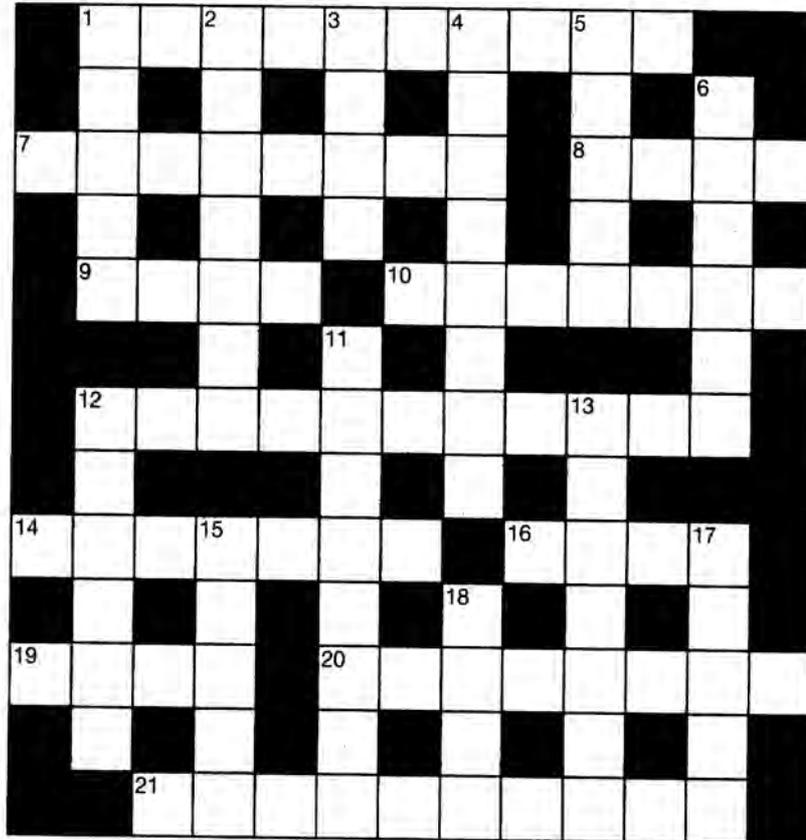
I feel sure that I lost some Diary Dates too so please check to ensure all of your entries are included.

With thanks

Dennis J Whicker

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ACROSS

- 1 Unravel (10)
- 7 Asylum seekers (8)
- 8 Area of London renowned for its restaurants (4)
- 9 Baby carriage (4)
- 10 Invention (7)
- 12 British stately home (6, 5)
- 14 Tympanic membrane (7)
- 16 Bond (4)
- 19 Borrowed sum (4)
- 20 Despicable (8)
- 21 William - - -, poet (10)

DOWN

- 1 State of rest (5)
- 2 Plant with edible stalks (7)
- 3 Large mountain goat (4)
- 4 Infirmary (8)
- 5 Derby racecourse (5)
- 6 Hockey-like game (6)
- 11 Kept from flying (8)
- 12 Object used in fighting (6)
- 13 Lodger (7)
- 15 Wild dog (5)
- 17 Strong and durable (5)
- 18 Cry of a cat (4)

A B C D E F G H I J K L M

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24		11		3		11		26			9			4
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22			15			14		11				17		
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1	23	10	10			15	11	9		14	24	14	4	8

N O P Q R S T U V W X Y Z

REFERENCE GRID

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
T			R									A



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (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 LA10 5HX (2012/09) ... <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2012/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (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
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail: - wheelwright.cottage@homecall.co.uk	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2011/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2013/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2012/09)	01969 667356 <i>Sleeps 2; D; CH; TVL; P; NS; DW</i>
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2012/11) <i>Self-Catering Sleeps 6-8</i>

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking; 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

Church Wardens:
Tony Reed Screen 21081
& Susan Sharrocks 20754

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**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.		23 1000 Holiday Club (1)	PH
Coffee Mornings marked TBA have not yet been booked.		24 1000 Holiday Club (1)	PH
		24 1030 FM Tassels	FN
JULY		24 1400 Drystone Walling	DCMH
1 1000 Pit Paintings Exhibition (till 29/07) (23)	FM	24 1400 Red (Squirrel) Alert	DCMH
1 1300 Quilt while you are ahead	DCMH	25 1000 Coffee Morning - Sedbergh Methodists	URCR
2 1400 Dent Reading Room Official Opening		25 1000 Holiday Club (1)	PH
2 1930 Opera Heroines Tour (*)	PH	25 1300 Lets get Buzzy	DCMH
3 1900 Kirkby Lonsdale Aglow	KLI	26 1000 Holiday Club (1)	PH
4 1000 Coffee Morning - URC	URCR	26 1400 Wildlife of Snaizholme	DCMH
4 1400 Behind the Scenes at the Museum	DCMH	27 1000 Holiday Club (1)	PH
4 1430 Cream Tea Afternoon	Bull	27 1000 Lets go Veggie	DCMH
5 1930 WIH Gilbert & Sullivan Singers	HVH	27 1830 Barbecue (change of date) (27)	FCH
6 1400 Age UK Dentdale Club	DMH	28 0755 Olympic Celebration - Bells & Breakfast	StJC
6 1800 Friends of Dent School BBQ	Dent School	28 1000 Holiday Club (1)	PH
6 1900 An Evening of Cookery & Flowers (6)	BVH	28 1000 Going Potty	DCMH
7 1000 Sporting Spirit (till 4/9)	DCMH	29 1030 Knit Wits	DCMH
7 1900 Flicks in the Fells - Best Marigold Hotel	PH	31 1400 Drystone Walling	DCMH
7 1900 Silent Auction	StJC	AUGUST	
8 1400 Rails in the Dales	DCMH	1 1000 Coffee Morning - Howgill Church	URCR
10 1400 WIK Tea Party	PH	1 1000 Sporting Spirit (till 4/9)	DCMH
11 1000 Coffee Morning - Royal British Legion	URCR	1 1430 Cream Tea Afternoon	Bull
11 1000 Food in the Hay Field	DCMH	2 1930 WIH Horseback in France	FCH
11 TBA WID Summer Outing	TBA	3 1400 Craft Exhibition & Demonstrations	THGC
11 1700 HS Lowther Castle & Gardens (11)	LHCP	3 2000 Robin H Bowen Harp Concert (50)	SSTS
11 1930 WIS It Shouldn't happen to a Nurse	PH	4 1400 Craft Exhibition & Demonstrations	THGC
12 1200 Lunch Club	Red Lion	4 1930 Sheila Dibna and Fred	StAD
12 1230 Health Centre Closed for Training (12)		5 1400 Craft Exhibition & Demonstrations	THGC
13 1000 Tim Farron MP Surgery	CO	8 1000 Coffee Morning - GVH	URCR
13 1100 Milking It	DCMH	8 1400 FM Kids Drop-In Craft Club (60)	FM
13 1700 Olympic Sports Evening (1)	BBF	8 1915 WID Open Meeting + Jacobs Join	DMH
14 1000 Exploring Archaeology	DCMH	8 1930 WIS Making Marzipan Fruits	PH
15 1000 Exploring Archaeology	DCMH	9 1200 Lunch Club	Red Lion
15 1030 Intermediate Pathfinder	DCMH	10 1400 Craft Exhibition & Demonstrations	THGC
15 1400 Blooming Great Jubilee Party (15)	Ghyllas	11 1400 Craft Exhibition & Demonstrations	THGC
16 1900 Chamber of Trade	L	11 1930 Organist Roger Bush Entertains	StAD
18 1000 Coffee Morning - TBA	URCR	12 1400 Craft Exhibition & Demonstrations	THGC
19 SHS Term Ends		14 1930 Domino Drive	FCH
19 2100 Quay Change (19)	G&D	15 1000 Coffee Morning - NW Cancer	URCR
21 1000 Garden Party (21)	IGT	15 1400 FM Kids Drop-In Craft Club (60)	FM
21 1030 FM Spinning (60)	FM	16 2100 Quay Change (21)	G&D
21 1100 Hawes Heritage Trail	DCMH	18 1400 Quiet Garden (*)	RD
21 1400 Quiet Garden (*)	RD	22 1000 Coffee Morning - Beekeepers	URCR
21 1400 Digging Deep	DCMH	22 1400 FM Kids Drop-In Craft Club (60)	FM
22 1300 Applique, Simple & Baltimore	DCMH	25 Dentdale Show (54)	Dent

*The S & D Lookaround is edited, published & distributed monthly by
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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,
Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

COVER PICTURE

Dent Railway Station

Painting by Jenny Holmes

26	Dentdale Show (54)	Dent
27	Summer Bank Holiday	
27 1200	Dent Gala	Dent
29 1000	Coffee Morning - StAS Missionary	URCR
29 1400	FM Kids Drop-In Craft Club (60)	FM
SEPTEMBER		
1 1000	Sporting Spirit (till 4/9)	DCMH
1 1900	Flicks in the Fells	PH
5 1000	Coffee Morning - Kidzone	URCR
5 1430	Cream Tea Afternoon	Bull
6 1930	WIH Taxidermy	HVH

11 1400	WIK Literary Tour of Sedbergh	PH
11 1930	Domino Drive	FCH
12 1000	Coffee Morning - Lookaround	URCR
12 1915	WID Denman College Committee	DMH
12 1930	WIS Mum's Junk	PH
13	Westmorland Show	Crooklands
13 1200	Lunch Club	Red Lion
14 1845	Torchlight Procession	Kendal
16 1400	Messy Church	SMC
17 1900	Chamber of Trade	L
17 1930	Firbank Church Harvest Sale	FCH
18 1230	Health Centre Closed for Training (12)	
19 1000	Coffee Morning - TBA	URCR
20 2100	Quay Change (19)	G&D
22 1400	Quiet Garden (*)	RD
26 1000	Coffee Morning - TBA	URCR

PLACES OF INTEREST TO VISIT IN THE AREA

Bruce Loch, Busk Lane
Cautley Spout, A683 towards Kirkby Stephen
Community Office, Main Street
Cumbria Wildlife Trust, Community Office
Dent Heritage Centre, Laning, Dent *
Farfield Mill, A684 Garsdale Road *
Friends Quaker Meeting House, Brigflatts.
George Fox's Quaker Pulpit, Firbank
History Society, Community Office
Holme Working Farm, Middleton *
Jubilee Wood, Castlehaw Lane
Langstone Fell, A684 Garsdale Foot
Methodist Church, New Street
Queen's Gardens, Station Road
St. Andrew's Church, Dent
St. Andrew's Church, Main Street, Sedbergh
St. Gregory's Church, Vale of Lune
St. John's Church, Cowgill
St. John's Church, Garsdale
St. Mark's Church, Cautley
Sedbergh Embroidery, St Andrew's Ch Sed.
United Reformed Church, Main Street
Information Centre, 72 Main Street
Winder Fell, above Sedbergh
* = Entry Fee Applicable

DIARY KEY

1GT	1 Guldrey Terrace
BBF	= Buckbank Farm
BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC/S	= Dent Methodist Chapel/Schoolroom
FCH	= Firbank Church Hall
FM	= Farfield Mill
GVH	= Garsdale Village Hall
HGCM	= The Holy Ghost Church, Middleton
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
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
StJC	= St John's Church, Cowgill
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